

MEDCHI, THE MARYLAND STATE MEDICAL SOCIETY
HOUSE OF DELEGATES

Resolution 4-13

INTRODUCED BY: Queen Anne's County Medical Society

SUBJECT: Healthy School Lunch Policy

1 Whereas, a healthy diet helps children stay alert during class, fight off illnesses, and grow into
2 strong, healthy adults; and

3 Whereas, in Maryland 28.8% of children considered either overweight or obese, therefore at
4 higher risk of developing health problems, including heart disease, diabetes, asthma, and cancer;
5 and

6 Whereas, school aged children get up to half the food they need each day at school; and

7 Whereas, schools are a great place to learn about good nutrition and healthy eating habits which
8 may impact the rest of their lives; and

9 Whereas, the (USDA) is offering new guidelines effective in 2012 will make school meals
10 healthier; and

11 Whereas, the American Academy of Pediatrics, the American Cancer Society, the American
12 Dietetic Association, the American Diabetes Association, the American Heart Association,
13 and the National Institutes of Health recommend that there be greater emphasis in the American
14 diet on fruits, vegetables, whole grains, and legumes with a reduction in consumption of animal
15 foods; and

16 Whereas, fruits, vegetables, whole grains, and legumes are generally lower in fat and calories than
17 meat and dairy products, contain no cholesterol, and promote good health because they contain
18 fiber and essential nutrients, including vitamins and minerals, and they also contain
19 phytochemicals and antioxidants that may provide additional protection to reduce the risk of some
20 forms of cancer, heart disease, obesity, diabetes, high blood pressure, and other degenerative
21 diseases; and

22 Whereas, a significant percentage of children who rely on free or reduced price school lunches are
23 considered particularly “at risk” for these diet-related degenerative diseases; and diet-related
24 diseases take a disproportionate toll among ethnic minorities; and

25 Whereas, children with poor eating habits are at a disadvantage if no plant-centered school lunch
26 meals are offered daily in their respective schools; and the American Dietetic Association has
27 stated that it is their position that appropriately planned plant-centered diets are healthy and

1 nutritionally adequate and that scientific data suggest positive relationships between
2 plant-centered diets and risk reduction for several chronic degenerative diseases and conditions,
3 including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of
4 cancer; therefore be it

5 Resolved, that MedChi study our policy with regard to School lunches with an emphasis on
6 examining effective practices in schools which would have a positive impact on students'
7 nutrition, health, and physical well-being that are affordable and promote the long-term health,
8 life-long learning, and overall well-being of our children. A report at the next House of Delegates
9 with a study and recommendations for possible legislative action in 2014 would be expected.

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12 As adopted by the House of Delegates at its April 27, 2013 meeting.