

HB 1853

Date: 02/24/2010

Committee: Senate Education and
Housing

Department: Education

Person Testifying: Kathryn Matayoshi, Interim Superintendent of Education

Title of Bill: HB 1853 (HSCR 119-10) RELATING TO PUBLIC SCHOOLS.

Purpose of Bill: Disallows the sale of ice cream and candy by public schools in conformance to the State of Hawaii wellness guidelines.

Department's Position: The Department of Education supports this measure. The Hawaii Department of Education, School Food Authority nutrition standards for foods and beverages sold on school property, should comply with current USDA Dietary Guidelines. To align DOE Wellness standards to meet USDA authoritative guidelines for healthy food choices and nutrition education, foods of minimal nutritional value should not be sold in public schools.



Testimony in SUPPORT of HB1853, “Relating to Public Schools”

The American Heart Association supports HB 1853.

It is estimated that 75% to 90% of the cardiovascular disease epidemic is related to dyslipidemia, hypertension, diabetes mellitus, tobacco use, physical inactivity, and obesity; the principal causes of these risk factors are adverse behaviors, including poor nutrition. The atherosclerotic process begins in youth; culminating in the risk factor–related development of vascular plaque in the third and fourth decades of life. Good nutrition, a physically active lifestyle, and absence of tobacco use contribute to lower risk prevalence and either delay or prevent the onset of cardiovascular disease. These observations have established the concept of prevention of the development of cardiovascular risk factors in the first place, now called primordial prevention. Education, with the support of the healthcare community, combined with health policy and environmental change to support optimal nutrition and physical activity, are central to this health strategy.

The general dietary recommendations of the AHA for those aged 2 years and older stress a diet that primarily relies on fruits and vegetables, whole grains, low-fat and nonfat dairy products, beans, fish, and lean meat. These general recommendations echo other recent public health dietary guidelines in emphasizing low intakes of saturated and trans-fat, cholesterol, and added sugar and salt; energy intake and physical activity appropriate for the maintenance of a normal weight for height; and adequate intake of micronutrients.

The AHA’s *Dietary Recommendations for Children and Adolescents: A Guide for Practitioners: Consensus Statement From The American Heart Association*, published in 2005, included in its recommendations for strategies for schools to improve children’s nutrition that schools “restrict in-school availability of and marketing of poor food choices.” It also recommended that the community “lobby for regulatory changes that improve a school’s ability to serve nutritious food.”

The Guide also recommended that legislators consider the “restriction of certain types of food and beverages available on school grounds.”

School nutrition policies and practices should:

- Lead to decreased consumption of saturated and trans-fat.
- Encourage consumption of non-fat or low-fat milk.
- Encourage adequate hydration without excess caloric consumption from beverages.
- Encourage increased consumption of fruits and vegetables without excessive fruit juice consumption.
- Encourage increased consumption of whole grains and reduced consumption of refined grains and sugar-sweetened beverages and foods. Encourage consumption of more non-fried fish, especially oily fish.
- Lead to reduction in sodium intake, including salt from processed foods.

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For information on the AHA’s educational or research programs, contact your nearest AHA office, or visit our web site at www.americanheart.org.

Honolulu County:
667 Ala Moana Blvd.,
Suite.600
Honolulu, HI 96813-5485
Phone: 808-538-7021
Fax: 808-538-3443

Maui County:
J. Walter Cameron Center
95 Mahalani Street, No. 13
Wailuku, HI 96793-2598
Phone: 808-244-7185
Fax: 808-242-1857

Hawaii County:
400 Hualani Street, Ste. 15
Hilo, HI 96720-4344
Phone: 808-961-2825
Fax: 808-961-2827

Kauai County:
(served by the Oahu office)
Toll-Free 1-866-205-3256



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- Support healthy behavior environments.
- Support nutrition education for all students in all grade levels.
- All competitive foods (vending, a la carte, school store, etc.) should meet low-fat standards (contain less than 35% of calories from fat, 10% of calories from saturated and <1% of calories trans fat).
- Only low-fat and fat free milk and dairy products and reduced fat cheese should be included in lunches and sold independently during the school day.

HB 1853 will provide a healthier school environment for Hawaii's keiki. Healthy children today will translate to better control over healthcare costs borne by Hawaii businesses tomorrow. More importantly, HB 1853 will help Hawaii's next generation live healthier, quality lives well into adulthood.

Please support HB 1853.

Respectfully submitted,

Don Weisman

Hawaii Communications and Marketing/Government Affairs Director



To: House Education & Health Committees
Date: February 24, 2010, 1:15 p.m. Conference Room 225 (State Capitol)
Re: Support for HB1853, Prohibiting Sales of Candy & Ice Cream

My name is Jennifer Dang, State Director of the Hawaii Nutrition and Physical Activity Coalition. NPAC is a project of the Dept. of Health, Healthy Hawaii Initiative.

My organization's mission is to look for ways to improve the health of Hawaii's children and adults by changing or creating policies, systems and/or environments which encourage people to eat healthy, nourishing food and get daily physical activity and exercise.

