



SENATE JOINT RESOLUTION 03-045

BY SENATOR(S) Hanna, Tapia, Linkhart, Fitz-Gerald, Gordon, Groff, Grossman, Jones, Kester, Sandoval, Windels, Anderson, Andrews, Arnold, Cairns, Chlouber, Dyer, Entz, Evans, Hagedorn, Hillman, Isgar, Johnson S., Keller, Lamborn, May R., McElhany, Nichol, Owen, Phillips, Reeves, Takis, Taylor, Teck, and Tupa;  
also REPRESENTATIVE(S) Plant, Frangas, Madden, Marshall, Paccione, Ragsdale, Romanoff, Tochtrop, Veiga, and Weddig.

CONCERNING RECOGNIZING THE IMPORTANCE OF PHYSICAL ACTIVITY FOR CHILDREN, AND, IN CONNECTION THEREWITH, DECLARING EVERY WEDNESDAY AS COLORADO WALKING WEDNESDAY AND RECOGNIZING THE FEET FIRST PROGRAM.

WHEREAS, Obesity has become an epidemic in the United States and Colorado that continues to grow unchecked, a trend that would be troubling if limited to adults but is especially alarming among children; and

WHEREAS, Since 1980, the number of overweight teens in the U.S. has tripled, and in 1999, 13% of all American children were identified as overweight; and

WHEREAS, Type 2 diabetes, once unheard of in children, has increased alongside childhood obesity so dramatically that it is no longer accurately known as "adult-onset diabetes"; and

WHEREAS, U.S. Health and Human Services Secretary Tommy Thompson has called on families, communities, and businesses to work together to find creative solutions that encourage greater physical activity among children; and

WHEREAS, Secretary Thompson cited the increasing obesity rate among children as a major economic health burden; and

WHEREAS, Researchers at the Centers for Disease Control have found that obesity-related annual hospital costs have increased from \$35 million to \$127 million in the last 20 years; and

WHEREAS, Despite recently being recognized as among the states in the United States with the fewest overweight citizens, still, 14.9% of Colorado's population is designated as being overweight, representing twice the percentage so designated in 1990; and

WHEREAS, Physical activity is essential to overall physical health and, if children are taught to incorporate it into their daily lives, obesity can be prevented later in life; and

WHEREAS, Feet First of Denver, Colorado, is a nonprofit organization that encourages children to explore the world of active transportation in order to discover the positive physical, community, and environmental benefits of using cars less frequently; and

WHEREAS, Feet First has programs in Denver and Boulder and will have a pilot program in Colorado Springs in the fall of 2003; and

WHEREAS, Feet First teaches children how to bike, walk, and use public transportation responsibly and safely; and

WHEREAS, One of the primary goals of the Feet First program is to aid in obesity reduction by encouraging physical activity among children and their families; and

WHEREAS, October is "Colorado Pedestrian Month"; now, therefore,

*Be It Resolved by the Senate of the Sixty-fourth General Assembly of the State of Colorado, the House of Representatives concurring herein:*

That we, the members of the Colorado General Assembly, declare every Wednesday "Colorado Walking Wednesday", the observance of which will:

- (1) Encourage a statewide drive to promote programs, such as Feet First, that encourage increased physical activity for children;
- (2) Proactively address the obesity epidemic through exercise;

(3) Encourage children and their families to walk to school at least once a week;

(4) Encourage communities to promote active living, thereby increasing physical health, decreasing pollution, and encouraging engaged communities.

*Be It Further Resolved,* That copies of this Joint Resolution be sent to Jessica Sherwood of Feet First, the Board of Feet First, Secretary Tommy Thompson, and Governor Bill Owens.

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John Andrews  
PRESIDENT OF  
THE SENATE

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Lola Spradley  
SPEAKER OF THE HOUSE  
OF REPRESENTATIVES

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Mona Heustis  
SECRETARY OF  
THE SENATE

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Judith Rodrigue  
CHIEF CLERK OF THE HOUSE  
OF REPRESENTATIVES