



Obesity Prevention in Schools and Communities

The California Experience

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EXHIBIT E



Committee Name **OBESITY**

Document consists of **24 Slides**

Entire document provided.

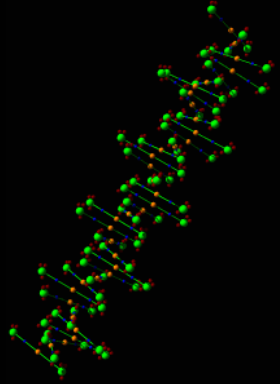


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Meeting Date: **3-22-04**

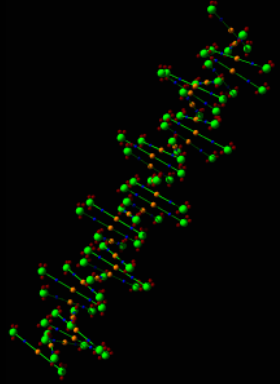


David Satcher
Surgeon General



Tommy Thompson
Secretary of Health and Human Services





1970



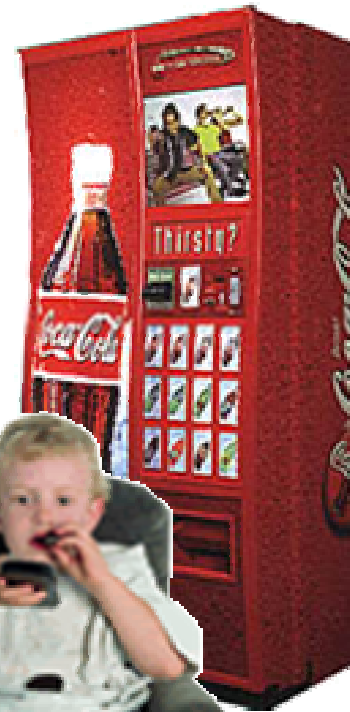
1980



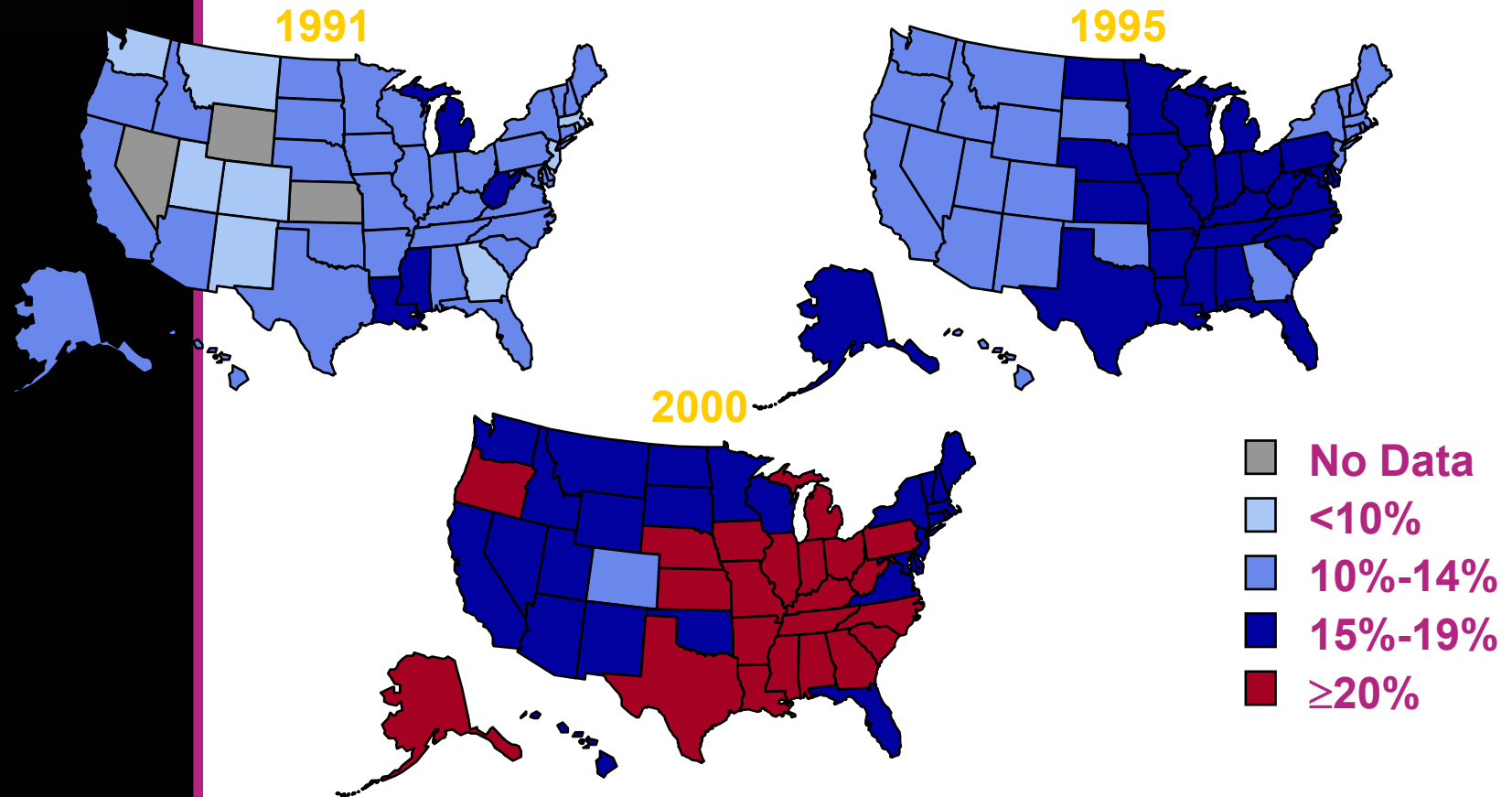
1990



2000



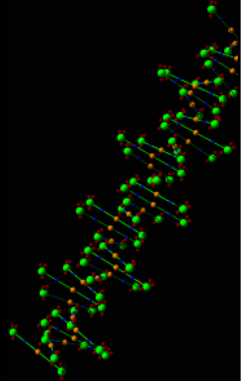
Obesity* Trends Among US Adults Indicative of a Pandemic



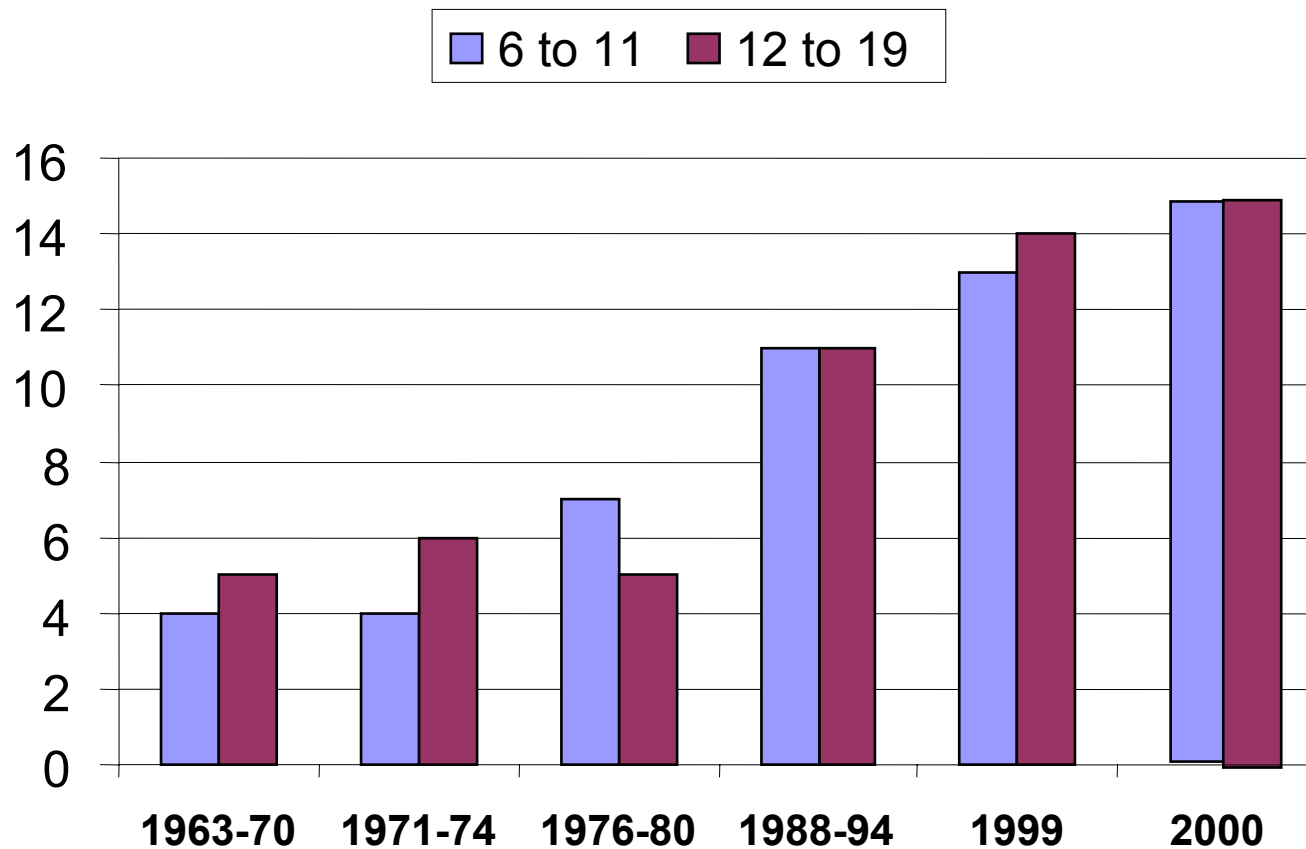
*BMI ≥ 30 .

