

Press Conference
Healthy Decisions for Healthy Eating Act, 2010
Private Member's Bill introduced by France Gélinas

Katie Dilworth
Wednesday, June 2, 2010 10:00 am Queen's Park

Good morning. My name is Katie Dilworth. As a nurse working in public health and the President of the Community Health Nurses' Initiatives Group, I am pleased to be here today representing the Registered Nurses' Association of Ontario.

Ontario's registered nurses are in support of Healthy Decisions for Healthy Eating Act, 2010 as we believe it would be a tremendous benefit to the people of Ontario. With increasingly hectic schedules and the demands of juggling competing commitments, many people each week depend on restaurants to meet their nutritional and social needs.

As RNAO's Best Practice Guideline on Primary Prevention of Childhood Obesity demonstrates, when children eat well and are active every day, they will be healthier now and in the future. Rising obesity rates put our children and adolescents at increased risk for numerous health consequences that include diabetes, metabolic syndrome and cardiovascular disease. Clearly disclosing calorie information to families when they are dining out is an excellent start and will provide valuable information for families. Ontario's registered nurses support the Healthy Decisions for Healthy Eating as both children and adults will benefit from the possibility to make more informed decisions that support balanced nutrition. Additional resources to support consumer education in this area as well as sodium and fat content of fast foods is also important.

The Registered Nurses' Association of Ontario thanks France Gélinas for her leadership on this important public health issue. We urge our elected leaders from all parties to support its passage.