



SENATE JOINT RESOLUTION 17-029

BY SENATOR(S) Tate and Fields, Aguilar, Baumgardner, Cooke, Coram, Court, Crowder, Donovan, Fenberg, Garcia, Gardner, Guzman, Hill, Holbert, Jahn, Jones, Kagan, Kefalas, Kerr, Lambert, Lundberg, Marble, Martinez Humenik, Merrifield, Moreno, Neville T., Priola, Scott, Smallwood, Sonnenberg, Todd, Williams A., Zenzinger, Grantham;
 also REPRESENTATIVE(S) Wist and Buckner, Arndt, Becker J., Becker K., Beckman, Benavidez, Bridges, Buck, Carver, Catlin, Coleman, Covarrubias, Danielson, Esgar, Everett, Exum, Foote, Garnett, Ginal, Gray, Hamner, Hansen, Herod, Hooton, Humphrey, Jackson, Kennedy, Kraft-Tharp, Landgraf, Lawrence, Lebsock, Lee, Leonard, Lewis, Liston, Lontine, Lundeen, McKean, McLachlan, Melton, Michaelson Jenet, Mitsch Bush, Navarro, Neville P., Nordberg, Pabon, Pettersen, Rankin, Ransom, Rosenthal, Saine, Salazar, Sias, Singer, Thurlow, Valdez, Van Winkle, Weissman, Willett, Williams D., Wilson, Winter, Young, Duran.

CONCERNING THE DESIGNATION OF MAY 2, 2017, 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 recommends that children should eat no more than 24 grams (six teaspoons) of added sugar per day, but children are eating an average of 76 grams of sugar (19 teaspoons) per day, leading to one in three children now having diabetes; and

WHEREAS, In 2014, about one in four Colorado children was

estimated to be overweight or obese; 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 children; 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 families due to limited resources; and

WHEREAS, Ensuring that all children 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 children; and

WHEREAS, Between 2012 and 2014, 229,000 children ages two to 14 were overweight or obese and 41,000 high school students were obese; 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, According to the 2016 Colorado Health Report Card, the health grade of Colorado's children has improved from 24th to 22nd in the nation, their highest grade in the 10-year history of the Colorado Health Report Card; 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 in 2015 and 2016 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, eating real food while limiting processed and junk food, and playing outside every day; and
- ! Promote a Recommended Daily Allowance (RDA) of sugar; now, therefore,

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

That we, the General Assembly:

- (1) Support the promotion of health for Colorado children by designating May 2, 2017, 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; 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; and Leslie Levine, Technical Assistance & Research Coordinator at LiveWell Colorado.

Kevin J. Grantham
PRESIDENT OF
THE SENATE

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