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111TH CONGRESS
1ST SESSION

H. R. 3830

To direct the Secretary of Health and Human Services to develop an individual chronic disease prevention and wellness achievement matrix.

IN THE HOUSE OF REPRESENTATIVES

OCTOBER 15, 2009

Mr. FORTENBERRY introduced the following bill; which was referred to the Committee on Energy and Commerce

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A BILL

To direct the Secretary of Health and Human Services to develop an individual chronic disease prevention and wellness achievement matrix.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.

This Act may be cited as the ''Health and Wellness for Americans Act of 2009''.

SEC. 2. INDIVIDUAL CHRONIC DISEASE PREVENTION AND WELLNESS ACHIEVEMENT MATRIX.

(a) DEVELOPMENT.—The Secretary of Health and Human Services shall develop an individual chronic disease prevention and wellness achievement matrix—

(1) to assist individuals to lower their risks of chronic disease;

(2) to achieve overall reductions in the incidence of chronic disease on a national scale; and

(3) to lay the foundation for future policies that incentivize achievements based on the matrix.

(b) FACTORS.—The matrix under subsection (a) shall consist of easily measurable, demonstrable, clinical factors as follows:

(1) Achieving the recommended body mass index for an individual's height and weight, or alternatively, an individual's recommended waist circumference.

(2) Achieving recommended lipid profile levels that make up a full lipid panel, or alternatively the recommended ratio of high density lipoprotein (HDL) to low density lipoprotein (LDL).

(3) Achieving the recommended blood pressure level.

(4) Completing all cancer screenings for age and gender, based on guidelines of the U.S. Preventive Services Task Force.

(5) Achieving non-smoking status.

(6) Achieving the recommended fasting blood sugar level (or, if diabetic, the recommended hemoglobin A1c level).

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