

109<sup>TH</sup> CONGRESS  
2<sup>D</sup> SESSION

# H. CON. RES. 479

Recognizing the health benefits of eating seafood as part of a balanced diet, and supporting the goals and ideals of National Seafood Month.

---

## IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 25, 2006

Mr. BROWN of South Carolina (for himself, Mr. BAIRD, Mr. THOMPSON of California, Mrs. DRAKE, and Mr. JINDAL) submitted the following concurrent resolution; which was referred to the Committee on Energy and Commerce

---

## CONCURRENT RESOLUTION

Recognizing the health benefits of eating seafood as part of a balanced diet, and supporting the goals and ideals of National Seafood Month.

Whereas according to the Centers for Disease Control and Prevention, obesity rates have nearly tripled in adolescents in the United States since 1980;

Whereas overweight adolescents have a 70 percent chance of becoming overweight or obese adults;

Whereas research conducted by the National Institutes of Health indicates that part of the large increase in childhood obesity rates over the past few decades can be traced to overeating and lack of sufficient exercise;

Whereas the American Heart Association has found that cardiovascular disease is the number one killer in the United States, and nearly 2,500 people in the United States die of heart disease every day, an average of 1 death every 35 seconds;

Whereas the American Heart Association advises individuals to consume omega-3 fatty acids found in fish for heart health, and that individuals who are at high risk of heart disease or who have already been diagnosed with heart disease can benefit from eating seafood;

Whereas a Harvard Medical School study found that increased intake of fish and omega-3 fatty acids is related to a decreased risk of coronary heart disease and death resulting from the disease, and of the 80,000 female participants in the study, those who regularly consumed more fish had a lower risk for coronary heart disease when compared to the women who rarely ate fish;

Whereas the low-calorie and low-fat proteins, vitamins, minerals, and omega-3 fatty acids found in seafood contribute to improved cardiovascular and neurological health;

Whereas omega-3 fatty acids contribute to healthy neurological development in children, and during the first few years of a child's growth, the omega-3 fatty acids consumed before birth and during infancy contribute to the positive growth of a child's brain;

Whereas the Alzheimer's Association recommends adopting a "brain-healthy" diet that includes cold water fish containing omega-3 fatty acids, such as halibut, mackerel, salmon, trout, and tuna;

Whereas food experts at the Food and Drug Administration (FDA) and the Department of Agriculture (USDA) advise people in the United States to consume more fish to live “longer, healthier, and more active lives”;

Whereas the average person in the United States consumes approximately 5 ounces of fish each week, less than half of the 12 ounces recommended by the FDA for women of childbearing age, and less than the 2 meals of fish per week recommended by the 2005 Dietary Guidelines promulgated by the USDA;

Whereas the USDA MyPyramid recommends choosing fish more often for lunch or dinner for a healthy diet; and

Whereas National Seafood Month is commemorated annually in October: Now, therefore, be it

1        *Resolved by the House of Representatives (the Senate*  
2 *concurring), That Congress—*

3            (1) recognizes the health benefits of seafood  
4        consumption;

5            (2) encourages eating seafood as part of a bal-  
6        anced diet at least twice a week to help lower the  
7        risk of heart disease and obesity; and

8            (3) supports the goals and ideals of National  
9        Seafood Month, and recognizes the importance of  
10       the educational efforts provided to the Nation by the  
11       seafood community.

○