



HOUSE JOINT RESOLUTION 16-1019

BY REPRESENTATIVE(S) Fields, Arndt, Becker K., Buckner, Court, Danielson, Duran, Esgar, Foote, Garnett, Ginal, Hamner, Kagan, Kraft-Tharp, Lebsack, Lee, Lontine, Melton, Mitsch Bush, Moreno, Navarro, Pabon, Pettersen, Primavera, Priola, Rosenthal, Ryden, Salazar, Singer, Tyler, Vigil, Williams, Winter, Wist, Young, Hullinghorst;
also SENATOR(S) Tate, Aguilar, Carroll, Crowder, Heath, Kefalas, Kerr, Newell, Roberts, Scheffel, Steadman, Todd, Woods.

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

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

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

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

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

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

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

WHEREAS, There is a link between a lack of consumption of fresh produce and lean meats and obesity; and access to such food is often limited in rural areas; and

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

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

WHEREAS, Ensuring that all kids have knowledge of and access to adequate healthy food and safe places to exercise and play is essential to ending both malnutrition and obesity in Colorado's kids; and

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

- ! Only four of the 23 districts provide that all school snacks for all students meet nutritional standards; and
- ! Only four of the districts require P.E. for elementary and middle school students; and

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

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

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

WHEREAS, Fifth grade children of Indian Ridge Elementary of the Cherry Creek School District, in partnership with the Living Closer Foundation, have visited the legislature for three consecutive years to:

- ! Promote children's health, including proper nutrition and a healthy diet;
- ! Help all Colorado kids to be ShFat That! kids by providing nutrition education in schools, which includes scientific knowledge of the adverse effects of excessive sugar consumption on the human body, and using the student-initiated ShFat That! program best practices, which include: drinking water, not juice or soda; eating real food while limiting processed and junk food; and playing outside every day;
- ! Promote a Recommended Daily Allowance (RDA) of sugar and extol manufacturers who show a percentage of RDA on the nutrition labels of all food packaging;
- ! Promote listing the types of sugar and sugar substitutes on nutrition labels; and
- ! Promote awareness of the manner in which government subsidies in agriculture have distorted our food markets, affecting sweeteners; now, therefore,

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

That we, the General Assembly:

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

(2) Believe that providing children in child care, school, and community settings with nutritious foods and plenty of opportunities for exercise are important steps to giving children a healthy start in life; and

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

Be It Further Resolved, That copies of this Joint Resolution be sent to: Bill Jaeger, Vice President, Colorado Children's Campaign; Dr. Jandel T. Allen-Davis, Vice President of Government, External Relations, and Research, Kaiser Permanente; Ellen Steiner, Policy Coordinator at Colorado Children's Hospital; Dr. Richard J. Johnson, Professor in the Department of Medicine at the University of Colorado Anschutz Medical Campus; Dr. Stephen R. Daniels, Chairman of the Department of Pediatrics at the University of Colorado School of Medicine, Children's Hospital Colorado; Jenny Brundin, Education Reporter at Colorado Public Radio; Angie Austin, Morning Anchor of KWGN's morning show "Daybreak"; the Colorado Innovation Network, a division of the Colorado Office of Economic Development and International Trade; Governor John Hickenlooper; Sue Glass, Executive Director, American Diabetes Association; the Living Closer Foundation; Leslie Levine, Technical Assistance & Research Coordinator at LiveWell Colorado; Matthew Jackson, Healthy Food and Beverage Policy Specialist at the Tri-County Health Department; Gerhard Sundborn, Senior Research Fellow at the University of Auckland; Dr. Sundeep Dugar, Professor of Chemistry; and Dr. Kieron Rooney, Researcher in Metabolic Biochemistry.

Dickey Lee Hullinghorst
SPEAKER OF THE HOUSE
OF REPRESENTATIVES

Bill L. Cadman
PRESIDENT OF
THE SENATE

Marilyn Eddins
CHIEF CLERK OF THE HOUSE
OF REPRESENTATIVES

Effie Ameen
SECRETARY OF
THE SENATE