

116TH CONGRESS
1ST SESSION

H. R. 2891

To provide for the publication by the Secretary of Health and Human Services
of physical activity recommendations for Americans.

IN THE HOUSE OF REPRESENTATIVES

MAY 22, 2019

Mr. KIND (for himself and Mr. MCKINLEY) introduced the following bill;
which was referred to the Committee on Energy and Commerce

A BILL

To provide for the publication by the Secretary of Health
and Human Services of physical activity recommenda-
tions for Americans.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Physical Activities Rec-
5 ommendations for Americans Act of 2019”.

6 **SEC. 2. PHYSICAL ACTIVITY RECOMMENDATIONS FOR**
7 **AMERICANS.**

8 (a) REPORTS.—

9 (1) IN GENERAL.—Not later than December 31,
10 2020, and at least every 10 years thereafter, the

1 Secretary of Health and Human Services (referred
2 to in this section as the “Secretary”) shall publish
3 a report that provides physical activity recommenda-
4 tions for the people of the United States. Each such
5 report shall contain physical activity information and
6 recommendations for consideration and use by the
7 general public, and shall be considered, as applicable
8 and appropriate, by relevant Federal agencies in car-
9 rying out relevant Federal health programs.

10 (2) BASIS OF RECOMMENDATIONS.—The infor-
11 mation contained in each report required under
12 paragraph (1) shall be based on the most current
13 evidence-based scientific and medical knowledge at
14 the time the report is prepared, and shall include ad-
15 ditional information for population subgroups, such
16 as children or individuals with disabilities, if sci-
17 entific and medical evidence indicates that physical
18 activity recommendations vary in such a manner
19 that such stratification is warranted.

20 (3) UPDATE REPORTS.—Not later than 5 years
21 after the publication of the first report under para-
22 graph (1), and every 10 years thereafter, the Sec-
23 retary shall publish an update report detailing evi-
24 dence-based practices and highlighting continuing
25 issues with respect to physical activity. The contents

1 of reports under this paragraph may focus on a par-
2 ticular group, subsection, or other division of the
3 general public or on a particular issue relating to
4 physical activity.

5 (b) INTERACTION WITH OTHER RECOMMENDA-
6 TIONS.—Federal agencies proposing to issue physical ac-
7 tivity recommendations that differ from the recommenda-
8 tions in the most recent report published under subsection
9 (a)(1) shall submit such proposed recommendations to the
10 Secretary for review, and as appropriate, approval, to en-
11 sure that such recommendations are either consistent with
12 the physical activity recommendations published under
13 such subsection or based on the most current evidence-
14 based scientific and medical knowledge.

15 (c) EXISTING AUTHORITY NOT AFFECTED.—This
16 section is not intended to limit the support of biomedical
17 research by any Federal agency or to limit the presen-
18 tation or communication of scientific or medical findings
19 or review of such findings by any Federal agency.

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