

### NUTRITION AND EXERCISE

- WHEREAS, One in five Utah elementary student is overweight or obese<sup>1,2</sup>; and
- WHEREAS, Poor nutrition and lack of physical activity is a growing problem among children and adults in the State of Utah and throughout the United States of America<sup>3,4;5;6</sup>; and
- WHEREAS, Poor nutrition practices and sedentary lifestyles adversely affect school performance<sup>7;8</sup>; and
- WHEREAS, Food rewards and incentives contribute to obesity and unhealthy eating habits, including psychological dependence on food<sup>9;10;11;12;13</sup>; and
- WHEREAS, Evidence shows the causative relationship between poor nutrition practices and sedentary lifestyle and obesity in children<sup>14;15;16</sup>; now, therefore, be it
- Resolved, That Utah PTA and its constituent associations work with schools, school boards, and other appropriate bodies to encourage schools to practice principles of sound nutrition for all foods and beverages made available to students in the classroom, the lunchroom, or in vending machines; and be it further
- Resolved, That Utah PTA and its constituent associations encourage all children and adults to increase their daily intake of fruit and vegetables and increase daily physical activity to 30-60 minutes; and be it further
- Resolved, That Utah PTA and its constituent associations promote school breakfast and lunch programs, physical activity in academic classes, recess for elementary school students, and physical education for all students; and be it further
- Resolved, That Utah PTA and its constituent associations encourage schools to share the importance of healthy behaviors through developing strong wellness policies, provide alternative non-food rewards, consider healthy fundraising options, and communicate to parents the benefits of non-food rewards at home; and be it further
- Resolved, That Utah PTA and its constituent associations support efforts of schools and families to provide children with food and drink that is low in calories, low in saturated fats, low in sodium, and higher in fiber, and encourage efforts to provide children with organized and non-organized physical activities during non-school hours.

(Updates HEA 2008-1 NUTRITION AND EXERCISE)

#### Documentation:

<sup>1</sup>Utah Department of Health. (2014). "Childhood Overweight in Utah". Retrieved from

<http://choosehealth.utah.gov/documents/pdfs/HW%20Elem%20Project%202014%20final.pdf>

<sup>2</sup>Utah Department of Health. (11/23/2016). *Complete Health Indicator Report of Obesity Among Children and Adolescents*.

Retrieved from [https://ibis.health.utah.gov/indicator/complete\\_profile/OvrwtChild.html](https://ibis.health.utah.gov/indicator/complete_profile/OvrwtChild.html)

<sup>3</sup>Center for Disease Control and Prevention. (11/21/2016). *Utah State Nutrition, Physical Activity, and Obesity Profile*. Retrieved from <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/profiles/utah.html>

<sup>4</sup>Center for Disease Control and Prevention. (6/17/2015). *Physical Activity Facts*. Retrieved from

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

- <sup>5</sup>Utah Department of Health. (12/15/2015). *Complete Health Indicator Report of Physical Activity Among Adolescents*. Retrieved from [https://ibis.health.utah.gov/indicator/complete\\_profile/PhysActAdol.html](https://ibis.health.utah.gov/indicator/complete_profile/PhysActAdol.html)
- <sup>6</sup>Ansu, Valerie Yaa Ankrah. (2015). *Examining the Association Between Childrens' Fruit and Vegetable Intake at and Away from School*. Utah State University Theses and Dissertations. Retrieved from <http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=5394&context=etd>
- <sup>7</sup>Center for Disease Control and Prevention. (8/24/2015). *Health and Academics*. Retrieved from [https://www.cdc.gov/healthyschools/health\\_and\\_academics/index.htm](https://www.cdc.gov/healthyschools/health_and_academics/index.htm)
- <sup>8</sup>Carey, Felicia R., Singh, Gopol K., Brown, H. Shelton III, and Wilkinson, Anna V. (2015). *Educational outcomes associated with childhood obesity in the United States: cross-sectional results from the 2011-2012 National Survey of Children's Health*. International Journal of Behavioral Nutrition and Physical Activity. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4663995/>
- <sup>9</sup>Alliance for a Healthier Generation. (2016). *Nonfood Rewards*. Retrieved from [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/non-food\\_rewards/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/)
- <sup>10</sup>United States Department of Agriculture. (2017). *Student Incentives and Rewards*. Retrieved from <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/student-incentives-and-rewards>
- <sup>11</sup>Fedewa, Dr. Alicia, Courtney, Anita and Hinds, Casey. (2014). *The Use of Food as a Reward in Classrooms: The Disadvantages and the Alternatives*. Retrieved from <https://kyhealthykids.files.wordpress.com/2014/04/whitepaper.pdf>
- <sup>12</sup>Findholt, N. E., Izumi, B. T., Shannon, J. and Nguyen, T. (2016). *Food-related practices and beliefs of rural U. S. elementary and middle school teachers*. Rural Remote Health. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/27287617>
- <sup>13</sup>Arcan, C, Hannan, P. J., Himes, J. H., Fulkerson, J. A., Rock, B. H., Smyth, M., and Story, M. (2013). *Intervention effects on kindergarten and first-grade teachers' classroom food practices and food-related beliefs in American Indian reservation schools*. Academy of Nutrition and Dietetics. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/23885704>
- <sup>14</sup>Sahoo, Krushnapriya, Sahoo, Bishnupriya, Choudhury, Ashok Kumar, Sofi, Nighat Yasin, Kumar, Raman and Bhadoria, Ajeet Singh. (2015). *Childhood obesity; causes and consequences*. Journal of Family Medicine and Primary Care. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4408699/>
- <sup>15</sup>Johnson, Laura, Mander, Adrian P., Jones, Louise R., Emmett, Pauline M. and Jebb, Susan A. (2008). *Energy-dense, low-fiber, high-fat dietary pattern is associated with increased fatness in childhood*. The American Journal of Clinical Nutrition. Retrieved from <http://ajcn.nutrition.org/content/87/4/846.full.pdf>
- <sup>16</sup>American Academy of Pediatrics. (May 2006). *Active Healthy Living: Prevention of Childhood Obesity Through Increased Activity*. Retrieved from <http://pediatrics.aappublications.org/content/117/5/1834>

Additional Information:

<http://www.fns.usda.gov/tn/guide-smart-snacks-schools>

[http://frac.org/pdf/School\\_Breakfast\\_Scorecard\\_SY\\_2014\\_2015.pdf](http://frac.org/pdf/School_Breakfast_Scorecard_SY_2014_2015.pdf)

<http://www.sciencedirect.com/science/article/pii/S0091743514004>