
HOUSE CONCURRENT RESOLUTION

REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH NUTRITION STANDARDS FOR FOOD AND BEVERAGE SOLD IN PUBLIC SCHOOLS AND TO PROVIDE NUTRITION TRAINING AND EDUCATION TO FOOD SERVICE MANAGERS AND STUDENTS.

1 WHEREAS, obesity is considered to be the major health issue
2 of the twenty-first century, and obesity rates have soared
3 throughout the United States, with an estimated two-thirds of
4 the adult population self-reporting being overweight and almost
5 one-third being obese; and

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7 WHEREAS, the World Health Organization and International
8 Obesity Task Force have also confirmed a worldwide epidemic of
9 obesity, even as some developing countries struggle with
10 undernourishment or famine; and

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12 WHEREAS, the number of overweight children in the United
13 States has doubled in the past thirty years, with similar
14 patterns occurring in Hawaii; and

15
16 WHEREAS, while more research on childhood obesity in Hawaii
17 needs to be done, the Hawaii youth risk behavior survey reports
18 that approximately one-third of Hawaii's students consider
19 themselves to be overweight, with another sixteen per cent at
20 risk for becoming overweight; and

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22 WHEREAS, research demonstrates that overweight children
23 tend to lead sedentary lifestyles, develop low self-esteem and
24 psychological stress, and often lack the necessary drive and
25 motivation required for excelling in the classroom; and

26
27 WHEREAS, the two leading causes of obesity in children are
28 a lack of physical activity and poor eating habits, the second
29 of which is due in large part to our "junk food" and "super-



1 sized" American culture that often leads to overeating and the
2 consumption of large amounts of sugar and fat; and

3
4 WHEREAS, unhealthy children often become unhealthy adults,
5 with the concomitant health care costs to treat hypertension,
6 obesity, diabetes, and heart disease; and

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8 WHEREAS, food and beverages sold on school grounds can be a
9 significant source of fat, calories, salt, sugar, and
10 cholesterol; and

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12 WHEREAS, carbonated drinks are the single largest source of
13 refined sugars in the American diet; and

14
15 WHEREAS, seventy per cent of elementary school-aged
16 children exceed the current dietary recommendations for total
17 calories and saturated fat intake; and

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19 WHEREAS, schools are a logical place to promote the
20 prevention of overweight and obesity in children and
21 adolescents; now, therefore,

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23 BE IT RESOLVED by the House of Representatives of the
24 Twenty-fourth Legislature of the State of Hawaii, Regular
25 Session of 2008, the Senate concurring, that the Department of
26 Education is requested to:

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28 (1) Establish nutrition standards for food and beverages
29 sold in public elementary, intermediate, and middle
30 schools;

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32 (2) Limit the sales of meals to elementary, intermediate,
33 and middle grade students to full meals sold at
34 breakfast and lunch;

35
36 (3) During breaks in the school schedule, make individual
37 food items available for sale, including fruit,
38 nonfried vegetables, legumes, beverages, dairy
39 products, or grain products with:

40
41 (A) No more than thirty per cent of total calories
42 from fat, with the exception of nuts or seeds;

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- 1 (B) No more than ten per cent of total calories from
2 saturated fat; and
3
- 4 (C) No more than twenty-five per cent of total weight
5 from sugar, with the exception of fruits or
6 vegetables;
7
- 8 (4) Limit the beverages sold to elementary, intermediate,
9 and middle school students on school grounds to:
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- 11 (A) Drinking water;
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- 13 (B) Milk (including chocolate milk) or approved
14 nondairy beverages; and
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- 16 (C) Beverages that contain one hundred per cent fruit
17 juices, or fruit-based drinks composed of not
18 less than fifty per cent fruit juice that have no
19 added sweeteners;
20
- 21 (5) Develop nutrition education training requirements for
22 food service managers in public schools that address
23 all public school food services, including school
24 snacks and full meal service;
25
- 26 (6) Ensure that all existing food service managers
27 complete the nutrition education training requirements
28 by January 1, 2009 and that new food service managers
29 complete the nutrition education training requirements
30 within six months of date of hire;
31
- 32 (7) Encourage schools to provide students with culturally-
33 appropriate and standards-based nutrition education,
34 as well as farm-to-table nutrition education where
35 resources permit access to school, community, county,
36 or other gardens; and
37
- 38 (8) Require any state and county agencies that operate
39 afterschool and weekend programs to adhere to the same
40 nutrition policies established for school grounds
41 during school hours; and
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1 BE IT FURTHER RESOLVED that the Department of Education is
 2 requested to clarify that its nutrition policies would not
 3 prohibit or limit the sale or distribution of any food or
 4 beverage item through fundraisers by students, teachers, or
 5 groups when the items are intended for sale off the school
 6 campus; and

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 8 BE IT FURTHER RESOLVED that certified copies of this
 9 Concurrent Resolution be transmitted to the Superintendent of
 10 Education, the Chairperson of the Board of Education, and the
 11 Director of Health.

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OFFERED BY: _____

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