

# WRA / DOH Promote Nutrition

The Washington Restaurant Association is helping the state Department of Health (DOH) to craft a policy on promoting nutrition and preventing obesity.

Gene Vosberg, WRA President/CEO, is representing the association on the "Access to Healthy Foods" steering group. This is one of three such groups focusing on different aspects of obesity. The other two working groups are "Physical Activity" and "Breastfeeding" Steering Groups.

The Access to Health Foods steering group is looking at ways to promote nutritious eating choices for Washington residents. The WRA welcomes this opportunity to highlight that restaurants currently offer a multitude of meal choices for customers.

In addition, the WRA, along with the NRA, continues to promote the concept of *Three Steps to a Healthy Lifestyle*. This national education campaign promotes balance, moderation and physical activity.

"Seventy-six percent of meals are eaten at home. Yet when consumers do dine in one of the nation's diverse restaurants, there are myriad menu options from which to choose – all of which fit into a healthy lifestyle.

We believe *Three Steps to a Healthy Lifestyle* is one of many sensible solutions to the complex issue of overweight and obesity among some Americans, addressed through a positive, joint relationship between industry and government," said Steven C. Anderson, NRA President/CEO.

The DOH is taking a proactive and positive approach to this issue. By working with the restaurant and food industries, DOH seeks to educate consumers rather than regulate healthy lifestyle decisions.

Other states have taken a more antagonistic approach to obesity prevention. They have run advertisements, purchased bill board space and used other media to attack restaurants on the meal choices they provide to their customers. The WRA appreciates Washington DOH's cooperative approach to promote real solutions, instead of splashy – and damaging – campaigns.

As part of the efforts with DOH, the WRA will continue to promote these concepts to its members and to the public. In the coming months, look for articles highlighting the Three Steps campaign and WRA member restaurants who have found creative ways to promote healthy eating choices in their establishments.

## Healthy Steps

The National Restaurant Association (NRA) has introduced consumer educational materials to promote balance, moderation and physical activity that were positively reviewed by the U.S. Department of Agriculture (USDA). Entitled "Three Steps to a Healthy Lifestyle," the materials promote Balance, Moderation and Physical Activity.

WRA can send you copies of the brochure if you call us at 800.225.7166. Downloadable brochures are available on the NRA website at [www.restaurant.org](http://www.restaurant.org). Artwork that restaurateurs can use to print tray liners and table tents can be obtained for a healthy lifestyle promotion by calling the NRA at 202.973.3667.



WRA Public Affairs Conference delegates met with members of Congress September 15-17.

*First Row: (left to right): Stan Bowman, Government Affairs, WRA; Verne Benedict; Gene Vosberg, WRA CEO; Chris Grady, Grady's Montlake Pub & Eatery; Paul Childers, Clancy's Family Restaurants.*  
*Second Row: Amy Burns, Anthony's; Lane Hoss, Anthony's; Kathy Gould, Anthony's; Jan Sellar; Carol Baxter; Kathy Riegel, Red Robin.*  
*Third Row: Steve Burns, Washington Wine Institute; Budd Gould, Anthony's; Phillip Neuman, Darden Restaurants; Ron Sellar, 19th Hole; Allan Aquilla, Yarrow Bay Associates.*