

Dear Committee,

We have been discussing this issue for a very long time. I can remember news stories from over a decade ago talking about this issue. What we are doing is simply not working and I think we need to keep that in mind when considering standard measures like just encouraging people to run more and eat their fruit and vegetables.

Recommendations,

You can put on calories faster than you can burn them off and so perhaps focusing on diet rather than exercise might help. Getting kids to do more activity when they often ride in cars, buses and are stuck sitting at school for hours a day may not be that practical.

Banning trans fat in food {something they did in New York City}. Getting companies to significantly reduce their sugar and fat content in existing and new products and sooner rather than later {aka, not the 20% reduction by 2025 some beverage groups have pledged}.

Banning the sale of junk food at council pools and all schools and banning junk food ads at certain times of the day.

Tax on junk food with any revenue raised used to lower the cost of healthy food.

I know that people often resist bans and what they might deem the Nanny State but we are talking about a serious health issue that is not addressed by the same old policies.

When you have parents not eating right, even accepting that their kids are overweight or lacking the money or the time to prepare healthy meals, or the ability to tackle psychological or socio-economic factors that may influence bad eating {and physical activity rates} then perhaps it is easier to just remove or at least lower the harmful things people will consume.

David Hale