

## NUTRITION AND EXERCISE

- WHEREAS, Poor nutrition and lack of physical activity is a growing problem among children as well as adults in the State of Utah and throughout the United States of America; and
- WHEREAS, Obesity and malnutrition have negative effects on both the quality and length of life of those affected; and
- WHEREAS, Food rewards and incentives contribute to obesity and unhealthy eating habits, including psychological dependence on food; and
- WHEREAS, There is substantial evidence of causative relationships between poor nutritional practices and obesity as well as sedentary lifestyles and obesity; now, therefore, be it
- Resolved, That Utah PTA will work toward educating families in principles of sound nutrition (as recommended by the USDA) as well as appropriate physical activity in order to promote a healthy lifestyle; and be it further
- Resolved, That Utah PTA will work with schools, school boards, and other appropriate bodies to encourage schools to practice the same principles of sound nutrition as they are or should be teaching their students, in all foods and beverages made available to students on school premises, be it in the classroom, the lunchroom, or in vending machines; and be it further
- Resolved, That Utah PTA will work with schools, school boards, and other appropriate bodies to encourage local and district policies which prohibit the use of food as incentives and rewards for students; and be it further
- Resolved, That Utah PTA will educate and work with families and schools to encourage children to regularly participate in physical activity and will encourage schools and related entities to provide ongoing opportunities for all children to participate in sports and/or physical activity programs.

(Updates HEA 2005-1 Nutrition and Exercise)

Documentation:

Whereas #1

<http://health.utah.gov/obesity/docs/ObesityReportCh3.pdf>

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

<http://www.mayoclinic.com/health/childhood-obesity/DS00698>

Whereas #2

<http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>

<http://www.nlm.nih.gov/medlineplus/ency/article/000404.htm>

Whereas #3

[http://209.85.173.104/search?q=cache:yQoh9u3cgJ8J:www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf+food+rewards&hl=en&ct=clnk&cd=3&gl=us&client=firefox-a](http://209.85.173.104/search?q=cache:yQoh9u3cgJ8J:www.cspinet.org/nutritionpolicy/constructive_rewards.pdf+food+rewards&hl=en&ct=clnk&cd=3&gl=us&client=firefox-a)

<http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>

<http://www.healthysd.gov/Documents/NonfoodRewards.pdf>

Whereas #4

<http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/consequences.htm>

<http://health.utah.gov/obesity/environment.html>

[http://www.ascd.org/portal/site/ascd/template.MAXIMIZE/menuitem.03e1753c019b7a9f989ad324d3108a0c/?javax.portlet.tpst=d5b9c0fa1a493266805516f762108a0c\\_ws\\_MX&javax.portlet.prp\\_d5b9c0fa1a493266805516f762108a0c\\_viewID=issue\\_view&javax.portlet.prp\\_d5b9c0fa1a493266805516f762108a0c\\_journalmoid=679b6362e922d010VgnVCM1000003d01a8c0RCRD&javax.portlet.begCacheTok=token&javax.portlet.endCacheTok=token](http://www.ascd.org/portal/site/ascd/template.MAXIMIZE/menuitem.03e1753c019b7a9f989ad324d3108a0c/?javax.portlet.tpst=d5b9c0fa1a493266805516f762108a0c_ws_MX&javax.portlet.prp_d5b9c0fa1a493266805516f762108a0c_viewID=issue_view&javax.portlet.prp_d5b9c0fa1a493266805516f762108a0c_journalmoid=679b6362e922d010VgnVCM1000003d01a8c0RCRD&javax.portlet.begCacheTok=token&javax.portlet.endCacheTok=token)