



# COLORADO STATE BOARD OF EDUCATION

201 East Colfax Avenue • Denver, Colorado 80203-1704  
303.866.6817 • Fax: 303.866.6761 • www.cde.state.co.us

## Resolution in Support of Healthy and Fit Students

- WHEREAS:** Students are more likely to be motivated, attentive and academically successful if they are healthy and physically active; and
- WHEREAS:** Improvement in classroom behavior and a decrease in student irritability are observed among well nourished and physically active students; and
- WHEREAS:** Higher performance in language, reading, writing and math is demonstrated among well nourished and physically active students, as they tend to have better cognitive function, concentration and attention; and
- WHEREAS:** Absenteeism occurs more in poorly nourished children who are less able to resist infection and are more likely to become sick; and
- WHEREAS:** Being overweight can trigger or exacerbate a variety of chronic medical conditions in school-aged children including asthma, joint problems, Type II diabetes, high blood pressure, high cholesterol, depression/anxiety, sleep apnea and liver inflammation; and
- WHEREAS:** Twenty-nine percent of Colorado's children ages 2-14 years are overweight or obese and higher rates of overweight and obesity are observed in low-income, Hispanic and Black children; and
- WHEREAS:** Only fifty-six percent of Colorado's children aged 5-14 meet the Center for Disease Control's recommendation of being physically active seven hours or more each week; and

**Bob Schaffer**  
Chairman  
4th Congressional District

**Randy DeHoff**  
Vice-Chairman  
6th Congressional District

**Elaine Gantz Berman**  
1st Congressional District

**Jane Goff**  
7th Congressional District

**Peggy Littleton**  
5th Congressional District

**Marcia Neal**  
3rd Congressional District

**Angelika Schroeder**  
2nd Congressional District

**WHEREAS:** Only ten percent of Colorado's children ages 2-14 years eat 2 servings of fruits and 3 servings of vegetables recommended by the USDA Center for Nutrition Policy and Promotion's Dietary Guidelines for Americans; and

**WHEREAS** Only 21% of Colorado children walk or bike to school, resulting in missed physical activity opportunities for the majority of children; and

**WHEREAS** Situating schools in proximity to communities does increase the percentage of children walking and bicycling to school; now therefore,

**BE IT RESOLVED:** That the Colorado State Board of Education encourages every school district to develop and implement policies, which create environments that support, teach and model healthy eating and active lifestyles; and

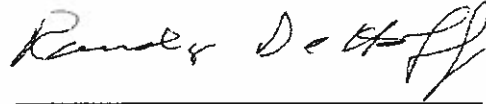
**BE IT FURTHER RESOLVED:** That the Colorado State Board of Education encourages districts to ensure that Comprehensive Health and Physical Education is a part of every child's education P-12.

DATED THIS 15th DAY OF APRIL, 2010.



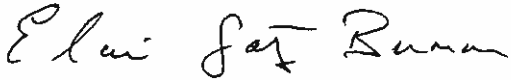
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Bob Schaffer, Chairman  
4<sup>th</sup> Congressional District



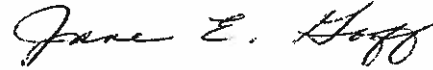
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Randy DeHoff, Vice-Chairman  
6<sup>th</sup> Congressional District



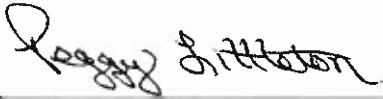
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Elaine Gantz Berman  
1<sup>st</sup> Congressional District



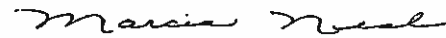
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Jane Goff  
7<sup>th</sup> Congressional District



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Peggy Littleton  
5<sup>th</sup> Congressional District



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Marcia Neal  
4<sup>th</sup> Congressional District



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Angelika Schroeder  
2<sup>nd</sup> Congressional District