

By: Allen

H.R. No. 1135

R E S O L U T I O N

1 WHEREAS, Representatives of Healthy Living Matters are  
2 visiting the State Capitol on March 27, 2013, and this occasion  
3 provides an ideal opportunity to honor the group for its efforts to  
4 curb childhood obesity in Harris County; and

5 WHEREAS, A public-private collaborative, Healthy Living  
6 Matters unites area leaders from a variety of sectors to formulate  
7 and promote policies that can bring about system and environmental  
8 changes that will have a positive impact on the well-being of young  
9 Texans; it was established in 2011 as a two-year initiative through  
10 a \$2.5 million grant from the Houston Endowment to the Harris County  
11 Healthcare Alliance, and it is overseen by Harris County Public  
12 Health and Environmental Services; and

13 WHEREAS, Childhood obesity has more than doubled among  
14 children and tripled among adolescents in the United States over  
15 the past three decades; in Texas, more than a fifth of children  
16 suffer from obesity, which has both immediate and long-term effects  
17 on their health and well-being; obese youth are more likely to have  
18 risk factors for cardiovascular disease, and they are more prone to  
19 prediabetes, sleep apnea, and bone and joint problems, as well as  
20 social and psychological problems, such as stigmatization and poor  
21 self-esteem; moreover, children and adolescents who are obese are  
22 likely to remain obese as adults, heightening their susceptibility  
23 to a host of diseases; and

24 WHEREAS, In Harris County, parents trying to raise healthy

1 children currently face a number of challenges; for instance, many  
2 neighborhoods lack safe, accessible places for youngsters to play  
3 and do not have grocery stores with a good selection of healthy  
4 foods; the members of Healthy Living Matters are working to  
5 identify and address obstacles to fitness and well-being in  
6 consultation with experts in such areas as child health, community  
7 planning, economic development, and the environment; and

8 WHEREAS, Childhood obesity is an increasingly serious  
9 problem in our society, but the members of Healthy Living Matters  
10 are committed to crafting policies that will make it easier for  
11 Harris County families to choose lifestyles that support wellness;  
12 now, therefore, be it

13 RESOLVED, That the House of Representatives of the 83rd Texas  
14 Legislature hereby honor Healthy Living Matters for its noteworthy  
15 contributions and extend to the members sincere best wishes for  
16 success in their important work; and, be it further

17 RESOLVED, That an official copy of this resolution be  
18 prepared for Healthy Living Matters as an expression of high regard  
19 by the Texas House of Representatives.