

# Protect Our Children's Health!

## HB 2168, An Act to Promote Proper School Nutrition

### **THE PROBLEM: Soda and junk food are feeding an epidemic of obesity and diabetes among our children.**

In Massachusetts, 29% of children and 55% of adults 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 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.



One 20 ounce soda has 17 teaspoons of sugar and 250 "empty" calories.

### **A SOLUTION: Better food choices for children in school.**

**The time to prevent obesity is in childhood and schools are an excellent place to start.**

Children learn the habits of a lifetime at school. One of those habits should be healthy eating. Schools should provide only nutritious food options to help children learn good eating habits and reduce the risk of health problems.

**HB 2168, An Act to Promote Proper School Nutrition**, sponsored by State Representative Peter Koutoujian, is an important part of the solution. In Massachusetts public schools, it will:

- Replace sodas with healthier drinks, such as water, low- and non-fat milk, and juice
- Set healthy standards for fat and sugar in snacks
- Make fresh fruits and vegetables available in cafeterias

### **ACTION: Your help is needed to pass this bill!**

- **Endorse** the bill by filling out and returning the attached endorsement form to MPHA.
- **Contact** your state legislators and urge them to support HB 2168 An Act to Promote Proper School Nutrition. To determine who they are, visit [www.WhereDoIVoteMA.com](http://www.WhereDoIVoteMA.com), or contact MPHA. Call your legislators at the State House at (617) 722 - 2000.
- **Share** copies of this fact sheet with your friends, family, and neighbors and ask 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.



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

**HB 2168, *An Act to Promote Proper School Nutrition*, is endorsed by the following organizations and individuals:**

**Endorsers**

American Cancer Society  
American Diabetes Association  
Amesbury Board of Health  
Arthritis Foundation, Massachusetts Chapter  
Boston Organization of Nutritionists & Dieticians (BOND) of Color  
Boston City Council  
Boston Healthcare for the Homeless  
Boston Teachers Union  
Bowdoin Street Health Center  
Campaign for a Commercial-Free Childhood  
Center for Informed Food Choices  
Center for Science in the Public Interest  
Child Care Resource Center, Cambridge  
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  
Erna Yaffe Foundation  
Fairhaven Board of Health  
Fall River Dept. of Health and Human Services  
FoodPlay Productions  
Greater Boston Food Bank  
HealthFirst Family Care Center, Inc.  
Health Foundation of Central Massachusetts  
Healthy Malden, Inc.  
Lawrence Public Schools, Nutrition Services  
Manet Community Health Center  
Marblehead Board of Health  
Marion Board of Health  
MA Association for Health, Physical Education, Recreation and Dance  
MA Association of Community Health Workers  
MA Association of Public Health Nurses  
MA Chapter American Academy of Pediatrics  
MA Coalition of Nurse Practitioners  
MA Coalition of School Based Health Centers  
MA Dental Society  
MA Dietetic Association  
MA Health Council  
MA Nutrition Board  
MA Organization of Nurse Executives  
MA Public Health Association  
MA School Nurse Organization  
MA School Physicians  
MA Society for the Prevention of Cruelty to Children  
Mattapoissett Board of Health  
Meal Makeover Moms  
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 England Coalition for Health Promotion/Disease Prevention  
New England Family Health Center  
Occupational Health Connections  
Parents Against Junk Food  
Performance Pediatrics  
Project Bread-The Walk for Hunger  
Randolph Board of Health  
South End Community Health Center  
Tufts University School of Medicine, Division of Family Medicine  
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

Mitchell Rabkin, M.D., CEO Emeritus Beth Israel Hospital and Care Group; Professor of Medicine, Harvard Medical School  
John Tobin, Boston City Councillor

**Chief Sponsor**

Representative Peter Koutoujian

**Co-Sponsors and Endorsers**

Representative William N. Brownsberger  
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Representative Benjamin Swan  
Representative Timothy J. Toomey, Jr.  
Representative Steven M. Walsh  
Representative Martha M. Walz  
Senator Edward M. Augustus Jr.  
Senator Brian A. Joyce

## Yes! I support improving school nutrition!

I want to help Massachusetts children make healthier food choices in schools.  
I support HB 2168, *An Act to Promote Proper School Nutrition*.

Name:

Organization:

Title:

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

Address:

Phone:

Email:

***Please check ALL that apply:***

- I can recruit other supporters of *An Act to Promote Proper School Nutrition*.
- I am willing to call my legislators to ask them to support HB 2168.
- I am willing to meet with my legislators to urge them to support HB 2168.
- I would like to provide written testimony for the bill's public hearing.
- I'm interested in attending the bill's public hearing.
- I would like to submit a letter to the editor of my local paper in support of HB 2168.
- I can write an article on HB 2168 for my organization or school newsletter.
- I will contact my school committee members about HB 2168.
- I will contact my local town council/board of selectmen about HB 2168.
- I will contact my local board of health about HB 2168.

**Thank you for your endorsement and support!**

***Please return this completed form to:***

Eric Weltman, Massachusetts Public Health Association  
434 Jamaicaaway Jamaica Plain, MA 02130 or EWeltman@mphaweb.org or fax: (617) 524-5225

For more information contact Eric at the above email or (617) 524-6696 x111.