

28 and more than 23 million who are obese or overweight;

29 WHEREAS, more than half of Utah adults are overweight or obese and almost one in
30 four are obese;

31 WHEREAS, in 2010, 1,138,515 adult Utahns were overweight or obese and 454,735
32 were obese;

33 WHEREAS, in 2010, over one in five elementary school age Utah children were
34 overweight or obese;

35 WHEREAS, the percentage of obese adults in Utah has more than doubled since 1989;

36 WHEREAS, overweight children and adults are at greater risk for numerous adverse
37 health consequences, including type 2 diabetes, heart disease, stroke, high blood pressure, high
38 cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating
39 diseases;

40 WHEREAS, the medical costs of obesity have risen to \$147 billion each year;

41 WHEREAS, the medical cost of obesity in Utah was estimated at \$393 million in 2000
42 and has increased since then;

43 WHEREAS, per capita medical spending for the obese is \$1,429 higher per year, or
44 42% higher, than for someone of normal weight;

45 WHEREAS, obesity has been linked to increases in workers' compensation claims;

46 WHEREAS, studies show dramatically higher health care costs for overweight and
47 obese patients and lower productivity in the workplace;

48 WHEREAS, overweight and obese children are absent from school at a higher rate and
49 are less likely to perform well academically;

50 WHEREAS, obesity is the second leading preventable cause of disease and premature
51 death, second only to tobacco use;

52 WHEREAS, good nutrition is a central part of any obesity prevention effort as healthier
53 diets could prevent at least \$71 billion per year in medical costs, lost productivity, and lost
54 lives;

55 WHEREAS, studies show that most Americans and Utahns do not eat the
56 recommended intake of fruits, vegetables, or whole grains;

57 WHEREAS, most Americans and Utahns are failing to meet the Centers for Disease
58 Control and Prevention's recommendations of at least 150 minutes of moderate physical

59 activity per week for adults, and at least 60 minutes of moderate to vigorous physical activity
60 for children every day;

61 WHEREAS, infants who are breast-fed are less likely to become obese children or
62 adults;

63 WHEREAS, individuals from ages 2 to 28 consume 365 calories per day on average
64 from added sugars, more than double the discretionary calorie allowance in the 2010 Dietary
65 Guidelines for Americans;

66 WHEREAS, sweetened beverages account for 22% of empty calories in children's
67 diets; and

68 WHEREAS, individual effort alone is insufficient to combat obesity's rising tide, and
69 significant societal and environmental changes are needed to support individual efforts to make
70 healthy changes:

71 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
72 Governor concurring therein, recognizes obesity as a serious public health and economic issue
73 impacting Utah.

74 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
75 concurring therein, supports goals and objectives in the Utah Nutrition and Physical Activity
76 Plan, 2010-2020.

77 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
78 concurring therein, urges communities, schools, worksites, and healthcare communities to
79 implement policies to increase access to healthy food and physical activity.

80 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
81 concurring therein, consider the impact of existing and impending legislation and policy
82 initiatives on obesity risk and prevention.

83 BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor
84 concurring therein, support initiatives that educate Utahns about solutions to Utah's obesity
85 epidemic.

Legislative Review Note
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Office of Legislative Research and General Counsel