

A RESOLUTION

By the Georgia School Food Service Association on CHILDHOOD OBESITY

WHEREAS:

Georgia School Food Service Association (GSFSA) recognizes the epidemic of childhood obesity and the role school nutrition programs can play in helping resolve this serious health problem. GSFSA is an active participant in the coalition of health professionals, school nutrition professionals, and educators determined to halt the growing epidemic of obesity and related health problems.

WHEREAS:

Obesity in the United States cost the health care system \$120 billion per year. Recently Georgia reported the greatest increase in adult obesity in the United States. It is estimated that 18% of the adult population in Georgia is obese and 11% of children, affecting 900,000 residents. Overweight children of obese parents are 70% more likely to become obese adults.

WHEREAS:

Children's meals consumed away from the home are typically too high in fat and calories, except for meals from the School Nutrition Program. School meals are lower in fat, saturated fat, and sodium and higher in fiber and calcium than fast food meals.

WHEREAS:

GSFSA and school nutrition programs are in a unique position to assume a leadership role in nutrition education intervention. Simply increasing knowledge in the area of nutrition is not sufficient. Knowing does not necessarily translate into action. Students must have the knowledge to make healthy choices and the skills to implement this knowledge; and

WHEREAS:

Parents influence children's food preferences and habits. Parents must be involved in the implementation of healthy habits for any change to occur. School nutrition programs are well suited to offer community nutrition education to parents in the school setting. This is an integral part of any effective response to childhood obesity, and

THEREFORE:

Georgia school nutrition professionals are working with local boards of education and superintendents to develop policies that encourage good nutrition and healthy lifestyles for the students in their districts. GSFSA will work with principals, faculty and other administrators to implement a research based, comprehensive, and developmentally appropriate nutrition education curriculum; and it is hereby

RESOLVED:

That local boards of education are encouraged to support nutrition education and school nutrition programs to fight childhood obesity.

County School Board Chair

Date: _____