

**First Regular Session
Seventy-second General Assembly
STATE OF COLORADO**

ENGROSSED

LLS NO. R19-0839.01 Jessica Wigent x3701

SR19-006

SENATE SPONSORSHIP

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Senate Committees

SENATE RESOLUTION 19-006

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

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

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

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

12 WHEREAS, According to the World Health Organization,
13 consuming a healthy diet helps to prevent childhood malnutrition in all its
14 forms, as well as a range of noncommunicable diseases and conditions;
15 however, increased production of processed foods, rapid urbanization,

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.
Capital letters or bold & italic numbers indicate new material to be added to existing statute.
Dashes through the words indicate deletions from existing statute.

SENATE
Final Reading
March 26, 2019

1 and changing lifestyles have led to a shift in dietary patterns, and children
2 are now consuming more foods high in energy, fats, free sugars, and salt
3 and sodium, and many children do not eat enough fruits, vegetables, and
4 other dietary fiber, such as whole grains; and

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

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

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

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

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

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

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

34 WHEREAS, Fifth grade children of Indian Ridge Elementary of

1 the Cherry Creek School District, in partnership with the Living Closer
2 Foundation, visited the Colorado General Assembly in 2014, 2015, 2016,
3 2017, and 2018 to: Promote children's health, including proper nutrition
4 and access to physical and mental health resources; help all Colorado
5 children to be happy and healthy by providing nutrition education, healthy
6 food options, social and emotional education such as mindfulness
7 practices, as well as creating safe places to learn and play; share Skippy
8 the Super Roo and his educational program with all children in Colorado,
9 inspiring them to play outside everyday, choose water, eat lots of fruits
10 and vegetables while limiting processed foods and junk food, and
11 self-regulate using mindful practices; and promote a recommended daily
12 allowance of sugar; now, therefore,

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

15 That we, the Senate of the Colorado General Assembly:

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

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

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

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

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