



HJ0005 Engrossed

LRB098 06246 MST 36287 r

1 HOUSE JOINT RESOLUTION 5

2 WHEREAS, Childhood obesity has more than tripled in the
3 past 30 years; and

4 WHEREAS, The percentage of children aged 6-11 in the United
5 States who were obese increased from 7% in 1980, to 20% in
6 2008, and the percentage of adolescents aged 12-19 years who
7 were obese increased from 5% to 18% over the same period; and

8 WHEREAS, In 2008, over 1/3 of children and adolescents were
9 overweight or obese; and

10 WHEREAS, After the family, school is the primary
11 institution responsible for the development of young people in
12 the United States; and

13 WHEREAS, Schools have direct contact with more than 95% of
14 our nation's young people aged 5-17 years, for about 6 hours a
15 day, and for up to 13 critical years of their social,
16 psychological, physical, and intellectual development; and

17 WHEREAS, The health of young people is strongly linked to
18 their academic success, helping students stay healthy is a
19 fundamental mission of schools; and

1 WHEREAS, The fifth grade students at Columbus Elementary
2 School in Edwardsville are building awareness and importance of
3 physical fitness; and

4 WHEREAS, The State of Illinois currently has a blue ribbon
5 panel that is reviewing ways to enhance physical fitness
6 programs in our Illinois schools; therefore, be it

7 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
8 NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, THE
9 SENATE CONCURRING HEREIN, that we further encourage educators
10 and school administrators to suggest some topics, but not
11 limited to the following for discussion during fitness
12 awareness week: nutrition and dietary behavior, physical
13 activity protocols, tobacco-use prevention, alcohol or drug
14 use prevention, review of cardio protocols, review of eating
15 disorders, and a review of physical activity facts, and be it
16 further

17 RESOLVED, That we urge educators and school administrators
18 to promote that one week of each school year be used to
19 emphasize the importance of physical fitness in schools in the
20 State of Illinois; and be it further

21 RESOLVED, That a suitable copy of this resolution be
22 presented to Columbus Elementary School in Edwardsville.