

## RESOLUTION

Subject: Increasing Standards for Childhood Nutrition in Schools  
 Submitted by: Greater Louisville Medical Society  
 Referred to: Reference Committee

---

WHEREAS, the Kentucky Medical Association recognizes that adolescent obesity is an increasing epidemic causing significant morbidity and mortality, burden to the healthcare system and larger economic implications; and

WHEREAS, Kentucky has the fifth highest rate of obesity and 20% of Kentucky high school students are obese; and

WHEREAS, the school lunch program has a major impact on the nutrition of students throughout Kentucky, not all foods brought to school meet USDA nutrition standards. Foods brought to schools for celebrations, packed-lunches and extra-curricular activities are not held to recognized nutritional standards; and

WHEREAS, the USDA Dietary Guidelines are designed and supported by experts who specialize in nutrition with an emphasis on addressing public health concerns and nutrition needs of the population, including adolescents; now, therefore, be it

RESOLVED, that the Kentucky Medical Association supports measures that encourage all food items, especially those provided by schools, but also including food brought by families for celebration and extracurricular activities to meet the USDA Nutrition standards for foods that compete with healthy school lunches, as well as provide families with evidence-based nutritional education, and encourage its members to promote healthy nutritional choices based on the USDA Dietary Guidelines for America.

---

## References

- <sup>1</sup> AMA Supports Newest Dietary Guidelines to Improve Public Health. January 2016. <https://www.ama-assn.org/press-center/ama-statements/ama-supports-newest-dietary-guidelines-improve-public-health>
- <sup>2</sup> Snacks, Sweetened Beverages, Added Sugars, and Schools. Council on School Health, Committee on Nutrition. Pediatrics. March 2015. 135.3. <https://pediatrics.aappublications.org/content/135/3/575>
- <sup>3</sup> Adolescent Obesity Prevalence: Trends Over Time. CDC Health Schools. 2017. <https://www.cdc.gov/healthyschools/obesity/obesity-youth.htm>
- <sup>4</sup> USDA Dietary Guidelines. <https://health.gov/dietaryguidelines/>
- <sup>5</sup> CDC Healthy Schools: Childhood Nutrition Facts. May 2017. <https://www.cdc.gov/healthyschools/nutrition/facts.htm>
- <sup>6</sup> Obesity. Chronic Disease Prevention. Kentucky Cabinet for Health and Family Services. <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/obesity.aspx>