

SENATE CONCURRENT RESOLUTION NO. 12—SENATORS WIENER,
CEGAVSKE, MATHEWS, TITUS, RAWSON, CARE, NEAL,
NOLAN AND WASHINGTON

MARCH 4, 2003

Referred to Committee on Human Resources and Facilities

SUMMARY—Encourages school administrators, teachers and other educational personnel involved in prekindergarten through 12th grade to promote nutrition and physical fitness in schools. (BDR R-698)

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EXPLANATION – Matter in *bolded italics* is new; matter between brackets [omitted material] is material to be omitted.

SENATE CONCURRENT RESOLUTION—Encouraging school administrators, teachers and other educational personnel involved in prekindergarten through 12th grade to promote nutrition and physical fitness in schools.

- 1 WHEREAS, Between 1986 and 1998, obesity among children in
2 the United States doubled, and results of a survey completed in the
3 year 2000 by the National Center for Health Statistics of the Centers
4 for Disease Control and Prevention revealed that 15 percent of
5 children between the ages of 6 and 11 years are overweight; and
6 WHEREAS, In 1990, not one state had a rate of obesity in
7 adolescents as high as 15 percent, but today in more than one half of
8 the states, the rate of obesity in adolescents is 15 percent to 19
9 percent; and
10 WHEREAS, Obesity in children and adolescents is directly
11 related to an increased risk of developing heart disease,
12 hypertension, excess fat or lipids in the blood, musculoskeletal
13 disorders, breathing problems and asthma, early sexual maturation
14 and type 2 diabetes, which was previously quite rare in children; and
15 WHEREAS, Obesity in children and adolescents is also linked
16 with emotional distress and psychosocial issues such as
17 discrimination, low self-esteem, poor body image, depression,
18 anxiety and obsessive compulsive disorder, and researchers have
19 found that obese adolescents are more likely to engage in risky
20 behaviors such as smoking and drinking alcohol; and



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1 WHEREAS, Statistics indicate that obese children and
2 adolescents tend to remain obese during adulthood; and

3 WHEREAS, These dramatic statistics, devastating trends and
4 problems relating to obesity are the consequence of two principal
5 factors, lack of physical activity and poor nutrition; and

6 WHEREAS, Changes in our society and lifestyle have resulted in
7 limiting physical activity in children and adolescents, for example,
8 fewer children and adolescents walking or bicycling to school or
9 other activities because of increased safety concerns or busy
10 schedules, an upsurge in sedentary recreation such as television,
11 videotapes and DVDs, video games, computers and other electronic
12 media, and lack of money for parks and recreational facilities in
13 communities; and

14 WHEREAS, Another cause of lack of physical activity is that
15 many schools are experiencing reductions of time allocated to
16 mandatory physical education classes and time dedicated to recess
17 and organized physical activities; and

18 WHEREAS, This lack of physical activity in earlier years causes
19 less alertness and decreased productivity in the classroom, can
20 inhibit healthy social and emotional development, and increases the
21 likelihood of continued lack of physical activity as an adult; and

22 WHEREAS, Studies have shown that appropriate levels of
23 physical activity are advantageous in that they improve muscular
24 strength and endurance, flexibility and cardiovascular endurance,
25 reduce anxiety and stress, and can play a role in increasing feelings
26 of self-esteem, self-worth and self-efficacy; and

27 WHEREAS, Research also indicates that pupils who participate in
28 interscholastic sports are less likely to abuse tobacco and controlled
29 substances; and

30 WHEREAS, Modern conveniences, such as fast food, the
31 microwave and the easy availability of "junk foods," and the fast
32 pace of everyday life have fostered higher caloric, less nutritional
33 food intake and given incentive to practices such as skipping
34 breakfast, a practice engaged in by 25 percent of high school pupils
35 and 7 percent to 12 percent of all children between 6 and 18 years of
36 age; and

37 WHEREAS, Although schools serve nutritional breakfasts and
38 lunches and provide programs that teach proper nutrition, food that
39 has minimal nutritional value is also made accessible because of
40 open-campus policies, vending machines, school stores and snack
41 bars, thus sending a message that good nutrition is merely an
42 academic exercise; and

