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## HOUSE 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  
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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  
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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  
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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  
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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  
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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  
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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  
33 on improving people's exercise and food options instead of  
34 reforming their behavior; and



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

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

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

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

BE IT FURTHER RESOLVED that certified copies of this Resolution be transmitted to Hawaii's congressional delegation, the Governor of the State of Hawaii, the Director of Health, the Superintendent of Education, and the Mayors and Council Chairpersons of each county in Hawaii.

MAR 15 2006

OFFERED BY:

Maui B. Lee

*[Handwritten signatures and names including: J. Phil. Harantson, Cynthia Thiele, Michael P. Kalukina, Tom Was, Tony Was, John B. ...]*

