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SCR-52 Every Kid Healthy Week. (2017-2018)

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Senate Concurrent Resolution No. 52

CHAPTER 90

Relative to health.

[Filed with Secretary of State June 27, 2017.]

LEGISLATIVE COUNSEL'S DIGEST

SCR 52, Jackson. Every Kid Healthy Week.

This measure would declare the 4th week of April as Every Kid Healthy Week in California and express the Legislature's support for a coordinated approach to resolving childhood obesity and promoting healthy lifestyles.

Fiscal Committee: no

WHEREAS, California's future relies on its youth; and

WHEREAS, Nearly 25 percent of California's population, or 9.2 million residents, are under 18 years of age; and

WHEREAS, More than 15 percent of California's children are considered obese; and

WHEREAS, The prevalence of children in this state considered overweight or obese has increased since 2003; and

WHEREAS, Being overweight as a child increases the risk of being obese as a young adult; and

WHEREAS, Being overweight as a child can lead to serious health problems, such as heart disease, type II diabetes, asthma, sleep problems, and low self-esteem, and can lead to being bullied; and

WHEREAS, Obesity and physical inactivity are directly linked to increasing public and private health care costs; and

WHEREAS, Childhood obesity is a major health epidemic facing this state, leading to higher health care costs that negatively impact California's taxpayers; and

WHEREAS, Nationally, 75 percent of health care expenditures go toward diagnosing and treating chronic diseases, many of which have been linked to obesity and physical inactivity; and

WHEREAS, California spends more than \$6,000 annually on health care per capita; and

WHEREAS, Regular physical activity can produce long-term health benefits; and

WHEREAS, According to the Physical Activity Guidelines for Americans report issued by the United States Department of Health and Human Services, children and adolescents benefit from 60 minutes or more of physical activity daily through a combination of aerobic, muscle strengthening, and bone strengthening activities; and

WHEREAS, Health benefits for children and adolescents associated with regular physical activity include improved cardiorespiratory and muscular fitness, improved bone health, favorable body composition, reduced symptoms of depression, and improved academic performance; and

WHEREAS, Only 25 percent of United States youth meet recommended levels of aerobic and muscle strengthening physical activity; and

WHEREAS, Health and fitness clubs play a major role in addressing the need for physical activity for California residents; and

WHEREAS, The number of health club members who are under 18 years of age has increased 71 percent in California and 60 percent nationally; and

WHEREAS, In response to the health challenges facing California's adolescents, many health clubs in this state have created programs targeting children and adolescents, and have developed specific programs for families to exercise and live healthier lives together; and

WHEREAS, Parents and other role models are positive influences to help children eat healthier foods and become more physically active; and

WHEREAS, Programs like the Distinguished After School Health Recognition Program, which accredits after school programs that voluntarily meet exercise and healthy eating standards set by the State Department of Education, help teach California's youth and families the skills necessary to establish healthy diet and exercise habits, which will serve them well throughout their lives; and

WHEREAS, In its first year, approximately 200 after school programs statewide were accredited through the Distinguished After School Health Recognition Program; and

WHEREAS, Promoting healthy behavior generally promotes a healthy population, reduces health care costs, and provides a healthier and more productive workforce; now, therefore, be it

Resolved by the Senate of the State of California, the Assembly thereof concurring, That, to improve the quality of life for many Californians and to prevent an increased burden on its taxpayers, the state needs to develop a coordinated approach to addressing the problem of childhood obesity; and be it further

Resolved, That the Legislature supports initiatives that promote the coordination of activities to support physical activity and to encourage all Californians to adopt healthy lifestyles; and be it further

Resolved, That the fourth week of April is designated as "Every Kid Healthy Week" in California; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.