

# Healthy Eating: Access to Healthy Foods

Thursday, July 27, 2006  
2:00 – 3:00 pm EDT



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Thank you.*

# **Healthy Eating: Access to Healthy Foods**

Lynne Flynn, Web cast moderator  
Director of Health Policy,  
The Council of State Governments

# CSG's Childhood Obesity Web Casts

- Supported by the Robert Wood Johnson Foundation
- Next Web cast will be August 30<sup>th</sup>
- For more information: [www.healthystates.csg.org](http://www.healthystates.csg.org)

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# Child Nutrition in the U.S.

- Only two percent of children eat the recommended daily number of servings from all five major food groups.
- More than 80% of children and adolescents eat too much fat; more than 90% eat too much saturated fat.
- Children now drink more soft drinks than ever; consumption has increased by 41% between 1970 and 1994.

# Today's Speakers

- **John Perkins**, Senior Policy Advisor for Food and Nutrition, Texas Department of Agriculture
- **Senator Deborah Ortiz**, California State Senate
- **Senator Daniel Foster**, West Virginia State Senate



John Perkins  
Texas Department  
of Agriculture



State Senator  
Deborah Ortiz  
California



State Senator  
Dr. Dan Foster  
West Virginia

# John Perkins

Texas Department of Agriculture

- Provides advice and guidance to the Texas Department of Agriculture and the state on nutrition policy, food, agriculture and other issues
- Primary architect of the comprehensive Texas Public School Nutrition Policy
- Nationally recognized for his work and leadership in child nutrition programs

# Obesity and Diabetes is a National Problem

- Obesity is an EPIDEMIC
- Number of obese Americans has doubled in last 25 years
- 41% of adults are overweight or obese and at risk for:
  - Heart disease
  - Diabetes
  - High blood pressure
  - Arthritis and other disorders

## National Problem - continued

- 21 million Americans – 7% of the population – have diabetes
- 41 million people are estimated to have pre-diabetes,
- Type-2 diabetes is the sixth-leading cause of death in the U.S
- Type-2 diabetes is the leading cause of:
  - adult blindness,
  - lower-limb amputation,
  - kidney disease and
  - nerve damage

**Direct health care costs for obesity in the United States are estimated at:**

**\$75 BILLION PER YEAR.**



# Childhood Obesity in Texas is a Crisis

- Childhood Obesity and nutrition-related diseases such as Type 2 diabetes are epidemic in Texas,
- 35% of Texas school children are overweight or obese today – 20 years ago, less than 10% were.
- Texas has a large and growing Hispanic population which has the highest rates of obesity and diabetes.
- 40% of Texas students are Hispanic and 41% of Hispanic 4th grade boys are overweight or obese.

## Texas Problem - continued

IF current trends continue:

- Number of overweight Texans will double in a generation,
- Number of obese Texans will nearly triple - from 3.5 million today to almost 10 million,
- Health care costs for care and treatment will quadruple from \$10 BILLION today to \$40 BILLION in a generation.

# Economic Impact of Obesity

- The state dollars needed to fund health care for obesity and diabetes will significantly reduce the amount of funds available for many other services – including education – and will reduce the quality of life for all Texans.
- “We will become a 3rd world state unless we fix this problem.” (TX Agriculture Commissioner, Susan Combs)

## Quotes:

- “It’s easier and much less expensive to build a healthy child than to fix an unhealthy adult.” (Dr. Eduardo Sanchez, TX Commissioner of Health)
- “If we don’t do something about childhood obesity we may be the first generation in history to outlive our own children.” (Dr. Bill Klish, chief of pediatric medicine at Texas Children’s Hospital in Houston)

# TEXAS SCHOOL NUTRITION POLICY

- Comprehensive policy that covers all food provided students in schools
- Restricts carbonated beverages and candy by school level
- Restricts competitive (other) foods
- Restricts amount of fat per food item to no more than 23 grams
- Limits the size and number of times French fries may be served

# TEXAS SCHOOL NUTRITION POLICY

- Sets portion size restrictions for certain foods and beverages
- Limits whole milk to 8 oz and the sugar in flavored milks (30 grams)
- Encourages schools to offer fresh fruit and vegetables daily on all points of service
- Sets target dates to eliminate frying as a method of food production in schools

