



Healthy Kids Act



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Objectives



- > Explanation of what Healthy Kids Act will do in Iowa schools.
- > Department of Education Modifications and Final Rules Process
- > Interpretation and Implementation



What Is the Healthy Kids Act?

- The purpose of the Healthy Kids Act is to establish physical activity requirements for students in kindergarten through 12th grade and to **establish nutritional content standards for food and beverages sold on or provided on school grounds during the school day** (first bell to last bell).



What is Regulated in the Nutrition Content Standards?



- The Nutrition Content Standards regulate foods and beverages sold in vending machines to which students have access on school property during the school day; foods and beverages sold as *a la carte* items during breakfast (after the first bell) and lunch service; foods and beverages available for purchase by students at a school store or any venue located on school grounds during the school day; and foods and beverages sold at fundraisers at school during the school day targeted to students.



What is Regulated Fundraising?

- The definition of “regulated fundraising” is the sale of foods or beverages on school property targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores.



What is Not Regulated in the Nutrition Content Standards?

- These state rules do not regulate the nutritional content of food or beverages provided through school breakfast or lunch reimbursable programs; sold as a part of unregulated fundraising events; sold at concession stands; provided by parents, other volunteers, or students for class events; or provided by staff for the consumption by staff or students.



The Healthy Kids Act Did the Following:

- Requires school districts and accredited nonpublic schools to ensure that every kindergarten through fifth-grade student has 30 minutes a day of physical activity and every sixth- through 12th-grade student has 120 minutes per week of physical activity.



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The Healthy Kids Act Did the Following:

- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietician for the support of nutritional provisions in individual education plans and provide information to support school nutrition coordinators.
- Requires every student by the end of grade 12 to complete a course that leads to cardiopulmonary resuscitation (CPR) certification. The law exempts students unable to physically manage the course.

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Process of Healthy Kids Act Adoption

- The Healthy Kids Act was established on May 13, 2008 when Governor Chet Culver signed into law Senate File 2425.
- Called for the Department to convene a nutrition advisory panel in collaboration with the Department of Public Health to review research on pediatric nutrition to make recommendations regarding the nutritional standards.
- The recommendations were reviewed by the State Board and changes were made.
- Public Hearing was held on February 3, 2009 and comments were considered by the Administrative Rules Review Committee.
- The rules and nutrition tables were adopted as final by the State Board on April 30, 2009.

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Final Nutritional Content Standards – Foods Table

- Calories - ≤NSLP entrée items* or ≤400 calories per entrée item
 - <NSLP sides* or <200 calories
- Sodium - ≤NSLP entrée items* or ≤600 mg per entrée item (≤480 mg/serving 2014)
 - ≤NSLP side* or ≤400 mg/serv. side (≤200 mg/serv. 2014)

*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

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Final Nutritional Content Standards – Foods Table

- Saturated Fat - ≤10% calories (excluding reduced fat cheese)
- Trans Fat - ≤0.5 gm/serving
- Total Fat - ≤35% calories (excluding nuts, seeds, nut butters and reduced fat cheese)
- Sugar - ≤35% calories (excluding fruits and yogurts)
- Dietary Fiber/Whole Grain – 50% of grains offered must be whole grain

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Final Nutritional Content Standards – Beverage Table

- Milk – Low/nonfat regular or low/nonfat flavored with no non-nutritive sweeteners
 - ≤27 gm sugar/8 oz (2014)
 - ≤24 gm sugar/8 oz (2017)
 - ≤22 gm sugar/8 oz (2020)
- 100% Fruit/Vegetable Juice – No added sweeteners
- Water – No added non-nutritive sweeteners

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Final Nutritional Content Standards – Beverage Table

- Sports Drink, Flavored Water – None to be made available to elementary students during the school day as vending machine, *a la carte*, or regulated fundraising items.
- Caffeinated Beverages – Same as the above, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)
- Sodas/Carbonated Beverages – None to be made available to any students

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Additional Clarification...

- A Federal law that is more restrictive than Iowa's Healthy Kids Act will take precedence.
- Local wellness policies that are more restrictive than the Healthy Kids Act are recommended to remain in effect.

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As a Result of Public Comment...

- Yogurt is unrestricted
- Implementation time is now July 1, 2010 except as noted in the charts
- A definition of “regulated fundraising” is added
- The fiber/whole grain standard has been clarified
- Secondary students have fewer restrictions than elementary students (i.e. beverages)

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Where Does this Initiative Currently Stand?

- School districts will be required to implement the physical activity component on July 1, 2009. The requirement for graduates to complete a CPR certification course will begin with the graduating class of 2011-2012.
- The nutrition content standards will be in effect beginning July 1, 2010 for the 2010-11 school year to allow schools time to work with vendors.

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Where Does this Initiative Currently Stand?

- Rules are final. Change in rules can occur with new legislation.
- The Iowa Department of Education received a Wellmark Foundation Grant, “Building on a Healthy Kids Act Opportunity,” to assist schools with implementation of the nutrition standards at the local level.

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Building on the Healthy Kids Act Opportunity

- Support schools in implementing the nutritional content standards and in reviewing/modifying their school wellness policies.
- Conduct regional workshops, identify tools/resources and offer ICN training.
- Engage parents and the school community by conducting train the trainer workshops to support key messages and the impact of role modeling.

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How Will this Initiative Help Iowa Students?

- Data suggests the prevalence of overweight youths in Iowa, both very young and pre-adolescent, appears to outpace national rates and places our youth at increased risk for a host of chronic diseases.



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How Will this Initiative Help Iowa Students?

- By providing physical activity and nutritional standards for students in the school setting, the Healthy Kids Act attempts to help address this issue. It is clearly understood that the school setting is just one environment in a student's life.
- This law attempts to get Iowa's children moving and increase nutritional choices in school; helping to give them a solid foundation for a better future.

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Additional Information

- **Healthy Kids Act:**
<http://www.iowa.gov/educate/>
Click on **School-Based Programs & Services**
Click on **Healthy Kids Act**
- **Frequently Asked Questions**
- **Physical Activity Contract**
- **Legislative Report**

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Additional Information

- **Healthy Kids Act**
<http://www.iowa.gov/educate/>
Click on **Nutrition Programs**
Click on **Nutrition Programs Awards & Grants**
- **Nutrition Content Flyer**
- **Nutrition Related FAQs**
- **School Beverage Guidelines**

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Next Steps...

- DE Website FAQs and other information
- Revise/Update Sample Wellness Policy
- Network with Beverage Association Distributors
- Convene HKA Stakeholder Meetings to plan trainings/communications/tools/resources (Wellmark Foundation Grant)
- Conduct regional trainings, ICNs and identify resources/messages
- Develop Nutrition Calculator resource
- Identify other needs for implementation



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Healthy Kids Act Implications

- Opportunity to revisit school wellness policies and measure progress.
- Maximize availability of foods and beverages of high nutrient density in schools.
- Promote development of healthy eating habits.
- Influence the future of our youth's food choices and health across the state of Iowa.

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Any Questions?



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