



Why the IMPACT ACT is smart policy: Addressing obesity and eating disorders in tandem

Outlining the Issue:

- Obesity is considered a key health priority for the U.S. government. The Healthy People 2010 goals identify obesity as one of the Nation's leading health problems and include objectives of increasing the proportion of adults who are at a healthy weight, reducing the proportion of adults who are obese, and reducing the proportion of children and adolescents who are obese.
- Whereas Congress has recognized the risks of obesity in its policy development there has been no attempt to balance the concern of overweight with the epidemic of risky weight loss strategies and eating disorders. Eating disorders effect millions of Americans and can cause serious physical results including death.
- Simply urging overweight individuals to be thin has not reduced the prevalence of obesity and may result in other problems including body dissatisfaction, low self-esteem, and eating disorders.
- Weight control programs should promote a healthy lifestyle including regular physical activity and healthy eating, in such a way that they do not put individuals at risk for the development of an eating disorder.
- With the introduction of the IMPACT Act Congress offers an intelligent approach toward the prevention of obesity that also addresses the prevention of eating disorders simultaneously, recognizing the interdependence of the two health problems.
- We applaud these efforts and ask you to support the IMPACT Act.

What the IMPACT Act Will Do:

1. PROVIDE GRANTS FOR THE TRAINING OF HEALTH PROFESSIONALS

The Secretary will award grants to eligible entities to train primary care physicians and other licensed or certified health professionals on how to identify, treat, and prevent obesity or eating disorders and aid individuals who are overweight, obese, or who suffer from eating disorders.

2. PROVIDE GRANTS TO INCREASE PHYSICAL ACTIVITY AND IMPROVE NUTRITION.

The Secretary with CDC and the heads of other appropriate agencies, will award competitive grants to eligible entities to plan and implement programs that promote healthy eating behaviors and physical activity to prevent eating disorders, obesity, being overweight, and related serious and chronic medical conditions. Such grants may be awarded to target at-risk populations including youth, adolescent girls, racial and ethnic minorities, and the underserved.