

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

*As Engrossed: H2/12/03*

HCR 1005

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5 By: Representatives Judy, *Bradford, Dees, Lendall, Roebuck, Bennett, Berry, Biggs, Blair, Bledsoe,*  
6 *Bolin, Bond, P. Bookout, Borhauer, Boyd, Cowling, Creekmore, Dangeau, Dickinson, Eason, Edwards,*  
7 *D. Evans, Ferguson, Fite, Gipson, Goss, Green, Hardwick, Hathorn, Hickinbotham, Jacobs, Jeffrey, J.*  
8 *Johnson, C. Johnson, Jones, Key, King, Ledbetter, Lewellen, Mack, Mahony, Martin, Matayo, Mathis,*  
9 *Medley, Moore, Nichols, Oglesby, Ormond, Parks, Penix, Pickett, L. Prater, S. Prater, Pritchard,*  
10 *Rosenbaum, Schulte, Scrimshire, Scroggin, Seawel, R. Smith, Stovall, Sullivan, C. Taylor, Thomason,*  
11 *Verkamp, Walters, Weaver, Wood, Cleveland, Clemons, Gillespie, Napper, White, Anderson, Bright,*  
12 *Chesterfield*

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15 **HOUSE CONCURRENT RESOLUTION**

16 URGING LEGISLATORS TO COMMIT TO THE FOLLOWING  
17 RECOMMENDED HEALTHY BEHAVIOR DURING THE 84TH  
18 GENERAL ASSEMBLY.

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20 **Subtitle**

21 URGING LEGISLATORS TO COMMIT TO THE  
22 FOLLOWING RECOMMENDED HEALTHY BEHAVIOR  
23 DURING THE 84TH GENERAL ASSEMBLY.

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25 WHEREAS, Arkansas' greatest health threats in the 21st century are  
26 obesity, tobacco use, and physical inactivity, each a primary contributor to  
27 chronic illness and premature death; and

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29 WHEREAS, obesity, tobacco use, and physical inactivity are attributable  
30 to social and behavioral factors and must be addressed individually through  
31 behavior change, and collectively through policy initiatives; and

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33 WHEREAS, the House Committee on Public Health, Welfare, and Labor  
34 recognizes the negative impact that stress has on our bodies and our mental  
35 health; and

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1           WHEREAS, the House Committee on Public Health, Welfare, and Labor is  
2 committed to actions and policies designed to improve the health of Arkansas  
3 citizens; and

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5           WHEREAS, the House Committee on Public Health, Welfare, and Labor  
6 recognizes that a primary method of affecting behavior is to act as a model  
7 for desired behavior,

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9 NOW THEREFORE,

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

12  
13 THAT members of the General Assembly are urged to commit themselves to the  
14 following healthy behavior during this session of this 84th General Assembly:

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

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

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

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

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

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

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

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36 BE IT FURTHER RESOLVED that persons who supply food and drink for the

1 members of the General Assembly during a legislative session are urged to  
2 provide healthy alternatives to the members.

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*/s/ Judy, et al*