

## 2005 aPHa Resolution A05-8

TITLE            **Healthy Weights**

SPONSOR:       Durham Region Health Department

**WHEREAS** "Healthy weights, Healthy lives" is the theme of the 2005 Chief Medical Officer of Health (CMOH) Report; and

**WHEREAS** the CMOH states that overweight and obesity are now such a serious public health concern that they are known as the "new tobacco"; and

**WHEREAS** one out of every two adults is overweight or obese and obesity among children ages seven to 13 years tripled between 1981 and 1996; and

**WHEREAS** unhealthy weights are responsible for a dramatic rise in type 2 diabetes and contribute to heart disease, strokes, hypertension and some cancers; and

**WHEREAS** obesity costs Canada's economy \$2.7 billion and the health care system \$1.6 million in 2000/01; and

**WHEREAS** many factors, including individual, social and cultural, economic and environmental conditions that have fuelled the obesity epidemic can be changed or managed;

**NOW THEREFORE BE IT RESOLVED THAT** aPHa urges the Premier of Ontario, the Minister of Health and Long-Term Care, the Minister of Health Promotion and the Chief Medical Officer of Health to act immediately to develop specific, objectives, goals and targets based on the recommendations of *Healthy Weights, Healthy Lives* and to implement a healthy weights action plan to meet them, ideally as an integral component of a pan-Canadian healthy living strategy, to advance the recommendations of "Healthy Weights, Healthy Lives"; and

**AND FURTHER THAT** the MOHLTC, PHD provide funding to the local PHU to address the health problem to the same level as it provides to tobacco control

**BE IT FURTHER RESOLVED THAT** the Premier of Ontario, Ministers of Health and Long-Term Care, Education and Tourism and Recreation and Chief Medical Officer of Health are so advised.