



Phil Mullin

Bill Analysis
Legislative Service Commission

H.B. 105

127th General Assembly
(As Introduced)

Reps. Celeste, Stebelton, Peterson, Dodd, Ujvagi, Letson, J. McGregor, Miller, Budish, B. Williams, Lundy, Combs, Harwood, Chandler, Carano, Fende, Strahorn, Luckie, Otterman, Yuko, R. Hagan, Skindell, Wolpert, Brown, Brady

BILL SUMMARY

- Designates May as Nutrition and Physical Fitness Month.

CONTENT AND OPERATION

The bill designates May as Nutrition and Physical Fitness Month to increase public awareness of the paramount roles that nutrition and physical fitness play in promoting a healthy lifestyle for all of Ohio's citizens (R.C. 5.2235).

The bill states that the members of the General Assembly in making the bill's designation:

- Call upon the people of Ohio to recognize the important role that a nutritious diet plays in their health and well-being.
- Are aware that, according to the United States Department of Health and Human Services, dietary changes could reduce cancer deaths in the United States by as much as 35%, since only 25% of American adults eat the recommended servings of fruits and vegetables each day and more than 60% of young Americans eat too much fat and less than 20% eat the recommended servings of fruits and vegetables.
- Encourage all people of Ohio to review both the United States Department of Health and Human Services' "Dietary Guidelines for Americans" and the United States Department of Agriculture's food pyramid recommendations and to work toward developing a nutritious lifestyle. (Section 2.)

The bill states that members of the General Assembly in making the bill's designation also:

- Call upon the people of Ohio to make daily exercise a priority.
- Are aware that, according to the United States Centers for Disease Control and Prevention, 26% of all Ohioans report no leisure time or physical activity and 60% of Ohioans are overweight or obese, which is the 13th highest level in the United States.
- Encourage individuals, community organizations, local governments, and schools, when holding celebrations, to include physical and athletic activities and to work toward the goal of a state whose citizens are healthy, active, and physically fit. (Section 3.)

HISTORY

ACTION

DATE

Introduced

03-13-07

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