



# **Kentucky Initiatives on School Nutrition**

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**Miriam Fordham, Ph.D.  
Legislative Research Commission  
Frankfort, KY**

# *Obesity in Kentucky*



Kentucky ranks high in the number of adults and children who are obese and overweight

## **Kentucky's Adults (2007 BRFSS)**

- 7<sup>th</sup> highest rate of adult obesity
- Approximately 40% of adults are overweight and another 20% are obese

## **Kentucky's Children (2007 YRBS)**

- 3<sup>rd</sup> highest rate of children in the U.S. who are overweight or at risk of overweight
- A little over 20% of middle school boys and 12% of girls are seriously overweight and another 18% are at risk of becoming overweight
- About 20% of high school boys and 11% of high school girls are overweight

# *Kentucky's School Nutrition Legislation*



In 2005, the Kentucky General Assembly passed Senate Bill 172 which contained several provisions regarding school nutrition:

- Guidelines for Competitive Food and Beverage Sales
- Limits on Sale of Fast Foods
- Assessment of School District Nutrition Environment
- Wellness Policy

# *Guidelines for Competitive Food and Beverage Sales*



- Required the Kentucky Department of Education to promulgate an administrative regulation establishing minimum nutritional standards for all foods and beverages offered for sale in vending machines, school stores, canteens, and as a la carte items on the cafeteria line
  - Schools must adhere to the minimum standards unless granted a waiver
- Requires the administrative regulation to address serving size, sugar, and fat content for all foods and beverages
- Prohibits a school from selling competitive foods or beverages from the time of the arrival of the first students in school in the morning until 30 minutes after lunch



- For elementary students, requires that only school day approved beverages be sold in vending machines, school stores, canteens, or fund raisers that sell beverages by students, teachers, or groups
- Does not limit the sale of any foods or beverages by fundraisers off school property
- Imposes fines on schools that violate the provisions regarding the sale of competitive foods and beverages

# *Limits on Fast Food Sales*



Schools are required to limit access to retail fast foods to only once per week

- Applies to fast foods in the cafeteria, sold by contract, commercial vendor, or otherwise

# *School District Nutrition Environment and Student Physical Activity Assessment*



- Requires food service directors to conduct an annual assessment of school nutrition in the district and to issue a written report to parents, the local school board, and school based councils
  - The assessment report is to address:
    - Compliance with the national breakfast and lunch programs
    - Availability of contracted fast foods
    - Review of access to competitive foods
    - List of foods and beverages available to students including the nutritional value
    - Recommendations for improving the nutritional environment



- Requires each school district to evaluate its physical activity environment
- Requires local school boards to discuss the findings of the nutrition and physical activity reports and seek public comments
- Local school boards also required to present a plan to improve the nutrition and physical activity environments in the district by January 31 of each year



# *Wellness Policy - Physical Activity*



-Requires school councils - or principals if no school council – to develop and implement a wellness policy that includes moderate to vigorous physical activity

## ***FOOD SERVICE DIRECTORS***

-- Legislation also contained provisions regarding professional standards for food service directors