

R E S O L U T I O N

1 WHEREAS, The national Make America Healthy Again movement is
2 raising awareness about the critical need to address rising chronic
3 disease rates, poor nutrition, and declining physical and mental
4 health through education and advocacy; and

5 WHEREAS, The leading cause of mortality and disability in the
6 United States, chronic diseases are attributed to more than 7 out of
7 10 deaths among Americans per year, and over 75 percent of health
8 care spending is related to the management of these conditions;
9 between 2002 and 2022, total Medicaid spending in Texas increased
10 by more than 300 percent, reflecting a substantial financial burden
11 on our health care system; and

12 WHEREAS, The rate of obesity in the U.S. skyrocketed from
13 14.5 percent in 1971 to 42.8 percent in 2018; diagnosed cases of
14 diabetes also surged from 1.6 million in 1958 to over 37 million in
15 2022, and a further 96 million Americans are estimated to have
16 prediabetes; the sharp rise in obesity in the U.S. has coincided
17 with the increasing consumption of ultra-processed foods, which now
18 account for more than half of all calories consumed by the average
19 American; and

20 WHEREAS, The vast majority of Americans fall short of
21 metabolic health standards, with 93 percent of Americans failing to
22 meet key markers; in addition, more than three-quarters of
23 Americans do not engage in the recommended levels of physical
24 activity, and the average adult spends over six hours per day

1 sitting; and

2 WHEREAS, Fertility rates in the U.S. have declined alongside
3 other health measures, with the birth rate decreasing from around
4 3.7 children per woman in 1960 to around 1.6 children per woman in
5 2020; moreover, sperm counts have also seen an accelerated decline;
6 and

7 WHEREAS, The growing concerns around public health are not
8 limited to physical ailments; between the early 1990s and 2018,
9 antidepressant use multiplied fivefold among U.S. adults; from 2011
10 to 2021, reports of high school students experiencing persistent
11 sadness or hopelessness rose from 28 percent to 42 percent, and
12 reports of them seriously considering suicide climbed from 16
13 percent to 22 percent over that same time period; and

14 WHEREAS, The state of public health in our country is a
15 critical issue that impacts the lives of every Texan, but by working
16 together to promote better lifestyle choices and strengthen support
17 for mental health, we can help create a brighter future for all;
18 now, therefore, be it

19 RESOLVED, That the Senate of the 89th Texas Legislature
20 hereby recognize March 4, 2025, as Make Texans Healthy Again Day at
21 the State Capitol and encourage Texans to learn more about the
22 movement and the steps they can take to improve their physical,
23 mental, and metabolic health.