

## **Resolution on School Nutrition and Physical Activity**

WHEREAS, The long-term health and well-being of Denver Public School students is of critical importance to the district; and

WHEREAS, The effectiveness of Denver Public Schools' educational programs is impacted by children's readiness to learn including whether children are nutritionally and physically healthy; and

WHEREAS, Healthy children who practice good nutritional habits and regular physical activity are better prepared to succeed in the classroom; and

WHEREAS, Research has clearly demonstrated the connection between nutrition and physical activity and both positive short-term and long-term health status; and

WHEREAS, There is great concern about the epidemic of obesity in this country, particularly among children, as evidenced by the growing incidence of adult-onset diabetes, hypertension, and heart disease in teens and children; and

WHEREAS, Schools have a vested interest in promoting optimal nutrition and regular physical activity, both as a responsibility to promote healthy lifestyles and to improve health outcomes, resulting in better educational outcomes; and

WHEREAS, Several school nutrition and physical activity projects in Denver, as well as Colorado and the nation, provide important examples to give students more opportunities to eat healthy meals, snacks, and beverages; prepare and learn about healthy foods and understand the importance of regular physical activity; and

WHEREAS, Schools, school districts, and states throughout the country have established improved standards for healthy food and drink items in vending machines and cafeterias and also standards for appropriate physical fitness programs.

*Therefore, Be It Resolved by the Denver Public Schools Board of Education:*

That DPS establish a Commission on School Nutrition and Physical Fitness to examine effective practices in schools and recommend policies and standards, which would have a positive impact on students' nutrition, health, and physical well-being.

*Be It Further Resolved,* that the district adopt those best practices in school nutrition and physical activity programs that are affordable and promote the long-term health, life-long learning, and overall well-being of our children.