
Health Care Committee

ESSB 5186

Brief Description: Increasing the physical activity of the citizens of Washington state.

Sponsors: Senate Committee on Health & Long-Term Care (originally sponsored by Senators Franklin, Kohl-Welles, Keiser, Rockefeller, Doumit, Kline, Regala, McAuliffe, Poulsen, Fraser and Jacobsen).

Brief Summary of Engrossed Substitute Bill

- Requires that strategies to promote physical activity and non-motorized transit be incorporated into comprehensive plans, transportation programs, and school curricula.

Hearing Date: 3/24/05

Staff: Chris Blake (786-7392).

Background:

According to the Department of Health (Department), in 2000 only 27 percent of adults in Washington were moderately physically active in their leisure time. In the Department's *Washington State Nutrition and Physical Activity Plan* (Plan), one of the physical activity objectives is to increase the number of active community environments. The *Plan* recommends that this be accomplished through approaches to urban planning that promote physical activity and transportation policy as well as infrastructure changes that promote non-motorized transit.

Summary of Bill:

The declaration of public policy for the certificate of need program is broadened to declare that health planning should be concerned with building and supporting healthy environments to help residents be more physically active.

Land use elements of comprehensive plans must use approaches to urban planning that promote physical activity. Cities, counties, and towns must incorporate policy and infrastructure changes that promote non-motorized transit into their comprehensive transportation programs and the transportation element of comprehensive plans.

The Washington State Parks and Recreation Commission shall maintain policies that increase access to free or low-cost recreational opportunities for physical activities, within allowable resources.

The Superintendent of Public Instruction must promote the adoption of curricula and policies to provide daily physical education for all students. School districts may implement programs to promote daily physical activity.

The Health Care Authority, in coordination with other agencies, is authorized to create a worksite health promotion program for state employees to increase physical activity and engage individuals in their health care decision-making. The Health Care Authority must report on progress by December 1, 2006.

Appropriation: None.

Fiscal Note: Not requested.

Effective Date: The bill takes effect 90 days after adjournment of session in which bill is passed.