

115TH CONGRESS
2D SESSION

H. R. 5322

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

MARCH 15, 2018

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 “Promoting Healthier
5 Lifelong Improvements in Food and Exercise Act of
6 2018” or the “LIFE Act”.

1 **SEC. 2. FINDINGS.**

2 The Congress finds as follows:

3 (1) Currently, 69 percent of adults in the
4 United States are overweight and 78.6 million (more
5 than one-third of the adult population in the United
6 States) are obese.

7 (2) Data from two National Health and Nutri-
8 tion Examination Surveys show that, the prevalence
9 of obesity among adults increased from 15.0 percent
10 in 1976–1980 to 35.3 percent in 2011–2012.

11 (3) In 2011–2012, more than 12,700,000 chil-
12 dren and adolescents (or 17 percent) were over-
13 weight, and more than 78,600,000 adults (or 34.9
14 percent) were obese. Almost 6 percent of adults were
15 extremely obese.

16 (4) The percentage of children who are obese
17 has more than doubled and among adolescents the
18 percentage has more than tripled. Since 1980, the
19 obesity rate for adolescents increased from 5 percent
20 to 17 percent.

21 (5) Approximately 48 percent of adults in the
22 United States do not meet the Centers for Disease
23 Control and Prevention’s Physical Activity Guide-
24 lines, and national data show an increase in the cal-
25 orie consumption of adults.

1 (6) The rising rates of obesity portend greater
2 disease and health conditions including hypertension,
3 high total cholesterol, Type 2 diabetes, coronary
4 heart disease, stroke, gallbladder disease,
5 osteoporosis, sleep apnea, respiratory problems, and
6 some cancers, such as endometrial, breast, and colon
7 cancer.

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

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

23 (9) In 2008, overall medical costs related to
24 obesity for United States adults were estimated to
25 be as high as \$147 billion. People who were obese

1 had medical costs that were on average \$1,429 high-
2 er than the cost for people of normal body weight.

3 **SEC. 3. REDUCTION IN PREVALENCE OF OVERWEIGHT AND**
4 **OBESITY.**

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

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

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

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

20 “(1) Activities to train health professionals to
21 recognize that patients are overweight or obese and
22 to recommend prevention activities regarding such
23 condition, including educating patients on—

1 “(A) the relationship between such condi-
2 tion and cardiovascular disease, diabetes, and
3 other health conditions; and

4 “(B) the benefits of proper nutrition and
5 regular physical activities.

6 “(2) Activities to educate the public with re-
7 spect to the condition of being overweight or obese,
8 including the development of a strategy for a public
9 awareness campaign.

10 “(3) The development and demonstration of
11 intervention strategies for use at worksites and in
12 community settings such as hospitals and commu-
13 nity health centers.

14 “(c) AUTHORIZATION OF APPROPRIATIONS.—For the
15 purpose of carrying out this section, there are authorized
16 to be appropriated \$25,000,000 for fiscal year 2019, and
17 such sums as may be necessary for each of the fiscal years
18 2020 and 2021.”.

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