

JAN 20 2012

A BILL FOR AN ACT

RELATING TO PHYSICAL FITNESS.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. The legislature finds that physical fitness is
2 important to good health. An integral part of physical fitness
3 is exercise. Keeping physically fit helps with a host of
4 illnesses, including heart disease and diabetes which are two
5 deadly killers in modern times. According to Get Healthy, an
6 organization devoted to promoting healthy living, in a web
7 article dated November 28, 2011, the United States' biggest
8 killers today are no longer infectious diseases like polio.
9 Instead, according to the Centers for Disease Control, among the
10 leading causes of death are chronic diseases such as heart
11 disease, cancer, stroke, and chronic lower respiratory diseases,
12 which account for nearly two-thirds of deaths worldwide. The
13 article states that in September 2011, the United Nations
14 General Assembly hosted its first summit on chronic diseases,
15 which found that among other preventable causes of chronic
16 disease is the lack of exercise. The United Nations Secretary-
17 General Ban Ki-moon calls it "a public health emergency in slow
18 motion."



1 The legislature further finds that there is a rapidly
2 growing body of research surrounding the positive effects of
3 exercise on the brain and on improving memory, concentration,
4 focus, and motivation. Studies also correlate physical activity
5 with increased academic scores and decreased behavioral and
6 disciplinary issues. To maintain silence on the need for
7 physical fitness is a huge oversight and disservice to the
8 children. Poor physical health is often associated with poor
9 mental, psychological, and emotional health, along with many
10 other poor lifestyle habits. Physical health is at least as
11 important an issue as medical costs and chronic illness, because
12 the ramifications of poor physical health are far reaching and
13 monetarily immeasurable. The legislature finds that there is a
14 need for lifestyle interventions at the outset that must be
15 implemented for the good of present and future generations, as
16 well as the overall physical and mental health of the residents
17 of Hawaii.

18 The legislature further finds that making a small lifestyle
19 change can make a big difference in preventing and treating
20 diabetes, which is a major chronic health condition in Hawaii.
21 Diabetes can be expensive to treat and to maintain the treatment
22 over many years, but simply exercising as well as changing the



1 diet can make a real difference in medications, a costly aspect
2 of diabetes treatment.

3 The purpose of this Act is to appropriate funds to Positive
4 Moves, Inc., as a grant, to implement and administer the
5 "millions of kids moving monthly" project to establish a renewed
6 commitment in the community to live physically active lives,
7 particularly through encouraging parents and children to
8 exercise together.

9 SECTION 2. There is appropriated out of the general
10 revenues of the State of Hawaii the sum of \$ or so
11 much thereof as may be necessary for fiscal year 2012-2013 as a
12 grant, pursuant to chapter 42F, Hawaii Revised Statutes, to
13 Positive Moves, Inc., a registered qualified nonprofit
14 organization, to implement and administer the "millions of kids
15 moving monthly" project to establish a renewed commitment in the
16 community to living a physically active live, particularly
17 through encouraging parents and children to exercise together.

18 The sum appropriated shall be expended by the department of
19 health for the purposes of this Act.

20 SECTION 3. This Act shall take effect on July 1, 2012.

21

INTRODUCED BY: Shiranne Chun Oakland



[Signature]
Amid y [Signature]

[Signature]
Michelle Kildani
Carol Fubonaga

S.B. NO. 2593

Report Title:

Health; Physical Exercise; Grant; Appropriation

Description:

Appropriates funds as a grant to Positive Moves, Inc., to implement and administer the "millions of kids moving monthly" project.

The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.

