

SSB 5436 - H COMM AMD
By Committee on Education

ADOPTED 03/04/2004

1 Strike everything after the enacting clause and insert the
2 following:

3 "NEW SECTION. **Sec. 1.** (1) The legislature finds:

4 (a) Childhood obesity has reached epidemic levels in Washington and
5 throughout the nation. Nearly one in five Washington adolescents in
6 grades nine through twelve were recently found to be either overweight
7 or at risk of being overweight;

8 (b) Overweight and obese children are at higher risk for developing
9 severe long-term health problems, including but not limited to Type 2
10 diabetes, cardiovascular disease, high blood pressure, and certain
11 cancers;

12 (c) Overweight youth also are often affected by discrimination,
13 psychological stress, and low self-esteem;

14 (d) Obesity and subsequent diseases are largely preventable through
15 diet and regular physical activity;

16 (e) A child who has eaten a well-balanced meal and is healthy is
17 more likely to be prepared to learn in the classroom;

18 (f) Encouraging adolescents to adopt healthy lifelong eating habits
19 can increase their productivity and reduce their risk of dying
20 prematurely;

21 (g) Frequent eating of carbohydrate-rich foods or drinking sweet
22 liquids throughout the day increases a child's risk for dental decay,
23 the most common chronic childhood disease;

24 (h) Schools are a logical place to address the issue of obesity in
25 children and adolescents; and

26 (i) Increased emphasis on physical activity at all grade levels is
27 essential to enhancing the well-being of Washington's youth.

28 (2) While the United States department of agriculture regulates the
29 nutritional content of meals sold in schools under its school breakfast
30 and lunch program, limited standards are in place to regulate

1 "competitive foods," which may be high in added sugars, sodium, and
2 saturated fat content. However, the United States department of
3 agriculture does call for states and local entities to add restrictions
4 on competitive foods, as necessary.

5 NEW SECTION. **Sec. 2.** (1) Consistent with the essential academic
6 learning requirements for health and fitness, including nutrition, the
7 Washington state school directors association, with the assistance of
8 the office of the superintendent of public instruction, the department
9 of health, and the Washington alliance for health, physical education,
10 recreation and dance, shall convene an advisory committee to develop a
11 model policy regarding access to nutritious foods, opportunities for
12 developmentally appropriate exercise, and accurate information related
13 to these topics. The policy shall address the nutritional content of
14 foods and beverages, including fluoridated bottled water, sold or
15 provided throughout the school day or sold in competition with the
16 federal school breakfast and lunch program and the availability and
17 quality of health, nutrition, and physical education and fitness
18 curriculum. The model policy should include the development of a
19 physical education and fitness curriculum for students. For middle
20 school students, physical education and fitness curriculum means a
21 daily period of physical activity, a minimum of twenty minutes of which
22 is aerobic activity in the student's target heart rate zone, which
23 includes instruction and practice in basic movement and fine motor
24 skills, progressive physical fitness, athletic conditioning, and
25 nutrition and wellness instruction through age-appropriate activities.

26 (2) The school directors association shall submit the model policy
27 and recommendations on the related issues, along with a recommendation
28 for local adoption, to the governor and the legislature and shall post
29 the model policy on its web site by January 1, 2005.

30 (3) Each district's board of directors shall establish its own
31 policy by August 1, 2005."

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1 On page 1, line 2 of the title, after "campuses;" strike the
2 remainder of the title and insert "and creating new sections."

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