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FISCAL IMPACT REPORT

SPONSOR Campos **DATE** 2/02/05 **HB** _____
TYPED _____

SHORT TITLE Study Ways To Improve Health Of Youth **SB** SJM 2

ANALYST Hanika-Ortiz

APPROPRIATION

Appropriation Contained		Estimated Additional Impact		Recurring or Non-Rec	Fund Affected
FY05	FY06	FY05	FY06		
	See narrative				

Relates to SB 10, School Health Education and Nutrition Act.

SOURCES OF INFORMATION

LFC Files

Responses Received From

Public Education Department (PED)
 Department of Health (DOH)

SUMMARY

Synopsis of Bill

SJM 2 requests the DOH and the PED collaborate in a study of methods to increase the physical activity and improve the eating habits of youth. The departments are also requested to implement those strategies that can be done administratively, and report to the appropriate interim legislative committee those strategies and recommendations that require approval or funding to implement.

Significant Issues

The legislature passed HM 28 in 2004, the Childhood Obesity Study, resulting in a report giving specific recommendations on improving the eating habits and increasing the physical activity of youths.

The DOH and PED in 2004 conducted a forum on physical activity and nutrition issues in the schools. The results of that forum were published and adopted by several groups, including the Governor's Council on Physical Fitness and Sport, New Mexico Action of Healthy Kids and the

Senate Joint Memorial 2 -- Page 2

New Mexico Chronic Disease Prevention Council. The document serves as the basis for many of the recommendations made in the HM 28 study.

The DOH received a planning grant from the U.S. Department of Health and Human Services to develop a state plan around obesity issues. These efforts show that nutrition and physical activity clearly have a major impact on children – on their health, their ability to learn and on their potential to become healthy and productive adults. Research shows that good nutrition and physical activity for students can lead to better academic performance, higher test scores and fewer behavioral problems while establishing lifelong healthy habits.

PERFORMANCE IMPLICATIONS

The PED reports improved physical activity and eating habits will impact public school performance measures and benchmarks regarding reading/language arts and math. Both address the percent of students who achieve proficiency or above on criterion-referenced tests.

SJM 2 supports the DOH Strategic Plan, Prevention and Disease Control; Strategic Direction: Improve the Health of New Mexicans; Objective 3: Improve the weight of adults and youth.

DOH performance measures include:

- The number of WIC certifications that identify and refer children who are overweight or at risk of overweight,
- The number of New Mexicans involved in health care delivery who receive training on promoting healthier weight in clinical settings and systems,
- The number of CATCH (Coordinated Approach to Child Health) classes delivered in New Mexico elementary school classrooms, and
- The number of New Mexico County or Tribal Health Councils working with DOH to improve weight of adults and youth.

FISCAL IMPLICATIONS

The PED estimates 80 hours of staff time (Admin/Ops Manager @ \$26/hour X 80 hours = \$2,080) plus copying and travel costs of approximately \$200 to implement this study.

The DOH will implement activities required by SJM 2 with current staff and resources.

ADMINISTRATIVE IMPLICATIONS

PED reports the memorial can be accomplished with existing PED staff if the Physical Activity and Nutrition Forum is utilized as the vehicle for conducting the study. The PED anticipates an impact on the amount of time PED staff spends on technical assistance, leadership and support for nutrition and physical activity.

DOH reports current staff and resources could support memorial's objectives.

RELATIONSHIP

Relates to SB 10, School Health Education and Nutrition Act, which appropriates \$50,000.00 for a study of recommendations for current nutritional offerings in NM public schools, restricting the sale of junk food, developing a curriculum for promoting healthy physical activity and assessing the financial impact of the above on public schools.

TECHNICAL ISSUES

The DOH would like to see the specific legislative interim committee or timeframe identified in the memorial for the reporting of results.

OTHER SUBSTANTIVE ISSUES

The DOH reports:

- The increasing number of overweight children is related to lack of physical activity and poor nutritional habits. Physical inactivity is intensified by television viewing and computer games. Poor nutrition results from greater consumption of fast foods and sweetened beverages. Studies report only 2% of children eat a diet consistent with federal nutrition recommendations and 35% are physically inactive.
- In a 2003 survey 23% of New Mexican high school students are overweight or at risk for overweight.
- Long term consequences are real: overweight youth have a 70% to 80% chance of remaining overweight or becoming obese as adults. Twenty five percent of children ages 5 to 10 years have high cholesterol, high blood pressure, or other early warning signs for heart disease.
- The alarming development of type 2 diabetes in adolescents and young adults during the past decade is mainly due to weight problems. Because this younger group will be living with diabetes for a longer part of their lives, they will also be at increased risk for diabetes complications such as heart disease, stroke, kidney failure, blindness and amputations. Many thousands of cases of diabetes in NM could be prevented or postponed through diet, exercise, and attaining a healthier weight.
- In addition to diabetes, overweight children have more psychosocial distress, orthopedic problems, liver disease, sleep apnea, high blood pressure and asthma.
- The economic burden of these chronic diseases is devastating to our state's economy, representing a high percentage of Medicaid dollars spent for health care services.

ALTERNATIVES

The PED recommend an alternative would be utilizing the reports from the 2004 HM 28 study and the Physical Activity and Nutrition Forum of 2004 to guide the departments in implementing strategies to increase physical activity and healthy eating habits.

WHAT WILL BE THE CONSEQUENCES OF NOT ENACTING THIS BILL?

The DOH reports school districts may continue to be without guidance from the state level when setting nutrition and physical activity policy.

The PED reports the departments could utilize information from the 2004 HM 28 study and the Physical Activity and Nutrition Forum of 2004 to guide them in implementing strategies to increase physical activity and healthy eating habits.

AHO/sb