

## **NUTRITIONAL EATING REQUIREMENTS IN OUR SCHOOLS TO COMBAT CHILDHOOD OBESITY**

- Whereas, The need to promote healthy eating among young people has intensified in recent years due to the growing national epidemic of obesity; and
- Whereas, Obesity contributes to cardiovascular disease, stroke, high blood pressure, high cholesterol, and type 2 diabetes; and
- Whereas, Type 2 diabetes has risen by 33 percent in children between the ages of 6 and 11; and
- Whereas, School districts are not required to participate in the United States Department of Agriculture (USDA) National School Lunch Program, many schools offer lunch choices that are high in fat, sodium, and/or sugar; and
- Whereas, Foods sold to students in vending machines, school stores, and in the school cafeteria should be attractive and expand the variety of healthy choices available with a limit on calories from total fat, saturated fat, and little or no processing or additives; therefore be it
- Resolved, That the National PTA and its constituent organizations promote the importance of healthy eating among children and youth to combat the growing national epidemic of childhood obesity; and be it further
- Resolved, That the National PTA and its constituent organizations support the inclusion of parents, community and health specialists along with educators and administrators when determining whether or not vending machines should be allowed on the school grounds and, if so, also be involved in deciding the types of products allowed within those machines and the use of proceeds garnered.
- Resolved, That the National PTA and its constituent organizations support the requirement that food and beverage items sold to students in vending machines, school stores, and in the school cafeteria contain at least the minimum nutritional value as determined by the USDA.
- Adopted: by the 2004 Convention Delegates