

Hall of the House of Representatives

86th General Assembly - Regular Session, 2007

Amendment Form

Subtitle of House Resolution No. 1028

"A RESOLUTION CONCERNING ARKANSAS HYDRATION DAY."

Amendment No. 1 to House Resolution No. 1028.

Amend House Resolution No. 1028 as originally introduced:

Page 1, delete lines 16 through 21 and substitute the following:

"WHEREAS, heat illness is one hundred percent (100%) preventable if proper prevention is taken; and

WHEREAS, the statistical average of six hundred eighty-eight (688) deaths per year can be drastically reduced with increased education on proper hydration, heat illness prevention, and emergency procedures; and

WHEREAS, proper hydration affects the whole body, because:

- (1) Seventy-five percent (75%) of the body is made up of water;
- (2) Eighty percent (80%) of the brain is made up of water;
- (3) Seventy-five percent (75%) of the muscles are made up of

water;

- (4) Ninety-two percent (92%) of the blood is made up of water;
- (5) Water helps convert food into energy;
- (6) Water regulates body temperature;
- (7) One percent (1%) dehydration results in thirst;

already confronted with a ten percent (10%) decrease in mental performance;

- (9) Two percent (2%) dehydration reduces the ability to work;
- (10) Four percent (4%) dehydration results in lethargy, apathy,

and mental symptoms;

(11) Dehydration exacerbates headaches creating trouble with concentration, irritability, and causes an increase in headaches;

(12) Long-term effects of being dehydrated include kidney and urinary tract infections, constipation, continence problems, and kidney stones; and

WHEREAS, a recent study in the spring of 2006 by the Gatorade Sports Science Institute discovered that seventy percent (70%) of all children going to after-school practices or games are already dehydrated before they begin their practices or game ; and



WHEREAS, the Kendrick Fincher Memorial Foundation, established in 1996 after Kendrick Fincher died from heat stroke promotes proper hydration and prevent heat illness through education and supporting activities, including the "Cool Kids Stay Hydrated" program in elementary schools providing educational hydration information and a free squeeze bottle to use throughout the school day; and

WHEREAS, the designation of an Arkansas Hydration Day will act as a springboard to educate school age children and the public about the importance of proper hydration.

NOW THEREFORE,
BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-SIXTH GENERAL ASSEMBLY:

THAT the House Of Representatives of the Eighty-Sixth General Assembly recognizes the last Friday in April of each year as "Arkansas Hydration Day".

The Amendment was read _____
By: Representative Harris
MGF/CDS - 03-23-2007 12:53
MGF627

Chief Clerk