
HOUSE BILL 1866

State of Washington 58th Legislature 2003 Regular Session

By Representatives Cody, Campbell, Morrell, Schual-Berke, Haigh,
Dickerson, Chase, Simpson, Santos and McIntire

Read first time 02/12/2003. Referred to Committee on Health Care.

1 AN ACT Relating to nutrition in public schools; adding a new
2 section to chapter 43.70 RCW; adding a new section to chapter 28A.320
3 RCW; adding a new section to chapter 28A.210 RCW; and creating a new
4 section.

5 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

6 NEW SECTION. **Sec. 1.** The legislature finds that:

7 (1) The effects of poor dietary habits established in youth will
8 carry with children into adulthood. Obesity, diabetes, osteoporosis,
9 and heart disease are just some of the long-term effects of poor eating
10 habits.

11 (2) Fewer than twenty-five percent of high school age children in
12 Washington eat five or more servings of fruits and vegetables every day
13 as recommended. Teens are not eating adequate amounts of iron,
14 calcium, riboflavin, thiamin, and vitamins A and C. Most teen diets
15 lack appropriate levels of grains, fruits, vegetables, and dairy
16 products.

17 (3) Obesity rates in Washington state have doubled over the last
18 ten years. At least twenty percent of children are obese or at grave

1 risk for becoming obese. Poor dietary habits can increase the risk of
2 obesity, osteoporosis, cardiovascular disease, and type 2 diabetes.

3 (4) Public schools must set an example for children by promoting
4 healthy eating at school meals and healthy options in their choices of
5 competitive foods.

6 NEW SECTION. **Sec. 2.** A new section is added to chapter 43.70 RCW
7 to read as follows:

8 The department, with the assistance of the office of the
9 superintendent of public instruction, shall develop statewide
10 recommendations for local school boards to follow when determining the
11 nutritional content of meals served in public schools, the content of
12 course curricula regarding nutrition, and policies concerning
13 competitive foods available to students. The recommendations must be
14 based on current nutritional science that has been demonstrated to help
15 students control excessive weight and weight gain, avoid unsafe weight
16 loss practices, foster healthy eating habits, and avoid diseases that
17 can be caused by unsafe dietary habits. The recommendations must be
18 tailored to address the different health needs and associated peer
19 pressure influences of students in elementary school, middle school,
20 and high school.

21 NEW SECTION. **Sec. 3.** A new section is added to chapter 28A.320
22 RCW to read as follows:

23 (1) Every board of school directors shall develop a nutritional
24 integrity policy that incorporates the principles contained in the
25 district's nutrition education curriculum and the recommendations of
26 the department of health and the United States department of
27 agriculture on healthy dietary practices into the district's meal
28 program and competitive food policy. The nutritional integrity policy
29 shall focus on helping students control excessive weight and weight
30 gain, avoid unsafe weight loss practices, foster healthy eating habits,
31 and avoid diseases that can be caused by unsafe dietary habits. The
32 policy must be tailored to address the different health needs and
33 associated peer pressure influences of students in elementary school,
34 middle school, and high school.

35 (2) If competitive foods are made available in schools, the
36 nutritional integrity policy must require that no less than an equal

1 number of foods that qualify as healthy under the standards of the
2 district's nutrition education curriculum and the recommendations of
3 the department of health and United States department of agriculture
4 are available compared to foods that do not meet those standards. The
5 policy must provide for standards governing the appropriate time and
6 location of competitive foods so that they do not interfere with meal
7 schedules. Pricing structures for foods that do not meet the
8 district's nutritional standards for health must be reviewed so that
9 healthy competitive foods are a feasible alternative.

10 (3) The nutritional integrity policy must be reviewed and revised,
11 as appropriate, every two years.

12 (4) Parents must be provided an opportunity to review the
13 nutritional integrity policy and comment on its development.

14 NEW SECTION. **Sec. 4.** A new section is added to chapter 28A.210
15 RCW to read as follows:

16 (1) The superintendent of public instruction shall adopt protocols
17 for schools to measure and record the height and weight of students
18 enrolled each fall term in odd-numbered grade levels. The schools
19 shall provide the department of health with a list of the grade, age,
20 height, and weight of students screened in a format that does not
21 identify any student.

22 (2) The protocols adopted by the superintendent must provide that:

23 (a) Parental consent must be obtained before a student may be
24 measured;

25 (b) Individual student height and weight records must be kept
26 confidential;

27 (c) Persons conducting the screening shall receive training in
28 respectfulness that emphasizes the importance of maintaining the
29 students' self-esteem and privacy; and

30 (d) No student may be required to remove any article of clothing or
31 jewelry except for a jacket or shoes.

32 (3) The department of health shall compile, in aggregate form by
33 grade and age, the heights and weights for each school and school
34 district statewide in an annual report. The report shall note trends
35 in obesity statewide and by school district. The department of health
36 shall make the report available to the legislature, the superintendent

1 of public instruction, every school district, and any other members of
2 the public by request.

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