

1 State of Arkansas
2 84th General Assembly
3 Regular Session, 2003

HCR 1005

4
5 By: Representative Judy
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8 **HOUSE CONCURRENT RESOLUTION**

9 URGING LEGISLATORS TO COMMIT TO THE FOLLOWING
10 RECOMMENDED HEALTHY BEHAVIOR DURING THE 84TH
11 GENERAL ASSEMBLY.
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13 **Subtitle**

14 URGING LEGISLATORS TO COMMIT TO THE
15 FOLLOWING RECOMMENDED HEALTHY BEHAVIOR
16 DURING THE 84TH GENERAL ASSEMBLY.
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18 WHEREAS, Arkansas' greatest health threats in the 21st century are
19 obesity, tobacco use, and physical inactivity, each a primary contributor to
20 chronic illness and premature death; and
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22 WHEREAS, obesity, tobacco use, and physical inactivity are attributable
23 to social and behavioral factors and must be addressed individually through
24 behavior change, and collectively through policy initiatives; and
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26 WHEREAS, the House Committee on Public Health, Welfare, and Labor
27 recognizes the negative impact that stress has on our bodies and our mental
28 health; and
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30 WHEREAS, the House Committee on Public Health, Welfare, and Labor is
31 committed to actions and policies designed to improve the health of Arkansas
32 citizens; and
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34 WHEREAS, the House Committee on Public Health, Welfare, and Labor
35 recognizes that a primary method of affecting behavior is to act as a model
36 for desired behavior,



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NOW THEREFORE,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE EIGHTY-FOURTH GENERAL ASSEMBLY OF THE STATE OF ARKANSAS, THE SENATE CONCURRING THEREIN:

THAT members of the General Assembly are urged to commit themselves to the following healthy behavior during this session of this 84th General Assembly:

(1) To get some physical exercise daily, including taking the stairs when going up or down two (2) flights or less and whenever possible at other times, rather than riding the elevator;

(2) To eat five (5) or more daily servings of fruits and vegetables whenever possible;

(3) To strive to drink eight (8) 8 oz. glasses of water daily;

(4) To remain aware of the need to lower caffeine intake;

(5) To encourage those who now use tobacco to consider quitting, and support Arkansas Code § 22-3-220 that makes the State Capitol Building a no smoking area; and

(6) To encourage behavior to relieve stress, including promoting the setting of personal designated "downtime" for good mental health.

BE IT FURTHER RESOLVED that the administration of the General Assembly and the appropriate legislative committees provide members of the General Assembly opportunities for exercise in appropriate areas and that low fat and low sugar content snacks be provided as a healthy alternative to other snacks presently being provided and that upon adoption of this resolution by the General Assembly, the Chief Clerk of each house shall place a copy of this resolution on each member's desk.

BE IT FURTHER RESOLVED that persons who supply food and drink for the members of the General Assembly during a legislative session are urged to provide healthy alternatives to the members.