

SB 5186-S.E - DIGEST

(DIGEST AS ENACTED)

Finds that regular physical activity is essential to maintaining good health and reducing the rates of chronic disease.

Finds that providing opportunities for walking, biking, horseback riding, and other regular forms of exercise is best accomplished through collaboration between the private sector and local, state, and institutional policymakers. This collaboration can build communities where people find it easy and safe to be physically active.

Declares an intent to promote policy and planning efforts that increase access to inexpensive or free opportunities for regular exercise in all communities around the state.

Authorizes the health care authority, in coordination with the department of personnel, the department of health, health plans participating in public employees' benefits board programs, and the University of Washington's center for health promotion, to create a worksite health promotion program to develop and implement initiatives designed to increase physical activity and promote improved self-care and engagement in health care decision-making among state employees.

Requires the health care authority to report to the governor and the legislature by December 1, 2006, on progress in implementing, and evaluating the results of, the worksite health promotion program.