

Resolution to Host Healthy Meetings, Conferences, and Events

DATE

Whereas the Dietary Guidelines for Americans, 2015 state that Americans consume too much sodium, added sugars, refined grains, and solid fats and not enough fruits, vegetables, and whole grains; and

Whereas the Physical Activity Guidelines for Americans, 2008 state that Americans should get 150 minutes of moderate to vigorous physical activity each week, yet many do not; and

Whereas studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees; and

Whereas nearly half of many people's waking hours are spent at work, and many of those hours are spent in meetings and conferences; and

Whereas the foods and beverages available at meetings and conferences are often high in fat, added sugars, and sodium, and contain few fruits, vegetables, and whole grains; and

Whereas meetings and conferences generally involve a lot of time sitting and provide little opportunity for physical activity; and

Whereas the (Insert Organization Name) has the ability to model healthy eating and help to change social norms around meeting practices; and

Whereas it is consistent with the goals of (Insert Organization Name) to support people's ability to eat well while at work events; and

Whereas the (Insert Organization Name) should expend its financial resources on healthier food and beverage offerings; therefore be it

Resolved that (Insert Organization Name) meetings, conferences, and events will adhere to healthy meeting guidelines; and

Be it further resolved (Insert Organization Name) will take the National Alliance for Nutrition and Activity Healthy Meeting Pledge;

And be it further resolved that (Insert Organization Name) strongly encourages other organizations to adopt healthy meeting guidelines.

If you are interested in taking the pledge or for more information, email us at nutritionpolicy@cspinet.org or call 202-777-8352.