

Protect Our Children's Health!

PROMOTE HEALTHY SCHOOL NUTRITION

THE PROBLEM: Junk food and sugary drinks are contributing to an epidemic of obesity and diabetes among our children.

In Massachusetts, 26% of high school students are overweight or obese. Rates of obesity among children have more than doubled in the past two decades.

Overweight children are at higher risk of developing diabetes, asthma, heart disease, depression and low self-esteem. Poor nutrition also reduces children's ability to learn.

Children are over-eating food and drinks high in fat and sugar. One source of this problem is the sale of junk food in schools. The easy availability of candy bars, chips, and soda in school vending machines encourage unhealthy eating habits.



A SOLUTION: Healthy food choices for our children at school.

The time to prevent obesity is in childhood and schools are an excellent place to start. Children learn the habits of a lifetime in school – one of those habits should be healthy eating.

An Act to Promote Proper School Nutrition:

- Directs the Department of Public Health (DPH) to establish healthy standards for snacks and beverages sold in vending machines, school stores, and cafeteria ala carte lines. These standards are to be in accordance with scientific guidelines that encourage greater consumption of water, low- and non-fat milk, and juice; reduced fat and sugar in snacks; and increased consumption of fresh fruits and vegetables .
- Makes it easier for schools to purchase direct from MA farmers in order to support the MA agricultural economy and help schools access local healthy produce.
- Establishes a Commission on Childhood Obesity to develop a coordinated statewide plan.
- Requires DPH and the Department of Early and Secondary Education to set guidelines for the training of school nurses to help children with diabetes and eating disorders and to collect and evaluate data on these conditions.



Almost 80% of children who are overweight will become obese adults.

ACTION: Your help is needed to pass this bill!

- **ENDORSE** the bill by contacting MPHA.
- **CONTACT** your state legislators and urge them to support An Act to Promote Proper School Nutrition. To determine who they are, visit www.WhereDoIVoteMA.com, or contact MPHA. Then call your legislators at the State House: (617) 722-2000.
- **SHARE** copies of this fact sheet with your friends, family, and neighbors and urge them to contact their legislators.
- **ASK** your school board members, PTA, church, or hospital to endorse this bill.
- **WRITE** a letter to your local newspaper in support of this bill.

Endorsers

American Cancer Society
American Diabetes Association
Amesbury Board of Health
Arthritis Foundation, Massachusetts Chapter
Berkshire Food Project
Berkshire SHARE
Boston Organization of Nutritionists & Dieticians (BOND) of Color
Boston City Council
Boston Healthcare for the Homeless
Boston Public Health Commission
Boston Public Schools Department of Food & Nutrition Services
Boston Teachers Union
Boston Urban Asthma Coalition
Bowdoin Street Health Center
Cambridge City Council
Cambridge School Committee
Campaign for a Commercial-Free Childhood
Ctr. for Community Engagement, Williams College
Center for Informed Food Choices
Center for Science in the Public Interest
Chelsea Board of Health
Child Care Resource Center, Cambridge
Children's Hospital Boston
Citizens for Adequate Housing
Codman Square Health Center
Community Health Connections, Inc.
Dedham Board of Health
Diabetes Association, Inc.
Dorchester House Multi-Service Center
Duxbury Public Schools School Committee
Eliot School of Fine & Applied Arts
Erna Yaffe Foundation
Fairhaven Board of Health
Fall River Dept. of Health and Human Services
FoodPlay Productions
Food Bank of Western Massachusetts
Friedman School of Nutrition Science & Policy at Tufts University
Greater Boston Food Bank
Harvard Vanguard Associates
HealthFirst Family Care Center, Inc.
Health Foundation of Central Massachusetts
Healthy Malden, Inc.
HilltownFamilies.org
Holyoke City Council
Holyoke Food & Fitness Policy Council
Holyoke Health Center
Holyoke Pediatric Associates
Holyoke Planning Network
Hub Comics
Immigrant Service Providers Group/Health Kids Can Cook
Lawrence Public Schools, Nutrition Services
Live Well Springfield Initiative
Lynn Community Health Center
Manet Community Health Center
Marblehead Board of Health
Marion Board of Health
MA Assoc. of Health Plans
MA Assoc. for Health, Physical Education, Recreation & Dance
MA Assoc. of Community Health Workers
MA Assoc. of Public Health Nurses
MA Chapter American Academy of Pediatrics
MA Coalition of Nurse Practitioners
MA Coalition of School Based Health Centers
MA Dental Hygienists Association
MA Dental Society
MA Dietetic Association

MA Health Council
MA Medical Society
MA Nurses Association
MA Nutrition Board
MA Organization of Nurse Executives
MA Public Health Association
MA Parent Teacher Association (PTA)
MA School Nurse Organization
MA School Physicians
MA Society for the Prevention of Cruelty to Children
MA Teachers Association
Marblehead Board of Health
Mattapoisset Board of Health
Meal Makeover Moms
Medford Public Schools
Merrimack Valley Food Bank, Inc.
MetroWest Community Health Care Foundation
Middlesex Community College
National Association of Social Workers
Needham Eat Well Be Fit Committee
New Bedford Health Department
New England Coalition for Health Promotion/Disease Prevention
New England Family Health Center
Oak Square YMCA
Occupational Health Connections
Our Bodies, Ourselves
Parents Against Junk Food
Partners for a Healthier Community
Performance Pediatrics
Project Bread-The Walk for Hunger
Randolph Board of Health
School Nutrition Association of MA
Shutesbury School Committee
Sociedad Latina
South End Community Health Center
Springfield Partners for Community Action
Swampscott Board of Health
Health Resources in Action
Tapestry Health
Tufts Medical Center
Tufts Univ. School of Med., Division of Family Medicine
United Cerebral Palsy Association of Berkshire County
Western MA Center for Health Communities
Whitman Board of Health
Whittier Street Health Center
Women's Health Institute
Worcester City Council
YMCA of Greater Boston
YMCA of Greater Springfield
Thomas M. Menino, Mayor, City of Boston
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YES! I SUPPORT AN ACT TO PROMOTE PROPER SCHOOL NUTRITION

Name: _____ Title: _____

Organization: _____

Address: _____

Phone: _____ Email: _____

- My organization endorses *An Act to Promote Proper School Nutrition*.
- I endorse *An Act to Promote Proper School Nutrition*.

PLEASE RETURN FORM TO MADDIE RIBBLE AT MPHA: MRIBBLE@MPHAWEB.ORG OR FAX TO (617) 524-5225.