
HOUSE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF EDUCATION AND DEPARTMENT OF HEALTH
TO EXPAND SCHOOL-BASED PHYSICAL ACTIVITY PROGRAMS AND
INCREASE STUDENT PARTICIPATION IN THOSE PROGRAMS.

1 WHEREAS, for many students in the United States, school-
2 based physical activities are their primary source of physical
3 exertion, and enable them to engage in adequate physical
4 activity before the end of the school day; and
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6 WHEREAS, schools have the ability to promote physical
7 activity through comprehensive school physical activity
8 programs, which can include recess, classroom-based physical
9 activity, intramural physical activity clubs, interscholastic
10 sports, and physical education classes; and
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12 WHEREAS, increasing the quality and quantity of physical
13 activity in schools is a key component in the larger effort to
14 reduce the prevalence of obesity in school-aged children and
15 prevent the future likelihood of their developing a chronic
16 disease; and
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18 WHEREAS, the U.S. Department of Health and Human Services
19 recommends that young people between six and seventeen years of
20 age participate in at least sixty minutes of physical activity
21 each day (any kind of physical activity that increases one's
22 heart rate and makes one breathe hard some of the time for at
23 least sixty minutes); and
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25 WHEREAS, Healthy People 2020, a national health improvement
26 agenda, includes three objectives for meeting current federal
27 physical activity guidelines for aerobic physical activity
28 (participation in at least sixty minutes of aerobic activity per
29 day), muscle-strengthening activity (participation in muscle-



1 strengthening activities at least three days per week), and
2 aerobic physical activity and muscle-strengthening activity
3 combined; and
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5 WHEREAS, a 2010 school-based study conducted by the Centers
6 for Disease Control and Prevention ("CDC") found that of
7 students nationwide in grades nine through twelve, only 15.3 per
8 cent met the aerobic objective, 51.0 per cent met the muscle-
9 strengthening objective, and 12.2 per cent met the objective for
10 both aerobic and muscle-strengthening activities; and
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12 WHEREAS, according to the CDC, only fifty-two per cent of
13 students nationwide in grades nine through twelve attended
14 physical education classes in an average week in 2011; and
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16 WHEREAS, the 2011 Hawaii Youth Risk Behavior Survey found
17 that thirteen per cent of Hawaii's high school students met the
18 criteria for obesity, which requires a body mass index that is
19 at or above the ninety-fifth percentile appropriate for the
20 height and sex of that student; and
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22 WHEREAS, the Healthy Hawaii Initiative has identified
23 schools as the most important institution with the potential to
24 influence and improve the health of Hawaii's youth; and
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26 WHEREAS, the current participation requirements for
27 physical education classes in Hawaii's schools are far below
28 those of comparable schools across the nation, and more rigorous
29 participation requirements should be implemented in order to
30 improve health outcomes for youth throughout the State; now,
31 therefore,
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33 BE IT RESOLVED by the House of Representatives of the
34 Twenty-seventh Legislature of the State of Hawaii, Regular
35 Session of 2013, the Senate concurring, that the Department of
36 Education and Department of Health are requested to work
37 together to expand school-based physical activity programs
38 (including but not limited to physical education classes), and
39 increase the frequency of participation and overall rate of
40 participation in those programs; and
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1 BE IT FURTHER RESOLVED that the Department of Education and
2 Department of Health are requested to consider any policy
3 reforms necessary to accomplish the expansion of school-based
4 physical activity programs and increase in frequency of
5 participation and overall rate of participation in those
6 programs; and
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8 BE IT FURTHER RESOLVED that certified copies of this
9 Concurrent Resolution be transmitted to the Chairperson of the
10 Board of Education, the Superintendent of Education, and the
11 Director of Health.
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OFFERED BY:

Beth Fukumoto
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