



SENATE RESOLUTION 19-006

BY SENATOR(S) Fields and Tate, Bridges, Cooke, Coram, Court, Crowder, Danielson, Donovan, Fenberg, Foote, Gardner, Ginal, Gonzales, Hill, Hisey, Holbert, Lee, Lundeen, Marble, Moreno, Pettersen, Priola, Rankin, Rodriguez, Scott, Smallwood, Sonnenberg, Story, Todd, Winter, Woodward, Zenzinger, Garcia.

CONCERNING THE DESIGNATION OF MARCH 26, 2019, AS "COLORADO CHILDREN'S HEALTH DAY".

WHEREAS, Good health lays the groundwork for success in many areas of a child's life; and

WHEREAS, When children are healthy – physically, mentally, and socially – they are more likely to attend school ready to learn, miss fewer days of school, and have the energy and focus to pay attention in the classroom; and

WHEREAS, Healthy children tend to be happier, more inclusive of others, and more resilient when confronted with challenges because they have greater self-control, which, according to a Duke University longitudinal study, is the number one indicator of childhood success from birth to age 32; and

WHEREAS, According to the World Health Organization, consuming a healthy diet helps to prevent childhood malnutrition in all its forms, as well as a range of noncommunicable diseases and conditions; however, increased production of processed foods, rapid urbanization, and changing lifestyles have led to a shift in dietary patterns, and children are now consuming more foods high in energy, fats, free sugars, and salt and sodium, and many children do not eat enough fruits, vegetables, and other dietary fiber, such as whole grains; and

WHEREAS, Two out of three children exercise 20 minutes or less, four or fewer times per week – nowhere near the one hour per day of exercise recommended for all children; and

WHEREAS, There is a link between a lack of consumption of fresh produce and lean meats and obesity, and access to such food is often limited in certain rural and inner city areas; and

WHEREAS, Low-cost and convenient foods tend to be more highly processed and calorie-dense than most healthy foods and may not provide children with the vitamins and nutrients their brains and bodies need to develop in a healthy manner; and

WHEREAS, Ensuring that all children have knowledge of and access to adequate healthy food and safe places to exercise and play is an essential step to ending malnutrition, obesity, and depression in Colorado's children; and

WHEREAS, According to the Children's Hospital Colorado: "Today in Colorado, suicide is the leading cause of death for children ages 10 to 24, and an estimated one out of six teens has a diagnosable mental health condition. Prevention, early identification, early intervention and treatment of these conditions are needed now more than ever"; and

WHEREAS, On May 27, 2013, the World Health Organization adopted a comprehensive Mental Health Action Plan 2013-2020 and both New York (Assembly Bill 3887) and Virginia (Senate Bill 953) enacted bills to support schools to further address mental health; and

WHEREAS, On January 10, 2019, Governor Jared Polis stated in his State of the State address: "If we want Colorado to be a place where every person can build a great life for themselves, where our economy can continue to grow fueled by a skilled workforce, then our schools need to provide students with the tools they need to succeed"; and

WHEREAS, Fifth grade children of Indian Ridge Elementary of the Cherry Creek School District, in partnership with the Living Closer Foundation, visited the Colorado General Assembly in 2014, 2015, 2016, 2017, and 2018 to: Promote children's health, including proper nutrition

and access to physical and mental health resources; help all Colorado children to be happy and healthy by providing nutrition education, healthy food options, social and emotional education such as mindfulness practices, as well as creating safe places to learn and play; share Skippy the Super Roo and his educational program with all children in Colorado, inspiring them to play outside everyday, choose water, eat lots of fruits and vegetables while limiting processed foods and junk food, and self-regulate using mindful practices; and promote a recommended daily allowance of sugar; now, therefore,

Be It Resolved by the Senate of the Seventy-second General Assembly of the State of Colorado:

That we, the Senate of the Colorado General Assembly:

(1) Support the promotion of health for Colorado children by designating March 26, 2019, as "Colorado Children's Health Day";

(2) Believe that providing children in daycare, school, and community settings with nutritious foods, plenty of opportunity for exercise, and tools to self-regulate is an important step to giving children a healthy start in life; and

(3) Encourage schools, health professionals, and organizations to design activities and educational programs on "Colorado Children's Health Day" that meet the needs of individual communities.

Be It Further Resolved, That copies of this Resolution be sent to: Kelly Causey, President and Chief Executive Officer, Colorado Children's Campaign; Margaret Ferguson, President and Executive Medical Director, Colorado Permanente Medical Group; Ellen Steiner, Policy Coordinator, Colorado Children's Hospital; Dr. Stephen R. Daniels, Chair of the Department of Pediatrics at the University of Colorado School of Medicine, Children's Hospital Colorado; Dr. Richard J. Johnson, Professor in the Department of Medicine, University of Colorado Anschutz Medical Campus; Jenny Brundin, Education Reporter, Colorado Public Radio; Gabriel Guillaume, President and CEO, LiveWell Colorado; Karen McNeil-Miller, President and CEO, Colorado Health Foundation; the Colorado Innovation Network, a division of the Colorado

Office of Economic Development and International Trade; Governor Jared Polis; and the Living Closer Foundation.

Leroy M. Garcia
PRESIDENT OF
THE SENATE

Cindi L. Markwell
SECRETARY OF
THE SENATE