



WORK SESSION DOCUMENT

NEVADA'S LEGISLATIVE COMMITTEE ON HEALTH CARE SUBCOMMITTEE TO STUDY MEDICAL AND SOCIETAL COSTS AND IMPACTS OF OBESITY

**(Senate Concurrent Resolution No. 13, File No. 90, *Statutes of Nevada 2003*)
March 22, 2004**

The following "Work Session Document" has been prepared by the staff of Nevada's Legislative Committee on Health Care Subcommittee to Study Medical and Societal Costs and Impacts of Obesity (Senate Concurrent Resolution No. 13, File No. 90, *Statutes of Nevada 2003*). This document contains a compilation of recommendations within the scope of the study that were presented in hearings and submitted in writing during the course of the study for the Subcommittee's consideration.

The recommendations listed in this document do not necessarily have the support or opposition of the Subcommittee members. Rather, these recommendations are compiled and organized so the members may review them to decide if they should be adopted, changed, rejected, or further considered. Persons making the respective recommendations may be referenced in parentheses. Please note that some proposals were raised and discussed by numerous individuals and entities during the course of the study, and these recommendations do not reflect a specific person as recommending them. Finally, please note that specific details of approved requests for legislation or Subcommittee statements may need to be clarified by Subcommittee staff prior to drafting.

Pursuant to Section 3(c) of NRS 218.2429, the Subcommittee is authorized to request five bill draft requests for consideration during the 2005 Legislative Session. Other items not requiring legislation such as requests for letters may be sent by the chair of the Subcommittee.

RECOMMENDATIONS AFFECTING EMPLOYERS

1. Send a letter to each chamber of commerce in Nevada, each Better Business Bureau in the state, the Retail Association of Nevada, and any other identified employer group encouraging their employer members to develop: (A) targeted intervention programs that are based on identified health risks and interests; (B) focused education programs that support individuals throughout the process of lifestyle change; (C) smoking cessation, weight management, nutrition and cholesterol management, and fitness activities; (D) integrated one-stop workshops that include multi-session classes, individual counseling, and self-directed modules; and (E) maintenance strategies that include ongoing awareness, interactive campaigns, and group support with on-site services.

(Suggested by Ihsan Azzam, M.D., M.P.H., who is with the Bureau of Community Health, Health Division, Department of Human Resources [DHR].)

RECOMMENDATIONS FOR STATEWIDE PROGRAMS

2. Require the Health Division, DHR, in cooperation with health districts in the state, to establish state initiatives that support weight maintenance versus weight loss; prevention of weight gain versus weight regain; preventing obesity and/or exacerbation of the obese state; decreasing or delaying morbidity and mortality; improving health profiles and reducing risk; developing long-term strategies; enacting smaller, simpler interventions; establishing incremental, additive steps; and providing appropriate reimbursement for interventions and documents outcomes.

(Suggested by Dr. Sachiko St. Jeor, Professor and Chief, Division of Medical Nutrition, and Director, Center for Nutrition and Metabolic Disorders, Department of Internal Medicine, School of Medicine, University of Nevada, Reno (UNSOM), and Dr. Ray Plodkowski, Assistant Professor, Chief of Endocrinology and Metabolism, Reno Veterans Affairs Medical Center, and Co-Chief, Division of Medical Nutrition, Department of Internal Medicine, UNSOM.)

3. Require through legislation, or encourage via a letter or resolution, restaurants in Nevada to identify foods served that are high-fat, high-calorie foods.

(Suggested by Margo G. Wootan, D.Sc., Director, Nutrition Policy, Center for Science in the Public Interest.)

4. Require the Health Division, DHR, and health districts in the state to establish limits on marketing of low-nutrition foods, particularly as such marketing applies to children.

(Suggested by Dr. Wootan.)

5. Create safe routes to schools to encourage children to bike or walk to school.

(Suggested by Dr. Wootan and Amy Winterfeld, Senior Policy Specialist, Prevention Projects Program, National Conference of State Legislatures [NCSL].)

NOTE: Recommendations from Ms. Winterfeld of NCSL are not advocated by her or by NCSL. Recommendations were selected from Ms. Winterfeld's testimony concerning ways in which other states have addressed these issues.

6. Require through legislation, or encourage via a letter or resolution, the Health Division, DHR, to leverage certain money received from federal sources for programs that promote physical activity in Nevada.

(Suggested by Dr. Wootan.)

7. Require the State Board of Health to develop nutrition standards and establish rules to control the sale of competitive foods in schools.

(Suggested by Amy Winterfeld.)

8. Require the Welfare Division, DHR, to provide nutritional training for families enrolled in the state's Temporary Assistance for Needy Families program and the state's Food Stamps program.

