

TOPIC: AWARENESS AND EDUCATION PERTAINING TO BEHAVIORAL AND NUTRITIONAL INTERVENTIONS REGARDING PREVENTION AND MANAGEMENT OF OBESITY IN ELEMENTARY SCHOOL CHILDREN

SUBMITTED BY: Nursing Students Association of South Dakota

WHEREAS, obesity has been defined as an age and gender-specific body mass index (BMI) at greater than or equal to the 95th percentile; and

WHEREAS, the American Academy of Pediatrics endorses the American Medical Association’s recommendation to use, “a stepwise approach that divides treatment [of obesity] into several stages including counseling, providing a structure weight management plan, and using a comprehensive multidisciplinary intervention/tertiary care intervention delivered by multidisciplinary teams with expertise in childhood obesity”; and

WHEREAS, the Endocrine Society believes a prerequisite to obesity management is, “intensive lifestyle (dietary, physical activity, and behavioral) modifications to the entire family and to the patient, in an age-appropriate manner”; and

WHEREAS, the Endocrine Society suggests parents be educated on the “need for healthy rearing patterns related to diet and activity” and clinicians support “rearing patterns that seek to enhance the child’s self-esteem.”; and

WHEREAS, the White House Task Force on Childhood Obesity Report to the President (President’s Report) entitled *Solving the Problem of Childhood Obesity Within A Generation* recommends the empowerment of parents and caregivers through “simpler, more actionable messages about nutritional choices based on Dietary Guidelines for Americans”; and

WHEREAS, First Lady Michelle Obama’s policy issue is the “problem of obesity within a generation” and she supports *Let’s Move!* as a comprehensive initiative to take action on the obesity challenge; and

WHEREAS, a goal of Healthy People 2020 is to improve obesity and prevent inappropriate weight gain in children between 6 to 19 years of age; therefore be it

RESOLVED, that the National Student Nurses’ Association (NSNA) encourage its constituents to support the research of nutritional and behavioral interventions regarding obesity in elementary school children, if feasible; and be it further

RESOLVED, that the NSNA encourage its constituents to be screeners, teachers, referrers and advocates for individualized nutritional and behavioral interventions for the treatment and prevention of obesity in elementary school children, if feasible; and be it further

RESOLVED, that the NSNA publish an article in *Imprint* supporting individualized nutritional and behavioral interventions for obese elementary school children, if feasible; and be it further

RESOLVED, that the NSNA send copies of this resolution to the American Association of Colleges of Nursing, the American Heart Association, the American Nurses Association, the National League for Nursing, the National Council of State Boards of Nursing, the National Organization for Associate Degree Nursing, the US Department of Agriculture, Department of Health and Human Services, The White House, the Department of Education and any others deemed appropriate by the NSNA Board of Directors.