

HR 9121

2014

## 1 House Resolution

2 A resolution designating October 20-24, 2014, as  
3 "Healthy Eating Awareness: Lifestyle To Heal You  
4 (HEALTHY) Week" in the State of Florida.  
5

6 WHEREAS, more than one-third of all adults in the United  
7 States are obese, and conditions such as heart disease, stroke,  
8 type-2 diabetes, and certain types of cancer are all associated  
9 with obesity, and

10 WHEREAS, childhood obesity has more than doubled in  
11 children and quadrupled in adolescents in the past 30 years, and

12 WHEREAS, a diet of fresh fruits, vegetables, whole grains,  
13 low-fat dairy products, poultry, and fish helps to control  
14 weight, cholesterol, and blood pressure, and

15 WHEREAS, Floridians who are knowledgeable about the  
16 ingredients in their food, where their food comes from, and the  
17 significance of food to their overall health are able to make  
18 more informed choices, and

19 WHEREAS, Floridians can learn and share their knowledge  
20 with their families and friends, especially children, by reading  
21 food labels, visiting local farms, starting vegetable gardens  
22 and growing their own food, learning how bees and other elements  
23 of nature are important to food growth and production, and  
24 understanding how eating unhealthy foods can lead to disease,  
25 and

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26 WHEREAS, since 1995, National Health Education Week has  
27 been celebrated during the third full week of October, focusing  
28 attention on public health problems, providing public education,  
29 and improving consumers' understanding of the role of health  
30 education in promoting good, healthy habits, NOW, THEREFORE,

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32 Be It Resolved by the House of Representatives of the State of  
33 Florida:

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35 That in conjunction with National Health Education Week,  
36 October 20-24, 2014, is designated as "Healthy Eating Awareness:  
37 Lifestyle To Heal You (HEALTHY) Week" in the State of Florida.