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American Medical Student Association
House of Delegates 2022
Resolution:

Introduced by: Tyra-Lee Brett

School(s): Hillsborough Community College

Subject: Principles Regarding Adult Obesity

Type: Amendment of Principles

Preamble:

WHEREAS AMSA RECOGNIZES the obesity of adults as an issue that can be preventable (2015). [PPP pg. 165]

WHEREAS AMSA has not updated their stance on the subject in seven years.

WHEREAS We know today, data from WHO states 39% of the global population above 18 years of age are overweight and of these, 13% are Obese. (1)

WHEREAS Obesity is a complex health issue resulting from a combination of causes and individual factors such as behavior and genetics. (2)

WHEREAS Obesity is a serious issue because it is associated with the leading causes of death in the United States and worldwide. Additionally, it is associated with poorer mental health outcomes and reduced quality of life. (2)

WHEREAS The evidence for social and environmental factors that contribute to obesity are often underappreciated. Obesity prevalence is significantly associated with sex, racial ethnic identity, and socioeconomic status, which creates complex relationships between each of these characteristics. (3)

WHEREAS Proliferation of high calorie, energy dense food options that are or perceived as more affordable combined with reductions in occupational and transportation related physical activity can contribute to a sustained positive energy balance. (3)

WHEREAS Additionally, environments experiencing deprivation, disorder, or high crime have been shown to be associated with higher odds of obesity, which may appear more frequently in low social status individuals. (3)

WHEREAS There is no single or simple solution to the obesity epidemic. It's a complex problem and there has to be a multifaceted approach. Although, AMSA already does support this approach. There is area of improvement in our PPP

WHEREAS

THEREFORE BE IT RESOLVED that the Principles Regarding Adult Obesity (pg 169) be AMENDED to state:

The American Medical Student Association:

1. RECOGNIZES the obesity of adults as an issue that can be preventable. (2015)
2. **ACKNOWLEDGES the social structures that lead to obesity. Such as, Poverty, food deserts, ect.**
3. **SUPPORTS increased effort to decrease the health disparity issues disproportionately affecting individuals.**
4. SUPPORTS supermarkets and farmers' markets in their efforts to provide for low-income areas and offer healthier choices. (2015)
5. SUPPORTS expanding programs that bring fresh local fruits and vegetables to schools, businesses, and communities. (2015)
6. ENCOURAGES policies that support exercise and public transportation –such as busses and bikes. (2015)
7. SUPPORTS preventive education programs for adults at work and in homes. (2015)
8. SUPPORTS webinars and programming dedicated to reducing adult obesity rates and meeting the national goal of less than 15% obesity per state (goal information on CDC). (2015)

Fiscal Note: None

Citations

1. Poirier P., Giles T. D., Bray G. A., et al. Obesity and cardiovascular disease: pathophysiology, evaluation, and effect of weight loss: an update of the 1997 American Heart Association Scientific Statement on Obesity and Heart Disease from the Obesity Committee of the Council on Nutrition, Physical Activity, and Metabolism.
2. Centers for Disease Control and Prevention. 2022. Adult Obesity. [online] Available at: <https://www.cdc.gov/obesity/adult/causes.html> [Accessed 2 January 2022].

3. Lee A, Cardel M, Donahoo WT. Social and Environmental Factors Influencing Obesity. [Updated 2019 Oct 12]. In: Feingold KR, Anawalt B, Boyce A, et al., editors. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK278977/>