

House Resolution 968

By: Representatives Buckner of the 109th and Harbin of the 80th

A RESOLUTION

1 Urging Georgia schools to provide 30 minutes per day of structured moderate to vigorous
2 physical activity for children in Grades K-8; and for other purposes.

3 WHEREAS, there has been a dramatic increase in overweight and unfit Georgia children
4 during the last 20 years; and

5 WHEREAS, overweight children face an increased risk of health problems, including, but
6 not limited to, Type 2 diabetes, high blood pressure, high blood lipids, asthma, sleep apnea,
7 chronic hypoxemia, early maturation, and orthopedic problems; and

8 WHEREAS, overweight children are similarly faced with many psychological problems,
9 including, but not limited to, low self-esteem, poor body image, and depression; and

10 WHEREAS, overweight children are likely to become overweight adults and are thus likely
11 to suffer from illness during their adulthood; and

12 WHEREAS, the problem of overweight children results in an enormous financial burden on
13 Georgia as significant medical and financial resources are expended in treating overweight
14 youth and adults; and

15 WHEREAS, physical fitness plays a key role in keeping children healthy by reducing their
16 risk of becoming obese and suffering from related diseases; and

17 WHEREAS, the General Assembly recognizes that Georgia schools play a pivotal role in
18 keeping children fit by complying with physical fitness requirements; and

19 WHEREAS, many Georgia schools do not incorporate physical activity in the normal school
20 day, thus exacerbating the problem of overweight children; and

1 WHEREAS, the American Heart Association recommends for children 30 minutes of
2 vigorous physical activity 3-4 days each week to achieve cardiorespiratory fitness.

3 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
4 this body recognizes the importance of physical activity in maintaining healthy children and
5 urges Georgia schools to provide 30 minutes per day of structured moderate to vigorous
6 physical activity for children in Grades K-8.

7 BE IT FURTHER RESOLVED that this body urges the Department of Education and the
8 Department of Human Resources to work together to seek funding for physical activity in
9 schools through federal grants such as the CDC's Coordinated School Health and Physical
10 Education for Progress (PEP).

11 BE IT FURTHER RESOLVED that the Clerk of the House shall transmit copies of this
12 resolution to the Governor and to the Georgia Department of Education and that the Georgia
13 Department of Education is requested to disseminate this resolution to the governing board
14 of each school district.