# NUTRITION POLICY RESULTS

- The Texas policy is a model for the nation and many other states have followed our lead
- Manufacturers have developed new, healthier product lines to comply with the policy
- The policy has changed the food that is served in schools

# NUTRITION POLICY RESULTS - continued

- The policy has been in effect for two years and there are a number of positive results:
- Lunch and Breakfast participation (ADP) increased in first year:
  - Lunch 112,000 per day
  - Breakfast 52,000 per day
- The percentage of overweight & obese 4<sup>th</sup> graders decreased from 25.6% to 23% last school year from two years earlier. (*DSHS, School Physical Activity and Nutrition Survey*)

## **NUTRITION POLICY RESULTS - continued**

- There has been a reduction in calories, cholesterol and fat contents in food available in schools,
- And an increase in vitamins and calcium.
- These nutritional findings indicate a potential weight savings for elementary-age children of 2.22 lbs per child.

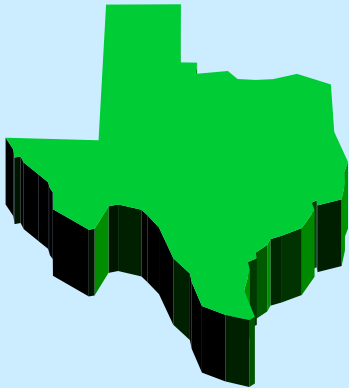
# Child Nutrition Programs

- Many children eat 60% or more of their meals in school. Therefore – schools are the primary setting to address the problems of childhood obesity and nutrition-related diseases.
- Health and success in school are interrelated – schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.  
(NASBE statement)

## Child Nutrition Programs - continued

- Part of the solution to the obesity problem is to improve the nutritional environment and the types of food offered in schools.
- Schools and school staff have a major impact on the behavior and life style of students and should be role models.
- Schools should also teach children about nutrition, and health and fitness because without these things the dollars spent on education are **WASTED !!**

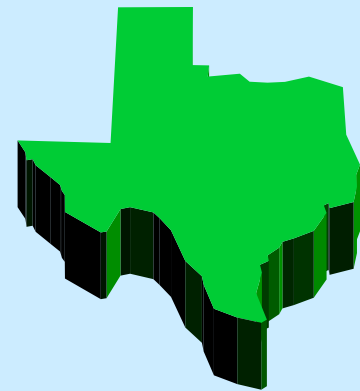
# TEXAS CHILD NUTRITION PROGRAMS LUNCH & BREAKFAST



- Largest CN programs in nation,
- 97% of schools participate,
- 4.4 million students enrolled,
- 2.9 million students (66%) eat a school lunch and 1.2 million (27%) eat breakfast each day,
- 500 million lunches and 220 million breakfasts served in 2005-06.

# Texas Child Nutrition Funding

- \$1 billion federal and \$14 million state funding per year,
- Plus \$80 million in USDA donated commodities



## Benefits to Agriculture

- School food service is BIG business and has a major impact on the state's economy.
- It's a \$ 2 + billion/yr industry in Texas that employs over 40,000 people! Using an economic multiplier increases the impact to \$4 - \$6 billion/yr.
- Texas schools are a major food purchaser (\$1 + billion per year). Schools are encouraged to purchase more Texas products and improve the state's agricultural economy (Farm to School Program).

## **Benefit to Agriculture, continued**

- The school food market can re-vitalize the agricultural sector by providing a large, stable and well-funded market for state-grown products,
- The agricultural community is interested in re-connecting school meals back into the food chain,
- They want to be an active partners in improving the health of all our children.

# **Texas Department of Agriculture Resource Website**

**<http://www.squaremeals.org>**

# **JOHN PERKINS**

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# Senator Deborah Ortiz

## California State Senate

- Chairs Senate Health Committee
- Strong advocate of improving childhood nutrition
- Author of the state law banning the sale of soda in grade schools and junior high
- Work on childhood obesity prevention has served as a national model

# **California Childhood Obesity Prevention Act of 2003**

- Got sodas out of elementary, middle, and junior high schools.
- Only water, juice, milk, and electrolyte replacement beverages can be sold to students.

