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.

WHEREAS, more than half of the adults in America live inactive lifestyles, two-thirds are overweight, and one-third are obese; and

WHEREAS, since the 1950s, sedentary American jobs have increased by 83 percent and the number of people who drive to work has increased by 30 percent; and

WHEREAS, only 26 percent of adults engage in vigorous physical activity three or more times per week and 59 percent of adults do no physical activity during their leisure time; and

WHEREAS, there are many ways to live a healthier lifestyle, most importantly, having daily physical activity, eating healthy foods, getting enough sleep, and minimizing stress; and

WHEREAS, there are simple ways to add more activity to daily life, including taking the stairs instead of the elevator, doing physical activities with friends, and going for bicycle rides; and

WHEREAS, even walking more is beneficial, like taking the dog for a walk, intentionally parking in a faraway stall, and getting on the treadmill for ten minutes before work; and

WHEREAS, eating fatty fish (like salmon) that have omega 3 fatty acids twice a week will lower the risk of cardiovascular disease and choosing lean meats or chicken without the skin will cut down on cholesterol and saturated fat; and
WHEREAS, making healthier diet choices by reading food labels, cooking healthy meals at home, putting nonfat milk in coffee, and cutting back on drinks with high sugar content will improve overall health; and

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

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

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

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

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

(1) A state nutrition and physical activity plan, including systems to ensure implementation and a pediatric obesity component;

(2) Physical activity and nutrition standards; and

(3) Policy recommendations for promoting a healthy lifestyle; and
BE IT FURTHER RESOLVED that DOH is requested to submit a report to the Legislature and the Governor not less than 20 days prior to the Regular Session of 2011, which should include:

(1) Progress made by the coalition in developing the healthy lifestyle programs and guidelines;

(2) Proposed physical activity and nutrition standards;

(3) Policy recommendations; and

(4) Recommended strategies or actions to distribute and promote the programs and guidelines;

and

BE IT FURTHER RESOLVED that certified copies of this Resolution be transmitted to the Governor, Director of Health, Superintendent of Education, and Dean of JABSOM.

OFFERED BY: [Signatures]