



Sharing capitol ideas.



# Presentation to the Interim Joint Committee on Health and Welfare Families and Children Subcommittee

*Pam Goins, Director of Education Policy*

*Jennifer Ginn, Education Policy Analyst*

The Council of State Governments

Lexington, KY



# National School Lunch Program

- ❖ Lunches must meet the 1995 Dietary Guidelines for Americans
- ❖ Local School Food Authorities determine what food to serve and how to prepare items
- ❖ USDA provides cash reimbursement based on percentages of free and reduced lunches
- ❖ Schools also receive commodity foods and bonus commodities



## *FY 2008*

### *School Breakfast Program (average/month)*

*Schools participating – 10,571,786*

*Free Breakfasts – 70.4%*

*Reduced-Prices Breakfasts – 9.9%*

*Cash Payments - \$237,593,795.00*

### *School Lunch Program (average/month)*

*Schools participating – 30,909,667*

*%Free of total lunches – 49.6%*

*%Reduced of total lunches – 10.1%*

*Cash Payments – \$832,475,764.00*

*Commodity Costs - \$91,849,681.00*



Sharing capitol ideas.



Children of poverty, those most affected by obesity, account for nearly 2/3 of school lunch program participants and up to 90% of school breakfast program participants.



# Impact of Commodity Programs on School Nutrition

- ❖ USDA provides districts with more than 180 different commodity food items per year valued at approximately \$1 billion
- ❖ Although commodity foods comprise only 20% of the school meal, they set the tone for the entire meal
- ❖ Nationally, more than 50% of commodity foods are sent to processors before they are sent to schools



# Competitive Foods

- ❖ Foods and Beverages sold in a ala carte lines, vending machines, snack bars, school stores or other on-campus venues
- ❖ 25 States have set Nutritional Standards for competitive foods
- ❖ Federal regulations prohibit selling foods of minimal nutritional value during breakfast and lunch hours but these are limited



# Legislation Related to School Nutrition

- ✓ Arkansas Senate Bill 965
- ✓ Connecticut Senate Bill 373
- ✓ Oklahoma House Bill 2655
- ✓ New York House Bill 2652
- ✓ California Healthy Schools Now Act & Fresh Start Pilot Program (SB 12 & 281)
- ✓ California Senate Bill 1498



Sharing capitol ideas.



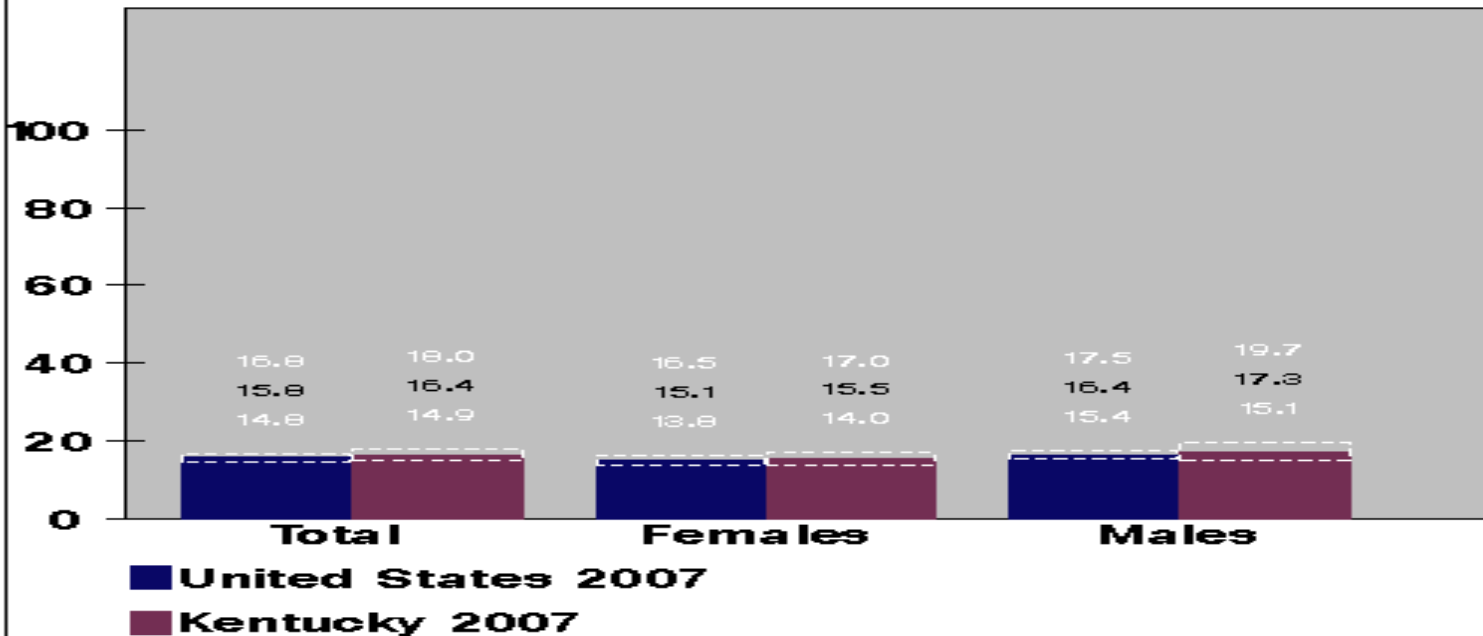
# Connecting School Nutrition to the Childhood Obesity Epidemic

