

1 A JOINT MEMORIAL

2 REQUESTING THE CREATION OF A TASK FORCE TO ASSESS THE ROLE OF
3 ELEMENTARY SCHOOL PHYSICAL EDUCATION IN REDUCING OBESITY IN
4 CHILDREN AND TO DEVELOP A PLAN FOR INCREASED WEEKLY
5 INSTRUCTION TO IMPROVE CHILDREN'S FITNESS.

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7 WHEREAS, obesity rates in the United States have more
8 than doubled in children and quadrupled in adolescents over
9 the past thirty years; and

10 WHEREAS, obese adolescents are more likely to suffer
11 from prediabetes and have higher risk factors for
12 cardiovascular disease, bone and joint problems, sleep apnea
13 and social and psychological problems; and

14 WHEREAS, research has shown that people with poorer
15 health in childhood are more likely to experience lower
16 academic success in school, worse health and reduced
17 employment and job satisfaction in adulthood; and

18 WHEREAS, the centers for disease control and prevention
19 recommends minimum physical education units at specified,
20 regular intervals as a measure to improve children's fitness,
21 decrease obesity and increase attention to improve outcomes
22 in the classroom; and

23 WHEREAS, physical education activities that incorporate
24 brain exercises may help the brain function better during the
25 learning process, keep the brain more alert, release stress

1 and enhance learning; and

2 WHEREAS, required physical education classes within the
3 school system provide a venue for children to receive regular
4 physical education instruction, to engage in regular physical
5 activity and to learn potentially lifelong healthy habits;

6 NOW, THEREFORE, BE IT RESOLVED BY THE LEGISLATURE OF THE
7 STATE OF NEW MEXICO that the legislative education study
8 committee be requested to establish a task force to evaluate
9 the feasibility of requiring a minimum of one hundred fifty
10 minutes of physical education per school week, per year, for
11 all children in public elementary schools by licensed
12 physical education instructors; and

13 BE IT FURTHER RESOLVED that the legislative education
14 study committee be requested to include on the task force
15 representatives from elementary schools; the society for
16 health and physical educators, New Mexico; the New Mexico
17 athletic directors association; the New Mexico coalition of
18 school administrators; experts in physical education
19 pedagogy; and health care professionals involved in the care
20 of children with obesity, including the New Mexico pediatric
21 society, physical therapists, occupational therapists and the
22 New Mexico school nurse's association, as well as
23 representatives from the legislative education study
24 committee; and

25 BE IT FURTHER RESOLVED that the task force be requested

1 to review programs established in other states that have
2 mandated weekly multiple hours of physical education in
3 elementary schools; and

4 BE IT FURTHER RESOLVED that the task force be requested
5 to develop a plan for the funding and implementation of
6 weekly multi-hour mandatory physical education in elementary
7 schools to begin at the start of the 2017-2018 school year;
8 and

9 BE IT FURTHER RESOLVED that the task force provide a
10 report to the legislative education study committee by
11 October 1, 2016; and

12 BE IT FURTHER RESOLVED that copies of this memorial be
13 transmitted to the chair of the legislative education study
14 committee, the chair of the legislative finance committee and
15 the secretary of public education. _____

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