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SENATE JOINT MEMORIAL 2

52ND LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2016

INTRODUCED BY

Mimi Stewart

FOR THE LEGISLATIVE EDUCATION STUDY COMMITTEE

A JOINT MEMORIAL

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

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

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

WHEREAS, research has shown that people with poorer health
in childhood are more likely to experience lower academic
success in school, worse health and reduced employment and job

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1 satisfaction in adulthood; and

2 WHEREAS, the centers for disease control and prevention
3 recommends minimum physical education units at specified,
4 regular intervals as a measure to improve children's fitness,
5 decrease obesity and increase attention to improve outcomes in
6 the classroom; and

7 WHEREAS, required physical education classes within the
8 school system provide a venue for children to receive regular
9 physical education instruction, to engage in regular physical
10 activity and to learn potentially lifelong healthy habits;

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

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

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1 therapists, occupational therapists and the New Mexico school
2 nurse's association, as well as representatives from the
3 legislative education study committee; and

4 BE IT FURTHER RESOLVED that the task force be requested to
5 review programs established in other states that have mandated
6 weekly multiple hours of physical education in elementary
7 schools; and

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

12 BE IT FURTHER RESOLVED that the task force provide a
13 report to the legislative education study committee by October
14 1, 2016; and

15 BE IT FURTHER RESOLVED that copies of this memorial be
16 transmitted to the chair of the legislative education study
17 committee, the chair of the legislative finance committee and
18 the secretary of public education.

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