

Stricken language would be deleted from and underlined language would be added to the law as it existed prior to this session of the General Assembly.

1 State of Arkansas  
2 83rd General Assembly  
3 Regular Session, 2001  
4

As Engrossed: H4/3/01

# A Bill

Act 1750 of 2001  
HOUSE BILL 2540

5 By: Representative T. Steele  
6  
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## For An Act To Be Entitled

9 AN ACT TO ESTABLISH THE GREAT STRIDES PROGRAM  
10 WITHIN THE DEPARTMENT OF HEALTH; AND FOR OTHER  
11 PURPOSES.  
12

### Subtitle

13 AN ACT TO ESTABLISH THE GREAT STRIDES  
14 PROGRAM.  
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18 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:  
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20 SECTION 1. The General Assembly finds:

21 (1) That Arkansas consistently ranks among the most unhealthy states  
22 in the nation;

23 (2) That after just one (1) year of regular walking exercise,  
24 previously sedentary smokers refrained from smoking at twice the rate of  
25 those who received only health education;

26 (3) That Arkansans who exercise regularly choose walking as their  
27 overwhelmingly preferred form of activity;

28 (4) That women who walk briskly or exercise vigorously may reduce  
29 their chances for heart disease by as much as forty percent (40%);

30 (5) That over thirty-five percent (35%) of Arkansans do not exercise,  
31 placing Arkansas as the sixth (6<sup>th</sup>) most sedentary state in the nation;

32 (6) That, while people are inactive in all parts of the state, a  
33 greater percentage of the population is inactive in rural areas; and

34 (7) That a reduction in illnesses related to physical inactivity would  
35 save Arkansas millions of dollars each year in reduced health care costs.  
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