

Second Regular Session
Seventieth General Assembly
STATE OF COLORADO

INTRODUCED

LLS NO. R16-1230.01 Melanie Pawlyszyn x2802

HJR16-1019

HOUSE SPONSORSHIP

Fields,

SENATE SPONSORSHIP

Tate,

House Committees

Senate Committees

HOUSE JOINT RESOLUTION 16-1019

101 CONCERNING THE DESIGNATION OF MAY 2, 2016, AS "CHILDREN'S
102 HEALTH DAY" IN COLORADO.

1 WHEREAS, Good health lays the groundwork for success in many
2 areas of a child's life; and

3 WHEREAS, When children are healthy -- physically, mentally,
4 and socially -- they are more likely to enter school ready to learn, they
5 miss fewer days of school, and they have the energy and focus to pay
6 attention in the classroom; and

7 WHEREAS, The World Health Organization says that children
8 should eat no more than 24 grams (six teaspoons) of added sugar per day,
9 but children are eating an average of 130 grams (over 30 teaspoons) per
10 day, leading to one in three children now having diabetes; and

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.
Capital letters indicate new material to be added to existing statute.
Dashes through the words indicate deletions from existing statute.

1 WHEREAS, About one in four Colorado children is estimated to
2 be overweight or obese; and

3 WHEREAS, An estimated 270,000 children (about 22% of all
4 children) were living in households experiencing hunger in 2009, an 86%
5 increase since 2002; and

6 WHEREAS, Two of three children exercise 20 minutes or less,
7 four times or fewer per week, nowhere near the recommended one hour
8 per day of exercise for all kids; and

9 WHEREAS, There is a link between hunger and obesity, and
10 access to fresh produce and lean meats is often limited in low-income
11 neighborhoods; and

12 WHEREAS, Low-cost foods tend to be more highly processed and
13 calorie-dense than more expensive foods and may not provide children
14 with the vitamins and nutrients their brains and bodies need to develop
15 healthily; and

16 WHEREAS, On average, between 2010 and 2012, 35% of
17 Colorado families with children between the ages of 1 and 14 reported
18 that they often or sometimes relied on low-cost foods to feed their family
19 due to limited resources; and

20 WHEREAS, Ensuring that all kids have access to adequate healthy
21 food and safe places to exercise and play is essential to ending both
22 hunger and obesity in Colorado's kids; and

23 WHEREAS, 153,000 children, or about one in eight children
24 (12.2%), in Colorado do not have health insurance; and

25 WHEREAS, According to the Children's Campaign 2010 survey
26 of the nutrition, physical activity, and physical education (P.E.) policies
27 of 23 of Colorado's largest school districts, representing about 80% of all
28 Colorado students in public schools:

29 ! Only four of the 23 districts require that all school snacks
30 for all students meet nutritional standards;

31 ! Only four of the districts require P.E. for elementary and
32 middle school students; and

33 ! Colorado is one of only two states that do not require P.E.

1 courses; and

2 WHEREAS, Colorado is the leanest state in the nation for adults,
3 but Colorado children dropped in ranking from 3rd to 23rd leanest in the
4 nation between 2003 and 2007; and

5 WHEREAS, Between 2003 and 2007, the number of obese 10- to
6 17-year-olds rose from 48,000 to 72,000; and

7 WHEREAS, Gov. John W. Hickenlooper stated on March 24,
8 2014, "There is nothing more important to Colorado's future than the
9 success of our children and our ability to capitalize on the opportunities
10 of our future work force leaders, parents, and citizens"; and

11 WHEREAS, On opening day of the 2014 Colorado legislative
12 session, 43 students from Indian Ridge Elementary School presented a
13 proposal to Representatives Fields, Lee, and Rosenthal and Senator
14 Johnston and sent a letter to U.S. Senator Udall requesting the formation
15 of a Commission on Childhood Wellness and Obesity Prevention; and

16 WHEREAS, Fifth grade children of Indian Ridge Elementary
17 asked the Colorado legislature to:

- 18 ! Provide a Recommended Daily Allowance (RDA) of sugar
19 and require manufacturers to show a percentage of RDA on
20 the nutrition labels of all food packaging;
- 21 ! Provide a list of the types of sugar and sugar substitutes on
22 nutrition labels;
- 23 ! Put color-coded picture warning labels on drinks
24 containing sugar; and
- 25 ! Tax soft drinks and other sugary drinks to fund widescale
26 nutrition education; now, therefore,

27 *Be It Resolved by the House of Representatives of the Seventieth*
28 *General Assembly of the State of Colorado, the Senate concurring herein:*

29 That we, the General Assembly:

30 (1) Support the promotion of health for Colorado children by
31 designating May 2, 2016, as "Children's Health Day";

32 (2) Believe that providing children in child care, school, and
33 community settings with nutritious foods and plenty of opportunities for

1 vigorous exercise are important steps to giving children a healthy start in
2 life; and

3 (3) Encourage schools, health professionals, and organizations to
4 design activities and educational programs on "Children's Health Day"
5 that meet the needs of individual communities.

6 *Be It Further Resolved*, That copies of this Joint Resolution be sent
7 to: Bill Jaeger, Vice President, Colorado Children's Campaign; Dr. Jandel
8 T. Allen-Davis, Vice President of Government, External Relations, and
9 Research, Kaiser Permanente; Ellen Steiner, Policy Coordinator at
10 Colorado Children's Hospital; Sue Coughlin, Senior Leadership Gifts
11 Officer, Colorado Public Radio; Dr. Richard J. Johnson, Professor in the
12 Department of Medicine at the University of Colorado Anschutz Medical
13 Campus; Dr. James Hill, Director of the Center for Human Nutrition at
14 the University of Colorado Health Sciences Center; and Dr. Stephen R.
15 Daniels, Chairman of the Department of Pediatrics at the University of
16 Colorado School of Medicine, Children's Hospital Colorado.