



STATE OF WASHINGTON
WASHINGTON STATE BOARD OF HEALTH
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News Release

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Child Nutrition and Activity Tops Health Board's Agenda May 14

Wednesday, May 14, 9:30 a.m.–4:30 p.m., AmeriTel Inn, 4520 Martin Way East, Olympia

The percentage of Washington children who are obese has doubled in the last decade. Less than a quarter of young people consume five servings of fruits and vegetables a day. The activity levels of youth are dropping. And diseases such as childhood diabetes are on the rise. At its May 14 meeting, the State Board of Health will focus on things that are being done or could be done to reduce the number of children who are overweight or obese.

Donna Johnson from the University of Washington Center for Public Health Nutrition will review the growing epidemic of overweight and obese children. Kyle Unland from the Department of Health will preview the *Washington State Nutrition & Physical Activity Plan*. Paul Flock from the Olympia School District will describe the district's pilot program to introduce organic salad bars in schools. And Dr. Amy Belko from the Washington Chapter of the American Academy of Pediatrics will discuss the academy's perspective on preventing and reducing overweight and obesity in children.

The Board will also hear a progress report on a pilot project designed to identify some of the impacts of requiring well-child exams for children entering kindergarten. The pilot is a joint project of the Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Services, and the board. Other agenda items include: a presentation about the community health care forums being conducted by the Washington Health Foundation and HumanLinks Foundation; a review of the rule making process being used to produce new onsite sewage rules; and a discussion of public health authority to control the spread of West Nile virus by abating mosquitoes on private land.

Copies of the agenda and related materials are available by contacting the Board of Health at (360) 236-4110 or by visiting the Board's Web site at www.doh.wa.gov/sboh/.

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The State Board of Health serves the citizens of Washington by working to understand and prevent disease across the entire population. Established in 1889 by the State Constitution, the Board provides leadership by suggesting public health policies and actions, by regulating certain activities, and by providing a public forum. The governor appoints ten members who fill three-year terms. Visit the board's Web site at www.doh.wa.gov/sboh/.