

MINUTES OF THE HOUSE HEALTH AND HUMAN SERVICES COMMITTEE

The meeting was called to order by Chairperson Susan Wagle and Chairman Jim Morrison at 11:45 a.m. on January 20, 2004 in Room 313-S of the Capitol.

All members were present.

Committee staff present:

Dr. William Wolff, Legislative Research Department
Emalene Correll, Legislative Research Department
Renae Jefferies, Office of Revisor of Statutes
Gary Deeter, Secretary

Conferees appearing before the committee:

Dr. William Dietz, Director, Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention

Dr. William Dietz, Director, Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention, provided information to the joint committee during the lunch hour. Lunch was provided and the meeting was sponsored by the Kansas Health Foundation.

Dr. Dietz presented material showing that the epidemic of obesity is one of greatest causes of chronic disease. He defined obesity as a person with a body-mass index equal to or greater than 30; he stated that 30% of Americans fall under this definition, noting that if those defined as overweight (BMI between 25 and 30) are included, 60% of Americans would fall into these categories. He presented material showing that type II diabetes, cancer, and many other diseases can be directly attributed to obesity at a cost of \$117 billion annually and costing Kansans \$.5 billion each year. (Attachment 1)

Dr. Dietz traced the growing problem of obesity to increased consumption of fast foods, fewer family meals, increased consumption of soft drinks, larger portion sizes in restaurants, and increased inactivity. He said that lifestyle changes such as better nutrition and increased physical activity are the real solutions, noting that drugs are a costly and much less effective alternative. He said that medicine is not aligned for behavioral change, the present system being a disease-care system, not a health-care system.

He offered several strategies for behavioral change in children:

- promote breastfeeding;
- reduce television viewing;
- increase physical activity.

Other strategies for the general population include:

- reducing soft drink consumption;
- reducing portion sizes;
- school-based programs;
- corporate leadership in the workplace

CONTINUATION SHEET

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- media attention; and
- urban and community designs that promote physical activity.

Answered questions, Dr. Dietz encouraged legislators to develop policies that promote a healthy lifestyle.

The joint meeting adjourned at 1:12 p.m.