

By: Capelo

H.C.R. No. 99

CONCURRENT RESOLUTION

1 WHEREAS, March 2003 is being celebrated throughout the United
2 States as National Nutrition Month, and this observance is being
3 sponsored by the National Center for Nutrition and Dietetics of the
4 American Dietetic Association and its foundation; and

5 WHEREAS, Intended to focus public attention on the importance
6 of developing sound eating and exercise habits, designation of the
7 month is part of an effort by health professionals to reverse an
8 alarming upward trend in the percentage of children, adolescents,
9 and adults who are overweight or obese; between 1980 and 1999, the
10 number of overweight children doubled, while the number of
11 overweight adolescents tripled; today, approximately two-thirds of
12 adults are either overweight or obese; and

13 WHEREAS, Nationwide, it is estimated that poor dietary
14 choices and lack of exercise account for more than 300,000 deaths a
15 year, making those factors second only to tobacco as the leading
16 preventable cause of death; numerous studies have documented the
17 link between poor nutrition and such illnesses as cardiovascular
18 diseases, respiratory system diseases, gall bladder disease, sleep
19 apnea, and some types of cancer; and

20 WHEREAS, A striking consequence of increased obesity in youth
21 is the recent upsurge in the number of children and adolescents
22 being diagnosed with type 2 diabetes, a disease traditionally known
23 as "adult-onset diabetes"; the first report in a medical journal of
24 an adolescent with type 2 diabetes occurred in 1979, and by 2002 a

1 significant percentage of all childhood and adolescent cases of
2 diabetes carried this diagnosis; and

3 WHEREAS, The scale of the obesity epidemic is reflected in
4 its economic costs; within Texas, the annual cost of
5 hospitalizations related to obesity is calculated to range from
6 \$700 million to \$1.1 billion, while the overall costs of obesity may
7 reach upward of \$4 billion; in 2000, the costs of obesity to the
8 nation amounted to \$117 billion; and

9 WHEREAS, Good nutrition and adequate exercise play a crucial
10 role in maintaining one's health and adding to the quality of one's
11 life, and their benefits are felt throughout the whole of society;
12 now, therefore, be it

13 RESOLVED, That the 78th Legislature of the State of Texas
14 hereby recognize March 2003 as National Nutrition Month in Texas
15 and encourage all Texans to support the objectives of this
16 important campaign.