| 1  | SENATE JOINT MEMORIAL 33  |
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| 2  | 46TH LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2003    |
| 3  | INTRODUCED BY   |
| 4  | Pete Campos   |
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| 10 | A JOINT MEMORIAL  |
| 11 | REQUESTING THE DEPARTMENT OF HEALTH AND THE STATE DEPARTMENT OF |
| 12 | PUBLIC EDUCATION TO COLLABORATIVELY MAKE RECOMMENDATIONS TO     |
| 13 | INCREASE THE PHYSICAL ACTIVITY AND IMPROVE THE EATING HABITS OF |
| 14 | <b>YOUTH</b> .  |
| 15 |   |
| 16 | WHEREAS, the percentage of young people who are overweight      |
| 17 | has doubled since 1980, with between ten percent and fifteen    |
| 18 | percent of Americans aged six to seventeen years, about eight   |
| 19 | million young people, considered to be overweight; and          |
| 20 | WHEREAS, more than sixty percent of young people eat too        |
| 21 | much fat and fewer than twenty percent of young people eat five |
| 22 | or more servings of fruits and vegetables each day; and         |
| 23 | WHEREAS, more than one-third of young people in grades          |
| 24 | nine through twelve do not regularly engage in vigorous         |
| 25 | physical activity, and daily participation in physical          |
|    | . 143772. 1   |

<u>underscored mterial = new</u> [bracketed mterial] = delete education classes has dropped from forty-two percent in 1991 to twenty-nine percent in 1999; and

WHEREAS, a lack of regular physical activity and poor eating habits leads to obesity, diabetes, cancer and cardiovascular disease; and

WHEREAS, a lack of physical activity and good eating habits during youth will likely lead to poor habits during adulthood; and

WHEREAS, more than fifty-five percent of adults in New Mexico are considered to be overweight or obese, as measured by having a body mass index of twenty-five or greater;

NOW, THEREFORE, BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF NEW MEXICO that the department of health and the state department of public education be requested to collaborate in a study of methods to increase the physical activity and improve the eating habits of youth; and

BE IT FURTHER RESOLVED that the departments be requested to implement those strategies that can be implemented administratively; and

BE IT FURTHER RESOLVED that the departments report to the appropriate interim committee of the legislature on their findings and recommendations, including those strategies that require legislative approval or funding to implement; and

BE IT FURTHER RESOLVED that copies of this memorial be transmitted to the secretary of health and the superintendent . 143772.1 -2-

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