Mokdad et al. *JAMA*. 1999;282:1519-1522.

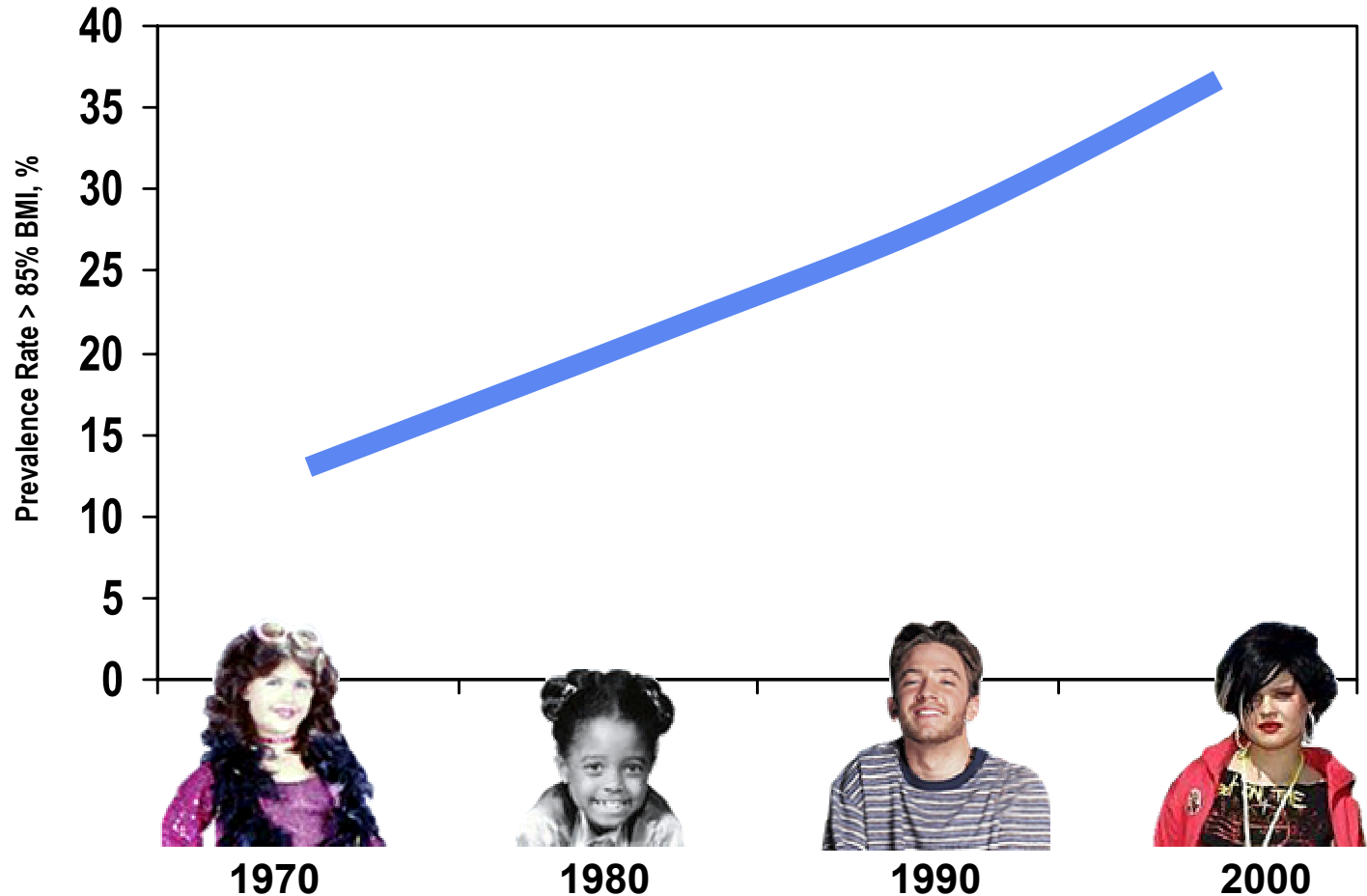
Mokdad et al. *JAMA*. 2001;286:1195-1200.



