



SR0624

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SENATE RESOLUTION

2           WHEREAS, Obesity, physical inactivity, and poor nutrition  
3 are major risk factors for cancer, second only to tobacco use;  
4 approximately one third of U.S. (186,000) and Illinois (22,223)  
5 cancer deaths this year can be attributed to poor diet,  
6 physical inactivity, and overweight and obesity; and

7           WHEREAS, Overweight and obesity are associated with  
8 increased risk for several common cancers, including  
9 colorectal, esophageal, kidney, endometrial, pancreatic, and  
10 postmenopausal breast cancers; research also suggests that  
11 overweight and obesity may also be associated with increased  
12 risk of liver, cervical, ovarian, non-Hodgkin lymphoma,  
13 multiple myeloma, and aggressive prostate cancers; the  
14 biological link between overweight and obesity and cancer is  
15 believed to be related to multiple effects on fat and sugar  
16 metabolism, immune function, hormone levels and proteins that  
17 affect hormone levels, and other factors related to cell  
18 proliferation and growth; and

19           WHEREAS, National and Illinois adult overweight and  
20 obesity percentages are similar in that 2 out of 3 adults are  
21 overweight or obese; nationally, 31.6% of children ages 10 to  
22 17 are considered to be overweight or obese; in Illinois, 34.9%  
23 of children ages 10 to 17 are overweight or obese; and

1           WHEREAS, Overweight and obese children and adolescents are  
2           at an increased risk of staying overweight or obese as they  
3           grow older; therefore, prevention of obesity is essential,  
4           beginning in childhood; and

5           WHEREAS, An American Cancer Society, Illinois Division  
6           mission priority is to reduce overweight and obesity rates in  
7           Illinois' youth by 25% by 2015; and

8           WHEREAS, The American Cancer Society recommends consuming  
9           a healthy diet, with an emphasis on plant foods, in order to  
10          reduce cancer risks; recommendations include choosing foods  
11          and beverages in amounts that achieve and maintain a healthy  
12          weight, limiting consumption of processed and red meats, and  
13          consuming fruits and vegetables and whole grains instead of  
14          refined grain products; and

15          WHEREAS, Regular and intentional physical activity helps  
16          maintain a healthy body weight; independent of body weight,  
17          physical activity may also reduce the risk of breast, colon,  
18          endometrium, and advanced prostate cancer, and possibly  
19          pancreatic cancer; and

20          WHEREAS, The American Cancer Society recommends that  
21          adults engage in at least 150 minutes of moderate intensity or

1 75 minutes of vigorous intensity activity each week and that  
2 children and adolescents engage in at least one hour of  
3 moderate or vigorous intensity activity each day; and

4 WHEREAS, Despite the evidence linking overweight and  
5 obesity, poor nutrition, and physical inactivity to increased  
6 cancer risk, the majority of Illinoisans are not meeting  
7 nutrition and physical activity recommendations; social,  
8 economic, environmental, and cultural factors strongly  
9 influence individual choices about diet and physical activity;  
10 and

11 WHEREAS, Reversing obesity trends and reducing the  
12 associated cancer risk will require a broad range of strategies  
13 that include policy and environmental changes that make it  
14 easier for individuals to regularly make healthy diet and  
15 physical activity choices; therefore, be it

16 RESOLVED, BY THE SENATE OF THE NINETY-SEVENTH GENERAL  
17 ASSEMBLY OF THE STATE OF ILLINOIS, that we designate September  
18 2012 as Childhood Obesity Awareness Month in Illinois and  
19 encourage that the following be supported:

20 (1) policies aimed at increasing access to affordable  
21 healthy foods in communities, worksites, and schools, and  
22 decreasing access to and marketing of foods and beverages  
23 of low nutritional value, particularly to youth;

1           (2) changing school environments to promote health  
2 through a coordinated strategy addressing key components  
3 such as physical education, health education, nutrition  
4 services, staff wellness, and family and community  
5 involvement;

6           (3) daily, quality physical education for early  
7 childhood education programs and all students in grades  
8 K-12; physical education can be supplemented with  
9 additional school-based physical activity opportunities,  
10 such as recess, physical activity in the classroom,  
11 classroom breaks, intramural sports, and walk-to-school  
12 programs; and

13           (4) ensuring all users-pedestrians, bicyclists,  
14 motorists, and transit riders of all ages and abilities  
15 have safe access to a community's streets.