

# FINAL BILL REPORT

## ESSB 5186

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### C 360 L 05

Synopsis as Enacted

**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).

**Senate Committee on Health & Long-Term Care**  
**House Committee on Health Care**  
**House Committee on Appropriations**

**Background:** It is widely accepted that regular physical activity and exercise is essential for maintaining good health. In a recent study, the two most popular forms of regular exercise by citizens of Washington are walking and biking. Health planners both nationally and in our state have developed public health policies which emphasize that access to safe and accessible ways to walk and bike should be a priority in every community. The state Department of Health has led an effort to include as many public and private partners as possible in planning for increased access to physical activity for citizens in the state.

**Summary:** The Legislature intends to promote statewide policy and planning efforts that increase access to inexpensive or free opportunities for regular exercise in all communities.

County and city comprehensive plans are directed, wherever possible, to utilize urban planning approaches that promote physical activity.

The pedestrian and bicycle component includes collaborative efforts to identify and designate planned improvements for pedestrian and bicycle facilities and corridors that address and encourage enhanced community access and promote healthy lifestyles.

The Office of Superintendent of Public Instruction promotes the adoption of school-based curricula and policies that provide quality, daily physical education for all students, and encourage policies that provide all students with opportunities for physical activity outside of formal physical education classes.

The Health Care Authority must report to the Governor and legislature no later than December 1, 2006, on progress in implementing, and evaluating the results of, a work site health promotion program.

#### **Votes on Final Passage:**

Senate	49	0	
House	93	2	(House amended)
Senate	42	0	(Senate concurred)

**Effective:** July 24, 2005