

# **Resolution to Support Purchasing Healthier Food Options with the Idaho Supplemental Nutrition Assistance Program (Idaho Food Stamp)**

**WHEREAS**, obesity continues to be a leading cause of preventable disease and death in the United States and in Idaho. In Idaho, 27% of adults are obese while 62.3% of adults are either overweight or obese<sup>1</sup>; and

**WHEREAS**, 29% of Idaho third grade students were classified as overweight or obese in 2011-12<sup>2</sup>, and 23% of ninth through twelfth grade Idaho high school students were classified as overweight or obese<sup>3</sup>; and

**WHEREAS**, 82.5% of Idaho adults do not eat the minimum recommended servings of fruits and vegetables each day<sup>1</sup> and only 19% of ninth through twelfth grade Idaho high school students ate fruits and vegetables five or more times during the seven days prior to completing the Youth Risk Behavior Survey<sup>3</sup>; and

**WHEREAS**, limited access to healthy, affordable foods and increased consumption of sugary drinks and less nutritious foods contributes to an increase in obesity rates; and

**WHEREAS**, U.S. medical costs associated with obesity in 2008 were estimated at \$147 billion<sup>4</sup>; and

**WHEREAS**, there is no single or simple solution to address the obesity epidemic, however experts recommend a collaborative approach utilizing policy and environmental strategies; and

**WHEREAS**, as reported by the Idaho Department of Health and Welfare, the Supplemental Nutrition Assistance Program (SNAP), helps low-income families buy food. Approximately 13.6% of Idaho's state population is enrolled in SNAP as of February 2014<sup>5</sup>, and

**WHEREAS**, the State of Idaho does not have a policy regarding promotion of healthy food choices for those participating in SNAP.

**THEREFORE, BE IT RESOLVED**, that the Idaho Association of Local Boards of Health supports and encourages enactment of policies that improve access and encourage choice of healthier food options for individuals utilizing SNAP as one strategy to address rising obesity rates.

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<sup>1</sup> Idaho Behavioral Risk Factors: Results from the 2011 Behavioral Risk Factor Surveillance System. Boise, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, 2011.

<sup>2</sup> Division of Public Health, Bureau of Community and Environmental Health. Idaho 3<sup>rd</sup> Grade Body Mass Index (BMI) Assessment 2011-2012 School Year: Idaho Department of Health and Welfare.

<sup>3</sup> Centers for Disease Control and Prevention. 2011 Youth Risk Behavior Survey. Available at: [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs). Accessed on March 6, 2014.

<sup>4</sup> Finkelstein, EA, Trogon, JG, Cohen, JW, and Dietz, W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs* 2009; 28(5): w822-w831.

<sup>5</sup> Idaho Department of Health and Welfare. Food Stamps Participation by County. Available at: [www.healthandwelfare.idaho.gov/foodcashassistance/FoodStamps/tabid/90/Default.aspx](http://www.healthandwelfare.idaho.gov/foodcashassistance/FoodStamps/tabid/90/Default.aspx). Accessed on March 6, 2014.