

METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS
777 North Capitol Street, N.E.
Washington, DC 20002

WHEREAS, the Metropolitan Washington Council of Governments (COG) and its Health Officials Committee have long supported region-wide efforts to improve the health of the region's population; and

WHEREAS, since the mid-1970s, the prevalence of obesity and overweight has increased dramatically in the United States with the prevalence of overweight tripling among children and adolescents, most notably caused by high health, social and economic costs; and

WHEREAS, COG co-sponsored a regional Summit on childhood obesity in January 2005 and a survey of the region's policies and programs aimed at reducing childhood obesity, and research of best practices for a resource guide, conducted and published by COG and Virginia Tech identified gaps in policies and programs in the region; and

WHEREAS, COG's Human Services Policy Committee (HSPC) sponsored a conference, "Obesity, Tipping the Scales towards Crisis," on November 16, 2006, at which subject matter experts provided extensive input and recommendations on potential policies, programs, outreach, and data collection, to help the region be effective in the reduction of obesity and overweight; and

WHEREAS, the HSPC has discussed and evaluated the recommendations and reported to the COG Board of Directors their suggested action steps for the region.

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF DIRECTORS OF THE METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS THAT:

Member jurisdictions, including their school boards and planning agencies, are urged to undertake the following:

1. Adopt standards for all food and physical exercise programs provided in schools to conform with national standards. Lunches should meet USDA's School Meals Initiative for Healthy Children regulations. Physical Education should meet the National Association of State Boards of Education recommendations.
2. Collect data on obesity trends, such as Body Mass Index measurements for students, the Youth Risk Behavior Survey, and Behavioral Risk Factors survey, with a sample size that provides neighborhood level data.
3. Incorporate measures to encourage and enhance exercise, biking, pedestrian options and access to healthy food as part of local land use planning and zoning.