

SUBJECT: Access to Nutritious Food  
SUBMITTED BY: Michigan Association of Osteopathic Family Physicians  
REFERRED TO: 2018 ACOFP Congress of Delegates

---

RESOLUTION NO. 23

- 1 WHEREAS, low income communities have limited access to grocery stores and healthier options  
2 due to cost and are mostly limited to fast food and convenience stores compared to higher  
3 income communities; and
- 4 WHEREAS, according to the Centers for Disease Control, the Dietary Guidelines for  
5 Americans emphasizes eating whole grains, fruits, vegetables, and lean protein in order to  
6 keep a healthy lifestyle; all of which are foods that more difficult to access with limited  
7 grocery stores in low income communities, including urban and rural settings; and
- 8 WHEREAS, the United States Department of Agriculture Economic Research Service reported 23.5  
9 million Americans lived in low income areas more than 1 mile from a supermarket in  
10 2009; and
- 11 WHEREAS, 1 in 3 American adults are obese and lack of access to nutritious food leads to  
12 unhealthy diet choices that can contribute to obesity and obesity related diseases like type  
13 2 diabetes, hypertension, hyperlipidemia, heart disease, stroke, obstructive sleep apnea,  
14 osteoarthritis, and some types of cancer; and
- 15 WHEREAS, children who are overweight and obese are more likely to continue to be obese in  
16 adulthood; and
- 17 WHEREAS, childhood obesity profoundly affects children's physical health, social, and emotional  
18 well-being, and self esteem and even potential success and happiness as adults; and
- 19 WHEREAS, environmental factors, lifestyle preferences, and cultural environment play pivotal  
20 roles in the rising prevalence of obesity worldwide; and
- 21 WHEREAS, the medical costs of obesity on an annual basis in 2008 were estimated to be 147  
22 billion dollars, which is nearly 10% of all medical costs in America; now, therefore be it,
- 23 RESOLVED, that the American College of Osteopathic Family Physicians (ACOFP) advocate for the  
24 development of and funding for programs that increase access to nutritious food options in  
25 all communities; and, be it further,
- 26 RESOLVED, that the ACOFP encourage research and monitoring of nutritious food access at state  
27 and national levels.

FINAL ACTION: APPROVED as of MARCH 22, 2018

## References:

1. Hilmers, Angela, David C. Hilmers, and Jayna Dave. "Neighborhood Disparities in Access to Healthy Foods and Their Effects on Environmental Justice." *American Journal of Public Health* 102.9 (2012): 1644–1654. *PMC*.
2. USDA: Know Your Food Compass Report.  
<https://www.usda.gov/sites/default/files/documents/KYFCompass.pdf>.
3. Centers for Disease Control and Prevention. "Overweight and Obesity".  
<https://www.cdc.gov/obesity/adult/causes.html>.
4. "Childhood obesity: Causes and Consequences". *Journal of Family Medicine and Primary Care* 4(2): 187-192. (2015). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4408699/>.