

Right now, candidates can use campaign funds for a whole range of expenses, from pizza for exhausted staff to cybersecurity for digital devices, but the law does not make it clear that childcare is among those allowed expenses.

Like so many laws, there is an assumption of a female caregiver behind every male elected official. In part because of that, moms who continue to shoulder the majority of childcare responsibilities also struggle to run for Congress.

Until women are fully and equally present in Congress, women's perspectives will continue to be underrepresented. The result is a weaker democracy for the people.

Mr. Speaker, I very much look forward to the enactment of H.R. 1 and the Help America Run Act.

#### WOMEN'S HISTORY MONTH

The SPEAKER pro tempore. The Chair recognizes the gentleman from Pennsylvania (Mr. THOMPSON) for 5 minutes.

Mr. THOMPSON of Pennsylvania. Mr. Speaker, I rise today to recognize March as Women's History Month.

Throughout history, countless women have contributed to the character and success of the United States of America. During Women's History Month, we celebrate the scores of women who have worked to improve our society and who have fought inequality and discrimination in every form.

These women have created a legacy that lives on and continues to inspire generations of Americans, from Harriet Tubman to Elizabeth Cady Stanton, and Susan B. Anthony to Helen Keller. Women's History Month is a time to honor the lives and legacy of all women, living and dead. Through sharing their stories, we are able to acknowledge how their contributions have enriched our lives.

In the Commonwealth of Pennsylvania, legendary journalist Ida Tarbell was born at the onset of the oil boom. She is best known for her 1904 book, "The History of the Standard Oil Company." Ida Tarbell was known for her ability to take complex subjects and break them down into articles that could be easily consumed by the general public.

She had a successful career as an investigative journalist, and the Oil Region Alliance in northwestern Pennsylvania recently completed a full restoration of Ms. Tarbell's childhood home in Titusville so that it would be preserved for generations to come.

Mr. Speaker, by honoring women and their achievements, we can honor the past, inform the present, and inspire the future.

Many women have served as part of our Armed Forces throughout history and proudly continue to today, women like Mary Ludwig Hays McCauley, who fought in battles during the Revolu-

tionary War and was among the first women to receive a military pension, and modern-day women like Lisa Jaster, a major in the United States Army Reserve who completed Army Ranger School, which is one of the toughest courses in the military.

Major Jaster was in the first Ranger class that allowed women, and she is the first female Army Reserve officer to become a Ranger School graduate.

Mr. Speaker, many women have left their imprint on the pages of history, and there are numerous leaders who will continue to guide this Nation into the future. May we celebrate and honor them, not only during Women's History Month, but all year long, and thank them for their incredible contributions.

#### HEALTH AND NUTRITIONAL CHALLENGES FACING AFRICAN AMERICAN POPULATION

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. DANNY K. DAVIS) for 5 minutes.

Mr. DANNY K. DAVIS of Illinois. Mr. Speaker, I thank the Academy of Nutrition and Dietetics, which prepared this statement for me in acknowledgment of Black History Month.

Minority populations, especially the African American population, continue to remain in relatively poor health when compared to the majority population and also continue to be underserved by the healthcare delivery system.

One of the biggest health challenges facing our country today is obesity, and the African American community is especially at risk. In a 2015-2016 study by the CDC, the report found non-Hispanic Black adults, at 46.8 percent, had a higher prevalence of obesity than non-Hispanic White adults, which was 37.9 percent.

Compared to other States, Illinois' obesity rate is a significant area of concern, with 31 percent of adults having obesity. This statistic is higher than the U.S. median.

Illinois has the 27th highest adult obesity rate in the Nation and the 7th highest obesity rate for youth ages 10 to 17. Chicago's African American community is the demographic with the highest obesity rate at 39.8 percent.

With such a high percentage of the African American community falling in the obese category, this demographic runs a higher risk for obesity-related conditions, including heart disease, stroke, type 2 diabetes, and certain types of cancer that are some of the leading causes of preventable, premature death.

Compared to the general population, African Americans are disproportionately affected by diabetes. African Americans constitute more than 35 percent of all patients receiving dialysis treatment for kidney failure but only represent 13.2 percent of the overall U.S. population.

High blood pressure is the second leading cause of kidney failure among African Americans and remains the leading cause of death due to its link with heart attacks and strokes.

With these troubling statistics, where do we go from here? Awareness, education, and access are the keys to changing our Nation's health, and food and nutrition practitioners play a very important role in leading the health revolution.

Obesity is partially attributed to poor nutritional intake and has been implicated as a contributor to cancer, heart disease, stroke, and diabetes.

Food and nutrition practitioners have an opportunity and an ethical obligation to positively influence the healthcare experience of individuals. These experts have the power to influence factors affecting health disparities at the individual and the population levels, including programs such as SNAP, WIC, adult care food programs, and other nutrition programs.

By connecting with individuals who are most at risk, food and nutrition practitioners can make a huge change when it comes to the health of African Americans, as well as the health of all Americans.

I thank the Academy of Nutrition and Dietetics for preparing this information for me.

#### STATE OF AMERICAN WORKFORCE

The SPEAKER pro tempore. The Chair recognizes the gentleman from Pennsylvania (Mr. SMUCKER) for 5 minutes.

Mr. SMUCKER. Mr. Speaker, I rise today to talk about our economy and the state of the American workforce.

With reforms enacted by the Tax Cuts and Jobs Act, as well as needed regulatory relief, nearly every economic indicator is pointing up. The latest U.S. jobs report shows our economy is at its strongest rate in 13 years. Unemployment is at a record low across the board. Wages are growing at the fastest level in over a decade. Business investment is strong. Best of all, American families are keeping more money in their pockets. But new success brings a new set of challenges.

The number of job openings in the U.S. hit a record high last month of 7.3 million. We have gone from, "Where are the jobs?" to, "Where are the workers?" While it may seem positive that there are more jobs open than workers to fill them, I fear that, without addressing the needs of our workforce, we will stifle our incredible economic growth.

According to a study conducted by the National Federation of Independent Business, 22 percent of business owners cite the difficulty in finding workers as their single most important business problem. I hear this from every employer I meet with in my district. The number of job openings is staggering and must be addressed.