

VMS RESOLUTION
REDUCING CHILDHOOD OBESITY

Passed at VMS Annual Meeting, October 26th, 2002

WHEREAS, According to the Centers for Disease Control and Prevention, rates of childhood obesity have nearly tripled in the past 20 years; and

WHEREAS, The increase in childhood obesity is partially due to reduced physical activity and higher fat content in convenience foods found both in school and at home; and

WHEREAS, the Vermont WIC Program Childhood Obesity Prevention Project found a “disconnect” in parents perceptions of their child’s weight status and physical activity level; and

WHEREAS, Vermont public schools frequently house vending machines containing foods not beneficial to children’s nutrition; and

WHEREAS, Vermont public schools receive compensation, often thousands of dollars a year, from beverage and other companies to place vending machines on school grounds; and

WHEREAS, Obesity and being overweight are associated with increased risk for heart disease (the leading cause of death), cancer (the second leading cause of death), diabetes (the 6th leading cause of death), and musculoskeletal disorders; and

WHEREAS, Hospital costs for children and adolescents related to obesity have increased threefold in the past two decades, according to a study published in the May 2002 issue of *Pediatrics*; and

WHEREAS, Children who are obese have a 50 to100 percent increased risk of premature death; and therefore be it

RESOLVED, That the Vermont Medical Society work with the Department of Health, and the Vermont General Assembly to reduce the proportion of children and adolescents who are overweight or obese and to improve the health conditions for our children by:

- ?? Encouraging physical activity to remain a regular part of everyday school practice; joining in an existing effort by the Vermont Campaign to End Childhood Hunger to remove high fat and sugar content foods from vending machines on schools grounds, and where appropriate, replacing them with healthier items;**
- ?? Expressing to our children and the school systems that our children’s health is more valuable than the revenues derived from vending machine containing less healthy offerings;**
- ?? Supporting comprehensive school health programs, including physical education and nutrition; and be it further**

RESOLVED, That the Vermont Medical Society support the WIC Special Projects Grant which funds in part the Vermont WIC Program Childhood Obesity Prevention Program in order to focus on the promotion of physical activity as well as working with communities, establishing local task forces, to develop long term, appropriate solutions to the rising problem of childhood obesity.