

AN ACT concerning

**State Designations - Walking as the State Exercise**

FOR the purpose of designating walking as the State exercise.

BY adding to

Article - State Government  
Section 13-320  
Annotated Code of Maryland  
(2004 Replacement Volume and 2007 Supplement)

**Preamble**

WHEREAS, Heart disease is the number one cause of death each year in Maryland, and thousands of Maryland citizens suffer from disease and other health problems as a result of a lack of physical activity; and

WHEREAS, Mortality rates from coronary artery disease in Maryland rank in the top one-third in the nation with more than 12,000 people dying annually; and

WHEREAS, Physical inactivity and unhealthy eating are leading risk factors that contribute to at least 400,000 preventable deaths each year in the United States; and

WHEREAS, In 2004, approximately 23% of Americans and 31% of Marylanders engaged in no leisure time physical activity; and

WHEREAS, In 2004, the obesity rate in Maryland was greater than 23%; and

WHEREAS, Maryland ranks in the top 50% of the heaviest states in the nation, with an adult obesity rate of 23.4%; and

WHEREAS, In the United States, the number of adults and children who are overweight has risen sharply during the past 25 years, and the percentage of adults and children who made trips on foot dropped during that same period; and

WHEREAS, Health care costs related to cardiovascular disease in Maryland are \$2.25 billion yearly, and the annual cost of heaviness and obesity in the United States is \$122.9 billion with \$64.1 billion in direct costs and \$58.8 billion in indirect costs; and

WHEREAS, If all inactive Americans were to participate in physical activity, an estimated \$76.6 billion in direct health costs would be saved; and