

HAWAII YOUTH SERVICES NETWORK

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Rick Collins, President

Judith F. Clark, Executive
Director

Bay Clinic

Big Brothers Big Sisters of
Hawaii

Bobby Benson Center

Central Oahu Youth Services
Association

Child and Family Service

Coalition for a Drug Free Hawaii

Domestic Violence Action Center

EPIC, Inc.

Family Programs Hawaii

Family Support Hawaii

Hale Kipa, Inc.

Hale 'Opio Kauai, Inc.

Hawaii Student Television

Ho'o

Hui Malama Learning Center

Kokua Kalihi Valley

Life Foundation

Marimed Foundation

Maui Youth and Family Services

P.A.R.E.N.T.S., Inc.

Parents and Children Together
(PACT)

Planned Parenthood of the
Great Northwest and
Hawaiian Islands

Salvation Army Family

Intervention Services

Sex Abuse Treatment Center

Susannah Wesley Community
Center

The Catalyst Group

Uhane Pohaku Na Moku

O Hawai'i

Waikiki Health

April 1, 2017

Senator Jill Tokuda, Chair,
And members of the Committee on Ways and Means

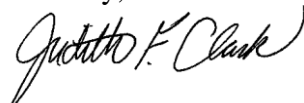
TESTIMONY IN SUPPORT OF SCR 137/SR 58 REQUESTING THE BOARD OF EDUCATION TO CONSIDER REQUIRING STUDENTS IN GRADES SIX, SEVEN, AND EIGHT TO TAKE COURSES IN PHYSICAL EDUCATION AND HEALTH EDUCATION

Hawaii Youth Services Network, a statewide coalition of youth-serving organizations, supports SCR 137/SR 58 Requesting the Board of Education to Consider Requiring Students in Grades Six, Seven, and Eight to Take Courses in Physical Education and Health Education

Healthy lifestyle choices, including regular physical exercise, good eating choices, and refraining from risky behaviors, strongly influence one's health over a lifetime. Providing opportunities for physical activity in school helps children develop healthy exercise habits as well as increasing academic performance. Health education classes teach students the skills to make healthy decisions that avoid substance abuse, unplanned pregnancy and sexually transmitted infections, and a variety of injuries and accidents. Ensuring that Hawaii's students engage in physical exercise and receive health education will reduce disease and disability from diabetes, heart disease, and other chronic health conditions; and reduce Hawaii's health care costs in the long term.

Thank you for this opportunity to testify.

Sincerely,



Judith F. Clark, MPH
Executive Director



**American Heart Association testimony in support of SCR 137/SR 58,
“Requesting The Board Of Education To Consider Requiring Students In
Grades Six, Seven, And Eight To Take Courses In Physical Education And
Health Education.”**

The American Heart Association supports SCR 137/SR 58.

Childhood obesity has more than tripled in the past 30 years, and obese children are at least twice as likely as non-obese children to become obese adults. Hawaii's adult obesity rate is currently 22.7 percent, up from 15.7 percent in 2000 and from 8.9 percent in 1990, while 14.9 percent of Hawaii adolescents are classified as overweight and another 13.4 percent of adolescents are obese. Obesity costs the country between \$147 billion and \$210 billion each year. Hawaii spends roughly \$427 million obesity-related annual health care costs. One important way to stop this rise in obesity and chronic disease in our children is by establishing lifelong physical activity habits with strong physical education programs and regular physical activity opportunities throughout the day in our nation's schools.

Children must be physically active at school and learn about keeping healthy through exercise and a balanced diet. Regular physical activity is associated with a healthier, longer life and lower risk of CVD, high blood pressure, diabetes, obesity, and some cancers. If the lessons of lifetime physical activity and healthy food and beverage choices are modeled at both school and home, children will have the optimal foundation for healthy living.

Research shows that healthy children learn more effectively and achieve more academically. Unfortunately, many schools, including Hawaii middle/intermediate schools, have cut back on traditional physical education programs because of budgetary concerns and competing academic demands.

Obesity and lack of physical fitness in America's youth also affect our national security. Senior former military leaders report that 27% of young Americans are too overweight to serve in the military. Around 15,000 potential recruits fail their physicals every year because they are too heavy.

ACTIVE CHILDREN THRIVE ACADEMICALLY AND SOCIALLY

Physically active children are more likely to thrive academically and socially. Through effective physical education, children learn how to incorporate safe and healthy activities into their lives. Physical education is an integral part of developing the “whole” child for success in social settings and the learning environment.

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diseases and stroke.”*

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Please remember the American Heart Association in your will.



