



1 HOUSE RESOLUTION

2 WHEREAS, Two out of every three Americans are now  
3 overweight or obese; the percentage of young people who are  
4 overweight has more than tripled since 1980; among children and  
5 adolescents aged 6 to 19 years, over 9 million young people are  
6 considered overweight; and

7 WHEREAS, A recent study found that because of the rapid  
8 rise in obesity rates, today's youth may become the first  
9 generation to live shorter lives than their parents; obesity  
10 significantly increases the risk of serious chronic diseases  
11 such as diabetes, heart disease, and some cancers; and

12 WHEREAS, In 2000, the estimated annual cost of obesity in  
13 the United States was about \$117 billion; and

14 WHEREAS, Despite the proven benefits of physical activity,  
15 more than 50% of American adults do not get enough physical  
16 activity to provide health benefits; according to the Institute  
17 of Medicine, in 1969, an average of 48% of all students and 90%  
18 living no more than a mile away walked or bicycled to school;  
19 in 1999, only 19% of children walked to or from school and 6%  
20 rode bicycles to school; and

21 WHEREAS, According to the U.S. Surgeon General, as policy  
22 makers and health professionals, we must embrace small steps  
23 toward coordinated policy and environmental changes that will  
24 help Americans live longer, better, healthier lives; achieving  
25 energy balance and balancing the amount of calories eaten with  
26 calories burned through physical activity each day is the best  
27 way to prevent weight gain; and

28 WHEREAS, Community commitment toward creating policies and  
29 environments that provide opportunities for people to enjoy  
30 physical activity and make healthy eating choices on a regular

1 basis is essential for effective, lasting change; teachers,  
2 parents, business leaders, and others across the nation are  
3 joining together with America On the Move and YMCAs nationwide  
4 and here in Illinois, including the Decatur Family YMCA, to  
5 make these positive changes in our communities; therefore, be  
6 it

7 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
8 NINETY-FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
9 we recognize the month of September as "Step-tember" in  
10 conjunction with America On the Move and YMCA Activate America,  
11 and we ask everyone to make two simple changes: move a little  
12 more by taking an extra 2,000 steps and eat wisely by consuming  
13 100 fewer calories; and be it further

14 RESOLVED, That a suitable copy of this resolution be  
15 presented to the Decatur Family YMCA as an expression of our  
16 esteem.