

NEVADA GIRLS STATE
ASSEMBLY JOINT RESOLUTION NO. 5

Memorializes the 2013 session of the Nevada Legislature to enact legislation that will help people eat healthier diets, exercise regularly, and avoid obesity as well as other disabilities related to poor health,

WHEREAS; At present, Nevada's obesity rate has risen significantly and continues to rise, especially in lower income families and children; and

WHEREAS; This obesity leads to unhealthy lives, increased medical costs, disability expenses, and other social problems; and

WHEREAS; Many people lack the education of proper nutrition and exercise; and

WHEREAS; Where education and economic incentives provided for them, these people would have the opportunity to have healthier lives and the obesity rate could be lowered; and

WHEREAS; Identification cards will be issued by the state and local governments to parents of lower income families to receive discount prices on vegetables, fruits, and other low fat or low calorie foods; and

WHEREAS; During certain hours of the day, children will gather at local schools to exercise and receive nutritional training and be paid an incentive fee after each session; and

WHEREAS; Adults that attended nutritional and cooking classes will be paid and given other economic incentives at the end of each session; and

WHEREAS; Public schools will have vending machines that have fresh fruits and other low calorie or low fat foods with discounted prices to persuade students to choose these items instead of unhealthy items; and

WHEREAS; All high school students must take a nutritional and exercise class to learn about proper nutrition and exercise and be taught the problems with obesity; and

WHEREAS; People that desire to lose weight will attend nutritional classes and have reasonable weight loss goals set with cash rewards along the way for meeting and maintaining these goals; and

WHEREAS; The funding will come from increased taxes on fast food restaurants, cigarettes, and alcohol sales, and donations from health insurance companies and grocery stores; and

WHEREAS; Any extra funding necessary to cover these costs will primarily come from donations and public charity; and

WHEREAS; The nutritional and cooking classes could be taught by volunteers from grocery stores or restaurants specializing in healthy low calorie and low fat menus in exchange for publicity; and

WHEREAS; The exercise sessions could be taught by volunteers from local gymnasium and health club businesses and the general public; now, therefore, be it

RESOLVED BY THE GIRLS STATE OF NEVADA, assembled in Carson City on July 6, 2012, that the 2013 session of the Nevada Legislature is hereby memorialized to enact legislation to promote healthier diets and regular exercise in order to avoid obesity.