

## NCSL Opportunities for Working Families Meeting State Action Plans

# Texas

*Years of Participation: 2010*

### Previous Attendees

*State Legislators*

*Legislative Staff*

Representative Carol Alvarado (2010)

Jennifer Deegan (2010)

## 2010 ACTION PLAN

### Team Members

Representative Carol Alvarado

Jennifer Deegan

NCSL Facilitator: Jan Goehring

### Priority Issue(s): Child Nutrition and Wellness

#### Action Items

- Learn what interim and advisory committees are doing on the issue of childhood obesity
- Invite NCSL staff to provide technical assistance to the appropriate committees
- Examine what recommendations will need legislative action
- These items to be completed by the end of 2010

#### Next Steps and Responsibilities

- Contact other legislators who are interested in taking action on the issue
- Meet with statewide school associations to discuss ideas to combat obesity in the schools through physical education, nutrition education and healthy meals
- Establish contact with NCSL experts
- Contact committee staff
- Both team members will work to achieve these steps

#### Information

- Find out what states are working with SNAP components – what can a state do for nutrition standards or incentives for healthy behaviors for those with a Lone Star card
- What states, if any, allow or require nutrition education for SNAP?
- Is there a cost analysis of funding more physical education as opposed to providing health care for obesity-related diseases in children?
- What have states done in terms of BMI for students?

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### Services

- NCSL can provide testimony to committees, reports and research on the following topics:
  - Childhood obesity, nutrition programs, healthy lunches, making fresh produce available and physical fitness (Amy Winterfeld)
  - SNAP programs and state action for nutrition education for Lone Star card holders and other nutrition education programs (Sheri Steisel)