

Senate Concurrent Resolution No. 12—Senators Wiener, Cegavske,  
Mathews, Titus, Rawson, Care, Neal, Nolan and  
Washington

FILE NUMBER.....

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.

WHEREAS, Between 1986 and 1998, obesity among children in  
the United States doubled, and results of a survey completed in the  
year 2000 by the National Center for Health Statistics of the Centers  
for Disease Control and Prevention revealed that 15 percent of  
children between the ages of 6 and 11 years are overweight; and

WHEREAS, In 1990, not one state had a rate of obesity in  
adolescents as high as 15 percent, but today in more than one half of  
the states, the rate of obesity in adolescents is 15 percent to 19  
percent; and

WHEREAS, Obesity in children and adolescents is directly  
related to an increased risk of developing heart disease,  
hypertension, excess fat or lipids in the blood, musculoskeletal  
disorders, breathing problems and asthma, early sexual maturation  
and type 2 diabetes, which was previously quite rare in children; and

WHEREAS, Obesity in children and adolescents is also linked  
with emotional distress and psychosocial issues such as  
discrimination, low self-esteem, poor body image, depression,  
anxiety and obsessive compulsive disorder, and researchers have  
found that obese adolescents are more likely to engage in risky  
behaviors such as smoking and drinking alcohol; and

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

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

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

WHEREAS, Another cause of lack of physical activity is that  
many schools are experiencing reductions of time allocated to

mandatory physical education classes and time dedicated to recess and organized physical activities; and

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

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

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

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

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

WHEREAS, One especially harmful practice in some schools is the high consumption of sodas, which can lead to obesity and cavities and put children and adolescents at higher risk of bone fractures and osteoporosis when substituted for drinks containing calcium; and

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

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

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

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

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

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

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

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

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

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

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

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

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