- Evidence suggests that physical activity has a positive impact on cognitive ability, avoiding tobacco use, insomnia, depression, and anxiety. Other studies have shown that physically fit children have higher scholastic achievement, better classroom behavior and less absenteeism than their unfit counterparts.
- Ninety-five percent of parents believe physical education should be part of a school curriculum for all students in grades K-12.

QUANTITY AND QUALITY

- The national recommendation for physical education is 150 minutes per week in elementary and 225 minutes per week in middle and high schools. Hawaii's DOE policy currently falls short of both of these recommendations. In fact, Hawaii no longer requires PE in middle schools.
- The quality of the physical education program is also paramount. A high-quality physical education program taught by a certified physical education teacher enhances the physical, mental, and social/emotional development of all children and helps them understand, improve, and maintain physical well-being.

AMERICAN HEART ASSOCIATION RECOMMENDATIONS FOR PE

The AHA advocates for daily, quality physical education in our schools, together with other healthy lifestyle choices. We support policy that would:

- Require a physical education coordinator at the state level to provide resources and offer support to school districts across the state.
- Offer regular professional development opportunities to physical education teachers that are specific to their field.
- Require physical education teachers to be highly qualified and certified.
- Add valid fitness, cognitive, and affective assessments in physical education that are based on student improvement and knowledge gain.
- Require that students be active in moderate vigorous physical activity for at least 50% of physical education class time.
- Assure that physical education programs have appropriate equipment and adequate facilities.



- Not allow students to opt out of physical education to prepare for other classes or standardized tests.
- Not allow waivers or substitutions for physical education.

The American Heart Association supports SCR 137/SR 58 as a first step toward implementing what it hopes will be a quality physical education program for Hawaii's keiki.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman".

Donald B. Weisman
Hawaii Government Relations Director

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free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.





Date: April 2, 2017

To: The Honorable Jill Tokuda, Chair
The Honorable Donovan Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

From: Jessica Yamauchi, Executive Director, Hawai'i Public Health Institute

Re: **Strong Support of SCR 137/SR58**

Hrg: April 4, 2017 at 9:45 am at Conference Room 211

Thank you for the opportunity to testify in **strong support** for SCR137/SR58, requesting the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 20 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

In Hawaii, physical education is a required course in both elementary and high school, but not for intermediate and middle school students. Due to budget cuts and lack of resources, PE was eliminated in middle schools in 2009. According to the 2015 Hawaii Youth Risk Behavior Survey, about 65% of boys and 80% of girls in middle schools in our state do not meet national physical activity recommendations. Quality physical education contributes to a child's daily accumulation of physical activity and is of particular importance for children who are overweight or who lack access to these opportunities in the home environment.

Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. School health programs can have positive effects on health and educational outcomes, and studies have shown that healthier students tend to do better in school. They have higher attendance, have better grades, and perform better on tests.

Providing meaningful and high-quality physical education and health education courses are critical to providing our students with the skills and habits necessary to achieve and maintain life-long physical fitness and wellness that can prevent obesity, cardiovascular, and other chronic diseases.

We hope that the legislature can consider reinstating PE and health education in our middle schools by passing this SCR137/SR58 out of committee.

Mahalo,

A handwritten signature in black ink, reading "Jessica Yamauchi". The signature is fluid and cursive, with the first name "Jessica" and last name "Yamauchi" clearly distinguishable.

Jessica Yamauchi, MA
Chair, Obesity Prevention Task Force
Executive Director, HIPHI

From: diane_omura@everyactioncustom.com on behalf of [Diane Omura](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 11:48:14 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Diane Omura
2830 Kula Hwy Kula, HI 96790-8767
diane_omura@notes.k12.hi.us

From: jg32@everyactioncustom.com on behalf of [James Gauer](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 10:25:54 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
James Gauer
1320 Ala Kapuna St Apt 204 Honolulu, HI 96819-1331
jg32@hawaii.edu

From: jaysonod@everyactioncustom.com on behalf of [Jayson O'Donnell](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 7:49:53 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Jayson O'Donnell
3311 Campbell Ave Honolulu, HI 96815-3808
jaysonod@hawaii.edu

From: barbrick@everyactioncustom.com on behalf of [Barbara Nosaka](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 9:37:15 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Barbara Nosaka
2216 Hoonanea St Honolulu, HI 96822-2427
barbrick@hawaiiintel.net

From: bill_arakaki@everyactioncustom.com on behalf of [William Arakaki](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 5:43:53 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
William Arakaki
5822 Haaheo St Kapaa, HI 96746-9648
bill_arakaki@notes.k12.hi.us

