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SENATE JOINT MEMORIAL 2

47TH LEGISLATURE - STATE OF NEW MEXICO - FIRST SESSION, 2005

INTRODUCED BY

Pete Campos

A JOINT MEMORIAL

REQUESTING THE DEPARTMENT OF HEALTH AND THE PUBLIC EDUCATION DEPARTMENT TO COLLABORATIVELY MAKE RECOMMENDATIONS TO INCREASE THE PHYSICAL ACTIVITY AND IMPROVE THE EATING HABITS OF YOUTH.

WHEREAS, the percentage of young people who are overweight has doubled since 1980, with between ten percent and fifteen percent of Americans aged six to seventeen years, about eight million young people, considered to be overweight; and

WHEREAS, more than sixty percent of young people eat too much fat and less than twenty percent of young people eat five or more servings of fruits and vegetables each day; and

WHEREAS, more than one-third of young people in grades nine through twelve do not regularly engage in vigorous physical activity, and daily participation in physical education classes has dropped from forty-two percent in 1991 to

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1 twenty-nine percent in 1999; and

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

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

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

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

16 BE IT FURTHER RESOLVED that the department of health and
17 the public education department be requested to implement
18 strategies that can be implemented administratively; and

19 BE IT FURTHER RESOLVED that the department of health and
20 the public education department report to the appropriate
21 interim committee of the legislature on their findings and
22 recommendations, including those strategies that require
23 legislative approval or funding to implement; and

24 BE IT FURTHER RESOLVED that copies of this memorial be
25 transmitted to the secretary of health and the secretary of

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