

**RESOLUTION
Of THE
SOUTHERN HEALTH ASSOCIATION
FOR THE PREVENTION OF OVERWEIGHT
AND OBESITY IN ADULTS**

WHEREAS, results from the 1999-2002 National Health and Nutrition Examination Survey (NHANES), indicate that an estimated 65 percent of U.S. adults are either overweight or obese; and

WHEREAS, an adult who has a Body Mass Index (BMI), between 25 and 29.9 is considered overweight, and an adult who has a BMI of 30 or higher is considered obese; and

WHEREAS, affiliate member states represented in the Southern Health Association (SHA), report between 59 percent and 63 percent of adults are overweight or obese; and (*States representing the SHA include: Alabama, Arkansas, Florida, Georgia, Kentucky, North Carolina, South Carolina, and Tennessee.*)

WHEREAS, obesity and overweight substantially increase the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, and respiratory problems, and certain cancers; and

WHEREAS, according to a study of national costs associated with both overweight and obesity medical expenses accounted for 9.1 percent of total U.S. medical expenditures in 1998, and may have reached as high as 78.5 billion dollars (92.6 billion in 2002 dollars). Approximately half of these costs were paid by Medicaid and Medicare; and

WHEREAS, in women, overweight and obesity are higher among members of racial and ethnic minority populations than in non-Hispanic white women; and

WHEREAS, in men, Mexican Americans have a higher prevalence of overweight and obesity than non-Hispanic whites or non-Hispanic blacks. The prevalence of overweight and obesity in non-Hispanic white men is greater than in non-Hispanic black men; and

WHEREAS, an estimated 69 percent of non-Hispanic black women are overweight or obese compared to 58 percent of non-Hispanic black men; and

WHEREAS, approximately 62 percent of non-Hispanic white men are overweight or obese compared to 47 percent of non-Hispanic white women; and

WHEREAS, overweight and obesity result from an imbalance involving excessive calorie consumption and inadequate physical activity; and

WHEREAS, less than one-third of adults engage in the recommended amounts of physical activity; and

WHEREAS, an estimated 40 percent of adults living in the United States do not participate in any physical activity; and

WHEREAS, for all racial and ethnic groups combined, women of lower socioeconomic status (income less than 130 of poverty guidelines are approximately 50 percent more likely to be obese than those of higher socioeconomic status, and

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THEREFORE BE IT RESOLVED, that the SHA supports educating health care providers and health profession students in the prevention and treatment of overweight and obesity across the lifespan; and

BE IT FURTHER RESOLVED, that the SHA supports proposed state and local legislation relating to overweight and obesity and the establishment of statewide taskforces to study the obesity epidemic and the associated health consequences; and

BE IT FURTHER RESOLVED, that the SHA supports creating more opportunities for physical activity at worksites; and

BE IT FURTHER RESOLVED, that the SHA promotes healthier food choices, including consumption of at least five servings of fruits and vegetables each day, and reasonable portion sizes at home, in school, at worksites, and in communities; and

BE IT FURTHER RESOLVED, that the SHA encourages environmental changes in communities to create opportunities for healthier lifestyles for adults including the promotion of alternatives to sedentary lifestyles and increased access to healthier foods; and

BE IT FURTHER RESOLVED, that the SHA supports legislation to require food service handlers at the federal, state, and local area to attend continuing education classes and seminars promoting proper nutrition and increased physical activity.

BE IT FURTHER RESOLVED, that a copy of this resolution be placed on the SHA website, forwarded to the State Health Officer/ and or the Commissioner of the public health agency, and key members of the General Assembly of each state in the SHA region, and a copy be included in the minutes of the association.

This resolution was approved by the membership of the SHA at its annual educational conference this 5th day of May 2006.

Ted Hanekamp, President
Southern Health Association

Overweight and Obese Resolution Bibliography

National Health and Nutrition Examination Survey, (NHANES) 1999-2002

U. S. Department of Health and Human Services (DHHS), Centers for Disease Control and Prevention (CDC), National Center for Health Statistics

U.S. Department of Health and Human Services, CDC Behavioral Risk Factor Surveillance Survey (BRFSS 2004)

U.S. Department of Health and Human Services, CDC, Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases