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## HOUSE 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  
25

26           WHEREAS, eating fatty fish (like salmon) that have omega 3  
27 fatty acids twice a week will lower the risk of cardiovascular  
28 disease and choosing lean meats or chicken without the skin will  
29 cut down on cholesterol and saturated fat; and



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

5  
6 WHEREAS, getting a good night's sleep, at least eight  
7 hours, is very important to good health and helps improve  
8 memory, fight infection, and may even help prevent cancer and  
9 promote weight loss; and

10  
11 WHEREAS, managing stress can be as easy as taking care of  
12 yourself by laughing, having fun, thinking positively, creating  
13 a soothing environment, letting go of anger, listening to music,  
14 meditating, and de-cluttering one's living space; and

15  
16 WHEREAS, the people of the State of Hawaii need to  
17 recognize the importance of living a healthier life; now,  
18 therefore,

19  
20 BE IT RESOLVED by the House of Representatives of the  
21 Twenty-fifth Legislature of the State of Hawaii, Regular Session  
22 of 2010, that the Department of Health (DOH), in collaboration  
23 with the Department of Education and University of Hawaii John  
24 A. Burns School of Medicine (JABSOM), is respectfully requested  
25 to develop programs and written guidelines that can be made  
26 available to Hawaii businesses and schools to educate and  
27 promote a healthy lifestyle; and

28  
29 BE IT FURTHER RESOLVED that in developing such healthy  
30 lifestyle information, DOH is requested to include:

- 31  
32 (1) A state nutrition and physical activity plan,  
33 including systems to ensure implementation and a  
34 pediatric obesity component;  
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36 (2) Physical activity and nutrition standards; and  
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38 (3) Policy recommendations for promoting a healthy  
39 lifestyle;

40  
41 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
- 11
- 12 (4) Recommended strategies or actions to distribute and
- 13 promote the programs and guidelines;
- 14

15 and

16  
17 BE IT FURTHER RESOLVED that certified copies of this  
18 Resolution be transmitted to the Governor, Director of Health,  
19 Superintendent of Education, and Dean of JABSOM.  
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OFFERED BY:

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