

HI 113 CONGRESS SIMULATION 2010

Committee: Education & Labor

Principal Authors: Straughn, Phelan

Bill No: 113.21

Section: 06

Title of Bill: Elementary Health Education Act

Preamble Whereas in a country such as ours that has been plagued with obesity over the past decades, we hereby move to create a more informed generation in regards to health and fitness in order to reduce disease and lower the average age of death due to obesity.

Section 1:

It will be enacted that children will be taught at a younger age how important one's diet is, starting as early as kindergarten and remaining part of their yearly education for as long as they are in elementary and secondary schools. Things that should be taught would include what and how to eat healthy, and its short and long term effects on the human body and mind. As they get older, more complex information will be added to the curriculum such as how proteins build muscle and how unused bad carbohydrates turn into bad fats and etc.

Section 2:

It will be enacted that the content being taught to students should be combined with an implementation of healthy choices during daily meal and snack times at school and during gym classes and recesses. Similar to the "No Child Left Behind" act, this act should leave no child uneducated about his own body and health. Body Mass Index (BMI) Charts shall be recorded and sent home to give parents an idea of where their child/children stand when it comes to their health.

Section 3:

It will be enacted that all schools will be required to set aside 35-45 minutes a day for physical activity and/or exercise. Each town must have a physical trainer that will be responsible for up to five middle and high schools and their students. This is not the same as a school nurse or physical education teacher. This physical trainer will have the knowledge to inform students how to exercise and eat healthily. Schools that do not enact these laws shall be restricted from receiving federal funding and states who do not comply the laws over a certain percentage shall also

have a reduction in federal funding.

...According to KidsHealth.org

- More than 85% of girls and 60% of boys ages 9 to 18 fail to get the recommended 1,300 milligrams of calcium per day.

Calcium is a key building block for strong healthy bones.

Not all fats are "bad fats." Sometimes fats are necessary. You don't need to always avoid fats. *Starting at 2 years old, kids should eat a varied diet with about 30% to 35% of calories coming from fat. For ages 4 to 18 years, the recommendations are about 25% to 35% of calories.*

Kids who are unhappy with their weight may be more likely than average-weight kids to:

- develop unhealthy dieting habits and eating disorders, such as anorexia nervosa and bulimia
- be more prone to depression
- be at risk for substance abuse

Overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life, including:

- high blood pressure, high cholesterol and abnormal blood lipid levels, insulin resistance, and type 2 diabetes
- bone and joint problems
- shortness of breath that makes exercise, sports, or any physical activity more difficult and may aggravate the symptoms or increase the chances of developing asthma
- restless or disordered sleep patterns, such as

- obstructive sleep apnea
- tendency to mature earlier (overweight kids may be taller and more sexually mature than their peers, raising expectations that they should act as old as they look, not as old as they are; overweight girls may have irregular menstrual cycles and fertility problems in adulthood)
 - liver and gall bladder disease
 - depression

http://kidshealth.org/parent/nutrition_fit/nutrition/overweight_obesity.html#