

Resolution 1
Mississippi Nurses' Association
113th House of Delegates
Biloxi Convention Center
Biloxi, MS

Introduced by: **Tomekia Luckett, PhD, APRN, PMHNP-BC,**
 Director of the Council on Organizational Affairs, on behalf of the
 MNA Board of Directors

RESOLUTION: **Commit to Supporting Registered Nurses and Advanced Practice**
 Registered Nurses in Eliminating the Stigma and Bias of Obesity,
 and Increasing Awareness of the Health Risks and Treatment of
 Obesity

WHEREAS, Mississippi's adult obesity rates in almost all counties are some of the highest in the nation, and in 2021, about 40% of all Mississippi adults were obese¹ and nearly one quarter of high school children in Mississippi are obese²; and

WHEREAS, weight stigma, defined as the negative attitudes, beliefs, and stereotypes that society holds toward people who are overweight and people with obesity, exists in healthcare settings, and weight bias refers to an individual's attitudes, beliefs, and behaviors towards someone with obesity³; and

WHEREAS, in the healthcare setting, the bias may result in discrimination, decreased access to care, and compromised health outcomes, while stigma in healthcare leads to individuals postponing necessary medical attention due to fear of judgment or discrimination, delaying diagnosis and treatment³; and

WHEREAS, obesity in children and adults increases the risk for high blood pressure; high cholesterol; Type 2 diabetes; breathing problems, such as asthma and sleep apnea; joint problems; gallstones; gallbladder disease⁴; and

WHEREAS, childhood obesity is also associated with psychological problems, such as anxiety and depression; low self-esteem; lower self-reported quality of life; social problems, such as bullying and stigma; and obesity as adults; and adults with obesity have higher risks for stroke; many types of cancer; mental illness, such as clinical depression and anxiety; and premature death⁴; and

¹ **Obesity - Mississippi State Department of Health (ms.gov)** https://msdh.ms.gov/msdhsite/_static/43,0,289.htm

² **Childhood Obesity - Mississippi State Department of Health (ms.gov)**
https://msdh.ms.gov/msdhsite/_static/43,0,289.htm

³ **Overcoming Stigma and Bias in Obesity Management - StatPearls - NCBI Bookshelf (nih.gov)**
<https://www.ncbi.nlm.nih.gov/books/NBK578197/#article-135587.s6>

⁴ **Consequences of Obesity | Overweight & Obesity | CDC** <https://www.cdc.gov/obesity/basics/consequences.html>

WHEREAS, obesity is a complex disease and has multifactorial etiology; therefore, health professionals should be aware of prenatal/childhood factors, normal aging associated with the development of adult obesity, various medications known to cause obesity, and various medical conditions that can contribute to obesity onset⁵; and

WHEREAS, registered nurses and advanced practice registered nurses are committed to the promotion of health and safety issues for the public; and

WHEREAS, the purposes of the Mississippi Nurses' Association include working for the improvement of health standards⁶; and

WHEREAS, the functions of the Mississippi Nurses' Association include promoting, through appropriate means, standards of nursing practice, nursing education, and nursing service⁷; and

WHEREAS, the *ANA Code of Ethics for Nurses* requires the nurse to practice with compassion and respect for the inherent dignity, worth, and unique attributes of every person, and the nurse to create an ethical environment and culture of civility and kindness, treating colleagues, coworkers, employees, students, and others with dignity and respect⁸.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to support registered nurses and advanced practice registered nurses in eliminating the stigma and bias associated with obesity.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to support registered nurses and advanced practice registered nurses in increasing awareness to patients and the public of the health risks and treatment of obesity.

THEREFORE, BE IT RESOLVED that the Mississippi Nurses' Association commits to supporting registered nurses and advanced practice registered nurses in eliminating the stigma and bias of obesity, and increasing awareness of the health risks and treatment of obesity, as appropriate, through articles published in the *MS RN*, information dissemination via electronic media, webinars, and continuing education events. Such efforts demonstrate nurse advocacy for the health of the citizens of the great State of Mississippi and beyond.

⁵ [Epidemiologic and Etiologic Considerations of Obesity - StatPearls - NCBI Bookshelf \(nih.gov\)](https://www.ncbi.nlm.nih.gov/books/NBK585067/)
<https://www.ncbi.nlm.nih.gov/books/NBK585067/>

⁶ Mississippi Nurses Association (MNA), (2023), Bylaws: Article 1, Section 2.A. Madison, MS: Author.
<https://www.msnurses.org/wp-content/uploads/2024/07/MNA-Bylaws-Final-as-voted-on-at-2023-Convention.pdf>

⁷ Mississippi Nurses Association (MNA). (2023). Bylaws: Article 1, Section 3.A. Madison, MS: Author.
<https://www.msnurses.org/wp-content/uploads/2024/07/MNA-Bylaws-Final-as-voted-on-at-2023-Convention.pdf>

⁸ American Nurses Association. (2015). *Code of ethics for nurses*. American Nurses Publishing.