

**THE COUNCIL OF STATE GOVERNMENTS
INTERGOVERNMENTAL AFFAIRS COMMITTEE**

Resolution on Active Living and Healthy Eating for School-Aged Children

Resolution Summary

Over the past 30 years the rate of obesity in the United States has more than doubled for preschoolers and adolescents, and it has more than tripled for children ages 6 to 11. According to Centers for Disease Control and Prevention (CDC) data, in the past few years, childhood obesity, healthy eating and active living have received increased attention as chronic adult diseases (i.e., diabetes, heart disease) are being diagnosed in this population. Obesity is an even larger problem in minority populations, with approximately 30 percent of African Americans and 23 percent of Hispanics classified as obese. With the increased costs of obesity (averaging approximately \$13 billion per year per state with the following breakdown: \$8 billion for health insurance related costs, \$2.4 billion in sick leave, \$1.8 billion for life insurance and \$1 billion for disability insurance) Americans must learn to be more health conscious. In order to halt the decline of health in the United States, it is imperative that we actively pursue avenues to educate the general public on active living and healthy eating.

Additional Resource Information

Centers for Disease Control and Prevention's Obesity Prevention Resources
www.cdc.gov/nccdphp/dnpa/obesity/index.htm

Active Living Leadership
www.activelivingleadership.org

The Robert Wood Johnson Foundation
www.rwjf.org/index.jsp

Childhood Obesity Management Directives

- Management Directive #1: Create a sense of urgency concerning childhood obesity through partnerships and various mediums to champion this issue.
- Management Directive #2: Support efforts to prevent and treat childhood obesity through nutritional education and active living.
- Management Directive #3: The Council of State Governments will work with the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation to ensure distribution to a wide audience in the states and nationally.
- Management Directive #4: The Active Living Leadership Partnership along with The Council of State Governments will continue to seek and build relationships that are conducive to enhancing the quality of life for all United States citizens through healthy eating and active living for youth.
- Management Directive #5: Resolution is supportive of The Council of State Governments' work with the Centers for Disease Control and Prevention under

the Healthy States Initiative and the Robert Wood Johnson Foundation Active Living Grant Program.

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WHEREAS, obesity is a preventable and treatable condition through proper nutrition, education and active childhood practices;

WHEREAS, the percentage of obese children has tripled since 1980 and a disproportionate number of young people ages 6 to 19 have Type 2 diabetes, a chronic disease that typically affects adults;

WHEREAS, nine million, or 16 percent of the 6 to 19 age group, are considered overweight, they are more likely to experience long-term health problems such as chronic heart disease, high blood pressure, hypertension, orthopedic problems and increased incidence of diabetes;

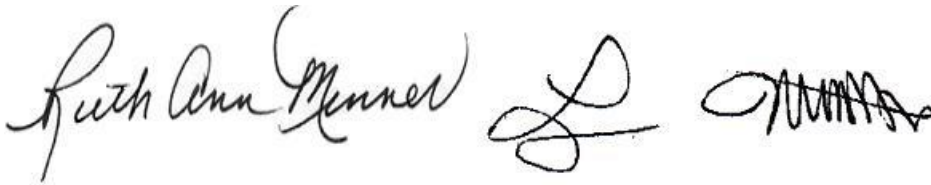
WHEREAS, research indicates that an intentional connection between the school curriculum, proper nutrition in the schools and physical activity provides students with learning opportunities concerning healthy lifestyle choices;

WHEREAS, an understanding of and commitment to healthy lifestyle choices at a young age will aid in the prevention of many health risks later in life and help to curtail rising direct and indirect medical costs in the United States;

BE IT THEREFORE RESOLVED, that The Council of State Governments urges public and private sector experts on obesity to work together to define a comprehensive policy agenda to reverse the trends in childhood obesity and Federal and State government health, education and agriculture agencies, professional associations and voluntary organizations to work together to identify proven obesity prevention policies and policies that all can support;

BE IT FURTHER RESOLVED, that The Council of State Governments, urges the United States Congress, State legislators, Federal, State and local health, education and agriculture agencies and other state agencies and institutions along with its Active Living Leadership (ALL) partners to implement policies and initiatives and form problem-solving partnerships that encourage nutritional education and physical activity as the cornerstones of an enhanced quality of life for children and youth.

Adopted this 4th Day of December, 2005, at the
CSG Annual Task Force and Committee Meeting
In Wilmington, Delaware

The image shows three handwritten signatures in black ink. The first signature on the left is 'Ruth Ann Minner' in a cursive script. The middle signature is a stylized, large letter 'L'. The signature on the right is also cursive and appears to be 'Lynn Hettrick'.

Governor Ruth Ann Minner
2005 CSG President

Assemblyman Lynn Hettrick
2005 CSG Chair