

**RESOLUTION ENCOURAGING SCHOOLS TO
ADOPT NUTRITION AND PHYSICAL
ACTIVITY POLICIES**

2005 GENERAL SESSION

STATE OF UTAH

Sponsor: Patricia W. Jones

LONG TITLE

General Description:

This joint resolution of the Legislature urges the development of wellness policies to reduce obesity in children and adolescents.

Highlighted Provisions:

This resolution:

▸ urges that schools, school districts, health care providers, community-based organizations, businesses, and families work ~~H~~→ [with the Legislature] ←~~H~~ to establish comprehensive wellness policies to help prevent and reduce the prevalence of overweight children and adolescents.

Special Clauses:

None

Be it resolved by the Legislature of the state of Utah:

WHEREAS, Action for Healthy Kids is a nationwide initiative dedicated to improving the health and educational performances of children through better nutrition and physical activity in schools;

WHEREAS, this effort represents a response to the nation's epidemic of overweight, sedentary, and undernourished children and adolescents;

WHEREAS, the Utah Action for Healthy Kids has 11 local working partners who meet



28 monthly to plan ways to improve nutrition and physical activity in Utah schools;

29 WHEREAS, since 1980 the percentage of young people who are overweight has
30 doubled, putting them at a greater risk of heart disease, stroke, diabetes, and cancer;

31 WHEREAS, according to the Surgeon General, only half of adolescents regularly
32 participate in vigorous physical activity and 25% report no physical activity;

33 WHEREAS, one in every four Utah students from kindergarten to eighth grade is
34 overweight or at risk of becoming overweight and there are enough overweight or at risk
35 children in Utah to fill 124 elementary schools or 2,067 classrooms;

36 WHEREAS, studies have shown that physically active students have more positive self
37 esteem and lower levels of depression;

38 WHEREAS, good health and nourishment also enhance performance on cognitive
39 testing, and improved test scores are a result of participation in the school breakfast program;

40 WHEREAS, the 2004 reauthorization of the Child Nutrition Program states that each
41 school district participating in the National School Lunch Program shall establish a local
42 wellness policy by 2006;

43 WHEREAS, school-based efforts present a unique opportunity to provide children with
44 the skills and support they need to adopt healthy, lifelong behaviors;

45 WHEREAS, there is also an opportunity to engage students, school faculty, families,
46 and communities in promoting healthy eating and regular physical activity;

47 WHEREAS, Action for Healthy Kids recognizes the importance of wellness policies
48 and has developed policy and program guidelines to assist schools and school districts as they
49 create and evaluate their wellness policies; and

50 WHEREAS, it is critical that physical activity requirements, standards, and programs in
51 schools are strengthened, school and community partnerships that promote good nutrition are
52 fostered, and nutrition policies and physical education programs are established:

53 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah
54 urges that ~~H~~→ [schools] school community councils ←~~H~~ , school districts, health care providers,
54a community-based organizations,
55 businesses, and families work ~~H~~→ [with the Legislature] ←~~H~~ to establish comprehensive wellness
56 policies to help prevent and reduce the prevalence of overweight children and adolescents.

57 BE IT FURTHER RESOLVED that a copy of this resolution be sent to the Utah State
58 Office of Education, the Utah Parent-Teachers Association, the Utah Chamber of Commerce,

59 and the Utah Medical Association.

Legislative Review Note
as of 1-19-05 9:37 AM

A limited legal review of this legislation raises no obvious constitutional or statutory concerns.

Office of Legislative Research and General Counsel

Fiscal Note
Bill Number HJR011

**Resolution Encouraging Schools to Adopt Nutrition and Physical Activity
Policies**

24-Jan-05
7:15 AM

State Impact

Mailing provisions of this resolution can be handled within existing budgets.

Individual and Business Impact

No fiscal impact.

Office of the Legislative Fiscal Analyst