

1 **State of Arkansas**
2 **79th General Assembly**
3 **Regular Session, 1993**
4 **By: Senator Snyder**

S.C.R.

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7 **SENATE CONCURRENT RESOLUTION**

8 DECLARING A GOAL FOR YEARLY CONSUMPTION OF FRUIT AND
9 VEGETABLES OF FIVE HUNDRED (500) POUNDS PER PERSON, THE
10 EQUIVALENT OF A MINIMUM OF FIVE (5) SERVINGS PER DAY, IN
11 ARKANSAS BY THE YEAR 2,000 A.D., AS A CHRONIC DISEASE
12 PREVENTION MEASURE.

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14 **Subtitle**

15 DECLARING A GOAL FOR INCREASED CONSUMPTION OF FRUIT AND
16 VEGETABLES.

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18 WHEREAS, the prevention of heart disease and cancer is one of the most
19 urgent medical challenges of our day; and

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21 WHEREAS, heart disease is the number one killer in Arkansas and cancer
22 is predicted to strike three (3) out of four (4) Arkansas families during a
23 lifetime; and

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25 WHEREAS, the 1988 Surgeon General's Report on Nutrition and Health
26 estimates that two-thirds (2/3) of the deaths from heart disease and cancer
27 are attributable to the type of diet which is currently typical in the United
28 States; and

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30 WHEREAS, the American Heart Association and the American Cancer Society
31 recommend that people should reduce their intake of fats and increase their
32 consumption of high fiber foods, such as fruits and vegetables, as part of a
33 diet that may help reduce heart disease and cancer risk; and

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35 WHEREAS, the American Diabetes Association, and the United States

1 Departments of Agriculture and Health and Human Services also make similar
2 dietary recommendations to reduce the risk of diabetes, and other chronic
3 diseases; and

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5 WHEREAS, the United States Department of Agriculture encourages the
6 consumption of a variety of foods from all food groups in proportion to one_s
7 needs; and

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9 WHEREAS, the Arkansas Department of Health has recognized the
10 significant relationship between diet and heart disease and cancer as a threat
11 to public health and is actively promoting a doubling of the current
12 consumption of fruits and vegetables in the typical Arkansas diet as one (1)
13 of the ways to reduce the risk of heart disease and cancer,

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15 NOW THEREFORE,

16 BE IT RESOLVED BY THE SENATE OF THE SEVENTY-NINTH GENERAL ASSEMBLY OF THE
17 STATE OF ARKANSAS, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN:

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19 THAT the General Assembly of the State of Arkansas declares a goal for
20 yearly consumption of fruit and vegetables of five hundred (500) pounds, the
21 equivalent of a minimum of five (5) servings per day, per person in Arkansas
22 by the year 2,000 A.D. as a chronic disease prevention measure; and

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24 BE IT FURTHER RESOLVED that the Secretaries of the House and Senate
25 transmit copies of this resolution to the Governor, the Director of the
26 Department of Human Services, and the Director of the Department of Health.

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