## GENERAL ASSEMBLY OF NORTH CAROLINA

## **SESSION 1991**

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## SENATE BILL 15\* Human Resources Committee Substitute Adopted 5/14/91

| Short Title: Local Health Board Rules Protect Health. | (Public) |
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| Sponsors:   | _        |
| Referred to:  |          |

## February 6, 1991

1 A BILL TO BE ENTITLED 2 AN ACT TO AUTHORIZE THE LEGISLATIVE RESEARCH COMMISSION TO 3 STUDY THE ISSUE OF PHYSICAL FITNESS AMONG NORTH CAROLINA YOUTH. 4 Whereas, the physical fitness levels of youth have not improved and, in most 5 cases, have declined in the past several years; and 6 Whereas, exercise habits established in childhood may help in maintaining a 7 physically active lifestyle throughout adolescence and adulthood; and 8 9 Whereas, only one-third of children in grades one through six participate in daily physical education programs, and 10 Whereas, fifteen to twenty-five percent of youth are obese; and 11 Whereas, youth score poorly on cardiorespiratory endurance tests; Now, 12 13 therefore. 14 The General Assembly of North Carolina enacts: Section 1. The Legislative Research Commission may study the issue of 15 physical fitness among North Carolina's youth. In conducting its study, the 16 Commission shall investigate the most current indicators of the state of fitness and the 17

availability and utilization of programs to improve fitness.

Sec. 2. The Commission may report its findings and recommendations to the 1993 General Assembly, and may make an interim report to the 1992 Session of the 1991 General Assembly.

Sec. 3. This act is effective upon ratification.

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