

1 **Resolution Urging Healthy Activities in Schools**

2026 GENERAL SESSION

STATE OF UTAH

Chief Sponsor: Katy Hall

Senate Sponsor:

LONG TITLE**General Description:**

This resolution encourages a public school to prioritize healthy eating education and physical activity.

Highlighted Provisions:

This resolution:

- ▶ acknowledges the importance of regular physical activity and healthy eating for children and adolescents;
- ▶ recognizes that a public school plays an important role in:
 - creating lifelong habits in a student; and
 - exposing a student to certain healthy eating and exercise practices;
- ▶ encourages a public school to prioritize physical activity; and
- ▶ encourages an elementary school to take certain field trips.

Money Appropriated in this Bill:

None

Other Special Clauses:

None

21 *Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:*

22 WHEREAS, regular physical activity strengthens physical health, supports mental
23 well-being, and improves academic performance for students of all ages;

24 WHEREAS, national health authorities recommend that children and adolescents engage in
25 at least 60 minutes of physical activity each day;

26 WHEREAS, public schools influence lifelong habits by integrating movement, nutrition
27 education, and experiential learning into the school environment;

28 WHEREAS, Utah's agricultural community plays a vital role in food production, economic
29 stability, and education about where food originates;

30 WHEREAS, exposure to farming, food preparation, and healthy eating practices helps a

31 student understand nutrition, sanitation, and responsible food systems; and

32 WHEREAS, the United States Department of Health and Human Services published the
33 Dietary Guidelines for Americans, 2025-2030, on January 7, 2026, to provide science-based
34 guidance on healthy eating patterns:

35 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
36 Governor concurring therein, encourages each public school to ensure that every student in
37 kindergarten through grade 12 who is able participates in a minimum of 60 minutes of physical
38 activity each school day, through physical education, recess, classroom movement,
39 extracurricular activities, or other appropriate means.

40 BE IT FURTHER RESOLVED that the Legislature encourages each public elementary
41 school, including charter schools, to hold an annual educational field trip to either a working
42 farm, where students may observe livestock agriculture and learn about farming practices and
43 food production, or a whole-food restaurant, where students may learn about food sanitation,
44 meal preparation, cooking techniques, and the service of healthy whole foods.

45 BE IT FURTHER RESOLVED that the Legislature recognizes the importance of local
46 control and flexibility and encourages school districts and charter schools to implement these
47 recommendations in ways that best serve the local education agency's students and
48 communities.

49 BE IT FURTHER RESOLVED that a copy of this resolution be prepared and submitted to
50 the State Board of Education and each local education agency in the state.