

59 Control and Prevention's recommendations of at least 150 minutes of moderate physical  
60 activity per week for adults, and at least 60 minutes of moderate to vigorous physical activity  
61 for children every day;

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

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

67 [~~WHEREAS, sweetened beverages account for 22% of empty calories in children's~~  
68 ~~diets; and] ←H~~

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

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

75 BE IT FURTHER RESOLVED that the Legislature and the Governor support goals and  
76 objectives in the Utah Nutrition and Physical Activity Plan, 2010-2020.

77 BE IT FURTHER RESOLVED that the Legislature and the Governor urge  
78 communities, schools, worksites, and health care communities to implement policies to  
79 increase access to healthy food and physical activity.

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

83 BE IT FURTHER RESOLVED that the Legislature and the Governor support  
84 initiatives that educate Utahns about solutions to Utah's obesity epidemic.

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**Legislative Review Note**  
**as of 1-14-13 12:09 PM**

**Office of Legislative Research and General Counsel**