



KING COUNTY

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

Signature Report

October 17, 2008

Resolution

Proposed No. 08-12.1

1 A RESOLUTION adopting the recommendations of the
2 King County Board of Health school obesity prevention
3 committee.
4

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

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

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

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

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

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

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

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

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

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

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

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

37 D. The board urges King County, the city of Seattle and the suburban cities
38 within King County to add covering the forty-cent copay for reduced priced lunches
39 grades four through twelve to their state lobbying agendas;

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40 E. The board recognizes the need to continue advocating for improved school
41 nutrition environments within King County, and supports efforts by the school obesity
42 prevention committee to:

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

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

48 F. The board supports the school obesity prevention committee's
49 recommendation to develop a school nutrition resource website that will assist, for
50 example, school administrators, teachers, staff, students, parent-teacher-student
51 associations and parents in improving the school nutrition environment; and

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53 G. The school obesity prevention committee's proposed activities, Attachment C
54 to this resolution, is hereby adopted.

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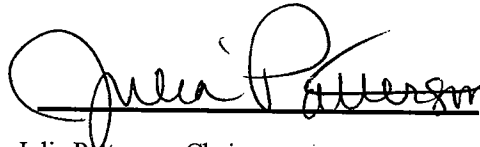
Resolution was introduced on and passed by the Board of Health on 10/16/2008, by the following vote:

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

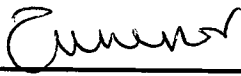
Excused: 6 - Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Dr. Sherman, Ms. Manning and Mr. Conlin

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