

HEALTHi Kids Petition

(Healthy Eating and Active Living Through Policy and Practice Initiatives for Kids)

I support efforts to bring out the best in our children by improving the school food and physical activity in the Rochester City School District (RCSD).

Childhood obesity and overweight are leading to a range of health problems that previously weren't generally seen until adulthood, including high blood pressure, type II diabetes, and elevated blood cholesterol levels. The obesity crisis in New York State affects 1.1 million young people and costs the state \$242 million in public and private medical expenses (NYS Comptroller's Office). **Changes in our school policies CAN prevent childhood obesity and overweight.** These include:

- Eliminate the sale of food in schools that compete with the national school breakfast and lunch programs; (Examples: A la carte, students' stores, vending machines, etc.)
- Ensure that all food sold on school campuses is fresh, appealing, nutritious, and healthful;
- Require that K-12 grade students are provided with 45-minutes of moderate to intense physical activity daily.

We the undersigned ask that the RCSD Administration improve school food and the amount of time students have available for physical activity during the school day.

Name	Address	Email	School #	I want to get more involved
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

Return by mail or fax to:

Attn: HEALTHi KIDS
Finger Lakes Health Systems Agency
1150 University Avenue
Rochester, NY 14607
Fax: 585-461-0997

For more information please contact Rachel Pickering at 585-461-3520 x112

