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LEGISLATIVE EDUCATION STUDY COMMITTEE
BILL ANALYSIS
53rd Legislature, 2nd Session, 2018

Bill Number	<u>SM82</u>	Sponsor	<u>Lopez</u>
Tracking Number	<u>.209989.1</u>	Committee Referrals	<u>SRC/SEC</u>
Short Title	<u>Study Minimum Recess Requirements</u>		
Analyst	<u>Force</u>	Original Date	<u>2/8/18</u>
		Last Updated	<u></u>

BILL SUMMARY

Synopsis of Bill

Senate Memorial 82 (SM82) requests the Legislative Education Study Committee and the Public Education Department to study minimum recess time requirements in public school districts for elementary school-aged children.

FISCAL IMPACT

Legislative memorials do not carry appropriations.

SUBSTANTIVE ISSUES

According to the Centers for Disease Control and Prevention (CDC), the overall obesity rate for children and adolescents was approximately 17 percent. For Hispanic children, the rate is 21.9 percent, and for African-Americans it is 19.5 percent. For Asian-American children, the rate is lowest, at 8.6 percent. These rates seem to increase as one gets older: the prevalence of obesity among children ages 2 to 5 is 8.9 percent; for ages 6 to 11, it is 17.5 percent, and for ages 12 to 19, it is 20.5 percent.

Childhood obesity can lead to a variety of health issues, including high blood pressure, diabetes, sleep apnea, asthma, fatty liver disease, gallstones, acid reflux, joint and musculoskeletal issues, and social and psychological problems, such as low self-esteem.

Regular recess periods can help prevent or reduce obesity, and results in a number of other physical and psychological benefits including longer attention spans, ability to focus on tasks, improved memory, negotiation and other social skills, and more brain connections. According to the American Academy of Pediatrics (AAP), recess is a necessary component of childhood development, unique from and complementary to physical education. As such, it should not be withheld for punitive or academic reasons, despite recent trends to shorten recess time in order to make time for more academic pursuits in school. Even minor movement in recess is shown to have benefits, and counterbalances more sedentary time at home. While the CDC recommends all

elementary students get at least 20 minutes of recess each day, AAP supports a recommended time of at least 60 minutes per day of vigorous activity, which can help lower the risk of obesity.

RELATED BILLS

HB62, NM-Grown Produce in School Meals, which appropriates \$600 thousand for purchase of fresh fruits and vegetables grown in New Mexico for school districts, charter schools, and juvenile detention centers.

HJM4, Study Sugar-Sweetened Beverage Tax, which requests the Legislative Finance Committee (LFC) to conduct a study of the potential benefits to revenue and public health of a tax on sugar-sweetened beverages.

HM96, Study Gross Receipts Tax on Foods, which request the Legislative Council to charge LFC with studying the potential benefits and negative impacts of imposing a gross receipts tax on food items.

SB106, NM-Grown Produce in School Meals, which duplicates HB62.

SJM6, Study Sugar-Sweetened Beverage Tax, which duplicates HJM4.

SOURCES OF INFORMATION

- LESC Files

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