

THE COUNCIL OF STATE GOVERNMENTS
PREVENTION AND TREATMENT OF OBESITY

WHEREAS, thirty percent of adults in the United States are obese;

WHEREAS, obesity has been linked to a number of disorders including cardiovascular disease, hypertension, stroke, Type 2 diabetes, breast and colon cancers, and arthritis;

WHEREAS, weight-related conditions are associated with 112,000 deaths in the United States annually;

WHEREAS, in 2000, the total cost of obesity in the United States was estimated to be \$117 billion annually;

WHEREAS, the percentage of young people who are overweight has more than tripled since 1980. Among children and adolescents aged 6-19 years, 16% - over 9 million young people - are considered overweight;

WHEREAS, research supports the conviction that strong healthy bodies promote learning and enhance mental and emotional health, social development, self-esteem and overall fitness and that coupling physical activity with an academic curriculum results in an overall increase in academic performance among school-age children;

WHEREAS, current school curriculum standards have seen a reduction in the amount of time designated for physical and nutritional education and undirected physical activity (recess) in schools and only 28% of high school students attended daily physical education classes in 2003;

WHEREAS, screening for and treatment of obesity as well as an emphasis on physical and nutritional education in childhood provides an opportunity for the development lifelong health and fitness skills as well as proper eating habits; and

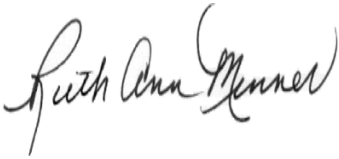
WHEREAS, obesity is a preventable and treatable disease that has reached epidemic proportions and that education, prevention and proper treatment can reduce health care costs and improve the quality of life for a significant number of adults and children in the United States.

BE IT NOW THEREFORE RESOLVED, that The Council of State Governments urges the President and Congress, as well as state legislatures, state health departments and other state agencies and institutions to make the prevention and treatment of obesity a national priority and to work to reduce obesity and to improve the health and wellness of the residents of the United States through the following measures:

1. Working collaboratively with federal agencies, such as the US Centers for Disease Control and Prevention, national non-government organizations (AHA, ACS, ADA) and with other states to promote guidelines and best practices in the prevention and treatment of obesity;
2. Educating the medical community, teachers, employers and the general public about the scope of the problem and ways to prevent and treat obesity in adults and children;

3. Ensuring the availability and reimbursement of obesity-related treatment in state Medicaid programs;
4. Identifying and implementing strategies to increase the amount of daily, quality physical activity and nutrition education in the curriculum of public schools;
5. Increasing funding for school and community-based physical activity and nutrition programs; and
6. Providing incentives for work-place initiatives to combat obesity and encourage physical activity.
7. Consider policies that promote access to places for physical activity combined with informational outreach.

Adopted this 8th Day of June, 2005, at the
CSG Spring Task Force and Committee Meeting
In Lake Tahoe, California



Governor Ruth Ann Minner
2005 CSG President



Assemblyman Lynn Hettrick
2005 CSG Chair