

**THE COUNCIL OF STATE GOVERNMENTS
RESOLUTION ON THE PREVENTION OF CHILDHOOD OBESITY**

Resolution Summary

Childhood obesity is a very real and increasing threat for states. Research shows that one third of all children and adolescents in the U.S., nearly 25 million, are either obese or overweight. Not only is the quality of life for overweight and obese children compromised, they are also at higher risk for a host of serious illnesses, including heart disease, stroke, asthma and certain types of cancer. Unfortunately, too many of these children are prematurely being diagnosed with costly health problems such as type 2 diabetes and high blood pressure. Experts agree that if these trends are not reversed, the United States is in danger of raising the first generation of children who will live sicker and die younger than the generation before them.

Since most children spend the majority of their waking hours at school for nine or 10 months a year, schools have an important role to play in encouraging healthy behaviors among their students and creating an environment that makes it easier for them to make healthy choices. This resolution seeks to encourage and support state policymakers to adopt stricter standards for the quality of food served in schools and for state educational agencies to create more opportunities for physical activity during and after the regular school day.

Additional Resource Information

CSG Healthy States Obesity Web page

<http://www.healthystates.csg.org/Public+Health+Issues/Obesity/>

Institute of Medicine: Childhood Obesity Prevention

<http://www.iom.edu/CMS/3788/51730.aspx>

Leadership for Healthy Communities

<http://www.activelivingleadership.org/>

NASBE Center for Safe and Healthy Schools

http://www.nasbe.org/healthy_schools/

NASBE: "Fit, Healthy and Ready to Learn: A School Health Policy Guide"

<http://www.nasbe.org/healthyschools/fitthealthy.html>

Robert Wood Johnson Foundation

<http://www.rwjf.org/programareas/programarea.jsp?pid=1138>

Management Directives

Management Directive #1. Support and encourage state policy actions that give students greater access to nutritious foods and limit access to foods of minimal nutritional value

Management Directive #2. Support and encourage state policy actions that increase the amount of physical activity students have during or after the school day and expand the opportunities students have for physical activity outside the regular school day.

Management Directive #3. CSG staff will post approved resolution on the CSG Web site and make available through regular communications at the state and local level to assure distribution to the state policy communities.

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WHEREAS, childhood obesity is a growing concern for states due to increased health care costs and reduced academic achievement for students who are obese or overweight;

WHEREAS, in the past two decades, the prevalence of overweight has more than doubled for American children and tripled among adolescents;

WHEREAS, more than one third of all children and adolescents in the U.S., nearly 25 million, are either obese or overweight;

WHEREAS, obesity among children may be associated with depression, anxiety and more frequent absences from school, which could pose a threat to the strength of a state's future work force;

WHEREAS, chronic health conditions typically associated with adults, such as diabetes and heart disease, are increasing among the nation's youth;

BE IT THEREFORE RESOLVED, that The Council of State Governments supports and encourages states to enforce existing U.S. Department of Agriculture regulations that prohibit serving foods of minimal nutritional value during mealtimes in school food service areas, including vending machines.

BE IT FURTHER RESOLVED, that The Council of State Governments supports and encourages school officials and local growers to work together to promote access to fresh fruits and vegetables in schools.

BE IT FURTHER RESOLVED, that The Council of State Governments supports and encourages states to ensure that all children and youth participate in a minimum of 30 minutes of daily physical activity.

BE IT FURTHER RESOLVED, that The Council of State Governments supports and encourages states to offer more chances for physical activity after the school day, such as by offering more intramural sports, physical activity clubs or by allowing after-school access of school facilities.

BE IT FURTHER RESOLVED, that The Council of State Governments supports and encourages states to establish Coordinated School Health Programs (CSHP) statewide. CSHPs integrate eight components that can have a strong influence on student health, including:

- Health education;
- Physical education;
- Health services;

- Nutrition services;
- Counseling, psychological and social services;
- Healthy school environments;
- Promoting healthy lifestyles for staff; and
- Family and community involvement.

Adopted this 31st Day of May, 2008 at the
CSG 75th Anniversary Celebration
in Lexington, Kentucky



Governor M. Jodi Rell
2008 CSG President



Representative Kim Koppelman
2008 CSG Chair