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HOUSE BILL 2680

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State of Washington

58th Legislature

2004 Regular Session

By Representatives Cody, Bailey, Schual-Berke, Simpson, G., Anderson, Morrell, Kenney, Wallace, Rockefeller and Edwards; by request of Superintendent of Public Instruction

Read first time 01/19/2004. Referred to Committee on Education.

1 AN ACT Relating to a model policy for nutrition and physical  
2 activity for public schools; adding a new section to chapter 43.70 RCW;  
3 adding a new section to chapter 28A.320 RCW; creating a new section;  
4 and declaring an emergency.

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

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

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

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

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

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

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

3 (f) Encouraging adolescents to adopt healthy lifelong eating habits  
4 can increase their productivity and reduce their risk of dying  
5 prematurely;

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

9 (h) Schools are a logical place to address the issue of obesity in  
10 children and adolescents.

11 (2) While the United States department of agriculture regulates the  
12 nutritional content of meals sold in schools under its school breakfast  
13 and lunch program, limited standards are in place to regulate  
14 "competitive foods," which may be high in added sugars, sodium, and  
15 saturated fat content. However, the United States department of  
16 agriculture does call for states and local entities to add restrictions  
17 on competitive foods, as necessary.

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

20 (1) Consistent with the essential academic learning requirements  
21 for health and fitness, including nutrition, the department, with the  
22 assistance of the office of the superintendent of public instruction,  
23 the Washington state school directors association, and the board of  
24 health, shall convene an advisory committee to develop a model policy  
25 regarding access to nutritious foods, opportunities for developmentally  
26 appropriate exercise, and accurate information related to these topics.  
27 The policy shall address the nutritional content of foods and  
28 beverages, including fluoridated bottled water, sold or provided  
29 throughout the school day or sold in competition with the federal  
30 school breakfast and lunch program, commercial marketing of products  
31 and services in schools, and the availability and quality of health,  
32 nutrition, and physical education curricula.

33 (2) The department shall submit the model policy and  
34 recommendations on the related issues, along with a recommendation for  
35 local adoption to the governor and the legislature, and shall post the  
36 model policy on its web site by January 1, 2005.

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

3        After reviewing the model policy developed under section 2 of this  
4   act, each district's board of directors shall establish its own policy  
5   by August 1, 2005.

6        NEW SECTION.   **Sec. 4.**   This act is necessary for the immediate  
7   preservation of the public peace, health, or safety, or support of the  
8   state government and its existing public institutions, and takes effect  
9   immediately.

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