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SENATE RESOLUTION

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WHEREAS, 17% of children 2 to 19 years old are obese; the highest prevalence of obese children is among Mexican-American boys (27%) and African American girls (29%); and

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WHEREAS, While many children are overweight or obese, many children have diets that are deficient in one or more nutrients, leaving them in a state of under-nutrition or malnourishment; and

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WHEREAS, The majority of kids, whether at a healthy weight or not, are not eating the right foods, those foods that provide "quality calories"; more kids eat food from outside the home and daily snacking and calories from these snacks have increased, consumption of the food groups kids need more of has not increased; recently published data on kids' snacking patterns find that the overall quality of the diet, or nutrient density, lowers as snacking increases; and

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WHEREAS, Foods that provide the most calories in children's diets are also high in solid fats and/or added sugar; the chronic nature of low-nutrient consumption combined with the higher intake of sugar and solid fats is cause for alarm; and

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WHEREAS, Providing access to the nutrient-dense foods kids

1 need to eat, and making them look and taste great, may displace
2 the high-sugar, high-calorie, low-nutrient foods; and

3 WHEREAS, Parents are showing a marked improvement in the
4 connection to the eating and activity patterns of their
5 children; and

6 WHEREAS, Many benefits are found in sharing meals as a
7 family, including lower risk for using drugs, improved mental
8 health, and better eating patterns, including the higher
9 consumption of fruits and vegetables; and

10 WHEREAS, Children have named their mothers as their number
11 one role model and their fathers as number two; and

12 WHEREAS, When parents display healthful eating and
13 activity habits themselves, children are likely to emulate
14 those behaviors; and

15 WHEREAS, Both children and their parents indicate their
16 trust in registered dietitians as credible sources, as well as
17 their desire to see them for guidance on what to eat and drink
18 for health and wellness; and

19 WHEREAS, The American Dietetic Association and the
20 American Dietetic Association Foundation have developed the

1 *Kids Eat Right* initiative, bringing registered dietitians into
2 community and school settings with tools and resources for
3 shaping positive, lifelong habits of good nutrition and
4 physical activity in youth; through *Kids Eat Right*, registered
5 dietitians are providing families with the tips they need to
6 "Shop, Cook, Eat" to support quality nutrition and healthy
7 weights in children; and

8 WHEREAS, Members of the U.S. Congress have championed
9 legislation to raise public awareness regarding childhood
10 health issues; therefore, be it

11 RESOLVED, BY THE SENATE OF THE NINETY-SEVENTH GENERAL
12 ASSEMBLY OF THE STATE OF ILLINOIS, that we urge localities,
13 schools, non-profit organizations, businesses, other entities,
14 and the people of Illinois to promote *Kids Eat Right* with the
15 goal of challenging all citizens to shop, cook, and eat well,
16 as strategies to promote overall health and fight obesity in
17 families across the State of Illinois; and be it further

18 RESOLVED, That a suitable copy of this resolution be
19 presented to the American Dietetic Association and the American
20 Dietetic Association Foundation as a symbol of our support.