

H. Res. 274

In the House of Representatives, U. S.,

February 23, 2010.

Whereas according to the American Dietetic Association good nutrition is vital to a healthy and long life;

Whereas according to the American Dietetic Association the National Nutrition Month campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits;

Whereas the first Nutrition Campaign was launched with a presidential proclamation in 1973 as National Nutrition Week;

Whereas National Nutrition Week became National Nutrition Month in 1980;

Whereas poor nutrition and sedentary lifestyles are linked to obesity and health problems;

Whereas 17 percent of children between the ages of 6 and 11 are overweight;

Whereas 17.6 percent of adolescents between the ages of 12 and 19 are overweight;

Whereas 33.3 percent of adult men are obese and 35.3 percent of adult women are obese in the United States;

Whereas according to the Centers for Disease Control, since 1980 obesity rates for adults have doubled and rates for children have tripled;

Whereas dietary factors are associated with 4 of the 10 leading causes of death, including heart disease, cancer, stroke, and diabetes;

Whereas these health conditions are estimated to cost the United States over \$600,000,000,000 each year in medical expenses and lost productivity;

Whereas access to proper nutrition helps fight off illness and disease and is vital to children's cognitive development;

Whereas poor nutrition, inactivity, and weight problems in school age children may cause low academic performance or behavioral problems resulting in additional costs; and

Whereas March would be an appropriate month to designate as National Nutrition Month: Now, therefore, be it

Resolved, That the House of Representatives—

(1) supports the designation of National Nutrition Month;

(2) supports the goals and ideals of National Nutrition Month;

(3) encourages local communities to raise awareness surrounding nutritional health;

(4) encourages awareness about diseases and death caused by lack of nutrition; and

(5) recognizes and salutes health care professionals such as registered dietitians, that spread the knowledge and importance of nutrition each day.

Attest:

Clerk.