

Oregon Nutrition Policy Alliance

MISSION:

To increase awareness about the impact of nutrition on the health of Oregonians, and to promote policy that creates a healthy, active Oregon.

Contact Us:

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Bill supporters on reverse

HEALTHY FOODS FOR HEALTHY STUDENTS HB 2650

Support statewide nutrition standards for snacks
and beverages sold in schools.

Obesity is on the rise among Oregon students.

Obesity rates have doubled in children and tripled in adolescents over the last two decades. One-fourth of Oregon's students are already overweight or at severe risk of becoming overweight.¹ Supporting healthy eating habits is essential to preventing further increases in childhood obesity.

Every Oregon student deserves healthy choices.

Statewide nutrition standards outside the National School Lunch Program (NSLP) are the only way to ensure healthy choices for *all* students. While some Oregon school districts have recently enacted strong wellness policies, local efforts to improve school nutrition standards are highly inconsistent across the state.

School nutrition standards remove the worst junk food offenders.

The Healthy Foods for Healthy Students bill eliminates high-sugar soda, candy and high-calorie snacks. Soda consumption in children has been tied to excessive weight gain.² School children should be eating a nutritious lunch not empty, high-calorie snacks.

School nutrition standards support schools & learning.

Junk food in schools contributes to childhood obesity and draws students away from school meals. School districts that have switched to stronger standards for food can experience a drop in income, however most then see their revenue go up due to increased participation in the school lunch program.³

Current voluntary agreements made by the food and beverage industries put the burden on school districts to negotiate for healthier options. The Healthy Foods for Healthy Students bill includes clear uniform standards so that all of Oregon's kids have nutritious choices. Nutritious food at school supports educators who are teaching healthy eating in their classrooms and also supports parents who are modeling healthy eating habits at home.



References:

- ¹Ngo, Duyen, PhD & Leman, Richard, MD. Preliminary Oregon Overweight, Obesity, Physical Activity, and Nutrition Data for State Planning Process. Report by the Oregon Department of Human Services, 2006. Actual figures are 24.7% of 8th graders and 24% of 11th graders.
- ²Mrdjenovic G, et al. "Nutritional and Energetic Consequences of Sweetened Drink Consumption in 6- to 13-year-old Children." *The Journal of Pediatrics* 2003, vol. 142, pp. 604-610.
- ³ Food and Nutrition Service, U.S. Department of Agriculture; Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; and U.S. Department of Education. FNS-374, Making it Happen! School Nutrition Success Stories. Alexandria, VA, January 2005. <http://www.fns.usda.gov/tn/Resources/makingithappen.html>.

**For more
information or to
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HEALTHY FOODS FOR HEALTHY STUDENTS HB 2650 SUPPORTERS

American Cancer Society

American Diabetes Association

CareOregon

**Center for the Study of Weight Regulation,
Oregon Health and Science University**

**Community Health Partnership:
Oregon's Public Health Institute**

Ecumenical Ministries of Oregon

Kaiser Permanente

Legacy Emanuel Children's Hospital

Oregon Dental Association

Oregon Dietetic Association

Oregon Hunger Relief Taskforce

Oregon Medical Association

Oregon Nurses Association

Oregon Parent Teachers Association

Oregon Public Health Association

Public Health Alignment Group

Shape-Up Across Oregon

Stand for Children

Upstream Public Health

Make the Healthy Choice the Easy Choice.