

**CONCURRENT RESOLUTION TO REDUCE OBESITY IN
UTAH**

2013 GENERAL SESSION

STATE OF UTAH

Chief Sponsor: Stewart Barlow

Senate Sponsor: Allen M. Christensen

LONG TITLE

General Description:

This concurrent resolution of the Legislature and the Governor recognizes obesity as a significant public health and economic issue in Utah and urges support of policy development that addresses the obesity problem in Utah and promotes public awareness of the adverse affects of obesity on individual health.

Highlighted Provisions:

This resolution:

- ▶ recognizes obesity as a serious public health and economic issue impacting Utah;
- ▶ expresses support for improving the health and lifestyles of adults and children in

Utah by promoting activities that encourage healthy weight;

- ▶ supports policies that promote increased access to healthy food and physical activity; and

- ▶ recognizes the need to support initiatives to educate the Utah public about solutions to the obesity epidemic.

Special Clauses:

None

Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:

WHEREAS, 16.9% of American children and adolescents ages 2 to 19 are obese, and



28 31.7% are overweight, which translates into 12 million children and adolescents who are obese
29 and more than 23 million who are obese or overweight;

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

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

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

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

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

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

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

44 WHEREAS, per capita medical spending for the obese is \$1,429 higher per year, or
45 42% higher, than for someone of normal weight;

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

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

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

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

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

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

58 WHEREAS, most Americans and Utahns are failing to meet the Centers for Disease

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;

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

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.

Legislative Review Note
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Office of Legislative Research and General Counsel