
SUBSTITUTE HOUSE BILL 1866

State of Washington

58th Legislature

2003 Regular Session

By House Committee on Health Care (originally sponsored by Representatives Cody, Campbell, Morrell, Schual-Berke, Haigh, Dickerson, Chase, Simpson, Santos and McIntire)

READ FIRST TIME 03/04/03.

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) More than a third of high school children do not engage in
4 vigorous daily physical activity. The physical activity habits that
5 are established in youth determine activity levels in adulthood and
6 complement healthy diets toward reducing obesity and disease.

7 (5) Public schools must set an example for children by promoting
8 healthy eating at school meals, healthy options in their choices of
9 competitive foods, and opportunities for physical activity.

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

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

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

27 (1) Every board of school directors shall develop a nutritional
28 integrity policy that addresses the principles contained in the
29 district's nutrition education curriculum and the recommendations of
30 the department of health and the United States department of
31 agriculture on healthy dietary practices into the district's meal
32 program and competitive food policy. The nutritional integrity policy
33 shall focus on helping students control excessive weight and weight
34 gain, avoid unsafe weight loss practices, foster healthy eating habits,
35 exercise regularly, and avoid diseases that can be caused by unsafe

1 dietary habits. The policy must be tailored to address the different
2 health needs and associated peer pressure influences of students in
3 elementary school, middle school, and high school.

4 (2) If competitive foods are made available in schools, the
5 nutritional integrity policy must require that no less than an equal
6 number of foods that qualify as healthy under the standards of the
7 district's nutrition education curriculum and the recommendations of
8 the department of health and United States department of agriculture
9 are available compared to foods that do not meet those standards. The
10 policy must provide for standards governing the appropriate time and
11 location of competitive foods so that they do not interfere with meal
12 schedules. Pricing structures for foods that do not meet the
13 district's nutritional standards for health must be reviewed so that
14 healthy competitive foods are a feasible alternative.

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

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

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

21 The department of health and the office of the superintendent of
22 public instruction shall develop model policies for the measurement of
23 the body mass index of students that school districts may elect to
24 follow.

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