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## HOUSE 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-  
30 strengthening activities at least three days per week), and



1 aerobic physical activity and muscle-strengthening activity  
2 combined; and

3  
4 WHEREAS, a 2010 school-based study conducted by the Centers  
5 for Disease Control and Prevention ("CDC") found that of  
6 students nationwide in grades nine through twelve, only 15.3 per  
7 cent met the aerobic objective, 51.0 per cent met the muscle-  
8 strengthening objective, and 12.2 per cent met the objective for  
9 both aerobic and muscle-strengthening activities; and

10  
11 WHEREAS, according to the CDC, only fifty-two per cent of  
12 students nationwide in grades nine through twelve attended  
13 physical education classes in an average week in 2011; and

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15 WHEREAS, the 2011 Hawaii Youth Risk Behavior Survey found  
16 that thirteen per cent of Hawaii's high school students met the  
17 criteria for obesity, which requires a body mass index that is  
18 at or above the ninety-fifth percentile appropriate for the  
19 height and sex of that student; and

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21 WHEREAS, the Healthy Hawaii Initiative has identified  
22 schools as the most important institution with the potential to  
23 influence and improve the health of Hawaii's youth; and

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25 WHEREAS, the current participation requirements for  
26 physical education classes in Hawaii's schools are far below  
27 those of comparable schools across the nation, and more rigorous  
28 participation requirements should be implemented in order to  
29 improve health outcomes for youth throughout the State; now,  
30 therefore,

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32 BE IT RESOLVED by the House of Representatives of the  
33 Twenty-seventh Legislature of the State of Hawaii, Regular  
34 Session of 2013, that the Department of Education and Department  
35 of Health are requested to work together to expand school-based  
36 physical activity programs (including but not limited to  
37 physical education classes), and increase the frequency of  
38 participation and overall rate of participation in those  
39 programs; and



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 Resolution be transmitted to the Chairperson of the Board of  
10 Education, the Superintendent of Education, and the Director of  
11 Health.  
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OFFERED BY:

*Bob Fickert*  
*Tom J. ...*  
*Richard L. ...*  
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