

# North Carolina Legislative Task Force on Childhood Obesity

*Eat Smart Move More*

*December 13, 2010*

# Why a Legislative Task Force?

- Percentage of Overweight Children
  - Ages 2 – 4 15.8 percent
  - Ages 5 – 11 17.1 percent
  - Ages 12 – 18 18.1 percent
- Percentage of Obese Children
  - Ages 2 – 4 15.4 percent
  - Ages 5 – 11 25.8 percent
  - Ages 12 – 18 28.0 percent

# Why a Legislative Task Force

- North Carolina ranks
  - 11<sup>th</sup> for Childhood Obesity
  - 10<sup>th</sup> for Adult Obesity
- The rate of Adult Obesity has more than doubled—13% to 30% since 1990
- Nearly One-Third of the Children 10 –17 are Overweight or Obese

# Why a Legislative Task Force

Because elsewhere in the world



Children start off the day by Dancing and Exercising

# Legislative Task Force Meetings

## All-Day Meetings on

1. Epidemic of Obesity
2. Active Living and Nutritious Food in the Community
3. Children's Access to Nutritious Food—  
Preschool through High School
4. Children's Physical Activity, BMI, and Fitness
5. Food Industry

# Legislative Task Force on Childhood Obesity

Findings

Recommendations

Actions

# Access to Nutritious Food in the Community

## **Expand the SNAP Education Program**

### Findings:

NC was drawing down \$1.13 per capita

TN was drawing down \$3.61 per capita

KY was drawing down \$14.06 per capita

S.L. 2010-160 enacted—DHHS to increase efforts to draw down more Federal funds; expand information and education services to low-income families

**SNAP Ed efforts increased from \$1.3M to \$1.6M**



# Access to Nutritious Food in the Community

## **Expand Efforts to have Farmers' Markets accept EBT cards, including SNAP EBT**

### Findings:

Less than 15 of the 190 Farmers' Markets in NC have EBT Capability

1 out of 7 North Carolinians qualify for SNAP

Key leaders at the General Assembly and UNC and NCSU have teamed up with the Markets to expand this effort

# Children's Access to Nutritious Food

## **Adopt American Academy of Pediatrics Recommendations for Child Care Facilities**

- **Sugar sweetened beverage**
- **Low-fat milk**
- **Limiting juice for children over 1 year of age**

S.L. 2010-117 enacted. NC Child Care Commission is to consider AAP recommendations for new regulations.

**DHHS conducts 4 listening sessions across NC**  
**Final DPH Report on Nutrition Standard 2/1/11**  
**Commission review and action March 2011**

# Children's Access to Nutritious Food

Devote the State Match--\$7.2M—for School Lunch Program to purchase of food vs. administrative costs of Child Nutrition Program

## Findings:

State could devote the additional funds to raising the eligibility for Free Meals to 185%, thus eliminating Reduced Price Meals

Considerable Discussion, but no action taken

HB 1774 and SB 1285

# Children's Access to Nutritious Food

## Adopt Standards of Institute of Medicine or the Alliance for Healthier Generation

- 4-year phase in across Elementary, Middle, and High Schools
- 5-cent per meal supplement during phase-in period
- Public Health, Education, Academia, and Advocacy entities to conduct information campaign prior to implementation.

### Findings:

Current standards meals, competitive foods, vending machines and school stores contribute to problem

HB 900, HB 1756, SB 1289

# Children's Access to Nutritious Food

## Require a Standard Indirect Cost Rate for all School Nutrition Programs

### Findings:

Lack of Standard Rate and its application across the 115 LEAs creates significant financial burden on Child Nutrition Programs

Enacted S.L. 2010-115 Directs NCGA's Program Evaluation Division to study administration of programs

# Children's Access to Nutritious Food

## Dedicated Position in Dept. of Agriculture to “Farm to School” program

### Findings:

Other States—Oregon and Washington—have made significant progress through similar efforts.

S.L. 2010-31, Sec. 11.5—Department of Agriculture will devote position to “Farm to School” program.

**Department of Agriculture has hired the person for this position**

# Children's Access to Nutritious Food

Encourage NC Foundations to establish a “Healthy School Cafeteria Program” to upgrade equipment and enhance staff food preparation

## Findings:

Barrier to serving fresh produce is school's inability to process and serve fresh produce.

Bowers Foundation in Mississippi implemented successful effort to retrofit facilities and train staff how to better prepare and present food.

NC's Golden Leaf and Blue Cross and Blue Shield foundations have the lead on this effort.

# Physical Education, BMI and Fitness

Mandate the use of evidence-based testing for students in grades K – 8.

## Findings:

Fitnessgram is in use in 65/115 LEAs across the state

Current research demonstrates the link between active students and academic achievement.

Enacted S.L. 2010-161—State Board of Education is to adopt and implement evidence-based fitness testing for K-8 students.



# Physical Activity in the Community

## Safe Streets to School

### Findings:

North Carolina is not making the best use of available Federal funds. At the time, the Task Force believed the state should await Congress' reauthorization of Safe Streets Act. But NCDOT should develop a strategy and vision to take better advantage of Federal resources.

# Legislative Task Force on Childhood Obesity

## Reauthorize the Legislative Task Force on Childhood Obesity

### Finding:

The issue of Childhood Obesity will not be solved in a single year

Task Force is reauthorized

for the 2011-12 Biennium in S.L. 2010-152

# Legislative Task Force on Childhood Obesity

## Co-Chairs

Sen. William Purcell

Rep. Douglas Yongue

## Members

Sen. Charlie Dannelly

Sen. Donald Davis

Sen. Jean Preston

Sen. Jerry W. Tillman

Rep. Larry Brown

Rep. Bob England, MD

Rep. Robert Grady

Rep. Sandra Spaulding-Hughes

Rep. Verla Insko

Rep. Jennifer Weiss