
HOUSE CONCURRENT RESOLUTION

URGING HAWAII'S COUNTY, STATE, AND FEDERAL LEVEL GOVERNMENT
OFFICIALS TO PLAY AN ACTIVE ROLE IN CREATING "HEART HEALTHY
COMMUNITIES".

1 WHEREAS, more than half of the adults in America live
2 inactive lifestyles and two-thirds are overweight or obese; and
3

4 WHEREAS, since the 1950s, sedentary American jobs have
5 increased by eighty-three per cent, the number of people who
6 drive to work has increased by thirty per cent, and suburban
7 residents have increased by one hundred fifteen per cent; and
8

9 WHEREAS, during the same period, student attendance in
10 physical education classes has dropped twenty-three per cent,
11 and daily television viewing has increased sixty per cent; and
12

13 WHEREAS, in addition, commercial food consumption has
14 surged, and the creation of suburban communities has resulted in
15 dramatic increases in car travel and a sharp decline in walking;
16 and
17

18 WHEREAS, a recent study by the Rand Corporation found that
19 people who live in more densely populated places, where the
20 streets are laid out on a grid and sidewalks, residential
21 neighborhoods, and street-front shops encourage walking, were
22 more likely to exercise enough to ward off chronic illnesses
23 such as diabetes, hypertension, heart disease, and stroke; and
24

25 WHEREAS, the study also found that people who live in
26 suburban communities that are more geographically spread out and
27 have fewer exercise amenities have higher rates for the same
28 chronic illnesses; and
29

30 WHEREAS, many public agencies throughout the country are
31 now teaming up with foundations, universities, and private
32 companies to launch a new kind of health campaign that focuses



1 on improving people's exercise and food options instead of
2 reforming their behavior; and
3

4 WHEREAS, Congress recently revised the national school-
5 lunch law to require that participating public schools create
6 nutrition and exercise policies, and forty states have
7 introduced legislation for the same purposes; and
8

9 WHEREAS, the State of New Jersey has adopted a sweeping
10 plan to restrict fat, sugar, and portion sizes for any food
11 served in its public schools and the State of California is
12 proposing to extend a ban on soft drink sales in high schools;
13 and
14

15 WHEREAS, community planners and other government leaders
16 can help to create environments that include healthier food
17 choices in schools and public buildings and exercise choices,
18 such as mass transit alternatives, expanded parks, bike lanes,
19 walking paths, and other amenities, to make it easier to get and
20 stay fit; now, therefore,
21

22 BE IT RESOLVED by the House of Representatives of the
23 Twenty-third Legislature of the State of Hawaii, Regular Session
24 of 2006, the Senate concurring, that Hawaii's county, state, and
25 federal level government officials are urged to play an active
26 role in creating "heart healthy communities" by fostering and
27 encouraging healthy lifestyles through their public policy
28 development and community planning responsibilities; and
29

30 BE IT FURTHER RESOLVED that certified copies of this
31 Concurrent Resolution be transmitted to Hawaii's congressional
32 delegation, the Governor of the State of Hawaii, the Director of
33 Health, the Superintendent of Education, and the Mayors and
34 Council Chairpersons of each county in Hawaii.
35
36
37

OFFERED BY:

Maui B. Lee

Cynthia Thelen
St. D.
John R. Kamehaha
Michael A. Gault
Josephine
Tommy Wu
James H. King
Michael P. Calabrese
Barbara Marum
Gene K. Pau
Ann V. ...

