

AMENDED IN ASSEMBLY MARCH 26, 2012

CALIFORNIA LEGISLATURE—2011–12 REGULAR SESSION

**Assembly Concurrent Resolution**

**No. 106**

**Introduced by Assembly Members Smyth and Huffman**

*(Coauthors: Assembly Members Achadjian, Alejo, Allen, Ammiano, Atkins, Beall, Bill Berryhill, Block, Blumenfield, Bonilla, Bradford, Brownley, Buchanan, Charles Calderon, Campos, Carter, Cedillo, Chesbro, Cook, Davis, Dickinson, Eng, Feuer, Fletcher, Fong, Fuentes, Furutani, Beth Gaines, Galgiani, Garrick, Gatto, Gordon, Grove, Halderman, Hall, Harkey, Hayashi, Roger Hernández, Hill, Huber, Hueso, Jeffries, Jones, Lara, Logue, Ma, Mansoor, Mendoza, Miller, Mitchell, Monning, Morrell, Nestande, Nielsen, Olsen, Pan, Perea, John A. Pérez, V. Manuel Pérez, Portantino, Silva, Skinner, Solorio, Swanson, Torres, Valadao, Wagner, Wieckowski, Williams, and Yamada)*

February 9, 2012

Assembly Concurrent Resolution No. 106—Relative to “Parks Make Life Better!®” Month.

LEGISLATIVE COUNSEL’S DIGEST

ACR 106, as amended, Smyth. Parks Make Life Better! Month.®

This measure would declare the Legislature’s recognition of the importance of access to local parks, trails, open space, and facilities for the health and development of all Californians. This measure would also declare July 2012 as “Parks Make Life Better!®” Month.

Fiscal committee: no.

- 1 WHEREAS, A 2009 public opinion research study, conducted
- 2 by the California Park & Recreation Society, revealed 98 percent

1 of California’s households visit a local park and 50 percent of  
 2 California households participate in an organized recreation  
 3 program annually; and

4 WHEREAS, California’s residents value their local parks and  
 5 recreation services, as they provide access to the serenity and  
 6 inspiration of nature, outdoor spaces, and places for play and  
 7 exercise; facilities for directed and self-directed recreation;  
 8 activities that facilitate social connections, human development,  
 9 the arts, and lifelong learning; and positive alternatives for youth  
 10 that help lower crime and mischief; and

11 WHEREAS, The 2010 California Obesity Prevention Plan states  
 12 the following:

13 (a) One in every nine California Children, one in three teens,  
 14 and over 50 percent of adults are already overweight or obese, and  
 15 that obesity affects virtually all age, income, educational, ethnic,  
 16 and disability groups.

17 (b) The state’s childhood obesity epidemic and related health  
 18 conditions and associated costs are expected to increase unless  
 19 concerted and coordinated efforts are made to increase  
 20 opportunities for children and youth to engage in age-appropriate,  
 21 high quality physical activity programs during nonschool hours.

22 (c) Research has shown that where people live, work, and play  
 23 impacts obesity. For example, in Imperial County, 73 percent of  
 24 adults are overweight or obese, while only 43 percent of San  
 25 Francisco City and County adults are overweight or obese.

26 (d) California’s costs attributable to physical inactivity, obesity,  
 27 and excess body weight in 2006 were estimated at \$41.2 billion.  
 28 In contrast, a 5 percent improvement in each of these risk factors  
 29 could result in an annual savings of nearly \$2.4 billion.

30 (e) To address obesity, the State of California must ensure that  
 31 all California residents have access to safe places to play and be  
 32 active; and

33 WHEREAS, California’s 10 Step Vision for a Healthy California  
 34 is a call to action to transform the state so that all Californians can  
 35 enjoy healthy eating and active living, resulting in all of the  
 36 following:

37 (a) Every day, every child will participate in physical activity.

38 (b) California’s adults will be physically active every day.

1 (c) Neighborhoods, communities, and buildings will support  
2 physical activity, including safe walking, stair climbing, and  
3 bicycling; and

4 WHEREAS, The Governor, Legislature, and citizens have  
5 prioritized efforts to increase physical activity, access to nature,  
6 spaces for play and exercise, the arts, lifelong learning, and social  
7 connections among children and adults through the approval of  
8 statewide park bond programs; and

9 WHEREAS, The California Park & Recreation Society promotes  
10 the positive personal and community benefits of parks, open space,  
11 trails, recreation facilities and programs, nature education, and  
12 sports for able and disabled children, teens, adults, and seniors;  
13 and

14 WHEREAS, Participation in physical activities can lower a  
15 citizen’s risk of developing chronic health problems, such as high  
16 blood pressure, asthma, heart disease, and diabetes, and also help  
17 children grow up to be healthier adults; and

18 WHEREAS, The California Park & Recreation Society has  
19 released a statewide public awareness campaign, “Parks Make  
20 Life Better!®” to inform citizens of the many benefits of utilizing  
21 parks, facilities, programs, and services; now, therefore, be it

22 *Resolved by the Assembly of the State of California, the Senate*  
23 *thereof concurring*, That the Legislature recognizes the importance  
24 of access to local parks, trails, open space, and facilities such as  
25 swimming pools, skate parks, dog parks, tennis courts, nature  
26 centers, and museums, for the health and development of all  
27 Californians; and

28 *Resolved*, That the Legislature declares July 2012 as “Parks  
29 Make Life Better!®” Month; and be it further

30 *Resolved*, That the Chief Clerk of the Assembly transmit copies  
31 of this resolution to the author for appropriate distribution.