

SECTION 3. AND BE IT FURTHER ENACTED, That this Act shall take effect July 1, 2008.

Approved by the Governor, May 13, 2008.

CHAPTER 400

(Senate Bill 437)

AN ACT concerning

State Designations - Walking as the State Exercise

FOR the purpose of designating walking as the State exercise.

BY adding to

Article - State Government

Section 13-320

Annotated Code of Maryland

(2004 Replacement Volume and 2007 Supplement)

Preamble

WHEREAS, Heart disease is the number one cause of death each year in Maryland, and thousands of Maryland citizens suffer from disease and other health problems as a result of a lack of physical activity; and

WHEREAS, Mortality rates from coronary artery disease in Maryland rank in the top one-third in the nation with more than 12,000 people dying annually; and

WHEREAS, Physical inactivity and unhealthy eating are leading risk factors that contribute to at least 400,000 preventable deaths each year in the United States; and

WHEREAS, In 2004, approximately 23% of Americans and 31% of Marylanders engaged in no leisure time physical activity; and

WHEREAS, In 2004, the obesity rate in Maryland was greater than 23%; and

WHEREAS, Maryland ranks in the top 50% of the heaviest states in the nation, with an adult obesity rate of 23.4%; and