# **SB 965 – Soda Out of High Schools**

- Extends to high schools on a phased-in basis beginning July 1, 2007, current restrictions imposed on K-8 pupils relating to the sale beverages.
- Added 50 percent vegetable-based drink to list of allowable beverages
- Defined allowable fat in milk beverages.

# SB 1520 (2002)

- Would have imposed tax on soft drink syrup or bottled soft drinks
- Would have raised over \$350 million annually
- Funding would have gone to
  - nutrition, physical activity programs
  - community-based obesity prevention programs
  - oral health programs
  - after-school programs currently funded by sale of unhealthy food
  - child obesity prevention and treatment in Healthy Families

# Promoting Good Nutrition

- 5 a Day Campaign
- Schools
- Communities
- Wellness Task Force

# Next Steps

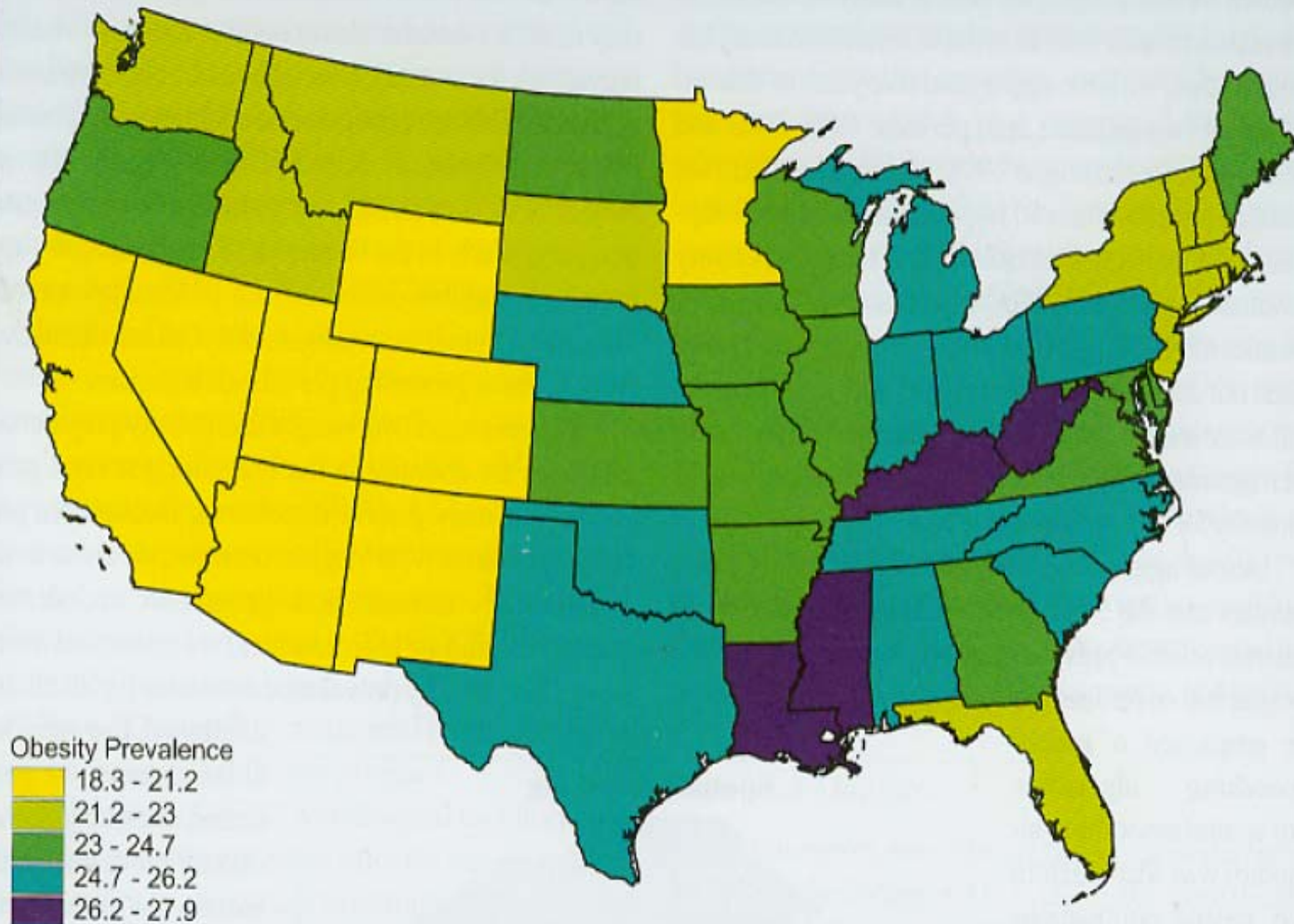
- Increasing access to fresh fruits and vegetables in schools and communities
- Promoting healthier school meals – not just competitive foods
- Promoting physical activity
- Menu disclosure/labeling requirements

