

HOUSE JOINT RESOLUTION 149

By Lynn

A RESOLUTION relative to the metabolic health of Tennesseans.

WHEREAS, to Make Tennessee Healthy Again is an admirable goal; and

WHEREAS, the federal government reports that the metabolic health of our citizens is a growing concern: 65 percent are overweight or obese, 43.5 percent report feeling anxious, and 937,000 adults in Tennessee have a mental health condition according to the National Alliance on Mental Illness; and

WHEREAS, metabolic syndrome is a clustering of at least three of the following five medical conditions: abdominal obesity, high blood pressure, high blood sugar, high serum triglycerides, and low serum high-density lipoprotein (HDL); and

WHEREAS, in Tennessee, 761,000 individuals are currently diagnosed with Type 2 diabetes, with 51,000 new cases diagnosed annually; and

WHEREAS, ample research exists to help Tennesseans understand how to improve physical, emotional, and mental health for a more healthful, peaceful, and contented life; and

WHEREAS, there is a growing awareness of the benefits of eating minimally processed foods, getting regular exercise, getting enough sleep, enjoying outdoor activities, and spending social time with friends and family to produce contentment, better health, and improved well-being; and

WHEREAS, there exists in today's modern American diet an unholy trinity of ultra-processed foods and food ingredients that produce cheap, prepared foods high in calorie content, chemical additives, and sugars; and

WHEREAS, the federal government has warned for years that a steady diet of such processed foods contributes to metabolic syndrome, and as recently hypothesized and

demonstrated by Christopher M. Palmer, M.D., in his book *Brain Energy*, a poor diet may contribute to deterioration of the metabolic condition of the brain, all causing long-term damage to health and well-being; and

WHEREAS, this unholy trinity is the simple carbohydrate processed grains, refined sugars, and industrial vegetable and seed oils that dominate the ingredients in prepared foods and play a role in their preparation; and

WHEREAS, the first of this unholy trinity is simple carbohydrate grains, which are industrially processed grains such as wheat and rice that are stripped of the healthful bran, often bleached, and sometimes refined into flour to make breads, pastas, cereals, chips, pretzels, crackers, waffles, pancakes, rolls, and pizzas that make up much of our caloric intake; and

WHEREAS, the human body quickly converts simple carbohydrates to sugar, causing a person's body to work hard to process and maintain blood glucose levels; and

WHEREAS, highly processed grains are cheap and, therefore, consumed in abundance, and contribute to metabolic syndrome, weight gain, inflammatory diseases, inflammatory bowel disease, and connective tissue disease; and

WHEREAS, the second in the unholy trinity is sugar, including white sugar, high fructose corn syrup, and "sugar free" sweeteners, which are found in abundance in processed prepared foods, food additives, and drinks, producing an endless variety of simple carbohydrate foods highly attractive to children and adults; and

WHEREAS, such sugars contribute to weight gain, acne, and Type 2 diabetes, and can increase a person's risk of several serious medical conditions such as metabolic syndrome; examples of these foods are candy, cakes, cookies, ice cream, fruit juices, sweetened coffee, coffee creamers, and soda pop; and

WHEREAS, the third member of the unholy trinity is industrial seed oils and vegetable oils such as corn, safflower, soybean, cotton seed, vegetable, and canola oils, which are

ubiquitous on today's supermarket shelves and in today's processed and fast food, making up 20 percent of the American diet according to the United Nations; and

WHEREAS, industrial seed oils are produced by a complicated manufacturing process to concentrate the oil; the process to produce these oils involves hydrogenation, bromine, and a chemical called hexane; and

WHEREAS, studies show industrial seed oils with their high linoleic acid content have increased the level of linoleic acid in our fat cells, and they easily turn rancid, causing an oxidation chain reaction and free radical damage in the body along with inflammation in the arteries and organs, insulin resistance, chronic pain, anxiety, depression, and damage to the gut microbiome; and

WHEREAS, the overabundance of these high omega-6 fatty acids creates an imbalance due to the lesser quantity of omega-3 fatty acids we consume and are associated with the great increase of cardiovascular disease, which started in the twentieth century about the time of their advent as a food ingredient; and

WHEREAS, the great abundance of these simple carbohydrate grains, sugars, and vegetable seed oils have produced cheap, shelf-stable, prepared processed foods, but at what cost to the health of Tennesseans; and

WHEREAS, the sad reality is that, despite the fact that we enjoy one of the highest standards of living in the world and that most people are not starving, we have observed a continual decline in metabolic health and mental health that has stressed our bodies and slowly kills us over decades; and

WHEREAS, to Make Tennessee Healthy Again is an admirable goal; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED FOURTEENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE

CONCURRING, that the voice of Tennesseans who understand the importance of sharing this information with their brethren is heard through this resolution.