

**DATGANIADAU BARN YSGRIFENEDIG /
WRITTEN STATEMENTS OF OPINION**

**A GYFLWYNWYD / TABLED ON
17/06/2004**

R Yn dynodi bod yr Aelod wedi datgan buddiant
R Signifies the Member has declared an interest

**OPIN-2004-0033 Y Ddadl Gyhoeddus am ordewdra / Public
debate about obesity**

Codwyd gan / Raised By: Helen Mary Jones and Leanne Wood

Tanysgrifwyr / Subscribers:

Dai Lloyd 06/07/2004

Janet Ryder 29/06/2004

Lorraine Barrett 23/06/2004

Owen John Thomas 23/06/2004

Y Ddadl Gyhoeddus am ordewdra

Rydym ni, Aelodau Cynulliad Cenedlaethol Cymru, yn credu y dylid cymryd gofal mawr gyda'r ddadl gyhoeddus gyfredol am y peryglon iechyd posibl a all ddatblygu yn sgîl gordewdra er mwyn osgoi hybu delwedd ystrydebol gul o'r corff, yn enwedig yng ngŵydd plant a phobl ifanc, sy'n cyfrannu at ddatblygiad anhwylderau bwyta megis anorecsia a bwlemia.

Rydym yn galw ar bawb sy'n cymryd rhan yn y ddadl i ganolbwyntio ar fwyta'n iach ac ymarfer corff y gellid ei fwynhau, ac osgoi unrhyw gyfeiriad at fod ar ddeiet neu at olwg rhywun, neu unrhyw gyfeiriadau a allai danseilio hunanbarch y bobl hynny nad yw siâp eu cyrff yn cydymffurfio â'r stereoteip.

Public debate about obesity

As members of the National Assembly for Wales, we believe that great care should be taken in the current public debate about the potential health dangers of obesity to avoid promoting, especially to children and young people, the kind of narrow stereotypical body image that contributes to the development of eating disorders, like anorexia and bulimia.

We call on all participating in the debate to focus on healthy eating and enjoyable exercise, and to avoid any reference to dieting or appearance, or any references

that might undermine the self-esteem of those whose body shapes do not conform to stereotypes.