

**ACHPER SA
POSITION PAPER
OBESITY**

Australia is following international trends of decreasing physical activity and increasing numbers of overweight and obese individuals. The areas of concern are

- Decreasing levels of physical activity
- Over nutrition by individuals
- The nutrient density of food

resulting in energy intake continually exceeding energy expenditure and the inability to maintain a healthy weight.

Recent studies confirm that there is a relationship between physical activity and all causes of mortality. There is typically a risk reduction of around 30% for those achieving the recommended levels of at least moderate intensity physical activity on most days of the week.

ACHPER recommends a holistic approach to the emerging epidemic of obesity. There is a need to coordinate all levels of government in an effort to

- Redesign local communities so that walking and cycling are further encouraged as forms of transport
- Challenge the food industry to place a premium on the production of products that are nutrient dense
- Regulate the advertising of food products during children's television viewing time.
- Support parents and caregivers to prioritise time for physically active family time and the sharing of meal times together.
- Develop guidelines for the time allocation of the Key Learning Area of Health and Physical Education within the school curriculum.
- Encourage all education settings to prioritise time for physical activity.
- Promote and encourage opportunities for physically active and healthy living for all Australians.

Accepted and endorsed by the ACHPER (SA) Board- August 19, 2004