

111TH CONGRESS  
2D 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.

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## IN THE HOUSE OF REPRESENTATIVES

JANUARY 13, 2010

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

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## 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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