



About us

The Tennessee Dietetic Association, an affiliate of the Academy of Nutrition and Dietetics has 1,375 members whose goal is to support improved health of Tennesseans.

The problem: Tennessee has the 6th highest childhood obesity rate in the United States with 20.6% of children classified as obese³. Overweight and obese children are more likely to suffer from medical conditions such as Type 2 diabetes and cardiovascular disease in addition to a poorer quality of life compared to their healthy weight counterparts.

You can be part of the solution to address the childhood obesity epidemic by supporting **Coordinated School Health Funding** and becoming a **Let's Move City, Town or County!**



We Ask For Your Support for Coordinated School Health Funding

Governor Haslam has proposed the budget for the 2012-2013 fiscal year to include \$15 million for Coordinated School Health (CSH). The funding request is consistent with funding levels in previous years.

CSH was developed and is recommended by the Centers for Disease Control and Prevention as a strategy for improving students' health and learning in school¹. **In 2006 Tennessee became the only state in the nation with a legislative mandate and \$15 million in state funding per year to implement CSH in all Tennessee school districts.** CSH connects physical, emotion and social health with education through eight components. These components include nutrition; physical education/activity wellness; healthy school environment; health education, health services, student, family and community partners; school staff wellness and mental health/school counseling².

CSH provides the support to promote a healthy weight is all children by:

- Conducting body mass index (BMI) screenings, which affords the opportunity for referrals to primary care providers when a child is classified as overweight or obese to receive appropriate treatment. In 2009-2010, 91% of Tennessee schools conducted BMI screenings².
- Implementing the 90 minutes of physical activity law for all students. In 2009-2010 75% of school systems implemented this law².
- Not selling soda or fruit juice, which are beverages associated with childhood obesity. In 2008 74% of Tennessee schools did not sell soda or fruit juice, ranking second in the country in this category²!
- Creating a healthy school environment with 89% of schools developing new school health policies².

By passing Governor Haslam's proposed budget you will help to:

- Improve the health and well-being of students, staff, families and communities in Tennessee for an annual investment of only \$16 per student!

¹Centers for Disease Control and Prevention. Coordinated School Health. Available at: <http://www.cdc.gov/HealthyYouth/CSHP/>. Accessed March 2, 2012.

²Tennessee Department of Education. Office of Coordinated School Health. <http://www.tn.gov/education/schoolhealth/>. Accessed March 2, 2012.

³Trust for America's Health. F as in Fat: How Obesity Threatens America's Future 2011. Available at: <http://healthyamericans.org/report/88/>. Accessed March 2, 2012.

Make a Commitment to Become a *Let's Move* City, *Let's Move* Town or *Let's Move* County



In 2010 First Lady Michelle Obama called all elected officials to take leadership in the *Let's Move* Initiative by adopting a long-term sustainable and holistic approach to fighting childhood obesity. **As of July 13, 2011 only 6 Cities, Towns or Counties in Tennessee have been declared as a *Let's Move* City, *Let's Move* Town or *Let's Move* County.** Kudos to the Tennessee elected officials who represent Chattanooga, Jackson, Memphis, Morristown, Nashville, Oak Ridge and Sweetwater!

Make Your Commitment Today

To become a *Let's Move* City, *Let's Move* Town or *Let's Move* County you need to select a significant action to take during a 12-month period in each of the following four pillars.

- 1) Reducing the risk of obesity in early childhood;
- 2) Making healthy food affordable and accessible;
- 3) Provide healthy foods in schools;
- 4) Increasing physical activity.

Once you have selected the actions your City, Town or County will make within each of the four pillars you need to make a public commitment through your City, Town or County's website, in a speech, in an interview or in a press release. Inform the federal government of your commitment so they can support your efforts. Visit <http://www.hhs.gov/intergovernmental/letsmove/> to inform the government of your commitment.

Further resources such as a *Let's Move* Cities, Towns and Counties toolkit is available to you at <http://www.letsmove.gov/become-lets-move-city-or-town>.