Prevalence of Overweight in Children & Adolescents

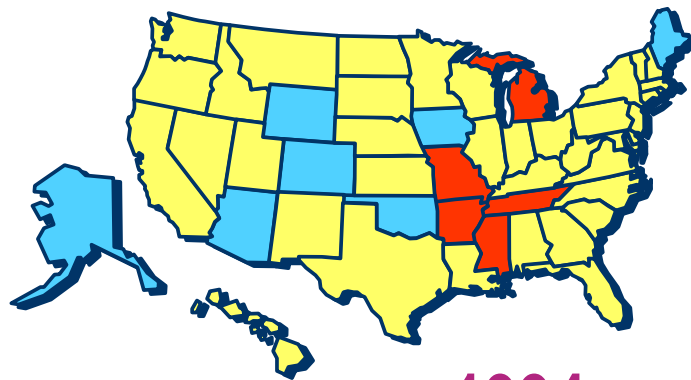


African American and Hispanic Youth Prevalence of BMI > 85%

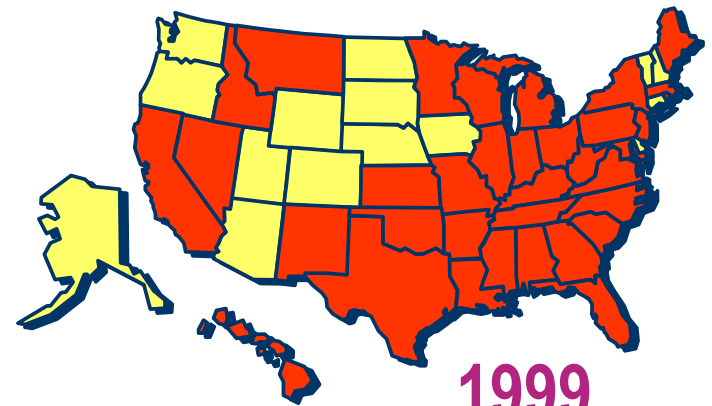




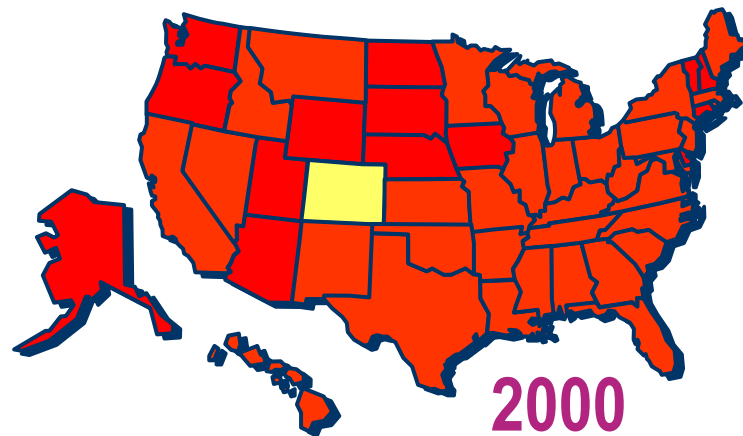
Prevalence of Diabetes in Adults United States, BRFSS:



1994



1999



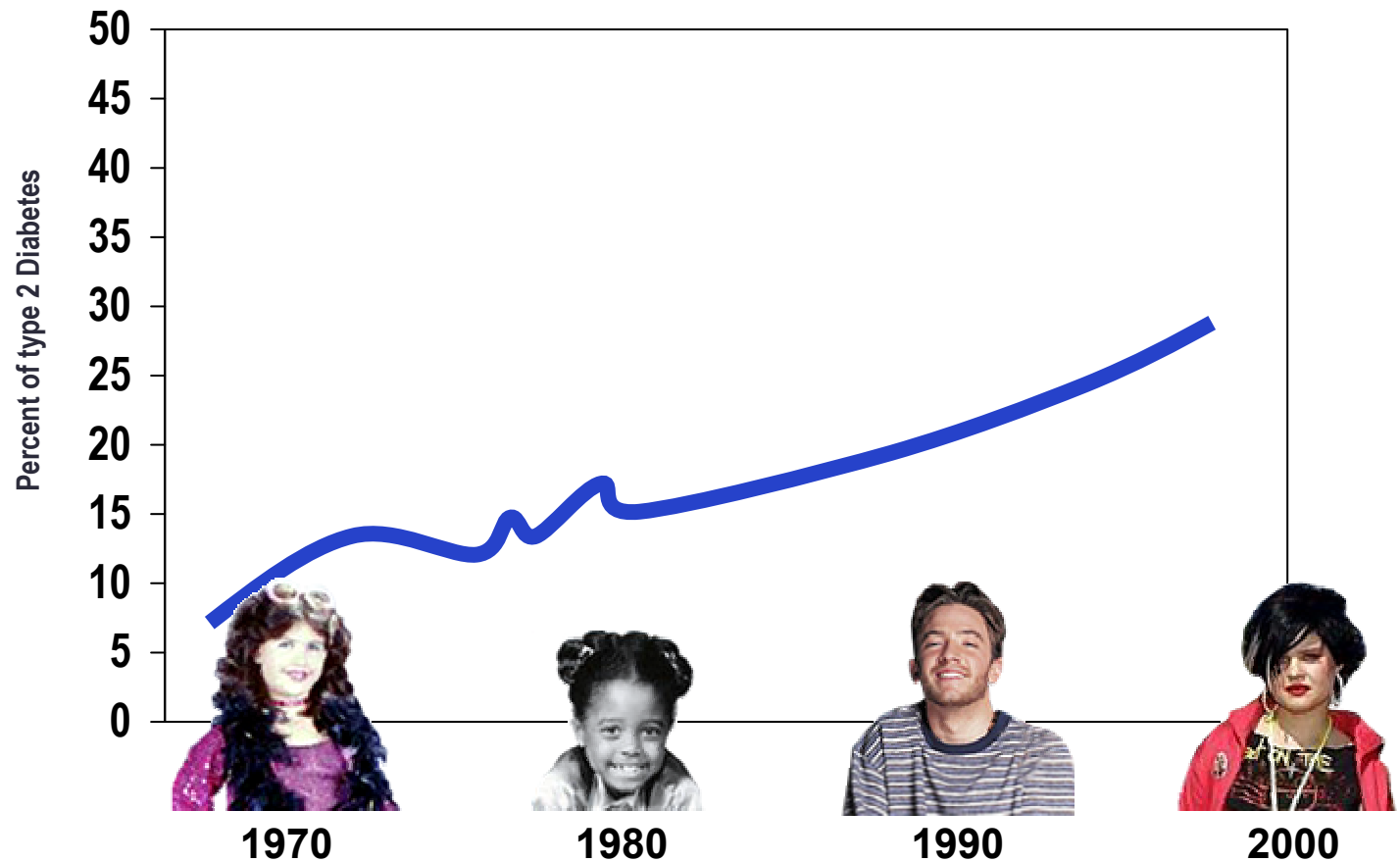
2000

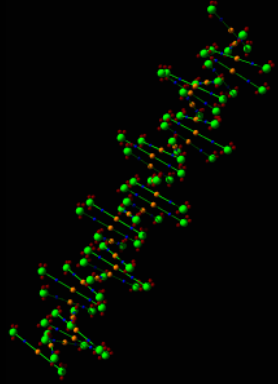
 <4%

 4–6%

 >6%

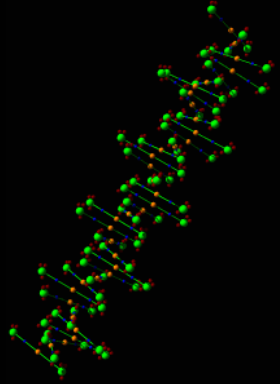
Type 2 Diabetes Incidence Among Youth with Diabetes in the U.S.





Burden of Diabetes in USA

- **18.2 Million Americans Have Diabetes**
- **6 Million Unaware of Diagnosis**
- **16 Million Americans Have Prediabetes**
- **239,000 Diabetes-Related Deaths/year**
- **Leading Cause of Blindness, Kidney Failure, Amputation**
- **Cardiovascular Disease-Related Death**
- **Cost \$132 Billion/2002**



Why Prevention?

- Prevention is less costly
- Reduce overall risk of developing true diabetes by 58%
- Improves quality of life by reducing morbidities associated with obesity



Promotion of Evidence Based: METHODS TO ACHIEVE ENERGY BALANCE

- **5 Fruits and Vegetables**
- **Limit Screen Time to 2 Hours**
- **1 Hour Moderate to Vigorous PA**

- **↑ Water Intake**
- **Avoiding Sugar Containing Sodas**
- **↓ Juice Intake**
- **↓ Saturated Fat**
- **↓ High Density/Low Nutrient Foods**



Senate Bill 19

State Senator Escutia

- **Food Services**
 - nutritional standards for items outside federal meal program
 - <35% of calories from fat,
 - <35% sugar,
 - Only milk, water and juice >50% fruit juice sold
- **Physical Education**
 - 200 minutes every 2 weeks
 - Increase PE training, decrease class size, increase equipment