43 WHEREAS, One especially harmful practice in some schools is
44 the high consumption of sodas, which can lead to obesity and
45 cavities and put children and adolescents at higher risk of bone



1 fractures and osteoporosis when substituted for drinks containing
2 calcium; and

3 WHEREAS, Poor nutrition negatively affects the behavioral and
4 cognitive development of young children and is associated with
5 increased educational failure because of an adverse effect on the
6 ability to learn as well as on motivation and attentiveness; and

7 WHEREAS, Proper nutrition plays a very important role in
8 learning because it significantly affects cognitive development,
9 influences the ability to learn, and increases motivation and
10 attentiveness; and

11 WHEREAS, Many pupils will make wise choices when offered
12 nutritious food at school, as was shown by a Minnesota study in
13 which prices were lowered and variety was added to salad bars with
14 the result that three times as many fruits and vegetables were sold;
15 and

16 WHEREAS, The habits relating to nutrition and physical activity
17 that children develop during their formative years become lifelong
18 habits; and

19 WHEREAS, Education is a guiding force that shapes the future of
20 the youth of this nation, and because children and adolescents spend
21 a significant amount of time at school, that environment constitutes
22 one of the most effective means that the general public possesses to
23 confront the problems of lack of physical activity and poor nutrition;
24 now, therefore, be it

25 RESOLVED BY THE SENATE OF THE STATE OF NEVADA, THE
26 ASSEMBLY CONCURRING, That school administrators, teachers and
27 other educational personnel who nurture pupils in prekindergarten
28 through 12th grade are hereby encouraged to make every possible
29 effort to promote proper nutrition and physical fitness in the school
30 environment and to foster good decision-making skills and serve as
31 role models in both areas; and be it further

32 RESOLVED, That to promote health in school-aged children,
33 school districts implement ideas from and build upon existing
34 models for physical fitness and nutrition, such as the "VERB
35 Campaign" of the Centers for Disease Control and Prevention, the
36 "10,000 Steps to Better Health" program from Colorado, the *Action*
37 *Planning Guide* created by the Healthy Schools Summit, the
38 "Shaping Health as Partners in Education" (SHAPE) program
39 developed in California and the guidelines of the President's
40 Council on Physical Fitness and Sports; and be it further

41 RESOLVED, That schools develop positive policies to ensure
42 proper nutrition and appropriate levels of physical activity during
43 the school day and that pupils be encouraged to set goals for
44 themselves toward healthy eating and increased physical activity;
45 and be it further



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1 RESOLVED, That since physical activity is one of the nation's
2 top 10 leading indicators of health, persons involved in education
3 make efforts to increase the amount of physical activity of all pupils
4 by expanding quality programs of physical education during each
5 school day, promoting health education and enhancing after-school
6 programs for youth sports and recreation; and be it further

7 RESOLVED, That schools incorporate education relating to
8 nutrition into the core curriculum, making proper nutrition a part of
9 the classroom and the cafeteria; and be it further

10 RESOLVED, That schools develop high standards for all food and
11 drinks that are competitive with meals provided by the schools,
12 carefully evaluate the hours during which such foods are sold, and
13 consider improving the quality of foods that are available for
14 purchase in vending machines, school stores and snack bars by
15 replacing the foods of minimal nutritional value and providing foods
16 from the five major food groups; and be it further

17 RESOLVED, That all educational personnel consider programs
18 and strategies to involve families and communities in encouraging
19 pupils to achieve good nutrition and physical fitness so that years
20 from now our society will not have to look back in retrospect and
21 lament what we should have done to correct these problems; and be
22 it further

23 RESOLVED, That the Secretary of the Senate prepare copies of
24 this resolution for transmission by the Legislature to each school
25 superintendent in Nevada, the principal of each school in Nevada,
26 each school nurse in Nevada, the director or manager of food or
27 nutritional services in each school district, supervisors of before-
28 and after-school programs, the recreational director of each county
29 and city that has a recreational department, the Nevada Parent
30 Teacher Association (PTA), the Nevada Association for Health,
31 Physical Education, Recreation, and Dance, and Boys and Girls
32 Clubs of America throughout Nevada.

