



FOR IMMEDIATE RELEASE

November 29, 2006

HEALTH COMMITTEE RECOMMENDS BOLD, COMPREHENSIVE STRATEGY TO SOLVE CHILDHOOD OBESITY AND PHYSICAL INACTIVITY

VICTORIA — The Select Standing Committee on Health today released their final report titled “A Strategy for Combating Childhood Obesity and Physical Inactivity in British Columbia,” calling for a broad-based campaign and government commitment to make B.C.’s children healthier and more active.

“More than a quarter of children and youth are overweight or obese, and British Columbia needs to take a leadership role in reversing this trend,” said Ralph Sultan, MLA, Chair of the Committee. “We recommend bold measures, including lifting the PST exemption for snack foods and pop, investing in public health and fitness facilities, and creating a group to work with industry to reduce the sugar, fat and salt content in the food we consume.”

The Select Standing Committee on Health, an all-party committee of the Legislative Assembly, was assigned to find effective strategies to change behaviours to get children and youth to eat healthier, improve their health and increase their physical fitness. They held public hearings, received submissions, conducted research and made special efforts to consult children and youth, including using a youth-focused website (<http://www.myhealthyspace.ca>), holding hearings at high schools, and hosting a drawing contest for younger children. The contest winner’s drawing is featured on the cover of the report.

“British Columbia needs to take immediate and comprehensive action to reinforce the enormity of the overweight and obesity crisis,” added David Cubberley, MLA, Deputy Chair of the Committee. “Government, schools, parents and communities must act to reduce caloric intake and increase physical activity. We need to intervene at a population-health level to ensure that our children have a chance at a healthy future.”

The Health Committee’s report makes 36 recommendations on all aspects affecting obesity and inactivity in children. The full text of the report is available online at <http://www.leg.bc.ca/cmt/health>.

The members of the Select Standing Committee on Health are:

Ralph Sultan, MLA, West Vancouver-Capilano (Chair)	David Cubberley, MLA, Saanich South (Deputy Chair)
Katrine Conroy, MLA, West Kootenay - Boundary	Val Roddick, MLA, Delta South
Dave S. Hayer, MLA, Surrey – Tynehead	Michael Sather, MLA, Maple Ridge – Pitt Meadows
Daniel Jarvis, MLA, North Vancouver - Seymour	Katherine Whittred, MLA, North Vancouver - Lonsdale
John Nuraney, MLA, Burnaby – Willingdon	Charlie Wyse, MLA, Cariboo South

-30-

Media Contact:

Carla Shore

C-Shore Communications Inc.

Media Consultant to the Select Standing Committee on Health

carla@cshore.ca

P: 604-731-0975

Information about the committee's work and transcripts of hearings can be found on its website at <http://www.leg.bc.ca/cmt/health>, by contacting any committee member, or by contacting:

Kate Ryan-Lloyd, Clerk Assistant and Committee Clerk

Room 224, Parliament Buildings, Victoria, B.C., V8V 1X4

Phone: 250-356-2933 Toll-free (24 hours): 1-877-428-8337 Fax: 250-356-8172

E-mail: healthcommittee@leg.bc.ca