**Los Angeles County
Blue Ribbon
Task Force
“Children and Youth
Physical Fitness”
2002**

**BOARD OF
SUPERVISORS**

**Gloria Molina
First District**

**Yvonne Brathwaite
Burke
Second District**

**Zev Yaroslavsky
Third District**

**Don Knabe
Fourth District**

**Michael D.
Antonovich
Fifth District**

**Paving the Way for Physically
Fit and Healthy Children**

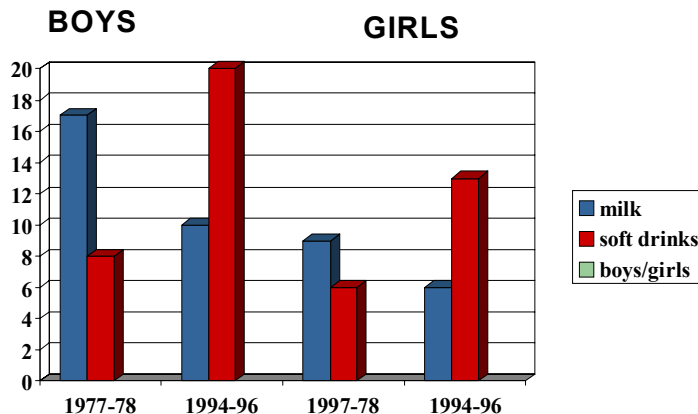


LA Unified School District

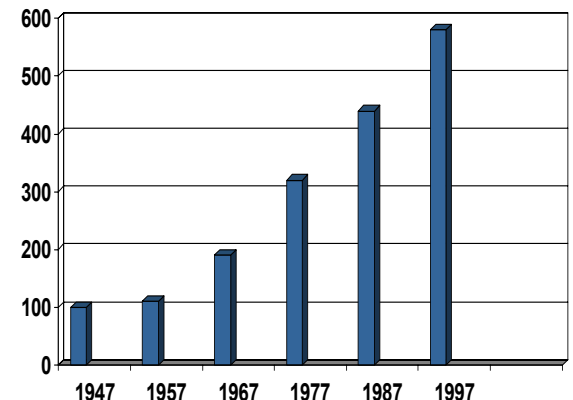
The Healthy Beverage Resolution

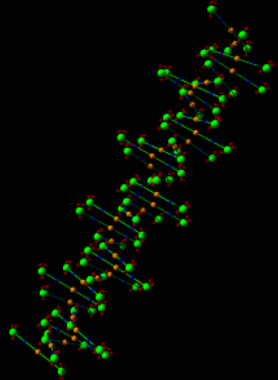
- 1998 UCLA survey – 40% elementary students overweight
- Evidence – 1 extra soda increased risk for overweight by 60%
- Harvard Study – soda consumption increases risk of fractures by 3-5 times
- Competitive foods and beverages undercuts NSLP
- A huge coalition and Champions on school board

Teens (ages 12-19) Consumption of Milk
and Soft Drinks ounces/day



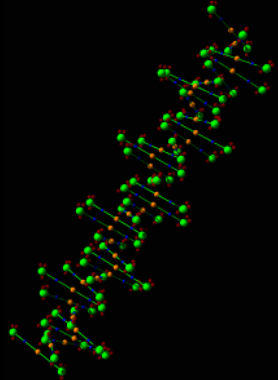
Annual Soft Drink Consumption in the US
12-ounce cans per person/year





Healthy Beverage Resolution

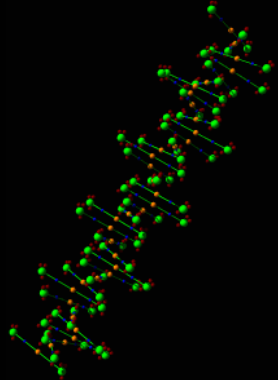
- **Effective January, 2004**
- **Only able to sell fruit based drinks composed of no less than 50% fruit juice and no added sweeteners, water, milk and electrolyte beverages with <42 grams of sweetener per 20 ounce**
- **No new contracts**
- **Assess impact**



LA Unified School District

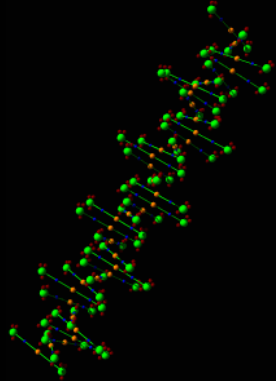
Healthy Food Resolution

- **Adopt nutrient standards for all food**
- **All day - 30 minutes before to after the last period**
- **< 35% total calories from fat**
 - **Not including nuts, seeds or cheese**
- **< 10% total calories from saturated fat**
- **< 35% added sugar by weight,**
 - **Not including fruits, vegetables and 100% juices**
- **> 1 gram of fiber per serving**

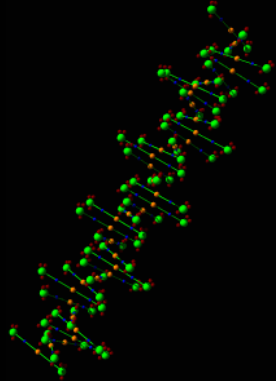


Instruct the Superintendent

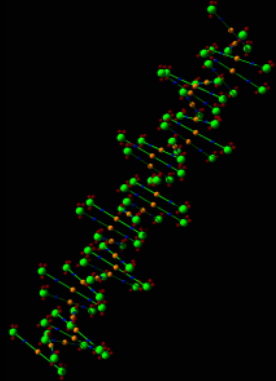
- **Appropriate snack and serving portion sizes based on USDA**
- **Ensure that meals served comply with USDA standards for fat content**
- **Provide at least one plant-based vegetarian option**
- **Promote fruits and vegetables at school sites**
- **Provide soy options wherever dairy is sold**
- **Develop a point of sales computerized payment system at all high schools within 2 years, and at all schools within 4 years**



