

Concurrent Resolution Regarding Fitness for Incarcerated Individuals

2025 GENERAL SESSION

STATE OF UTAH

Chief Sponsor: Katy Hall

LONG TITLE**General Description:**

This resolution addresses fitness for incarcerated individuals.

Highlighted Provisions:

This resolution:

- highlights the physical and mental health benefits of physical activity for incarcerated individuals; and

- urges the Department of Corrections and county sheriffs to establish community partnerships to develop and provide health promoting programs to incarcerated individuals.

Money Appropriated in this Bill:

None

Other Special Clauses:

None

Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:

WHEREAS, in 2019 the National Library of Medicine reported that up to 43% of incarcerated individuals have at least one chronic health condition, and 55% of incarcerated males and 73% of incarcerated females have mental health issues;

WHEREAS, health promoting activities like physical fitness have been proven to decrease stress, decrease psychological distress, and improve both physical and cognitive function;

WHEREAS, individuals who, while incarcerated, engaged in a sports program reported the activity decreased depression and insomnia, reduced aggression and anger, and improved self-esteem;

WHEREAS, a study of incarcerated individuals in the United States found that incarcerated individuals believe physical exercise is vital to overcoming substance abuse and behavioral problems;

WHEREAS, an Arizona correctional facility's pilot fitness program resulted in a 52% decrease in medical requests by incarcerated individuals one month after beginning the

32 program;

33 WHEREAS, sport and physical fitness activities are believed to reduce stereotypes among
34 incarcerated individuals and decrease prison violence; and

35 WHEREAS, health-promoting programs are proven to positively assist with rehabilitation
36 and have the potential to reduce recidivism:

37 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
38 Governor concurring therein, urges the Department of Corrections to establish community
39 partnerships to develop and provide incarcerated individuals with health promoting programs
40 involving physical fitness in state correctional facilities.

41 BE IT FURTHER RESOLVED that the Legislature and Governor urge county sheriffs to
42 establish community partnerships to develop and provide incarcerated individuals with health
43 promoting programs involving physical fitness in county jails.