



1 and

2 WHEREAS, Poor diet and little exercise are the two main  
3 causes of childhood obesity, as children who eat too many  
4 calories and get very little exercise are much more likely to  
5 become obese than those who eat a healthy diet and remain  
6 active; and

7 WHEREAS, Poor diet and little exercise can lead to heart  
8 problems, emotional distress, diabetes, and sleep  
9 disturbances, which all have terrible consequences for  
10 everyday life during childhood and into adulthood; and

11 WHEREAS, Limiting junk food, increasing activity levels to  
12 around 60 minutes a day, and teaching children about the  
13 benefits of healthy habits can all lay the foundation for a  
14 healthier lifestyle for each child; and

15 WHEREAS, The economic costs of childhood obesity can become  
16 drastic; the direct costs of medical visits, diagnostic  
17 studies, and therapeutic services can be very expensive, while  
18 indirect costs can include a decrease in productivity,  
19 absenteeism, and premature death; in 2008, estimates for direct  
20 and indirect costs related to childhood obesity reached up to  
21 \$147 billion; and

1           WHEREAS, Miss Illinois and Miss Quincy 2011, Megan Ervin,  
2           and Miss Quincy Outstanding Teen 2012, Mackenzie Mahsman, have  
3           visited some of Illinois' schools to promote physical fitness  
4           in school as a way to enhance overall physical fitness, curb  
5           childhood obesity, and develop healthier, active, more  
6           confident children; and

7           WHEREAS, Illinois schools are mandated to provide Illinois  
8           school children with a physical education curriculum; this  
9           resolution is not intended to impact the public school  
10          curriculum in this regard or increase any requirements on  
11          Illinois schools, but merely to encourage other school children  
12          to consider voluntarily incorporating more physical activity  
13          and healthier food choices in their daily routines as a  
14          proactive measure to address the childhood obesity issues;  
15          therefore, be it

16          RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
17          NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
18          we urge Illinois schoolchildren and their parents throughout  
19          the State of Illinois and Illinois teachers and school  
20          officials to promote daily physical activity for Illinois'  
21          schoolchildren so they will enjoy healthier, active lifestyles  
22          and urge parents and their children to embrace better  
23          nutritional choices to further build healthier lifestyles; and  
24          be it further

1           RESOLVED, That suitable copies of this resolution be  
2 presented to Megan Ervin and Mackenzie Mahsman as an expression  
3 of our gratitude and respect.".