Resolution

Proposed No. 07-03.2

A RESOLUTION supporting policies to promote healthy eating and active living in King County.

WHEREAS, the Board of Health recognizes the severity and consequences of the obesity epidemic, and adopted Resolution 05-08 in October 2005 that directed the King County Overweight Prevention Initiative to work on a 10-point plan and report progress back to the King County Board of Health in one year, and;

WHEREAS, the King County Overweight Prevention Initiative reported progress to the Board of Health in October 2006 and requested further direction from the Board on specific policy issues, and;

WHEREAS, school districts are under pressure from government and communities to improve nutrition and physical activity programs, and;

WHEREAS, although the Center for Disease Control and Prevention promotes breastfeeding as a strategy to reduce childhood obesity and related chronic diseases, in 2005, 82% of women in King County initiated breast feeding, but only 56% were still breastfeeding when their infant was six months of age, and;
WHEREAS, lack of physical activity continues to be a public health problem affecting nearly all populations, regardless of age, gender, ethnicity, or socio-economic status, and;

WHEREAS, certain populations (e.g. minority and youth) have unequal opportunity and access to quality recreation programs, bike trails and lanes, parks and open spaces, playfields, and public pools, and;

WHEREAS, walking and bicycling are highly functional forms of transportation and sources of physical activity, but have become more difficult as the public right-of-way is increasingly designed, constructed, and maintained for automobiles, and;

WHEREAS, the King County Overweight Prevention Initiative has been working since June 2004 to promote healthy eating and active living, developing an action plan using the goals and objectives of the Washington State Nutrition and Physical Activity Plan, and;

WHEREAS, King County has the potential to implement multi-sector changes that will improve the health of its residents, and is home to a broad group of talented and committed people interested in promoting better nutrition and greater physical activity levels;

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

A. Supports School Health Coordinators as an effective model to facilitate nutrition and physical activity policy and systems-level change in school districts. Coordinators are able develop policies and programs, identify areas of opportunity to promote health, and act as a link between schools and the community; and
B. Supports programming to provide on-site consultation, education, and training to child care providers to encourage breastfeeding and implement best practices. Child care programs should be offered a "Breast Feeding Friendly" designation by achieving certain "best practice" criteria. Additionally, on-line modules should be designed providing evidence-based research to physicians and nurses, to consistently support breastfeeding mothers; and

C. Supports investments in park and recreation programs and facilities in ways that assure equitable access to opportunities for physical activity across King County; and supports the development of health and physical activity objectives in parks and recreation planning, including developing a standard of adequate access to quality public park and recreation resources, and incorporating agreed upon measures of leisure-time physical activity and active park visits into public health and recreation surveillance systems; and

D. Recognizes the physical activity benefits of active transportation (reliance on bicycling, walking, or other forms of non-motorized transportation); urges all King County municipalities to prepare and implement pedestrian and bicycle master plans; urges investments for active transportation throughout King County; and supports
development of a public media campaign to promote the use of active transportation,
highlighting active transportation successes within King County.

BOARD OF HEALTH
KING COUNTY, WASHINGTON

[Signature]
Julia Patterson, Chair

ATTEST:

[Signature]
Anne Noris, Clerk of the Board

Attachments None