

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