

HI 113 CONGRESS SIMULATION 2010

Committee: Intelligence Committee

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Bill No: 113.3

Section: 01

Title of Bill: Childhood Obesity Act

Be it enacted by the House of Congress of the United States of America in Congress assembled,
That

- 1 PREAMBLE- Whereas the obesity of children and adolescence has tripled over the past 30
- 2 years, and since the risk of cardiovascular, diabetes, joint problems, sleep apnea, and social
- 3 and psychological problems are greater with children that are overweight, and since healthy
- 4 lifestyles are important in ensuing a long life, and since children and adolescence spend
- 5 approximately 6-8 hours in school 5 out of the 7 days a week,
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- 7 SECTION 1: Prohibit selling of full sugar drinks and full fat items, like full fat cupcakes or
- 8 chips at schools. The school needs to have 75% of the food offered to be healthy options
- 9 that are low in fat, calories, and sugar.
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- 11 SECTION 2: A required health/food education class needs to be offered each year to
- 12 students for at least a month in grades 1-8. In these classes, the student will learn what
- 13 calories are, how to read a nutrition label, what a serving size is, how to control your
- 14 hunger, how certain foods help/hurt the body, etc.
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- 16 SECTION 3: Weekly gym classes will be held and a daily 15-30 minute recess for kids in
- 17 grades 1-8 will be provided, for the promotion of activity and exercise.
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- 19 SECTION 4: Gym is a required class each year for grades 9-12 if students are not
- 20 participating in an afterschool sport to promote staying active.
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- 22 SECTION 5: A 30-60 min afterschool programs will be held every month for parents to
- 23 educate them on how to help their children stay fit and lead healthy lifestyles.
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- 25 SECTION 6: Schools not in practice of the new guidelines will be subjected to a fine and
- 26 federal workers will be sent in to ensure that the proper protocol is being followed.
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