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R E S O L U T I O N

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

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

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

WHEREAS, During Healthy Texas Week, businesses are encouraged to promote their employees' health by supporting physical activity and wholesome food choices in the workplace; schools are called on to celebrate physical, nutritional, and emotional health in classrooms, and friends, families, and neighbors are invited to exercise together, volunteer with local health-based nonprofits or parks departments, and become health-minded consumers; and

WHEREAS, A cultural shift is needed to make good health the norm in communities across the state, and Healthy Texas Week is helping spark conversation and action among citizens at home, work, and school; now, therefore, be it

RESOLVED, That the House of Representatives of the 86th Texas Legislature hereby recognize April 29 through May 5, 2019, as Healthy Texas Week and encourage all residents of the Lone Star State to learn more about this important campaign.