

Assembly Concurrent Resolution

No. 106

Introduced by Assembly Members Smyth and Huffman

February 9, 2012

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

LEGISLATIVE COUNSEL’S DIGEST

ACR 106, as introduced, 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
3 of California’s households visit a local park and 50 percent of
4 California households participate in an organized recreation
5 program annually; and

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

13 WHEREAS, The 2010 California Obesity Prevention Plan states
14 the following:

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

5 (b) The state's childhood obesity epidemic and related health
6 conditions and associated costs are expected to increase unless
7 concerted and coordinated efforts are made to increase
8 opportunities for children and youth to engage in age-appropriate,
9 high quality physical activity programs during nonschool hours.

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

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

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

21 WHEREAS, California's 10 Step Vision for a Healthy California
22 is a call to action to transform the state so that all Californians can
23 enjoy healthy eating and active living, resulting in all of the
24 following:

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

26 (b) California's adults will be physically active every day.

27 (c) Neighborhoods, communities, and buildings will support
28 physical activity, including safe walking, stair climbing, and
29 bicycling; and

30 WHEREAS, The Governor, Legislature, and citizens have
31 prioritized efforts to increase physical activity, access to nature,
32 spaces for play and exercise, the arts, lifelong learning, and social
33 connections among children and adults through the approval of
34 statewide park bond programs; and

35 WHEREAS, The California Park & Recreation Society promotes
36 the positive personal and community benefits of parks, open space,
37 trails, recreation facilities and programs, nature education, and
38 sports for able and disabled children, teens, adults, and seniors;
39 and

1 WHEREAS, Participation in physical activities can lower a
2 citizen's risk of developing chronic health problems, such as high
3 blood pressure, asthma, heart disease, and diabetes, and also help
4 children grow up to be healthier adults; and

5 WHEREAS, The California Park & Recreation Society has
6 released a statewide public awareness campaign, "Parks Make
7 Life Better!®" to inform citizens of the many benefits of utilizing
8 parks, facilities, programs, and services; now, therefore, be it

9 *Resolved by the Assembly of the State of California, the Senate*
10 *thereof concurring*, That the Legislature recognizes the importance
11 of access to local parks, trails, open space, and facilities such as
12 swimming pools, skate parks, dog parks, tennis courts, nature
13 centers, and museums, for the health and development of all
14 Californians; and

15 *Resolved*, That the Legislature declares July 2012 as "Parks
16 Make Life Better!®" Month; and be it further

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