(Suggested during the January 14, 2004, meeting. See page 4 of the meeting minutes.)

9. Send letters to representatives of the packaged food industry encouraging them to: (A) package snack foods for children in single-serving sizes; and (B) work closely with the United States Food and Drug Administration (FDA) to develop healthy foods.

(Suggested during the January 14, 2004, meeting. See page 4 of the meeting minutes.)

10. Send a letter or a resolution to the administrator of the Health Division, DHR, and to the respective health district officers in Clark and Washoe Counties encouraging them to offer education in reading nutrition labels of foods.

(Suggested during the January 14, 2004, meeting. See page 4 of the meeting minutes.)

11. Send a letter to representatives of the U.S. FDA encouraging them to improve the nation's nutritional label system.

(Suggested during the January 14, 2004, meeting. See page 4 and page 5 of the meeting minutes.)

12. Send a letter to representatives of Kraft Foods, Inc., encouraging them to initiate a program that goes into schools and provides leadership and education concerning healthy food choices and nutrition. The program would be similar to that of Back to School Week for legislators.

(Suggested during the January 14, 2004, meeting. See page 5 of the meeting minutes.)

13. Require through legislation, or encourage via a letter or resolution, the Health Division, DHR, in cooperation with the Department of Personnel and the Public Employees' Benefits Program, to establish a fitness and wellness program for state employees.

(Suggested during the January 14, 2004, meeting. See page 10 of the meeting minutes. Also suggested by Aaron Hardy, M.S., Wellness Coordinator, Washoe County School District. See page 13 of the minutes.)

14. Send a letter to the administrator of the Health Division, DHR, and to the respective health district officers of Clark and Washoe Counties encouraging them to work in their local communities to obtain a training kit from the Center for Weight and Health, University of California, Berkeley, to prevent obesity in children.

(Suggested by Madeline Sigman-Grant, Cooperative Extension, University of Nevada, Reno.)

RECOMMENDATIONS AFFECTING SCHOOLS

15. Send a letter or a resolution to the members of the 17 school boards in Nevada encouraging the boards to: (A) educate children about the importance of nutrition in overall health; (B) provide students access to a wide variety of healthful and appealing foods and beverages at school; (C) model healthful habits and avoid the promotion of nutritionally poor food choices; and (D) conduct simple fitness and behavior assessments at least once during the school year that include health related and cardiovascular fitness tests and Body Mass Index Measures the results of which should be provided to members of Nevada's State Board of Education and to parents.

(Suggested by Dr. Jamie Benedict, Associate Professor, Department of Nutrition, University of Nevada, Reno, and Robin Camacho, Director of Advocacy and Communication, American Heart Association of Nevada.)

16. Require through legislation, or encourage via a letter or resolution, school districts in Nevada to establish Health Coordinators who will develop a curriculum for physical activity, promote physical activity among schools in the district, ensure nutrition and tobacco education programs are available, and engage parents in providing healthy environments for kids at home.

(Suggested by Robin Camacho, Director of Advocacy and Communication, American Heart Association of Nevada.)

17. Require through legislation, or encourage via a letter or resolution, after-school programs to promote physical education in their activities.

(Suggested by Dr. Wootan.)

18. Require through legislation, or encourage via a letter or resolution, schools to provide to children age 5 and older: (A) at least 30 minutes of enjoyable, moderate-intensity activities every day; and (B) at least 30 minutes of vigorous physical activity at least 3 to 4 days each week for cardiovascular fitness.

(Suggested by Robin Camacho.)

19. Prohibit elementary schools from using vending machines to sell food or drinks.

(Suggested by Amy Winterfeld.)

20. Require through legislation, or encourage via a letter or resolution, schools to: (A) establish coordinated school health programs and school health councils; (B) implement a self-assessment and planning process; (C) develop quality health education and physical education courses; (D) establish staff wellness programs;

(E) develop quality school meals and establish guidelines for meal schedules; (F) negotiate vending contracts that promote health; and (G) require certification and continuing education for child nutrition staff.

(Suggested by Howell Wechsler, Ed.D., M.P.H., Chief, Research Application Branch, Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention.)

21. Require through legislation, or encourage via a letter or resolution, schools to establish policies to screen for obesity in children and to report their findings concerning the screenings to the children's parents.

(Suggested by Lezlie Porter, Washoe County School Board member.)

22. Require through legislation, or encourage via a letter or resolution, school districts to: (A) establish health advisory committees; (B) regulate competitive foods and eliminate soft drinks in schools; and (C) account for revenues generated from vending machines in schools.

(Suggested by Lezlie Porter.)

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