



HR0783

LRB097 18697 RPM 63931 r

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HOUSE RESOLUTION

2 WHEREAS, Obesity, physical inactivity, and poor nutrition
3 are major risk factors for cancer, second only to tobacco use;
4 approximately one third of U.S. (186,000) and Illinois (22,223)
5 cancer deaths this year can be attributed to poor diet,
6 physical inactivity, and overweight and obesity; and

7 WHEREAS, Overweight and obesity are associated with
8 increased risk for several common cancers, including
9 colorectal, esophageal, kidney, endometrial, pancreatic, and
10 postmenopausal breast cancers; research also suggests that
11 overweight and obesity may also be associated with increased
12 risk of liver, cervical, ovarian, non-Hodgkin lymphoma,
13 multiple myeloma, and aggressive prostate cancers; the
14 biological link between overweight and obesity and cancer is
15 believed to be related to multiple effects on fat and sugar
16 metabolism, immune function, hormone levels and proteins that
17 affect hormone levels, and other factors related to cell
18 proliferation and growth; and

19 WHEREAS, National and Illinois adult overweight and
20 obesity percentages are similar in that 2 out of 3 adults are
21 overweight or obese; nationally, 31.6% of children ages 10 to
22 17 are considered to be overweight or obese; in Illinois, 34.9%
23 of children ages 10 to 17 are overweight or obese; and

1 WHEREAS, Overweight and obese children and adolescents are
2 at an increased risk of staying overweight or obese as they
3 grow older; therefore, prevention of obesity is essential,
4 beginning in childhood; and

5 WHEREAS, An American Cancer Society, Illinois Division
6 mission priority is to reduce overweight and obesity rates in
7 Illinois' youth by 25% by 2015; and

8 WHEREAS, The American Cancer Society recommends consuming
9 a healthy diet, with an emphasis on plant foods, in order to
10 reduce cancer risks; recommendations include choosing foods
11 and beverages in amounts that achieve and maintain a healthy
12 weight, limiting consumption of processed and red meats, and
13 consuming fruits and vegetables and whole grains instead of
14 refined grain products; and

15 WHEREAS, Regular and intentional physical activity helps
16 maintain a healthy body weight; independent of body weight,
17 physical activity may also reduce the risk of breast, colon,
18 endometrium, and advanced prostate cancer, and possibly
19 pancreatic cancer; and

20 WHEREAS, The American Cancer Society recommends that
21 adults engage in at least 150 minutes of moderate intensity or

1 75 minutes of vigorous intensity activity each week and that
2 children and adolescents engage in at least one hour of
3 moderate or vigorous intensity activity each day; and

4 WHEREAS, Despite the evidence linking overweight and
5 obesity, poor nutrition, and physical inactivity to increased
6 cancer risk, the majority of Illinoisans are not meeting
7 nutrition and physical activity recommendations; social,
8 economic, environmental, and cultural factors strongly
9 influence individual choices about diet and physical activity;
10 and

11 WHEREAS, Reversing obesity trends and reducing the
12 associated cancer risk will require a broad range of strategies
13 that include policy and environmental changes that make it
14 easier for individuals to regularly make healthy diet and
15 physical activity choices; therefore, be it

16 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
17 NINETY-SEVENTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
18 we encourage that the following be supported:

19 (1) policies aimed at increasing access to affordable
20 healthy foods in communities, worksites, and schools, and
21 decreasing access to and marketing of foods and beverages
22 of low nutritional value, particularly to youth;

23 (2) changing school environments to promote health

1 through a coordinated strategy addressing key components
2 such as physical education, health education, nutrition
3 services, staff wellness, and family and community
4 involvement;

5 (3) daily, quality physical education for early
6 childhood education programs and all students in grades
7 K-12; physical education can be supplemented with
8 additional school-based physical activity opportunities,
9 such as recess, physical activity in the classroom,
10 classroom breaks, intramural sports, and walk-to-school
11 programs; and

12 (4) ensuring all users-pedestrians, bicyclists,
13 motorists, and transit riders of all ages and abilities
14 have safe access to a community's streets.