

## Wellness Committee

Childhood obesity is one of the most serious health epidemics facing America today. The American Medical Association now recognizes obesity as a disease. According to the U.S. Centers for Disease Control and Prevention, about one third of children and teens in the United States are overweight or obese. Childhood obesity is leading to a range of health problems that previously were not generally seen until adulthood, including high blood pressure, type II diabetes and elevated blood cholesterol levels. We believe we have a responsibility to improve the health and well-being of our children.

Experience shows that school can be powerful places to make behavioral and environmental changes for students and staff. To make our school environment healthier, our school is reforming our School Wellness Committee. The Diocese of Erie provides all schools in the Diocese with a Wellness Policy. Each school is required to have an active Wellness Committee to insure the policies are adhered and adapted on a local level. The purpose of the committee is to bring together representatives from the school and community who can help us address issues facing the health and well-being of our children and youth.

As a parent, student, health professional, School Board member or general public, you are invited to participate as a School Wellness Committee member. We will be examining and planning for changes in the classroom, cafeteria, playing fields and more. We are fortunate to have the support of the Health Schools Program through the Alliance for a Healthier Generation. The Alliance was founded by the American Heart Association and the Clinton Foundation, aimed at reducing the prevalence of childhood obesity. The Healthy Schools Program provides technical assistance, resources, and tools to help our school create a healthier environment for students and staff.

If you are interested in serving on this committee please contact Mr. Richard Martini at [rmartini@duboiscatholic.com](mailto:rmartini@duboiscatholic.com) or 814-371-3060 ext. 627.