

June 7, 2016

The Honorable Fred S. Upton
Chairman
House Energy and Commerce Committee
2125 Rayburn HOB
Washington, DC 20515

The Honorable Frank J. Pallone
Ranking Member
House Energy and Commerce Committee
2125 Rayburn HOB
Washington, DC 20515

The Honorable Joe R. Pitts
Chairman
House Energy and Commerce Committee
Subcommittee on Health
2125 Rayburn HOB
Washington, DC 20515

The Honorable Gene Green
Ranking Member
House Energy and Commerce Committee
Subcommittee on Health
2125 Rayburn HOB
Washington, DC 20515

Dear Representatives Upton, Pallone, Pitts and Green:

We, the undersigned organizations, write to express our strong support for H.R. 1499, the Physical Activity Recommendations for Americans Act and urge the committee to consider and pass this important legislation that will promote a healthier lifestyle for all Americans.

Studies by the Department of Health and Human Services indicate that 68 percent of adults and 16.9 percent of children of the United States are obese or overweight and the Centers for Disease Control and Prevention indicate that poor diet and physical inactivity cause more than 400,000 deaths each year. The link between the rise in obesity and ballooning increases in health care spending could not be more apparent. High rates of obesity underlie disturbing increases in chronic diseases such as diabetes, hypertension, coronary heart disease and more. For every dollar that is spent on health care, 75 percent goes towards treating chronic diseases. A significant body of scientific research is adding to the evidence base supporting the relationship between physical activity and health.

The Physical Activity Recommendations for Americans Act would require the Secretary of Health and Human Services to publish physical activity recommendations every ten years based on the latest scientific evidence. During the intervening five-year period, the Secretary would be required to issue a midcourse report that outlines best practices and ongoing issues relating to physical activity. The legislation would help fight the growing obesity epidemic by recommending separate exercise recommendations for children, adults, seniors and people with disabilities. In addition, the bill would require federal agencies to promote the recommendations when carrying out any federal health program.

As organizations committed to improving America's health, we believe it is vital that the federal government commit to an ongoing process that is committed to reducing obesity in America. Therefore, physical activity recommendations need to be reexamined and reissued at

least every ten years. We believe that these recommendations will encourage Americans to live a healthier lifestyle and will work towards reducing chronic disease in America.

By passing H.R. 1499, the committee will give Americans the necessary information they need to make positive decisions and maintain proper health. We support the Physical Activity Recommendations for Americans Act and look forward to working with the committee to ensure its passage and implementation.

Sincerely,

A World Fit For Kids!
Action for Healthy Kids
America Walks
American Cancer Society Cancer Action Network, Inc.
American College of Sports Medicine
American Council on Exercise
American Diabetes Association
American Heart Association
American Institute for Cancer Research
American Society of Landscape Architects
Campaign to End Obesity Action Fund
Center for Science in the Public Interest
Coalition for the Registration of Exercise Professionals (CREP)
Girls on the Run International
Healthy Weight Partnership
International, Health, Racquet and Sportsclub Association
League of American Bicyclists
Maryland State Advisory Council on Physical Fitness
MEND Foundation
MomsTeam Institute of Youth Sports Safety, Inc.
National Association of Pediatric Nurse Practitioners
National Athletic Trainers' Association

National Coalition for Promoting Physical Activity
National Council of Youth Sports
National Council on Strength and Fitness
National Federation of State High School Associations
National Football League
National Interscholastic Athletic Administrators Association
National Physical Activity Plan Alliance
National Recreation and Park Association
National Youth Sports Health & Safety Institute
NIRSA: Leaders in Collegiate Recreation
North American BikeShare Association
PeopleForBikes
Pop Warner
Safe Routes to School National Partnership
SHAPE America
Sports & Fitness Industry Association
Sports Health and Safety Institute at UW Medicine
The Trust for Public Land
Trust for America's Health
US Lacrosse
USA Hockey
USA Rugby
USA Soccer
YMCA of the USA