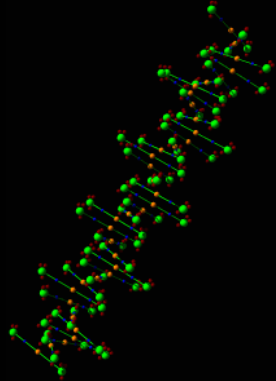
Bill number	Author(s)	Content
AB 2187	Levine	School post nutritional content of each food item
AB 2327	Chan	Nutrition and physical activity education content into the reading, English language arts, Science, and mathematics curriculum
AB 2686	Jackson	National School Lunch Program posts nutritional content of the lunches and limits fat and saturated fat in the entrees



SB 1566	Escutia	Restricts sale of beverages, food items in high schools.
SB 70	Torlakson	Specifies training and support for the After School Education and Safety Program
SB 74	Torlakson	Imposes requirements on vending machines operating on state-owned properties.
AB 756	Montanez	Increase state mandate of 200 minutes of physical activity to 300 minutes for students in grades one through six.



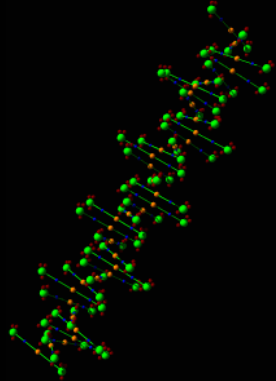
SB 1580	Bowen	Cannot claim upon “ low fat,: “reduced fat,: or “fat free” without including the amount of transfatty acids present in the product
SB 1171	Ortiz	Requires nutritional information be published on menus for standard items sold at chain food restaurants
AB 1963	Salinas	Encourages the Office of Multicultural Health to use promoters de salud, as defined, and community health workers to provide better health outcomes for rural and underserved communities



S. 2821 – IMPACT: Federal Obesity Legislation

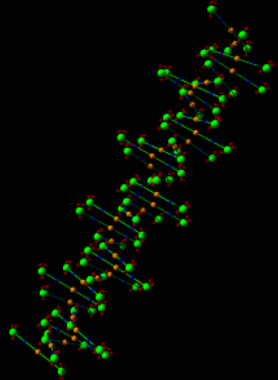
2821, the Improved Nutrition and Physical Activity (IMPACT) Act introduced by Senator Bill Frist (R-TN), addresses the important public health problem of increasing rates of obesity and related serious, chronic diseases

The purpose of this federal legislation is to establish grants to provide health services for improved nutrition, increased physical activity, obesity prevention, and for other purposes.



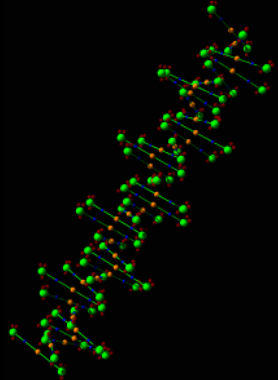
Legislation

- **Title I – Training Grants:** training on obesity for health professionals and students.
- **Title II – Local Grants:** increase physical activity and improve nutrition.
- **Title III – School Health Program:** establish coordinated school health program
- **Title IV – Institute of Medicine Study:** a study on the food and nutrition assistance programs run by the U.S.D.A.
- **Title V – Agency for Healthcare Research and Quality Studies:** evidence report on weight reduction programs and health disparities.
- **Title VI – Preventive Health and Health Service Block Grant:** provide activities and community education programs to address and prevent overweight, obesity, and eating disorders.
- **Title VII – Medicare Nutrition Therapy Demonstration Project:** develop comprehensive and systematic models for improving health of older Americans, especially those who are overweight or obese.



State Legislative Efforts

- **Competitive Foods**
 - 28 States considering restricting food and beverage items
 - Vending issues
- **Physical Education**
 - 27 States introduced 53 bills to address PE
 - Curriculum, Minutes, Training, Class size



Recommendations

- **Encourage Nevada School Boards** 1. Educate children about and model good nutrition, 2. Provide healthful choices, 3. Assess fitness.
- **Legislate or encourage promotion of physical education and physical activity in school,** 1. Minimal time per 2 week period, 2. Train PE teachers, 3. Appropriate certification, 4. Class size, 5. Parity of pay.
- **Legislate concerning after-school programs.**
- **Prohibit elementary school vending, assure federal law concerning middle and high school vending, ban soda sales.**
- **Require school health councils.**