

SENATE RESOLUTION NO. 579

WHEREAS, The Senate of the State of Texas is pleased to join Texans across the state in celebrating April 8 through 12, 2013, as Healthy Texas Week; and

WHEREAS, The rate of obese and overweight adults in Texas has doubled over the last 20 years, and a comprehensive, long-term commitment to improving the health of all Texans is essential to the future of the state; and

WHEREAS, It will take the cooperation of all Texans, along with the efforts of health-promoting organizations and businesses, to address the current health crisis and reverse this trend in a concerted effort to make healthy the norm in the Lone Star State; and

WHEREAS, Businesses across the state can encourage healthy shopping by offering healthy food, cooking demonstrations, employee engagement, shopping incentives, fitness groups, and events and competitions organized around the three critical pillars of health: food, body, and life; and

WHEREAS, Trailblazing organizations such as H-E-B and Blue Cross Blue Shield of Texas model for other businesses the leadership needed to promote consumer, employee, and community health; and

WHEREAS, Social media can assist in the advancement of this cause; the Healthy Texas Week website will connect Texans to resources and to local healthy activities and allow them to log healthy actions; and

WHEREAS, Families, friends, and neighbors are encouraged to gather together for healthy potluck meals and to share healthy recipes; schools are called upon to celebrate health and to encourage students and staff to form healthy habits, including physical, nutritional, and emotional habits; and

WHEREAS, Employers can do their part by supporting employees' participation in physical activity and healthy food choices at the office, and employees can help to motivate others within their workplace; and

WHEREAS, Texans can gather as neighbors for a regular evening of healthy celebration by walking, running, or riding their bicycles together; with a renewed focus on healthy habits, entire neighborhoods will find an increased appreciation of healthful foods and physical fitness and will discover shared bonds as they pursue the goal of better health; and

WHEREAS, Texans looking for other ways to improve their health are encouraged to dedicate time to volunteer with local health-based nonprofit organizations and the local parks department; and

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WHEREAS, Healthy Texas Week is a valuable initiative that will help to unite, motivate, and empower Texans in communities across the state to make healthy the norm; now, therefore, be it

RESOLVED, That the Senate of the State of Texas, 83rd Legislature, hereby encourage all Texans to observe Healthy Texas Week with a commitment to pursuing a healthy lifestyle by moving more, eating better, and living well; and, be it further

RESOLVED, That a copy of this Resolution be prepared in honor of Healthy Texas Week.

Van de Putte

President of the Senate

I hereby certify that the above Resolution was adopted by the Senate on April 8, 2013.

Secretary of the Senate

Member, Texas Senate