

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

# H. R. 4820

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.

---

## IN THE HOUSE OF REPRESENTATIVES

JUNE 9, 2014

Ms. NORTON introduced the following bill; which was referred to the  
Committee on Energy and Commerce

---

## 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 “Promoting Healthier  
5 Lifelong Improvements in Food and Exercise Act” or the  
6 “LIFE Act”.

1 **SEC. 2. FINDINGS.**

2 The Congress finds as follows:

3 (1) Currently, 64.5 percent of adults in the  
4 United States, age 20 years and older, are over-  
5 weight and 72 million (more than one-third of the  
6 adult population in the United States) are obese.

7 (2) Data from two National Health and Nutri-  
8 tion Examination Surveys show that among adults  
9 who are 20 to 74 years of age the prevalence of obe-  
10 sity increased from 15.0 percent in the 1976–1980  
11 survey to 34.9 percent in the 2011–2012 survey.

12 (3) In 2011 and 2012, of children and adoles-  
13 cents 2 to 19 years of age more than 12,500,000 (or  
14 17 percent) were overweight, and of adults more  
15 than 66,000,000 (or 34.9 percent) were obese. Al-  
16 most 6 percent of adults were extremely obese.

17 (4) The percentage of children who are obese  
18 has more than doubled, and among adolescents the  
19 percentage has more than tripled, since 1980 the  
20 obesity rate for adolescents increased from 5 percent  
21 to 21 percent.

22 (5) More than  $\frac{1}{3}$  of adults in the United States  
23 do not get enough physical activity and national  
24 data have shown an increase in the calorie consump-  
25 tion of adults.

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

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

15           (8) Chronic diseases account for 1.7 million, or  
16 70 percent, of all deaths in the United States each  
17 year. Although chronic diseases are among the most  
18 common and costly health problems, they are also  
19 among the most preventable. Adopting a healthy  
20 lifestyle such as eating nutritious foods and engag-  
21 ing in physical activity, can prevent or control the  
22 devastating effects of these diseases. Although  
23 chronic diseases are among the most common and  
24 costly health problems, they are also among the  
25 most preventable.

1           (9) In 2008, overall medical costs related to  
2           obesity for United States adults were estimated to  
3           be as high as \$147 billion. People who were obese  
4           had medical costs that were on average \$1,429 high-  
5           er than the cost for people of normal body weight.

6 **SEC. 3. REDUCTION IN PREVALENCE OF OBESITY; PRO-**  
7                                   **GRAM FOR LIFELONG IMPROVEMENTS IN**  
8                                   **FOOD AND EXERCISE.**

9           Part B of title III of the Public Health Service Act  
10          (42 U.S.C. 243 et seq.) is amended by inserting after sec-  
11          tion 317T the following section:

12 **“SEC. 317U. REDUCTION IN PREVALENCE OF OBESITY.**

13           “(a) IN GENERAL.—The Secretary, acting through  
14          the Director of the Centers for Disease Control and Pre-  
15          vention, shall carry out a national program to conduct and  
16          support activities regarding individuals who are over-  
17          weight or obese in order to make progress toward the goal  
18          of significantly reducing the number of cases of obesity  
19          among individuals in the United States.

20           “(b) CERTAIN ACTIVITIES.—In carrying out sub-  
21          section (a), the Secretary shall (directly or through grants  
22          or contracts) carry out the following with respect to indi-  
23          viduals who are overweight:

24                           “(1) Activities to train health professionals to  
25                           recognize that patients are overweight and to rec-

1 commend prevention activities regarding such condi-  
2 tion, including educating patients on the relationship  
3 between such condition and cardiovascular disease,  
4 diabetes, and other health conditions, and on proper  
5 nutrition and regular physical activities.

6 “(2) Activities to educate the public with re-  
7 spect to the condition of being overweight, including  
8 the development of a strategy for a public awareness  
9 campaign.

10 “(3) The development and demonstration of  
11 intervention strategies for use at worksites and in  
12 community settings such as hospitals and commu-  
13 nity health centers.

14 “(c) AUTHORIZATION OF APPROPRIATIONS.—For the  
15 purpose of carrying out this section, there are authorized  
16 to be appropriated \$25,000,000 for fiscal year 2015, and  
17 such sums as may be necessary for each of the fiscal years  
18 2016 through 2018.”.

○