

Substitute for House Resolution No. 70.

A resolution to declare May 2015 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 is ranked 24th in the nation in childhood obesity for 10- to 17- year olds, according to the Robert Wood Johnson Foundation, and it is ranked 10th in the nation with approximately 31.1 percent of the total Michigan adult population is considered obese; 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. The CDC states that 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 and there is also 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, 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, encourage 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. Other anti-obesity initiatives have included the Michigan Nutrition, Physical Activity and Obesity Program (MNPAO); Healthy Kids, Healthy Michigan; and Michigan's Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC); and

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. 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 including maintaining a healthy diet, engaging in regular exercise, maintaining a strong doctor-patient relationship including annual physical examinations, and avoiding 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 2015 as Childhood Obesity Awareness Month in the state of Michigan.