



## **Healthy CHOICES Act Introduced In U.S. House**

### ***Bill Includes ‘Moving Outdoors In Nature’ Component To Improve Health***

WASHINGTON (May 5)—U.S. Rep. Ron Kind (D-WI) today introduced the Healthy CHOICES Act to help address the United States’ growing obesity problem. Rep. Kind held a press conference on Capitol Hill to announce the legislation, which is supported by Reps. Mary Bono Mack (R-CA), Earl Blumenauer (D-OR) and Marcia Fudge (D-OH).

The bill includes a section titled “*Moving Outdoors in Nature*”, to provide grants for states to develop and implement comprehensive strategies to get people moving via parks, recreation, outdoor play and other means.

**Kevin Coyle, Vice President of Education and Training at National Wildlife Federation, said today:**

“National Wildlife Federation commends Congressman Kind and other leaders for their new legislation to combat obesity and improve overall health in the U.S. The 'Moving Outdoors in Nature' provision of this bill will get Americans moving and engaged in active outdoor play and recreation.

“The Healthy CHOICES Act comes at a critical time—today’s kids have less contact with nature than any generation in history. The [rate](#) of chronic disease among American children has doubled since the late 1980s, and much of the increase was a result of obesity. The leadership of Ron Kind, along with Representatives Bono Mack, Fudge and Blumenauer, will help get kids outside enjoying fresh air, and set them on a path to better health.”

A Kaiser Family Foundation [study](#) finds that the average American child spends almost eight hours a day glued to electronic entertainment media. That’s more than the equivalent of a fulltime work week.

Other studies show that kids spend an average of four minutes to seven minutes per day engaged in unstructured outdoor play. This imbalance is costing our children their health in the form of obesity, diabetes, and attention deficit issues.

The positive momentum of legislation such as the Healthy CHOICES Act helps further the movement to connect kids with nature and create more livable communities. National Wildlife Federation’s [Be Out There](#) campaign provides resources to get kids and their families to spend more time outside.

*National Wildlife Federation is America’s largest conservation organization, inspiring Americans to protect wildlife for our children’s future. Visit [www.nwf.org](http://www.nwf.org) to learn more.*

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