
SENATE BILL 6525

State of Washington

58th Legislature

2004 Regular Session

By Senators Johnson, Kohl-Welles, Deccio, McAuliffe, Winsley and Thibaudeau; by request of Superintendent of Public Instruction

Read first time 01/22/2004. Referred to Committee on Education.

1 AN ACT Relating to a model policy for nutrition and physical
2 activity for public schools; creating new sections; and declaring an
3 emergency.

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

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

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

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

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

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

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

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

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

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

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

16 NEW SECTION. **Sec. 2.** (1) Consistent with the essential academic
17 learning requirements for health and fitness, including nutrition, the
18 Washington state school directors association, with the assistance of
19 the office of the superintendent of public instruction, the department
20 of health, and the board of health, shall convene an advisory committee
21 to develop a model policy regarding access to nutritious foods,
22 opportunities for developmentally appropriate exercise, and accurate
23 information related to these topics. The policy shall address the
24 nutritional content of foods and beverages, including fluoridated
25 bottled water, sold or provided throughout the school day or sold in
26 competition with the federal school breakfast and lunch program and the
27 availability and quality of health, nutrition, and physical education
28 curricula.

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

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

35 NEW SECTION. **Sec. 3.** This act is necessary for the immediate

1 preservation of the public peace, health, or safety, or support of the
2 state government and its existing public institutions, and takes effect
3 immediately.

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