

**Assembly Concurrent Resolution No. 106**

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Adopted in Assembly March 26, 2012

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*Chief Clerk of the Assembly*

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Adopted in Senate May 25, 2012

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*Secretary of the Senate*

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This resolution was received by the Secretary of State this  
\_\_\_\_ day of \_\_\_\_\_, 2012, at \_\_\_\_\_  
o'clock \_\_\_\_M.

\_\_\_\_\_  
*Deputy Secretary of State*

## RESOLUTION CHAPTER \_\_\_\_\_

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

## LEGISLATIVE COUNSEL’S DIGEST

ACR 106, 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.

WHEREAS, A 2009 public opinion research study, conducted by the California Park & Recreation Society, revealed 98 percent of California’s households visit a local park and 50 percent of California households participate in an organized recreation program annually; and

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

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

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

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

(c) Research has shown that where people live, work, and play impacts obesity. For example, in Imperial County, 73 percent of

adults are overweight or obese, while only 43 percent of San Francisco City and County adults are overweight or obese.

(d) California’s costs attributable to physical inactivity, obesity, and excess body weight in 2006 were estimated at forty-one billion two hundred million dollars (\$41,200,000,000). In contrast, a 5-percent improvement in each of these risk factors could result in an annual savings of nearly two billion four hundred million dollars (\$2,400,000,000).

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

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

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

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

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

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

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

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

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

*Resolved by the Assembly of the State of California, the Senate thereof concurring,* That the Legislature recognizes the importance

of access to local parks, trails, open space, and facilities such as swimming pools, skate parks, dog parks, tennis courts, nature centers, and museums, for the health and development of all Californians; and

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

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







Attest:

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*Secretary of State*