



February 6, 2008

Committee on Education

The Honorable Norman Sakamoto, Chair
The Honorable Jill N. Tokuda, Vice Chair

L A T E

Committee on Health

The Honorable David Y. Ige, Chair
The Honorable Carol Fukunaga, Vice Chair

1:15 PM, Wednesday, February 6th, 2008
State Capitol, Room 225

RE: Testimony in support of SB 3043, Relating to Physical Education

Dear Chair Sakamoto, Chair Ige and Members of the Committees:

My name is Leinaala Ley and I am the Director of Government Relations for the American Cancer Society Hawaii Pacific Inc. Thank you for the opportunity to provide testimony in support of SB 3043.

Current Society research shows that about one-third of annual cancer deaths in the United States are due to nutrition and physical activity factors including obesity. Nationally, current patterns of obesity account for up to 16% of cancer deaths in men and 20% in women and contribute to nearly 90,000 cancer deaths every year. In fact most variation in individual cancer risk is due to behavioral factors- such as diet and activity habits and tobacco use- rather than inherited factors. **This means that through simple changes in health-risk behaviors, we can greatly reduce the individual's risk of a cancer diagnosis and save our community the costs associated with treating this disease.**

As we all know, physical inactivity and other health risk behaviors often begin in childhood and teenage years and become lifelong habits. Physically active children are more likely to grow up to be physically active adults, whereas inactive children and youth are much more inclined to be sedentary adults.¹ To help Hawaii's children develop healthy habits and prevent cancer it is critical that we provide them with school-based health education including physical education. SB 3043 presents a significant opportunity to increase the minutes of physical education provided in schools and to begin to address the rising obesity epidemic facing our state. For the foregoing reason the Society recommends passage of this bill.

Thank you for your consideration.

Sincerely,

A handwritten signature in cursive script, appearing to read "Leinaala Ley".

Leinaala Ley
(808)432-9149

1. ¹ Centers for Disease Control and Prevention. Guidelines for school and community programs to promote lifelong physical activity among young people. MMWR 1997;46 (RR-6).



LATE

Testimony for SB 3043

TO: Senator Colleen Hanabusa
FROM: The Hawaii Association for Health, Physical Education, Recreation and Dance (HAHPERD)
RE: SB 3043
DATE: February 6, 2008

POSITION: HAHPERD supports SB 3043 with recommended amendments

The intent of the bill overwhelmingly supports the mission of HAHPERD in its efforts to increase physical education in the Hawaii public schools in the following ways: 1) it requires physical education as a mandatory component of the public school curriculum, 2) it requires physical education to be taught daily, a coveted goal of the American Alliance for Health, Physical Education, Recreation and Dance, HAHPERD's national affiliate organization, and 3) it super exceeds the time requirement of the National Association for Sport and Physical Education by 15 minutes daily.

However, like No Child Left Behind, SB 3043 would leave physical education in Hawaii public schools in a very precarious situation. Just as NCLB has excluded physical education from the core curriculum, SB 3043 makes no mention of two very important factors that are essential to ensuring that quality physical education is taught in Hawaii public schools. These two essential factors include:

- 1) That physical education be taught by certified and licensed physical education teachers, and
- 2) That monies be appropriated to fund the hiring of these certified and licensed physical education teachers. It is recommended that funding be based on an increment program of hiring 40% of the necessary certified teachers within two years, another 30% within 5 years, and the remaining 30% by year 2015.

HAHPERD is keenly aware that the overall health and wellness of Hawaii and the nation, is dependent upon raising the awareness level of the public and enlisting the assistance of community groups such as the American Heart Association, American Cancer Society, the American Academy of Pediatrics, and even the Hawaii Physical Activity and

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Nutrition (PAN) Coalition which was recently formed last August under the direction of the Department of Health. The purpose of the the PAN Coalition is to provide a framework for policy makers and private organizations to educate and advocate for policies that promote active living and a healthy lifestyle. The School Health workgroup within the PAN Coalition has taken as one of its priority areas the establishing of policies for adequate physical education and certified teachers, and makes clear the intent of the Department of Health to support quality physical education in Hawaii public schools.

Dr. Kenneth Cooper has succinctly said that unless today's society intervenes with proactive ways to alleviate the obesity and sedentary problem in America (and Hawaii), that this will be the very first generation of parents who will yet outlive their generation of children.

In closing I leave you with the words of Greek philosopher and anatomical specialist Herophilus, "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." And lastly, quality physical education is the best health insurance!

The Hawaii Association for Health, Physical Education, Recreation and Dance urges legislators to incorporate the recommended amendments to SB 3043 and to pass the bill.

Sincerely,

Donna Chun
President
Hawaii Association for Health, Physical Education, Recreation and Dance

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