

111TH CONGRESS
2^D SESSION

H. R. 4452

To amend the Public Health Service Act to provide for a national program to conduct and support activities toward the goal of significantly reducing the number of cases of overweight and obesity among individuals in the United States.

IN THE HOUSE OF REPRESENTATIVES

JANUARY 13, 2010

Ms. NORTON introduced the following bill; which was referred to the
Committee on Energy and Commerce

A BILL

To amend the Public Health Service Act to provide for a national program to conduct and support activities toward the goal of significantly reducing the number of cases of overweight and obesity among individuals in the United States.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Lifelong Improvements
5 in Food and Exercise (LIFE) Act”.

6 **SEC. 2. FINDINGS.**

7 The Congress finds as follows:

1 (1) Currently, 64.5 percent of adults in the
2 United States, age 20 years and older, are over-
3 weight and 30.5 percent of them are obese.

4 (2) Data from two National Health and Nutri-
5 tion Examination Surveys show that among adults
6 aged 20–74 years the prevalence of obesity increased
7 from 15.0 percent in the 1976–1980 survey to 32.9
8 percent in the 2003–2004 survey.

9 (3) In 2003–04, of children and adolescents 2–
10 19 years of age more than 12,500,000 (or 17.1 per-
11 cent) were overweight, and of adults more than
12 66,000,000 (or 32.2 percent) were obese. Almost 5
13 percent of adults were extremely obese.

14 (4) The percentage of children who are over-
15 weight has more than doubled, and among adoles-
16 cents the rates have more than tripled, since 1980
17 increasing from 5 percent to 17.1 percent.

18 (5) More than 50 percent of adults in the
19 United States do not get enough physical activity
20 and national data have shown an increase in the cal-
21 orie consumption of adults.

22 (6) The rising rates of obesity portend greater
23 disease and health conditions including hypertension,
24 high total cholesterol, Type 2 diabetes, coronary
25 heart disease, stroke, gallbladder disease,

1 osteoporosis, sleep apnea, and respiratory problems,
2 and some cancers, such as endometrial, breast, and
3 colon cancer.

4 (7) Many underlying factors have been linked to
5 the increase in obesity, such as increasing portion
6 sizes, eating out more often, increased consumption
7 of sugar-sweetened drinks, increasing television,
8 computer, and electronic gaming time, changing
9 labor markets, and fear of crime, which prevents
10 outdoor exercise.

11 (8) Chronic diseases account for 1.7 million, or
12 70 percent, of all deaths in the United States each
13 year. Although chronic diseases are among the most
14 common and costly health problems, they are also
15 among the most preventable. Adopting a healthy
16 lifestyle such as eating nutritious foods and engag-
17 ing in physical activity, can prevent or control the
18 devastating effects of these diseases. Although
19 chronic diseases are among the most common and
20 costly health problems, they are also among the
21 most preventable.

22 (9) According to the Surgeon General's Call to
23 Action to Prevent and Decrease Overweight and
24 Obesity, the cost of obesity in the United States in
25 2000 was more than \$117 billion.

1 **SEC. 3. REDUCTION IN PREVALENCE OF OBESITY; PRO-**
2 **GRAM FOR LIFELONG IMPROVEMENTS IN**
3 **FOOD AND EXERCISE.**

4 Part B of title III of the Public Health Service Act
5 (42 U.S.C. 243 et seq.) is amended by inserting after sec-
6 tion 317T the following section:

7 **“SEC. 317U. REDUCTION IN PREVALENCE OF OBESITY.**

8 “(a) IN GENERAL.—The Secretary, acting through
9 the Director of the Centers for Disease Control and Pre-
10 vention, shall carry out a national program to conduct and
11 support activities regarding individuals who are over-
12 weight or obese in order to make progress toward the goal
13 of significantly reducing the number of cases of obesity
14 among individuals in the United States.

15 “(b) CERTAIN ACTIVITIES.—In carrying out sub-
16 section (a), the Secretary shall (directly or through grants
17 or contracts) carry out the following with respect to indi-
18 viduals who are overweight:

19 “(1) Activities to train health professionals to
20 recognize that patients are overweight and to rec-
21 ommend prevention activities regarding such condi-
22 tion, including educating patients on the relationship
23 between such condition and cardiovascular disease,
24 diabetes and other health conditions, and on proper
25 nutrition and regular physical activities.

1 “(2) Activities to educate the public with re-
2 spect to the condition of being overweight, including
3 the development of a strategy for a public awareness
4 campaign.

5 “(3) The development and demonstration of
6 intervention strategies for use at worksites and in
7 community settings such as hospitals and commu-
8 nity health centers.

9 “(c) AUTHORIZATION OF APPROPRIATIONS.—For the
10 purpose of carrying out this section, there are authorized
11 to be appropriated \$25,000,000 for fiscal year 2010, and
12 such sums as may be necessary for each of the fiscal years
13 2011 through 2014.”.

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