



Town of Bethel

Sullivan County, New York

Rita J. Sheehan, CMC/RMC
Town Clerk/Registrar
Records Management Officer
(845) 583-4350 ext. 11

**RESOLUTION INTRODUCED BY THE TOWN OF BETHEL TOWN BOARD
ESTABLISHING A GUIDELINE TO TAKE THE NATIONAL ALLIANCE FOR
NUTRITION AND ACTIVITY HEALTHY MEETING PLEDGE AND ENCOURAGE
ORGANIZATIONS TO ADOPT HEALTHY MEETING GUIDELINES**

WHEREAS, the 2015-2020 Dietary Guidelines for Americans 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 Town of Bethel 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 the Town of Bethel to support people's ability to eat well while at work events; and

NOW THEREFORE, BE IT RESOLVED, that any meeting, conference, or event hosted by the Town of Bethel in which financial resources are put into food and beverages, will try to adhere to healthy meeting guidelines; and

BE IT FURTHER RESOLVED, the New York State Department of Health has adopted the National Alliance for Nutrition and Activity (NANA) Healthy Meeting Guidelines for foods, physical activity, tobacco-free environments, and waste reduction ("Schedule A") and the Town of Bethel will take the National Alliance for Nutrition and Activity Healthy Meeting Pledge; and

BET IT FURTHER RESOLVED, that the Town of Bethel strongly encourages other organizations to adopt healthy meeting guidelines.

Motion by Lillian Hendrickson, seconded by Bernie Cohen and adopted 5 ayes and 0 nays, the 14th day of June 2017.

3454 Route 55, P.O. Box 300, White Lake, NY 12786
Town Website: www.town.bethel.ny.us Email: bethelclerk@hvc.rr.com
Fax: (845) 583-4710