
HOUSE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF HEALTH, IN COLLABORATION WITH THE DEPARTMENT OF EDUCATION AND UNIVERSITY OF HAWAII JOHN A. BURNS SCHOOL OF MEDICINE, TO DEVELOP PROGRAMS AND WRITTEN GUIDELINES FOR HAWAII'S BUSINESSES AND SCHOOLS TO EDUCATE AND PROMOTE A HEALTHY LIFESTYLE.

1 WHEREAS, more than half of the adults in America live
2 inactive lifestyles, two-thirds are overweight, and one-third
3 are obese; and
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5 WHEREAS, since the 1950s, sedentary American jobs have
6 increased by 83 percent and the number of people who drive to
7 work has increased by 30 percent; and
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9 WHEREAS, only 26 percent of adults engage in vigorous
10 physical activity three or more times per week and 59 percent of
11 adults do no physical activity during their leisure time; and
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13 WHEREAS, there are many ways to live a healthier lifestyle,
14 most importantly, having daily physical activity, eating healthy
15 foods, getting enough sleep, and minimizing stress; and
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17 WHEREAS, there are simple ways to add more activity to
18 daily life, including taking the stairs instead of the elevator,
19 doing physical activities with friends, and going for bicycle
20 rides; and
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22 WHEREAS, even walking more is beneficial, like taking the
23 dog for a walk, intentionally parking in a faraway stall, and
24 getting on the treadmill for ten minutes before work; and
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26 WHEREAS, eating fatty fish (like salmon) that have omega 3
27 fatty acids twice a week will lower the risk of cardiovascular



1 disease and choosing lean meats or chicken without the skin will
2 cut down on cholesterol and saturated fat; and

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4 WHEREAS, making healthier diet choices by reading food
5 labels, cooking healthy meals at home, putting nonfat milk in
6 coffee, and cutting back on drinks with high sugar content will
7 improve overall health; and

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9 WHEREAS, getting a good night's sleep, at least eight
10 hours, is very important to good health and helps improve
11 memory, fight infection, and may even help prevent cancer and
12 promote weight loss; and

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14 WHEREAS, managing stress can be as easy as taking care of
15 yourself by laughing, having fun, thinking positively, creating
16 a soothing environment, letting go of anger, listening to music,
17 meditating, and de-cluttering one's living space; and

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19 WHEREAS, the people of the State of Hawaii need to
20 recognize the importance of living a healthier life; now,
21 therefore,

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23 BE IT RESOLVED by the House of Representatives of the
24 Twenty-fifth Legislature of the State of Hawaii, Regular Session
25 of 2010, the Senate concurring, that the Department of Health
26 (DOH), in collaboration with the Department of Education and
27 University of Hawaii John A. Burns School of Medicine (JABSOM),
28 is respectfully requested to develop programs and written
29 guidelines that can be made available to Hawaii businesses and
30 schools to educate and promote a healthy lifestyle; and

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32 BE IT FURTHER RESOLVED that in developing such healthy
33 lifestyle information, DOH is requested to include:

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35 (1) A state nutrition and physical activity plan,
36 including systems to ensure implementation and a
37 pediatric obesity component;
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39 (2) Physical activity and nutrition standards; and
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41 (3) Policy recommendations for promoting a healthy
42 lifestyle;

43
44 and



1 BE IT FURTHER RESOLVED that DOH is requested to submit a
2 report to the Legislature and the Governor not less than 20 days
3 prior to the Regular Session of 2011, which should include:

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- 5 (1) Progress made by the coalition in developing the
- 6 healthy lifestyle programs and guidelines;
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- 8 (2) Proposed physical activity and nutrition standards;
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- 10 (3) Policy recommendations; and
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- 12 (4) Recommended strategies or actions to distribute and
- 13 promote the programs and guidelines;
- 14

15 and

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17 BE IT FURTHER RESOLVED that certified copies of this
18 Concurrent Resolution be transmitted to the Governor, Director
19 of Health, Superintendent of Education, and Dean of JABSOM.
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OFFERED BY:











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