

Substitute for House Resolution No. 339.

A resolution to declare May 2014 as Childhood Obesity Awareness Month in the state of Michigan.

Whereas, Childhood obesity has continued to be an epidemic in Michigan; and

Whereas, There are a variety of well-documented health-related issues associated with childhood obesity; and

Whereas, Michigan ranked 24th in the nation in childhood obesity for 10 to 17 year olds in 2011, according to the National Council of State Legislators; and

Whereas, Childhood obesity can not only lead to physical problems, but social and emotional problems, according to the Michigan Department of Community Health; and

Whereas, Stress, anxiety, bullying, depression, and learning problems have been associated with childhood obesity; and

Whereas, Obesity in children can cause problems such as increased risk of heart disease, asthma, type 2 diabetes, and sleep apnea, according to the federal 'Let's Move Campaign'; and

Whereas, If left untreated, the issues affected children can last into adulthood and cause further problems; and

Whereas, Michigan ranked 40th in prevalence of obese adults in 2012, according to the Centers for Disease Control; and

Whereas, According to the Centers for Disease Control, obesity in adults can cause problems such as increased risk of: heart disease, high blood pressure, and type 2 diabetes; and

Whereas, The risk of stroke increase as body mass index increases, according to the National Institutes of Health; and

Whereas, There is an increased risk of osteoarthritis due to the increased pressure on a person's joints that comes with obesity, according to the National Institutes of Health; and

Whereas, A number of public and private entities in Michigan recognize the need to better promote healthy lifestyles for our residents; and

Whereas, For example, Blue Cross Blue Shield has launched statewide a program known as Building Healthy Communities which seeks to educate students through classroom lessons, create an environment that makes the healthy choice the easy choice, encourages students to practice lessons learned in the classroom, provides opportunities for physical activity during and after school, and improves access to healthy food and beverages for elementary and middle school students;

Whereas, The Michigan Legislature has also made a commitment to obesity prevention by keeping physical education coursework included in graduation requirements; and

Whereas, The Governor of Michigan has instituted a program known as 'A Healthy Michigan'; and

Whereas, This program strives to create strategies for reducing obesity and improving health programs for citizens throughout our state; and

Whereas, The 4 by 4 program helps with four basic foundations of a healthy lifestyles; and

Whereas, The first foundation is maintaining a healthy diet; and

Whereas, The second foundation is engaging in regular exercise; and

Whereas, The third foundation is maintaining a strong doctor-patient relationship including annual physical examinations; and

Whereas, The fourth foundation is to avoid tobacco use; and

Whereas, The State of Michigan continues to work with many different groups and individuals to fight the issue of both Childhood and Adult Obesity; now, therefore, be it

Resolved by the House of Representatives, That members of this legislative body declare May 2014 as Childhood Obesity Awareness Month in the state of Michigan.