

110TH CONGRESS  
1ST SESSION

# H. R. 3503

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

SEPTEMBER 7, 2007

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) 50 percent of women aged 20 to 74 are  
10 overweight or obese in the United States according  
11 to the National Women’s Health Information Cen-  
12 ter.

13           (4) In 2003–04, of children and adolescents 2–  
14 19 years of age more than 12,500,000 (or 17.1 per-  
15 cent) were overweight, and of adults more than  
16 66,000,000 (or 32.2 percent) were obese. Almost 5  
17 percent of adults were extremely obese.

18           (5) The percentage of children who are over-  
19 weight has more than doubled, and among adoles-  
20 cents the rates have more than tripled, since 1980  
21 increasing from 5 percent to 17.1 percent.

22           (6) More than 50 percent of adults in the  
23 United States do not get enough physical activity  
24 and national data have shown an increase in the cal-  
25 orie consumption of adults.

1           (7) About two-thirds of young people in grades  
2           9–12 are not engaged in recommended levels of  
3           physical activity. Daily participation in high school  
4           physical education classes dropped from 42 percent  
5           in 1991 to 33 percent in 2005.

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

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

20          (10) Chronic diseases account for 1.7 million,  
21          or 70 percent, of all deaths in the United States  
22          each year. Although chronic diseases are among the  
23          most common and costly health problems, they are  
24          also among the most preventable. Adopting a  
25          healthy lifestyle such as eating nutritious foods and

1 engaging in physical activity, can prevent or control  
2 the devastating effects of these diseases. Although  
3 chronic diseases are among the most common and  
4 costly health problems, they are also among the  
5 most preventable.

6 (11) According to the Surgeon General’s Call to  
7 Action to Prevent and Decrease Overweight and  
8 Obesity, the cost of obesity in the United States in  
9 2000 was more than \$117 billion.

10 **SEC. 3. REDUCTION IN PREVALENCE OF OBESITY; PRO-**  
11 **GRAM FOR LIFELONG IMPROVEMENTS IN**  
12 **FOOD AND EXERCISE.**

13 Part B of title III of the Public Health Service Act  
14 (42 U.S.C. 243 et seq.) is amended by inserting after sec-  
15 tion 317S the following section:

16 “REDUCTION IN PREVALENCE OF OBESITY

17 “SEC. 317T. (a) IN GENERAL.—The Secretary, act-  
18 ing through the Director of the Centers for Disease Con-  
19 trol and Prevention, shall carry out a national program  
20 to conduct and support activities regarding individuals  
21 who are overweight or obese in order to make progress  
22 toward the goal of significantly reducing the number of  
23 cases of obesity among individuals in the United States.

24 “(b) CERTAIN ACTIVITIES.—In carrying out sub-  
25 section (a), the Secretary shall (directly or through grants

1 or contracts) carry out the following with respect to indi-  
2 viduals who are overweight:

3           “(1) Activities to train health professionals to  
4 recognize that patients are overweight and to rec-  
5 ommend prevention activities regarding such condi-  
6 tion, including educating patients on the relationship  
7 between such condition and cardiovascular disease,  
8 diabetes and other health conditions, and on proper  
9 nutrition and regular physical activities.

10           “(2) Activities to educate the public with re-  
11 spect to the condition of being overweight, including  
12 the development of a strategy for a public awareness  
13 campaign.

14           “(3) The development and demonstration of  
15 intervention strategies for use at worksites and in  
16 community settings such as hospitals and commu-  
17 nity health centers.

18           “(c) AUTHORIZATION OF APPROPRIATIONS.—For the  
19 purpose of carrying out this section, there are authorized  
20 to be appropriated \$15,000,000 for fiscal year 2009, and  
21 such sums as may be necessary for each of the fiscal years  
22 2010 through 2013.”.

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