# Senator Dan Foster

## West Virginia State Senate

- Chairs Pensions Committee and serves on Human Resources and Health Committees, among others
- M.D. from Stanford University and 21 year practitioner in general and vascular surgery
- Currently an administrator at the Charleston Area Medical Center
- Commitment to health issues through memberships in various health organizations

## State-Level Adult Obesity Prevalence, 1998-2002



# Overweight & Obesity By Age In The United States

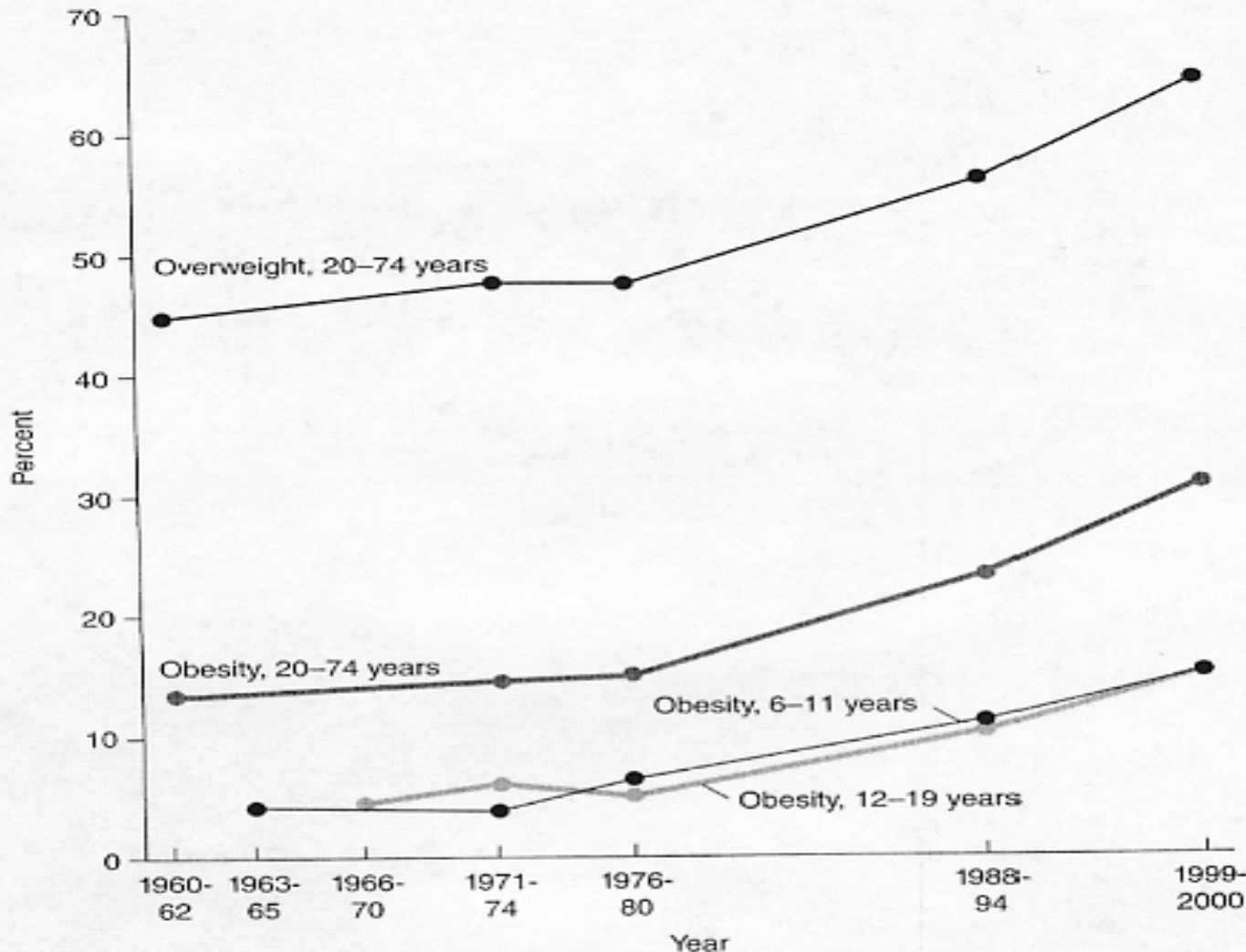
## 1960-2000

SOURCE: CDC, 2003

Percents for adults are age-adjusted.

Obesity for children is defined as a BMI at or above the age-and gender-specific 95<sup>th</sup> percentile BMI cutpoints from the 2000 CDC BMI charts.

Obesity for adults is defined as a BMI greater than or equal to 30. Obesity is a subset of the percent of overweight.



# Statistical Information

- In 2002, West Virginia ranked 1st in the nation in the prevalence of obesity (27.6%) and 42nd highest in the prevalence of overweight (36.1%). More than 63% of West Virginians are considered overweight or obese.

*Source: Behavioral Risk Factor Surveillance Survey*

- Based upon national studies and using formulas and ratios used in these national studies, the cost of obesity and overweight conditions in West Virginia is estimated within a range of \$1.5 to 2.0 billion.

*Source: CDC, Obesity Research, Bureau for Public Health, Obesity in West Virginia*

# Statistical Information

- Using formulas and percentages from a national study, the estimated impact on West Virginia businesses and citizens annually for conditions associated with poor weight control and physical inactivity is:
  - 400,000 lost work days due to obesity-related causes
  - 2.4 million restricted-activity days; and
  - More than 2 million related prescriptions

