

By: Villarreal

H.R. No. 1113

R E S O L U T I O N

1 WHEREAS, Healthy Texas Week, an annual initiative led by
2 "It's Time Texas," encourages Texans to move more, eat better, and
3 live well; and

4 WHEREAS, In the Lone Star State, two-thirds of adults and
5 more than one-third of all children are considered overweight or
6 obese, and the consequences of this public health crisis are
7 troubling; being overweight increases a person's risk of heart
8 disease, stroke, type 2 diabetes, and other severe medical
9 conditions that affect quality of life and have substantial
10 economic repercussions; and

11 WHEREAS, The direct health care costs of this serious
12 problem, such as medicine and hospital stays, and the indirect
13 costs, such as lost productivity and wages due to illness, are
14 already estimated to exceed \$15 billion in Texas each year and
15 continue to skyrocket; and

16 WHEREAS, During the second week of April, businesses are
17 encouraged to promote their employees' health by supporting
18 physical activity and wholesome food choices in the workplace;
19 schools are called on to celebrate physical, nutritional, and
20 emotional health in classrooms, and friends, families, and
21 neighbors are invited to exercise together, volunteer with local
22 health-based nonprofits or parks departments, and become
23 health-minded consumers; and

24 WHEREAS, A cultural shift is needed to make good health the

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1 norm in communities across the state, and Healthy Texas Week is
2 helping spark conversation and action among citizens at home, work,
3 and school; now, therefore, be it

4 RESOLVED, That the House of Representatives of the 83rd Texas
5 Legislature hereby recognize April 8-14, 2013, as Healthy Texas
6 Week and encourage all residents of the Lone Star State to learn
7 more about this important campaign.