Resolution Urging Health, Nutrition, and Physical Education

Urging schools to provide health, nutrition and physical education that encourages students to develop the knowledge, attitudes, skills, and behaviors to adopt and maintain healthy eating habits and physically active lifestyles.

WHEREAS, obesity in the children of America is at an epidemic stage and can lead to chronic diseases, such as diabetes, heart disease, stroke, and cancer and poor health conditions; and

WHEREAS, Medicare and health care costs are escalating in all states and are significantly impacted by the obesity epidemic; and

WHEREAS, children make food and beverage choices in school settings, including in the school breakfast and lunch programs. The use of vending machines, the purchase of concessions, and after-school programs provide a wide-range of food and beverage choices such as water, fruits, yogurt, juices and sports drinks; and

WHEREAS, offering a wide variety of food and beverage products in schools ensures the availability of nutritional options and promotes a healthy environment; and

WHEREAS, good nutrition and adequate physical activity help children grow, develop, and do well in school; and

WHEREAS, school-based nutrition education and physical activity support healthy eating habits and an active lifestyle; and

WHEREAS, healthy bodies and minds are primary contributors to readiness to learn, to improved school attendance, and to improved performance in sports and other extracurricular activities; and

WHEREAS, America needs to identify long-term strategies to reduce the need for public assistance programs, and to lower health care costs related to chronic diseases and poor health,

BE IT RESOLVED that all schools should provide nutrition and physical activity education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain, and enjoy healthy eating habits and physically active lifestyles; and

BE IT FURTHER RESOLVED that all schools should encourage all children, from pre-kindergarten through grade 12, to participate in healthy eating habits and daily physical education that helps develop the knowledge, skills, behaviors, and confidence needed to be healthy and physically active for life.