

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, House Bill 2092:

- 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 Institute of Medicine guidelines, which recommend that sodas be replaced with water, low- and non-fat milk, and juice; fat and sugar be reduced in snacks; and fresh fruits and vegetables be made available in cafeterias.
- Establishes a Governor's Commission on Childhood Obesity to develop a coordinated statewide plan to reduce childhood obesity.
- Requires DPH and the Department of Education (DOE) 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.
- Calls for an investigation of how to make it easier for schools to purchase fresh foods from local farmers.



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
 Mattapoisett 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
 The Medical Foundation
 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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 Michael Rosenblatt, MD, Dean, Tufts School of Medicine
 John Tobin, Boston City Councilor

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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*.**