



Date: March 23, 2017

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

From: Trish La Chica, Policy and Advocacy Director, Hawai'i Public Health Institute

Re: **Strong Support of SCR 137/SR58**

Hrg: March 24, 2017 at 2:45 pm at Conference Room 229

Thank you for the opportunity to testify in **strong support** for SCR137/SR58, requesting the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 20 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

In Hawaii, physical education is a required course in both elementary and high school, but not for intermediate and middle school students. Due to budget cuts and lack of resources, PE was eliminated in middle schools in 2009. According to the 2015 Hawaii Youth Risk Behavior Survey, about 65% of boys and 80% of girls in middle schools in our state do not meet national physical activity recommendations. Quality physical education contributes to a child's daily accumulation of physical activity and is of particular importance for children who are overweight or who lack access to these opportunities in the home environment.

Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. School health programs can have positive effects on health and educational outcomes, and studies have shown that healthier students tend to do better in school. They have higher attendance, have better grades, and perform better on tests.

Providing meaningful and high-quality physical education and health education courses are critical to providing our students with the skills and habits necessary to achieve and maintain life-long physical fitness and wellness that can prevent obesity, cardiovascular, and other chronic diseases.

We hope that the legislature can consider reinstating PE and health education in our middle schools by passing this SCR137/SR58 out of committee.

Mahalo,

A handwritten signature in black ink, appearing to read "Trish", enclosed in a light gray rectangular box.

Trish La Chica
Policy and Advocacy Director

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, March 22, 2017 4:56 PM
To: EDU Testimony
Cc: hgov@azelski.net
Subject: *Submitted testimony for SR58 on Mar 24, 2017 14:45PM*

SR58

Submitted on: 3/22/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
C. Azelski	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Saturday, March 18, 2017 1:14 PM
To: EDU Testimony
Cc: mendezj@hawaii.edu
Subject: *Submitted testimony for SR58 on Mar 24, 2017 14:45PM*

SR58

Submitted on: 3/18/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez	Individual	Support	No

Comments:

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