

RESOLUTION 28 - 2010

Subject: Statement of Support Regarding Farm to School Policies and Programs

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Referred to: Quality and Clinical Outcomes

1 Whereas, Almost 32% percent of school-age children in America are at or above the 85th
2 percentile of body-mass index (clinically overweight or obese);¹ and
3
4 Whereas, Studies suggest a diet high in fruits and vegetables and low in animal products reduces
5 asthma and asthma symptoms in children;^{2,3,4} and
6
7 Whereas, Local food is healthier, and
8 1) Fresh food tastes better, and
9 2) School children eat more fruits and vegetables when they are local and fresh; and
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11 Whereas, Using locally produced food will benefit the local economy; and
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13 Whereas, Healthier food has been shown to reduce behavioral problems in school children;⁵ and
14
15 Whereas, Eating habits in childhood contribute to adult eating patterns; therefore be it
16
17 RESOLVED, That the Wisconsin Medical Society prioritizes supporting programs and policies
18 that ensure school students have access to fresh, local produce.

Fiscal note: Within current budget if replaces existing legislative priority.

References:

¹ Gaziano, MJ. Fifth Phase of the Epidemiologic Transition: The Age of Obesity and Inactivity *Journal of the American Medical Association JAMA*. 2010;303(3).

² Chatzi L et al. Protective effect of fruits, vegetables and the Mediterranean diet on asthma and allergies among children in Crete. *Thorax*. 2007 Aug;62(8):677-83.

³ Tsai HJ, Tsai AC. The association of diet with respiratory symptoms and asthma in schoolchildren in Taipei, Taiwan. *J Asthma*. 2007 Oct;44(8):599-603.

⁴ Forastiere F et al. Consumption of fresh fruit rich in vitamin C and wheezing symptoms in children. *Thorax*. 2000 Apr;55(4):283-8.

⁵ Keely, J. Case Study: Appleton Central Alternative Charter High School's Nutrition and Wellness Program. *Better Food, Better Behavior* (report) Dec. 2004.

Relevant Policies

Society: SCH-006

School Wellness Programs: The Wisconsin Medical Society encourages schools to embrace and fully implement policies that strive to create and foster healthier school environments. These policies should

promote increased physical activity, healthier eating both during and after school, and educational methods that inspire and develop lifelong health habits. The Wisconsin Medical Society will actively provide information and resources to physicians and others on healthy school programs and initiatives. The Wisconsin Medical Society encourages the Department of Public Instruction to continue its educational and monitoring programs that ensure effective wellness policies and implementation of such policies within Wisconsin to enhance school food and nutrition programs. (HOD, 0408)

PUB-020

Fitness and Nutrition: The Wisconsin Medical Society (Society) recognizes that obesity and lack of physical fitness is a growing epidemic requiring additional public health and legislative intervention and that our Society shall take a leadership role in Wisconsin in improving fitness and decreasing obesity. The Society strongly advises that all school districts in Wisconsin have daily physical education programs in all grades and a minimum level of dietary standards in school food that emphasize appropriate portion size and healthier nutritional choices over popular food items. (HOD, 0404)

AMA:

D-150.978 Sustainable Food

Our AMA: (1) supports practices and policies in medical schools, hospitals, and other health care facilities that support and model a healthy and ecologically sustainable food system, which provides food and beverages of naturally high nutritional quality; (2) encourages the development of a healthier food system through the US Farm Bill and other federal legislation; and (3) will consider working with other health care and public health organizations to educate the health care community and the public about the importance of healthy and ecologically sustainable food systems. (CSAPH Rep. 8, A-09)

D-60.990 Exercise and Healthy Eating for Children

Our AMA shall: (1) seek legislation that would require the development and implementation of evidence-based nutrition standards for all food served in K-12 schools irrespective of food vendor or provider; and (2) work with the US Public Health Service and other federal agencies, the Federation, and others in a coordinated campaign to educate the public on the epidemic of childhood obesity and enhance the K-12 curriculum by addressing the benefits of exercise, physical fitness, and healthful diets for children. (Res. 423, A-02; Reaffirmation A-04; Reaffirmation A-07; Reaffirmation I-07)