A RESOLUTION adopting the recommendations of the
King County Board of Health school obesity prevention
committee.

WHEREAS, in King County and throughout the nation, childhood obesity is an
epidemic and places children at higher risk for long-term health problems such as heart
disease, type 2 diabetes, stroke, high blood pressure, certain cancers, poor self-esteem
and obesity as an adult, and

WHEREAS poor nutrition and low levels of physical activity contribute to
obesity, and

WHEREAS, the school environment plays an influential role in children's lives,
including their nutrition and physical activity, and, in accordance with state and federal
requirements, every school district in King County has adopted a wellness policy to
address nutrition and physical activity guidelines, and

WHEREAS, through Resolutions 08-01 and 08-02, and consistent with the
principles established in the Public Health Operational Master Plan and the intent of Rule
and Regulation 07-01, the King County Board of Health created a school obesity
Resolution

prevention committee to focus on school nutrition, identifying nutrition policies for the
board to support and working with schools to identify barriers to implementation, and

WHEREAS, the school obesity prevention committee has accomplished its scope
of work and provided recommendations for Board of Health action, which is Attachment
A to this resolution;

NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King
County:

A. The board recognizes the importance of the King County school districts' adopted wellness policies and supports efforts by the school obesity prevention committee to:

1. Distribute and promote the Healthy Schools Nutrition Package, which is Attachment B to this resolution, to all King County school districts; and

2. Collaborate with the University of Washington Center for Public Health Nutrition to assess the current status of school district wellness policy implementation throughout the county;

B. The board encourages King County school districts to adopt a recess before lunch policy in elementary schools as part of their wellness plans;

C. The board urges King County to add the Child Nutrition and WIC Reauthorization Act to its federal lobbying agenda, and

D. The board urges King County, the city of Seattle and the suburban cities within King County to add covering the forty-cent copay for reduced priced lunches grades four through twelve to their state lobbying agendas;
E. The board recognizes the need to continue advocating for improved school nutrition environments within King County, and supports efforts by the school obesity prevention committee to:

1. Coordinate efforts with other groups to promote the importance of school meals, which are often affordable, nutritious options for students compared to many sack lunches, fast foods or competitive foods, and encourage parents families to investigate and participate in the school meal program; and

2. Provide information about school gardens to King County school districts;

F. The board supports the school obesity prevention committee's recommendation to develop a school nutrition resource website that will assist, for example, school administrators, teachers, staff, students, parent-teacher-student associations and parents in improving the school nutrition environment; and
G. The school obesity prevention committee's proposed activities, Attachment C to this resolution, is hereby adopted.

Resolution was introduced on and passed by the Board of Health on 10/16/2008, by the following vote:

    Yes: 10 - Mr. Ferguson, Ms. Lambert, Ms. Patterson, Ms. Clark, Mr. Hutchinson, Ms. Frisinger, Dr. Nicola, Dr. Counts, Mr. Gossett and Mr. Licata
    No: 0
    Excused: 6 - Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Dr. Sherman, Ms. Manning and Mr. Conlin

BOARD OF HEALTH
KING COUNTY, WASHINGTON

Julia Patterson, Chair

ATTEST:

Anne Noris, Clerk of the Board

Attachments

A. Obesity Prevention Committee--Proposed Actions for the Board of Health, B. Obesity Prevention Committee--Health Schools Nutrition Package, C. Obesity Prevention Committee--Proposed Activities