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June 2, 2014

Seattle School Board
2445 3rd Ave., S.
Seattle, WA 98134

Dear Members:

On behalf of the Childhood Obesity Prevention Coalition, a state-wide coalition with 50 member organizations dedicated to protecting our children from the obesity epidemic, we are writing to express our clear support for proposed Policy No. 2185, to be heard this Wednesday evening.

We have known for some time that regular physical activity is associated with a healthier, longer life and lower risk of chronic diseases and some cancers. However, more recent research now confirms what some of us have known to be true – that healthy children learn more effectively and achieve more academically. Further, we also see other related benefits, like avoiding tobacco use, insomnia, depression and anxiety. However, physical education classes and daily physical activity at school are still seen in some circles as a luxury or a “nice option.”

Proposed Policy No. 2185 comes with a price tag, but we believe that the funds expended to implement this policy are a strong and prudent investment in our children. Most notably, this investment will provide greater equity for Seattle students because regular participation in physical education helps reduce obesity in low-income teenagers who are disproportionately affected by the childhood obesity epidemic.

Let’s ensure that our kids receive the dual benefits of regular and daily physical activity -- improved health status and increased readiness to learn. Health and wellness are cornerstone elements of contemporary school curricula. Please pass Policy No. 2185 and demonstrate again how the Seattle School District can provide leadership on an issue that, if left unchecked, can undermine the health and academic achievement of our next generation of leaders.

Sincerely,

Victor Colman, JD
Director, Childhood Obesity Prevention Coalition
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COALITION MEMBERS

ACTION FOR HEALTHY KIDS – WA CHAPTER
 AMERICAN ACADEMY OF PEDIATRICS – WA CHAPTER
 AMER ASSOC. OF LANDSCAPE ARCHITECTS -- WA CHAPTER
 AMERICAN CANCER SOCIETY – CANCER ACTION NETWORK
 AMERICAN CANCER SOCIETY, INC.
 AMERICAN DIABETES ASSOCIATION
 AMERICAN HEART ASSOCIATION
 AMERICAN PLANNING ASSOCIATION -- WA CHAPTER
 ARTHRITIS FOUNDATION
 CAMP FIRE USA CENTRAL PUGET SOUND COUNCIL
 CASCADE BICYCLE CLUB EDUCATION FOUNDATION
 CHILDREN’S ALLIANCE
 COALITION FOR SAFETY AND HEALTH IN EARLY LEARNING
 COMPREHENSIVE HEALTH EDUCATION FOUNDATION
 FEET FIRST
 FLAGSHIP FOUNDATION
 FORTERRA
 GROUP HEALTH COOPERATIVE
 HOPE HEART INSTITUTE
 LET’S MOVE CHENEY
 MULTICARE HEALTH SYSTEMS
 NUTRITION FIRST
 ODESSA BROWN CHILDREN’S CLINIC
 PHYSICAL THERAPY ASSOCIATION OF WASHINGTON
 PUBLIC HEALTH ROUNDTABLE

SCHOOL’S OUT WASHINGTON
 SEA MAR COMMUNITY HEALTH CENTERS
 SEATTLE CHILDREN’S
 SEATTLE AND KING COUNTY PUBLIC HEALTH
 SEATTLE PARKS AND RECREATION
 SKAGIT COUNTY HEALTHY COMMUNITIES PROJECT
 SNOHOMISH HEALTH DISTRICT
 SPOKANE REGIONAL HEALTH DISTRICT
 TACOMA PIERCE COUNTY HEALTH DEPARTMENT
 TRANSPORTATION CHOICES
 WA ASSOC. OF COMMUNITY & MIGRANT HEALTH CENTERS
 WASHINGTON BIKES
 WA COALITION FOR PROMOTING PHYSICAL ACTIVITY
 WASHINGTON DENTAL SERVICE FOUNDATION
 WASHINGTON HEALTH FOUNDATION
 WASHINGTON RECREATION & PARK ASSOCIATION
 WASHINGTON SCHOOL NUTRITION ASSOCIATION
 WA ST ASSOCIATION OF LOCAL PUBLIC HEALTH OFFICERS
 WA STATE ACADEMY OF NUTRITION AND DIETETICS
 WASHINGTON STATE DAIRY COUNCIL
 WASHINGTON STATE PTA
 WASHINGTON STATE PUBLIC HEALTH ASSOCIATION
 WASHINGTON SUSTAINABLE FOOD & FARMING NETWORK
 YAKIMA COUNTY MEMORIAL HOSPITAL
 YMCA – GREATER SEATTLE