From: fbatz@everyactioncustom.com on behalf of [Forrest Batz](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 3:49:00 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawai'i, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawai'i and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond traditional 'gym' classes or 'free play', focusing on exercise, fitness and the health benefits gained from regularly engaging in physical activity. Health education, on the other hand, teaches about physical, mental, emotional and social health, motivating students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits developed in childhood are fundamental to leading a healthful life. Physical education and health education programs, often overlooked or defunded during times of economic difficulty, play a huge role in academic and life success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Forrest Batz
HC 3 Box 4730 Keaau, HI 96749-8602
fbatz@sonic.net

From: mokihiro@everyactioncustom.com on behalf of [May M. Okihiro](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Sunday, April 2, 2017 2:43:27 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education. As a pediatrician in Hawaii, I STRONGLY support this Bill.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
May M. Okihiro
46 -193 Yacht Club St Kaneohe, HI 96744-3641
mokihiro@me.com

From: nicole.kerr@everyactioncustom.com on behalf of [Nicole Kerr](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Monday, April 3, 2017 8:47:21 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Nicole Kerr
520 N Kalaheo Ave Kailua, HI 96734-2178
nicole.kerr@ah.org

From: burnsst@everyactioncustom.com on behalf of [Stephanie Burns](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Monday, April 3, 2017 8:18:26 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Stephanie Burns
1421 Humuula St Kailua, HI 96734-3709
burnsst@ah.org

From: kswartz@everyactioncustom.com on behalf of [Kim Swartz](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Monday, April 3, 2017 7:10:27 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Kim Swartz
98 -1394 Hinu Pl Apt B Pearl City, HI 96782-3027
kswartz@hawaii.edu

From: roxinemijima@everyactioncustom.com on behalf of [Roxine Iijima](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Sunday, April 2, 2017 10:42:17 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Roxine Iijima
45 -610 Hinamoe Loop Kaneohe, HI 96744-1812
roxinemijima@yahoo.com

From: suzmaui@everyactioncustom.com on behalf of [Suzanne Fields](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Monday, April 3, 2017 2:01:21 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

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In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

This is a no brainer and is key to preventive medicine and reducing overall health care costs. When students become employees their overall health status has a direct link to productivity and business success.

Research has repeatedly shown that a fit and healthy individual is more productive and contributes to a company's bottom line both via a decrease in overall health care and safety costs.

Do the right thing and support this legislation.

Sincerely,
Suzanne Fields
711 Haiku Rd Haiku, HI 96708-5847
suzmaui@gmail.com

From: helenb@everyactioncustom.com on behalf of [Helen Barrow](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 10:03:44 AM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Helen Barrow
PO Box 822 Makawao, HI 96768-0822
helenb@ccmaui.org

From: midla@everyactioncustom.com on behalf of [Cortney Midla](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Saturday, April 1, 2017 3:03:03 PM

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

I am the mother of a child at Hokulani Elementary School and plan to continue sending him to a public middle school in the future.

I am also a registered nurse at weight management clinic where I witness the effects of obesity on health on a daily basis. It is very important for people to develop good physical activity and eating habits at a young age and to continue them at this young adolescent age to set them on the path to success for adulthood.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Cortney Midla
55 S Kukui St Apt D2302 Honolulu, HI 96813-2324
midla@hawaii.edu

From: sfey@everyactioncustom.com on behalf of [Shelley Fey](#)
To: [WAM Testimony](#)
Subject: Strong Support for SCR 137/SR58
Date: Tuesday, April 4, 2017 8:14:40 AM

LATE

Dear Senate Committee on Ways and Means,

To: The Honorable Jill N. Tokuda, Chair
The Honorable Donovan M. Dela Cruz, Vice Chair
Members of the Senate Committee on Ways and Means

Re: Strong Support of SCR 137/SR58

Hrg: April 4, 2017 at 9:45am at Conference Room 211

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Shelley Fey
6020 Summer St Honolulu, HI 96821-2325
sfey@punahou.edu

From: mailinglist@capitol.hawaii.gov
To: [WAM Testimony](#)
Cc: kaulanad@gmail.com
Subject: *Submitted testimony for SR58 on Apr 4, 2017 09:45AM*
Date: Friday, March 31, 2017 5:04:00 PM

SR58

Submitted on: 3/31/2017

Testimony for WAM on Apr 4, 2017 09:45AM in Conference Room 211

Submitted By	Organization	Testifier Position	Present at Hearing
Kaulana Dameg	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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