

1 VERMONT MEDICAL SOCIETY
2 RESOLUTION

3
4 **Prevention Resolution**

5
6 *Adopted on October 20, 2007*

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8 WHEREAS, the major drivers of the increasing cost of health care are increased prevalence
9 of chronic disease and innovations in medical treatment;¹ and

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11 WHEREAS, obesity increases risk for chronic diseases, including type 2 diabetes,
12 atherosclerosis, depression, hypertension, gynecologic abnormalities, arthritis, respiratory
13 disorders and certain types of cancer²; and obesity affects children by putting them at risk
14 for chronic conditions at an earlier age³; and

15
16 WHEREAS, in Vermont over half of all adults are overweight or obese; one quarter of
17 school-age youth in grades 8-12 are above a healthy weight; and 29% of low-income
18 children between 2 and 5 years old participating in the Women, Infants and Children (WIC)
19 program are overweight or at risk of becoming overweight⁴; and

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21 WHEREAS, slowing or reversing the growth in obesity prevalence is a crucial strategy to
22 slow the growth in health care spending⁵; and

23
24 WHEREAS, reducing obesity prevalence requires interventions designed to change
25 patients' lifestyles and behavior with respect to nutrition and physical activity⁶; now
26 therefore be it;

27
28 **RESOLVED, VMS work with public and private entities to endorse and promote**
29 **evidence-based prevention programs that can be incorporated in the medical home⁷,**
30 **and be it further**

31
32 **RESOLVED, that VMS work with the Agency of Human Services, private insurers,**
33 **the Governor and the legislature to ensure adequate funding for implementation of**
34 **prevention programs in the medical home including screening, risk assessment,**
35 **counseling and referral; and be it further**

36
37 **RESOLVED, that VMS partner with public and private entities to encourage**
38 **adoption of prevention programs, including public education and incentives designed**
39 **to encourage patients to change their lifestyles and behavior with respect to**
40 **nutrition and physical activity; and be it further**

41
42 **RESOLVED, that VMS support legislation addressing physical activity and physical**
43 **education for students and evidence-based nutrition policies and practices for**
44 **schools.⁸**

¹ Thorpe, K. The Rise in Health Care Spending and What to Do About It, Health Affairs, Nov/Dec 2005 1436-1445

² http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_consequences.htm

³ Rocchini AP, Childhood obesity and a diabetes epidemic (editorial). N Engl J Med, 2002 Mar 14; 346(11):854-855.

⁴ http://healthvermont.gov/family/fit/documents/Obesity_Plan.pdf

⁵ Thorpe, K. The Rise in Health Care Spending and What to Do About It, Health Affairs, Nov/Dec 2005 1436-1445

⁶ Id.

⁷ A medical home is defined as primary care that is accessible, continuous, comprehensive, family centered, coordinated, compassionate, and culturally effective.

⁸ <http://www.vtmd.org/Advocacy/Policies/2004/2004Obesityresolution.pdf>;

<http://www.vtmd.org/Advocacy/Policies/2003/2003childhoodobesityresolution.pdf>