*Sources: Bureau for Public Health, Obesity in West Virginia; Behavioral Risk Factor Surveillance Survey*

# Healthy West Virginia Act of 2005

## Key Provisions Include:

- Creating the office of Healthy Lifestyles within the Secretary of the West Virginia Dept. of Health and Human Resources' office
- Establishing a clinical advisory committee
- Encouraging the development of incentives for participation in employee wellness programs
- Establishing a definition of healthy beverages that can be sold in schools

# Healthy West Virginia Act of 2005

## Key Provisions Include:

- Enhancing requirements for physical education and health education
- Reporting of aggregate BMI data from public school students
- Reporting its progress annually to the Legislature

# Public Policy Wish List

- Strong regulation of children's junk food commercials
- Public policymakers and other prominent leaders should use their bully pulpits to send a message to kids about how to eat right
- Ban junk food in school
- Increase access to fruits and vegetables for students

# Public Policy Wish List

- Tax junk food
- Decrease tax subsidies for unhealthy foods
- Provide subsidies for healthy food for poor people
- Label food in chain restaurants
- Educate parents and teachers
- Advocacy for increased rates of breastfeeding

# Q & A

## Session Instructions

- Submit questions by using the question box on the bottom right portion of the web page

# Healthy Eating: Access to Healthy Foods

## PANELISTS



John Perkins  
Texas Department  
of Agriculture



State Senator  
Deborah Ortiz  
California



State Senator  
Dr. Dan Foster  
West Virginia

# **Healthy Eating: Access to Healthy Foods**

## **This Concludes the Web Cast**

- Please complete the evaluation poll which will pop up on your screen
- Next Web cast will be August 30 at 2:00 pm
- Thanks for attending!