

---

---

## HOUSE RESOLUTION

REQUESTING THAT THE DEPARTMENT OF EDUCATION ALLOW CREDITS FOR CURRENT PARTICIPATION IN EXTRACURRICULAR SPORTS FOR ALL HIGH SCHOOL STUDENTS TO ENCOURAGE PHYSICAL FITNESS AND MENTAL WELL-BEING AND SUPPORT A REDUCTION IN OBESITY AMONGST HIGH SCHOOL STUDENTS.

1           WHEREAS, according to a report on obesity, dated August 27,  
2 2007, by the Trust for America's Health, Hawaii's youth are the  
3 twenty-ninth most obese in the nation and eighty-one per cent of  
4 Americans believe that the government should have a role in  
5 addressing obesity; and

6

7           WHEREAS, according to a United States Department of Health  
8 and Human Services report released in 2003, one out of every  
9 eight deaths in America are caused by an illness directly  
10 related to obesity, including but not limited to diabetes, heart  
11 disease, and asthma; and

12

13           WHEREAS, according to a nutrition education needs  
14 assessment survey conducted in Hawaii public schools from 2000  
15 to 2004, over thirty-six per cent of high school students are  
16 either overweight or at risk for obesity; and

17

18           WHEREAS, the Hawaii High School Athletic Association offers  
19 a variety of extracurricular sports to promote the educational  
20 experiences and physical benefits for all students; and

21

22           WHEREAS, the United States Department of Health recommends  
23 a minimum of sixty minutes of physical activity at least three  
24 times a week; and

25

26           WHEREAS, students who participate in extracurricular sports  
27 generally average an additional eight hours of exercise every  
28 week; and

29

30           WHEREAS, participation in extracurricular sports for credit  
31 assists high school students in becoming physically fit and  
32 toward achieving the twenty-four credit requirement to graduate;  
33 now, therefore,



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19

BE IT RESOLVED by the House of Representatives of the Twenty-fourth Legislature of the State of Hawaii, Regular Session of 2008, that the 2007 Hawaii Secondary Student Conference recommends that the Board of Education provide credits toward graduation for those students participating in extracurricular sports in an effort to encourage physical fitness and mental well-being, and to reduce the rate of obesity amongst high school students; and

BE IT FURTHER RESOLVED that certified copies of this Resolution be transmitted to the Governor of the State of Hawaii, the Superintendent of Education, the Chairperson of the Board of Education, the officers of the Hawaii State Student Council, the principals of all Hawaii high schools, and all Chairpersons of the School Community Councils.

OFFERED BY:

John M. Nagano

Guthrie Finken

Karen Auana

Della A. Belotti

Gene Ward

Juliana Mammola

Maif B. Lee

Michael J. Magro

