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## HOUSE RESOLUTION

REQUESTING THE DEPARTMENT OF EDUCATION TO ESTABLISH NUTRITION  
STANDARDS FOR FOOD AND BEVERAGE SOLD IN PUBLIC SCHOOLS AND  
TO PROVIDE NUTRITION TRAINING AND EDUCATION TO FOOD SERVICE  
MANAGERS AND STUDENTS.

1 WHEREAS, obesity is considered to be the major health issue  
2 of the twenty-first century, and obesity rates have soared  
3 throughout the United States, with an estimated two-thirds of  
4 the adult population self-reporting being overweight and almost  
5 one-third being obese; and

6  
7 WHEREAS, the World Health Organization and International  
8 Obesity Task Force have also confirmed a worldwide epidemic of  
9 obesity, even as some developing countries struggle with  
10 undernourishment or famine; and

11  
12 WHEREAS, the number of overweight children in the United  
13 States has doubled in the past thirty years, with similar  
14 patterns occurring in Hawaii; and

15  
16 WHEREAS, while more research on childhood obesity in Hawaii  
17 needs to be done, the Hawaii youth risk behavior survey reports  
18 that approximately one-third of Hawaii's students consider  
19 themselves to be overweight, with another sixteen per cent at  
20 risk for becoming overweight; and

21  
22 WHEREAS, research demonstrates that overweight children  
23 tend to lead sedentary lifestyles, develop low self-esteem and  
24 psychological stress, and often lack the necessary drive and  
25 motivation required for excelling in the classroom; and

26  
27 WHEREAS, the two leading causes of obesity in children are  
28 a lack of physical activity and poor eating habits, the second  
29 of which is due in large part to our "junk food" and "super-  
30 sized" American culture that often leads to overeating and the  
31 consumption of large amounts of sugar and fat; and



1 WHEREAS, unhealthy children often become unhealthy adults,  
2 with the concomitant health care costs to treat hypertension,  
3 obesity, diabetes, and heart disease; and  
4

5 WHEREAS, food and beverages sold on school grounds can be a  
6 significant source of fat, calories, salt, sugar, and  
7 cholesterol; and  
8

9 WHEREAS, carbonated drinks are the single largest source of  
10 refined sugars in the American diet; and  
11

12 WHEREAS, seventy per cent of elementary school-aged  
13 children exceed the current dietary recommendations for total  
14 calories and saturated fat intake; and  
15

16 WHEREAS, schools are a logical place to promote the  
17 prevention of overweight and obesity in children and  
18 adolescents; now, therefore,  
19

20 BE IT RESOLVED by the House of Representatives of the  
21 Twenty-fourth Legislature of the State of Hawaii, Regular  
22 Session of 2008, that the Department of Education is requested  
23 to:  
24

25 (1) Establish nutrition standards for food and beverages  
26 sold in public elementary, intermediate, and middle  
27 schools;  
28

29 (2) Limit the sales of meals to elementary, intermediate,  
30 and middle grade students to full meals sold at  
31 breakfast and lunch;  
32

33 (3) During breaks in the school schedule, make individual  
34 food items available for sale, including fruit,  
35 nonfried vegetables, legumes, beverages, dairy  
36 products, or grain products with:  
37

38 (A) No more than thirty per cent of total calories  
39 from fat, with the exception of nuts or seeds;  
40

41 (B) No more than ten per cent of total calories from  
42 saturated fat; and  
43



- 1 (C) No more than twenty-five per cent of total weight
- 2 from sugar, with the exception of fruits or
- 3 vegetables;
- 4
- 5 (4) Limit the beverages sold to elementary, intermediate,
- 6 and middle school students on school grounds to:
- 7
- 8 (A) Drinking water;
- 9
- 10 (B) Milk (including chocolate milk) or approved
- 11 nondairy beverages; and
- 12
- 13 (C) Beverages that contain one hundred per cent fruit
- 14 juices, or fruit-based drinks composed of not
- 15 less than fifty per cent fruit juice that have no
- 16 added sweeteners;
- 17
- 18 (5) Develop nutrition education training requirements for
- 19 food service managers in public schools that address
- 20 all public school food services, including school
- 21 snacks and full meal service;
- 22
- 23 (6) Ensure that all existing food service managers
- 24 complete the nutrition education training requirements
- 25 by January 1, 2009 and that new food service managers
- 26 complete the nutrition education training requirements
- 27 within six months of date of hire;
- 28
- 29 (7) Encourage schools to provide students with culturally-
- 30 appropriate and standards-based nutrition education,
- 31 as well as farm-to-table nutrition education where
- 32 resources permit access to school, community, county,
- 33 or other gardens; and
- 34
- 35 (8) Require any state and county agencies that operate
- 36 afterschool and weekend programs to adhere to the same
- 37 nutrition policies established for school grounds
- 38 during school hours; and
- 39



1 BE IT FURTHER RESOLVED that the Department of Education is  
 2 requested to clarify that its nutrition policies would not  
 3 prohibit or limit the sale or distribution of any food or  
 4 beverage item through fundraisers by students, teachers, or  
 5 groups when the items are intended for sale off the school  
 6 campus; and

7  
 8 BE IT FURTHER RESOLVED that certified copies of this  
 9 Resolution be transmitted to the Superintendent of Education,  
 10 the Chairperson of the Board of Education, and the Director of  
 11 Health.

OFFERED BY:

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