



COLORADO STATE BOARD OF EDUCATION

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Resolution in Support of Healthy and Fit Students

- WHEREAS: Students are more likely to be motivated, attentive and academically successful if they are healthy and physically active; and
- WHEREAS: Improvement in classroom behavior and a decrease in student irritability are observed among well nourished and physically active students; and
- WHEREAS: Higher performance in language, reading, writing and math is demonstrated among well nourished and physically active students, as they tend to have better cognitive function, concentration and attention; and
- WHEREAS: Absenteeism occurs more in undernourished poorly nourished children who are less able to resist infection and are more likely to become sick; and
- WHEREAS: Being overweight can trigger or exacerbate a variety of chronic medical conditions in school-aged children including asthma, joint problems, Type II diabetes, high blood pressure, high cholesterol, depression/anxiety, sleep apnea and liver inflammation; and
- WHEREAS: The most recent data available indicates that twenty-nine percent of Colorado's children ages 2-14 years are overweight or obese and higher rates of overweight and obesity are observed in low-income, Hispanic and Black children; and
- WHEREAS: Only fifty-six percent of Colorado's children aged 5-14 meet the Center for Disease Control's recommendation of being physically active seven hours or more each week; and

Bob Schaffer
Chairman
4th Congressional District

Randy DeHoff
Vice-Chairman
6th Congressional District

Elaine Gantz Berman
1st Congressional District

Jane Goff
7th Congressional District

Peggy Littleton
5th Congressional District

Marcia Neal
3rd Congressional District

Angelika Schroeder
2nd Congressional District

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WHEREAS: Only ten percent of Colorado's children ages 2-14 years eat 2 servings of fruits and 3 servings of vegetables recommended by the USDA Center for Nutrition Policy and Promotion's Dietary Guidelines for Americans; ~~now therefore, and~~

WHEREAS Only 21% of Colorado children walk or bike to school, resulting in missed physical activity opportunities for the majority of children; and

WHEREAS Situating schools in proximity to communities does increase the percentage of children walking and bicycling to school; now therefore.

BE IT RESOLVED: That the Colorado State Board of Education encourages every school district to develop and implement policies, which create environments that support, teach and model healthy eating and active lifestyles; and

BE IT FURTHER RESOLVED: That the Colorado State Board of Education encourages districts to ensure that Comprehensive Health and Physical Education is a part of every child's education P-12.~~implement the Colorado Academic Standards for Comprehensive Health and Physical Education.~~

| DATED THIS ~~_____~~15th DAY OF APRIL~~_____~~, 2010.

Bob Schaffer, Chairman
4th Congressional District

Randy DeHoff, Vice-Chairman
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