



How do we effectively prevent and decrease childhood obesity?

- **Educating parents/guardians is imperative.** Many parents of overweight/obese children are not fully aware of the extent of their child's health risk or resources available to help them.
- **Addressing poor diet and physical inactivity is fundamental.** Childhood obesity is a result of both.
- **Early diagnosis and treatment are critical.** The earlier the intervention, the less expensive, more effective and more permanent the improvements made.

One in three children born in Ohio is overweight by the age of eight.

What Does the Healthy Choices for Healthy Children Legislation Do?

The Healthy Choices for Healthy Children legislation will make Ohio a national leader in addressing childhood obesity by comprehensively addressing childhood obesity through a three-pronged approach in a setting where we know we can have an immediate impact – Ohio schools – by:

Children who are obese when they are 10 have an 80 percent chance of being obese as an adult.

Raising the bar to ensure children have access to nutritious foods in the school setting, including:

- **Allowing schools to provide a free breakfast to all children who are eligible for free or reduced-price breakfast as part of the school day.**
- **Offering more nutritious foods and beverages during the regular and extended school day in vending machines, a la carte menus, and other school-operated venues.**

Building physical activity into the daily school routine and focusing on the importance of quality physical education to children leading healthy lifestyles, including:

- **Getting kids moving for at least 30 minutes per day.** The bill requires that schools provide 30 minutes of moderate to rigorous physical activity (exclusive of recess) during the school day in grades K-12.
- **Providing quality physical education to all Ohio students** to ensure children develop healthy habits and lifestyles by requiring physical education (PE) teachers to be certified and licensed as PE teachers and to adhere to content standards approved by the State Board of Education. The bill also incorporates a physical education performance indicator on local district and building report cards.
- **Increasing the amount of time high school students must dedicate to physical education from ½ unit to one full unit.**

Ohio ranks 4th highest in the nation in overweight high school students.



Measuring and reporting our progress through Body Mass Index (BMI) screenings upon school entry and in 3rd, 5th and 9th grades and also:

- Educating parents about their child's BMI and the health risks associated with his/her results.
- Raising awareness and increasing accountability through the reporting of weight status categories as defined by the Centers for Disease Control (underweight, healthy weight, overweight and obese) on local district and building report cards.

60 percent of overweight kids have at least one cardiovascular disease risk factor.

Creating a council of experts, appointed by the Governor and the Ohio General Assembly, to shape school-based solutions to childhood obesity. The board will also create a "best practice" warehouse of materials, activities and programs to help schools implement the requirements of the legislation.

For more information, contact:

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