

MAR 4 2005  
EDUCATION

HOUSE FILE 573

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(COMPANION TO LSB 2668SS  
BY BOLKCOM)

Passed House, Date \_\_\_\_\_ Passed Senate, Date \_\_\_\_\_  
Vote: Ayes \_\_\_\_\_ Nays \_\_\_\_\_ Vote: Ayes \_\_\_\_\_ Nays \_\_\_\_\_  
Approved \_\_\_\_\_

**A BILL FOR**

1 An Act relating to childhood obesity and foods and beverages sold  
2 and served on public school campuses, providing for a task  
3 force, and providing an effective date.  
4 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF IOWA:

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HF 573

1 Section 1. LEGISLATIVE FINDINGS. The general assembly  
2 finds and declares as follows:

3 1. Childhood obesity has reached epidemic levels in Iowa  
4 and throughout the nation as declared by the surgeon general  
5 of the United States. The percentage of overweight children  
6 has tripled in the last forty years from five percent to  
7 fifteen percent.

8 2. Overweight is the most common medical condition of  
9 childhood, according to the American academy of pediatrics.

10 3. Iowa's overweight children are at high risk for  
11 developing severe long-term health problems, including but not  
12 limited to type 2 diabetes, high blood lipids, high blood  
13 pressure, cardiovascular disease, sleep apnea, asthma, and  
14 orthopedic problems. At current rates, one out of three  
15 children born today will develop diabetes.

16 4. Overweight children also are often affected by  
17 discrimination, psychological stress, and low self-esteem.

18 5. Twenty-five years ago, children drank twice as much  
19 milk as soda. The situation is reversed today, with children  
20 drinking twice as much soda as milk. Since milk is the  
21 principal source of calcium, this loss of calcium jeopardizes  
22 the forty percent peak bone mass accumulated during  
23 adolescence, leading to increased risks of fractures and  
24 osteoporosis.

25 6. Schools are a logical place to address the issues of  
26 overweight and health in children through promotion of healthy  
27 food and physical activity.

28 7. Increased emphasis on serving only healthy foods in  
29 Iowa public schools can decrease and prevent overweight and  
30 other diseases and improve the well-being of Iowa's children.

31 8. Encouraging Iowa's children to adopt healthy lifelong  
32 eating habits and physical activity can increase their  
33 productivity and reduce their risk of dying prematurely.

34 Sec. 2. HEALTH, FITNESS, AND NUTRITION TASK FORCE.

35 1. Consistent with the essential academic learning

1 requirements for health and fitness, including nutrition, the  
2 Iowa department of education and the Iowa department of public  
3 health shall convene a task force including representatives  
4 from the Iowa dietetic association; the Iowa school nutrition  
5 directors association; the Iowa association of school boards;  
6 the Iowa medical association; the Iowa dental association; the  
7 Iowa association for health, physical education, recreation,  
8 and dance; the university of Iowa college of public health;  
9 and the Iowa state university extension service to develop a  
10 model policy regarding access to nutritious foods,  
11 opportunities for physical activity, and accurate education  
12 related to these topics. The policy shall set a minimum  
13 standard for the nutritional content of foods and beverages  
14 sold or provided throughout the school day or sold in  
15 competition with the federal school food programs.

16 2. The Iowa department of education and the Iowa  
17 department of public health shall submit the model policy  
18 developed by the task force to the governor and the general  
19 assembly and shall post the model policy on their internet  
20 websites by January 1, 2006.

21 Sec. 3. EFFECTIVE DATE. This Act, being deemed of  
22 immediate importance, takes effect upon enactment.

23 EXPLANATION

24 This bill states the findings and declarations of the  
25 general assembly regarding the epidemic of childhood obesity  
26 in Iowa, the related medical and emotional risks, and the  
27 logical role for schools in addressing the issues of  
28 overweight and health in children through healthy food and  
29 physical activity.

30 The bill directs the Iowa department of education and the  
31 Iowa department of public health to convene a task force  
32 including representatives from the Iowa dietetic association;  
33 the Iowa school nutrition directors association; the Iowa  
34 association of school boards; the Iowa medical association;  
35 the Iowa dental association; the Iowa association for health,

1 physical education, recreation, and dance; the university of  
2 Iowa college of public health; and the Iowa state university  
3 extension service to develop a model policy regarding access  
4 to nutritious foods, opportunities for physical activity, and  
5 accurate education related to these topics; and which sets a  
6 minimum standard for the nutritional content of foods and  
7 beverages sold or provided throughout the school day.

8 The departments must submit the model policy to the  
9 governor and the general assembly and post the model policy on  
10 their internet websites by January 1, 2006.

11 The bill takes effect upon enactment.

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