

By: Lucio

S.C.R. No. 26

CONCURRENT RESOLUTION

1 WHEREAS, The *Dietary Guidelines for Americans 2010*, issued by
2 the United States Department of Agriculture and the Department of
3 Health and Human Services, calls for greater consumption of fruits
4 and vegetables, but the high cost of fresh produce discourages
5 participants in the Supplemental Nutrition Assistance Program from
6 following this recommendation; and

7 WHEREAS, Fruits and vegetables are associated with reduced
8 risk of many chronic diseases and provide a number of nutrients that
9 are under-consumed in the U.S., including vitamins A, C, and K, as
10 well as potassium, fiber, and magnesium; moreover, they are
11 relatively low in calories; the USDA accordingly recommends that
12 Americans fill half their plates with these foods at every meal or
13 snack, which means most Americans should double their current
14 consumption of fruits and vegetables; and

15 WHEREAS, Unfortunately, the inflation-adjusted cost of fresh
16 fruits and vegetables rose nearly 40 percent over a 15-year period,
17 while the cost of nutrient-poor, high-calorie "junk" foods has
18 actually declined in recent years; for those with limited means,
19 the need to stretch their dollars may override the desire to make
20 healthy food choices; and

21 WHEREAS, The difficult economic climate has increased the
22 number of Americans receiving SNAP benefits, formerly known as food
23 stamps; as of January 2011, 43 million people, or one in seven
24 Americans, were participating in SNAP, and about half of them were

1 children; and

2 WHEREAS, Nearly one-third of all children and adolescents in
3 the United States are overweight or obese, and these youngsters are
4 increasingly developing "adult" diseases, such as type 2 diabetes
5 and hypertension; furthermore, they are at increased risk for heart
6 disease, stroke, certain types of cancer, and other serious chronic
7 conditions; medical expenses for obese children are approximately
8 three times higher than for other children, and childhood obesity
9 is estimated to cost the nation \$14 billion in direct health
10 expenses; and

11 WHEREAS, In order to reduce the incidence of obesity-related
12 diseases and stem rising health care costs, it is crucial that all
13 Americans have access to foods that make up a healthy diet, but SNAP
14 benefits are currently insufficient to allow participants to make
15 fruits and vegetables the primary component of their meals; now,
16 therefore, be it

17 RESOLVED, That the 82nd Legislature of the State of Texas
18 hereby respectfully urge the United States Congress to ensure that
19 benefits provided by the Supplemental Nutrition Assistance Program
20 are adequate for the purchase of a healthy diet; and, be it further

21 RESOLVED, That the Texas secretary of state forward official
22 copies of this resolution to the president of the United States, to
23 the president of the Senate and speaker of the House of
24 Representatives of the United States Congress, to the secretary of
25 the United States Department of Agriculture, and to all the members
26 of the Texas delegation to Congress with the request that this
27 resolution be entered in the Congressional Record as a memorial to

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1 the Congress of the United States of America.