



# **LAUSD Obesity Prevention Motion**

## **Marlene Canter, Julie Korenstein**

Whereas, the LAUSD is committed to providing an environment in which students can make healthful food choices for lifelong health; and

Whereas, the Centers for Disease Control and Prevention has declared that obesity is the fastest growing health threat in the United States, with obesity nearing tobacco as the number one health threat, and according to the 2002 Los Angeles County Health Survey, 55% of L.A. County's adult population are overweight or obese; and

Whereas, today's children and youth have poor dietary habits and lack sufficient physical activity resulting in high percentages of overweight children, and in the past 30 years, the percentages have tripled in the United States, with Latino and African-American children disproportionately affected; and,

Whereas, the California Department of Education reported in 2002 that approximately 40% of 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders in L.A. County are overweight or at risk of becoming overweight and face an increased risk of chronic diseases such as asthma, type 2 diabetes, heart disease, and high blood pressure, as well as social stigma and depression; and

Whereas, research has found a clear connection between good nutrition and student achievement, and schools that have implemented healthy food programs report fewer behavioral problems; and

Whereas, increased participation in the District School Breakfast and Lunch programs provide both a nutritional benefit to children as well as a positive revenue benefit to the District; and

Whereas, in order to respond to the current obesity epidemic effectively, the Los Angeles Unified School District must improve in the areas of nutrition, physical fitness, and nutrition education; now, therefore be it

Resolved, that the Los Angeles City Board of Education:

- 1) Effective July 1, 2004, the only food (excluding beverages) authorized for sale at the Los Angeles Unified School District outside the Federal School Meal Program (including but not limited to the Student Store, Vending Machines, a la carte sales, and fundraising) before, during, and until one half hour after the end of the school day at all sites accessible to students shall meet the following nutrient standards:
  - a. No more than 35% of total calories from fat (not including nuts, seeds);
  - b. No more than 10% of total calories from saturated fat, including trans fat;
  - c. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives);
  - d. No more than 600 mg of sodium per serving;
- 2) Adopts the following serving portion sizes for all foods (excluding beverages) not included those within the Federal School Meal Program, effective July 1, 2004:
  - a. Snacks and Sweets (Including, but not limited to chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit, jerky): 1.5 oz
  - b. Cookies/cereal bars: 2 oz
  - c. Bakery Items (e.g. pastries, muffins): 3 oz
  - d. Frozen desserts, ice cream: 3 oz
  - e. Other entree items and side dishes (including, but not limited to, French fries and onion rings) shall be no larger than the portions of those foods served as part of the Federal School Meal Program.
- 3) Directs the Superintendent to appoint a representative from the Division of Food Services to participate in the Los Angeles School Lunch Nutritional Review Panel;
- 4) Directs the Superintendent to provide at least one vegetarian option that includes a vegetable or fruit component in addition to the salad bar as one of the 11 options served daily in the cafeteria;
- 5) Directs the Superintendent to increase the variety, visibility, and accessibility of fresh fruit and vegetables at school sites through facility design, the creation of an site plan, and programs such as the Farm-to-Cafeteria Projects, and report such plan to the Board of Education;
- 6) Directs the Superintendent to identify steps to increase the number of middle and secondary students selecting a full, complete meal each day with all offered meal components, including fresh fruits and vegetables;
- 7) Directs the Superintendent to undertake a pilot program offering a la carte soy milk options at 5 schools;

- 8) Directs the Superintendent to develop a strategic plan for implementation of a point of sales computerized payment system at all schools within 6 years and to address relevant connectivity issues where necessary within the next 5 years;
- 9) Directs the Superintendent to provide a vegetable and fruit bar, where facilities permit, at all High Schools within 2 years, at all Middle Schools within 4 years, and at all Elementary Schools within 6 years;
- 10) Directs the Superintendent to offer the second chance breakfast at all elementary, middle and high schools within 2 years;
- 11) Directs the Superintendent to improve and broaden nutrition education and nutrition education materials within the k-12, adult, and parent public health education programs of the District;
- 12) Sets as policy the concept that cafeterias should be places of learning and therefore should provide informational posters and nutrition and nutrient information about all items served in cafeterias, and directs the Superintendent to coordinate the efforts of the Food Services Division with nutritional education curriculum;
- 13) Directs the Superintendent to encourage all Charter School applicants to adhere to these nutrition guidelines as well as those previously adopted in the Healthy Beverage Resolution;
- 14) Directs the Superintendent to develop a Food Service outreach plan to facilitate regular community input and participation in the District Food Service Program;
- 15) Directs the Superintendent to create an enforcement mechanism for vending and student body sales in consultation with Local District Superintendents, the COO, and the Inspector General;
- 16) Directs the Superintendent to develop guidelines to eliminate within 3 years District contracts and relationships with branded fast-food products (defined as companies primarily marketing high-fat, high calorie and high-sugar foods);
- 17) Directs the Superintendent to provide information on alternative fundraising methods to schools to mitigate potential impacts of new nutrition regulations;
- 18) Directs the Superintendent to fund a central Physical Education Advisor position within the Instructional Support Services Division and to develop instructional guides for Physical Education;
- 19) Directs the Superintendent to work with non-profit organizations such as the American Diabetes Association on education programs to be offered at school sites teaching children healthy eating and lifestyle habits;

20) That a semi-annual report be presented to the School Safety, Health and Human Services Committee on this plan, its progress, related physical fitness activities as well as equal access to the opportunities mentioned in the motion.