As you know, over 2/3 of American adults and 30% of our children are overweight or obese – conditions that can lead to diabetes, hypertension and other chronic health diseases. Sadly, if childhood obesity continues at this rate, this generation of children will have shorter life expectancies than their parents.

Unfortunately, obesity is found disproportionately in our Native Hawaiian and low-income populations. According to the Dept. of Health, about 43% of our state's Hawaiian population is obese compared with 13.5% of our Japanese population. Low-income populations also have higher rates of chronic health disease due to poor nutrition and lack of physical activity.

That is why NPAC is strongly in favor of prohibiting the sale of candy and ice cream in Hawaii public schools.

This bill strengthens the Wellness Policy adopted by the Hawaii State Board of Education in 2007. The policy sets goals for nutrition guidelines for foods served on campus. The policy states that schools should neither provide nor sell foods of minimal nutritional value as determined by the USDA. Clearly candy and ice cream meet the criteria of minimal nutritional value.

NPAC strongly supports the Section 302A-1146 amendment to eliminate "ice cream and candy" from the list of allowable exceptions of what could be stored or sold in Hawaii public schools.

A handwritten signature in blue ink that reads 'Jennifer Dang'. The signature is written in a cursive, flowing style.

Jennifer Dang, State Director



2343 Rose Street, Honolulu, HI 96819
Phone: (808) 848-2074; Neighbor Islands: 1-800-482-1272
Fax: (808) 848-1921; e-mail: info@hfbf.org

TESTIMONY

RE: HB1853 RELATING TO PUBLIC SCHOOLS

Chair Sakamoto and Members of the Committee:

Hawaii Farm Bureau Federation on behalf of our farm and ranch families and organizations **opposes HB1853**, disallowing the sale of ice cream in public schools.

HBFB recognizes the challenges with childhood obesity and is also concerned with the issue as parents of children. However, we also strongly believe in a balanced well rounded lifestyle that has sufficient exercise, and foods that are consumed in moderation.

As an organization whose primary function is growing and raising of agricultural crops and livestock that provide food for people, this measure is disturbing. While some may say it is candy and ice cream, will it be cake and cookies next?

As many of us grew up we were taught to eat various foods. Today, we live in a society that thrives on fads ...one day food A is good for you, the next day it is food B. The concept of moderation seems to have fallen by the way side.... there seems to be a desire that everything must be categorized by good or bad. Everything in excess is bad ...even water. At the same time, things in moderation and in its' right place, can have value. A child that sees a treat may be more willing to do a task or try a vegetable that they do not normally like and in the process learn. We believe ice cream falls in that category of foods.

We live in the United States. It is the country of free choice. Yes, some may say children "don't know any better". Isn't it part of the educational system to teach children about choices? We do not believe it is the responsibility of Government to dictate what can and cannot be consumed.

The measure says "sold". Does this mean that ice cream could not be part of a school lunch? We think that is inappropriate. Teaching children, that some dessert items is fine, coupled with a balanced meal and exercise is a valuable part of education. It will serve them well as they grow into adulthood.

We respectfully request this measure be held. If there are any questions, please contact Luella Costales at 848 2074. Thank you.



Maui Soda & Ice Works, Ltd.

918 Lower Main Street ♦ Wailuku, Maui, Hawaii 96793-2007
Phone (808) 244-7951 ♦ Fax (808) 244-4108
www.roselani.com



February 23, 2010

Honorable Senator Norman Sakamoto, Chair
Committee on Education and Housing
Hawaii State Capitol, Room 225
415 South Beretania Street
Honolulu, HI 96813

VIA EMAIL TO TESTIMONIALS

Dear Senator Norman Sakamoto:

REFERENCE HB1853 Disallows the sale of ice cream and candy by public schools in conformance to the State of Hawaii wellness guidelines.

We are not in support of HB1853.

The Wellness Guidelines should be used as an educational tool to teach our youth healthy eating habits along with exercise and activity. Our schools are venues for learning that provides the skills and knowledge that will teach them HOW to make WISE decisions. It was not created as a means to legislatively make those decisions for them.

Ice Cream is a dairy product, contains calcium and Vitamin A. Recommended serving size is ½ cup (69g). The food pyramid allows for 2-3 servings of dairy a day. A serving is an individual choice, and for some children this is their opportunity to receive 1 of those 3 recommended servings.

It's ironic that the very item which you are prohibiting the sales of is being provided as "rewards" by many of the teachers in their classrooms, the Parent Teacher Organizations and the most requested item for donations by these same groups because "the kids did this and deserve a reward". These are also the same products that student organizations use to raise funds for travel, supplies, etc. And we are the businesses they continue to contact for assistance. No one is calling on the farmers who provide "sanctioned" products to assist in fundraisers or rewards.

This bill is losing sight of the purpose of education and the role teachers and parents play in developing good citizens. And this bill does not provide for BETTER EDUCATION for the children of Hawaii.

Submitted by,

A handwritten signature in black ink that reads "Catherine Nobriga Kim".

Catherine Nobriga Kim
Vice President – Roselani Ice Cream