- Nearly 25 million children and adolescents are overweight or obese
- Obesity poses a \$117 billion economic burden on the healthcare system nationally
- With lost productivity, the burden rises to \$200 billion annually



# KY students compared nationally: overweight

**Percentage of students who were overweight (i.e.,  $\geq$  85th percentile but  $<$  95th percentile for body mass index, by age and sex, based on reference data)**

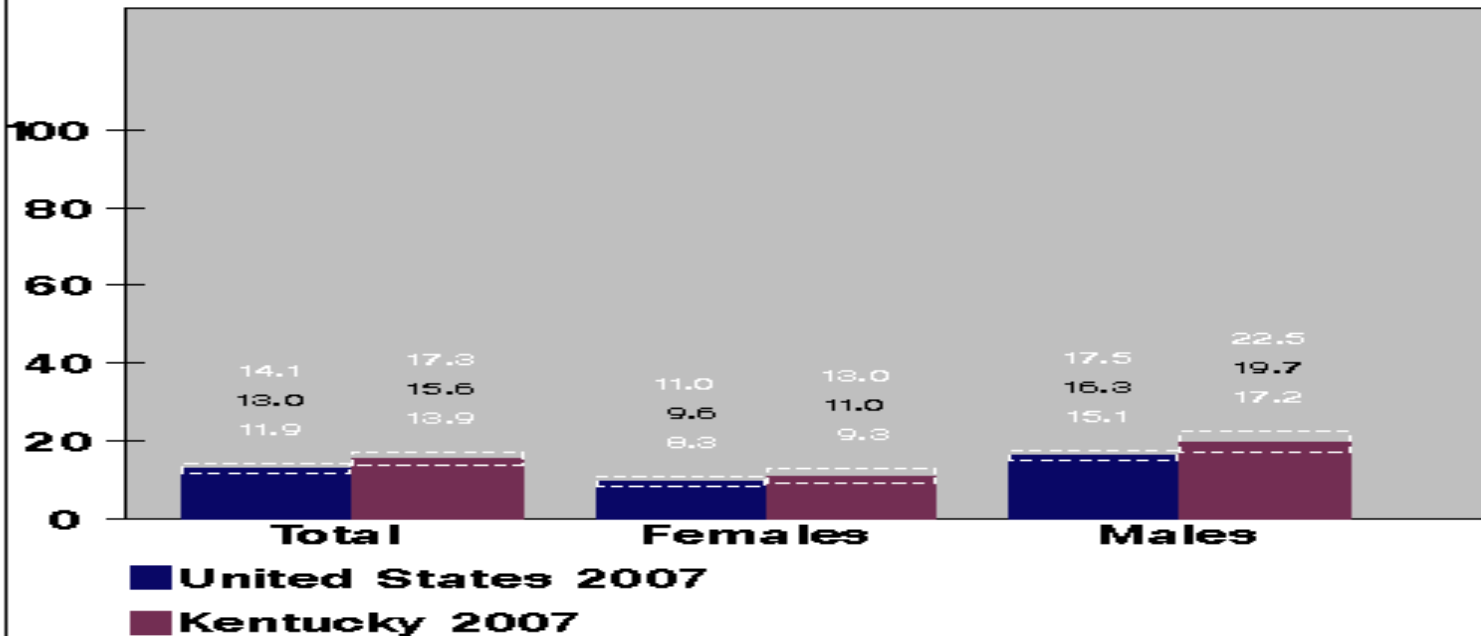


Percentages are displayed in black.  
95% Confidence interval boundaries are displayed in white.



# KY students compared nationally: obese

**Percentage of students who were obese (i.e.,  $\geq$  95th percentile for body mass index, by age and sex, based on reference data)**



Percentages are displayed in black.  
95% Confidence interval boundaries are displayed in white.



## Serious Health Risks

- ❖ Obesity is one of the leading risk factors for developing type 2 diabetes
- ❖ Of those children diagnosed with type 2 diabetes, almost 75 % also were obese
- ❖ Overweight and obese children have a higher risk of heart disease, stroke, asthma, high blood pressure, high cholesterol and certain types of cancer as they grow into adulthood



Sharing capitol ideas.



# Policy Recommendations

- ✓ Align School Meal Initiative Standards with current Dietary Guidelines for Americans
- ✓ Ensure school meals are meeting the guidelines
- ✓ Implement nutrition guidelines for processors to align commodities with the guidelines
- ✓ Increase the proportion and amounts of fresh fruits and vegetables purchased
- ✓ Provide grants to schools for infrastructure costs such as the creation or expansion of refrigeration or freezing capacity



# Policy Recommendations

- ✓ Continue to work with representatives from the food and beverage industry to offer healthful alternatives
- ✓ Link organizations with schools to promote school-based gardening projects
- ✓ Ensure that all foods and beverages sold or served outside of meal programs be nutritious
- ✓ Include dietitians in decisions about nutrition, menus, competitive foods and even fundraising efforts



Sharing capitol ideas.



# The Council of State Governments

PO Box 11910

Lexington, KY 40578

[www.csg.org](http://www.csg.org)

*Pam Goins, [pgoins@csg.org](mailto:pgoins@csg.org), 859.244.8142*

*Jennifer Ginn, [jginn@csg.org](mailto:jginn@csg.org), 859.244.8236*