

1 A bill to be entitled
2 An act relating to the prevention of obesity; amending s.
3 381.0054, F.S.; requiring the Department of Health to
4 collaborate with other state agencies in developing
5 policies and strategies to prevent obesity which shall be
6 incorporated into agency programs; requiring the
7 department to advise health care practitioners regarding
8 morbidity, mortality, and costs associated with the
9 condition of being overweight or obese; requiring the
10 department to inform health care practitioners about
11 clinical best practices for obesity prevention and to
12 encourage practitioners to counsel their patients
13 regarding the adoption of healthy lifestyles; requiring
14 the Department of Health in partnership with the
15 Department of Education to award grants to local school
16 districts to implement a pilot program to promote healthy
17 eating habits, increase physical activity, and improve
18 fitness; specifying requirements for the pilot program;
19 requiring the Office of Program Policy Analysis and
20 Government Accountability to complete a report to
21 determine the program's effectiveness in changing body
22 mass index, increasing knowledge, and improving attitudes
23 and behaviors of students related to nutrition and
24 physical activity; requiring the Department of Health and
25 the program provider to seek partnerships with various
26 entities and organizations for assistance in providing
27 funding and resources; requiring school districts that
28 participate in the pilot program to collect certain

HB 7203

2006

29 information that is identified by the Office of Program
30 Policy Analysis and Government Accountability for the
31 evaluation of the program's effectiveness; providing an
32 appropriation; providing an effective date.

33
34 WHEREAS, in 2003, 14 percent of high school students were
35 at risk of being overweight and an additional 12.4 percent were
36 overweight, and

37 WHEREAS, in 2003, more than 50 percent of high school
38 students did not participate in any physical education at
39 school, and

40 WHEREAS, in 2003, only approximately 20.7 percent of high
41 school students in this state ate five or more servings of
42 fruits or vegetables each day in a 7-day period, and

43 WHEREAS, in 2003, 42.7 percent of high school students
44 watched television for 3 or more hours on an average school day,
45 and

46 WHEREAS, in 2003, 39.9 percent of middle school students
47 did not go to physical education classes at all during an
48 average school week, and

49 WHEREAS, in 2003, on an average school day, 45.3 percent of
50 middle school students watched television for 3 or more hours,
51 18.2 percent used the computer for fun for 3 or more hours, and
52 14.8 percent reported playing video games for 3 or more hours,
53 and

54 WHEREAS, in 2003, only 11.3 percent of middle school
55 students reported eating five or more servings of fruits and
56 vegetables per day, and

HB 7203

2006

57 WHEREAS, approximately 60 percent of overweight children
 58 have at least one risk factor for cardiovascular disease such as
 59 high blood pressure or high cholesterol, and about 25 percent of
 60 overweight children have two or more risk factors, and

61 WHEREAS, 25 percent of adults and children are obese and 15
 62 million Americans are morbidly obese, and

63 WHEREAS, obesity as a cause of death is preventable and
 64 20,000 Floridians die annually from obesity-related diseases,
 65 and

66 WHEREAS, obesity-related medical expenditures for adults in
 67 this state total more than \$3.9 billion yearly, with over half
 68 of the costs being financed by Medicare and Medicaid, NOW,
 69 THEREFORE,

70

71 Be It Enacted by the Legislature of the State of Florida:

72

73 Section 1. Subsection (1) of section 381.0054, Florida
 74 Statutes, is amended to read:

75 381.0054 Healthy lifestyles promotion.--

76 (1) The Department of Health shall promote healthy
 77 lifestyles to reduce the prevalence of excess weight gain
 78 ~~overweight~~ and obesity in Florida by implementing appropriate
 79 physical activity and nutrition programs that are directed
 80 towards ~~target~~ all Floridians by:

81 (a) Using all appropriate media to promote maximum public
 82 awareness of the latest research on healthy lifestyles and
 83 chronic diseases and disseminating relevant information through
 84 a statewide clearinghouse relating to wellness, physical

HB 7203

2006

85 activity, and nutrition and their impact on chronic diseases and
86 disabling conditions.

87 (b) Providing technical assistance, training, and
88 resources on healthy lifestyles and chronic diseases to the
89 public, county health departments, health care providers, school
90 districts, and other persons or entities, including faith-based
91 organizations, that request such assistance to promote physical
92 activity, nutrition, and healthy lifestyle programs.

93 (c) Developing, implementing, and using all available
94 research methods to collect data, including, but not limited to,
95 population-specific data, and track the incidence and effects of
96 weight gain, obesity, and related chronic diseases. The
97 department shall include an evaluation and data collection
98 component in all programs as appropriate.

99 (d) Partnering with the Department of Education, local
100 communities, school districts, and other entities to encourage
101 Florida schools to promote activities during and after school to
102 help students meet a minimum goal of 60 minutes of activity per
103 day.

104 (e) Partnering with the Department of Education, school
105 districts, and the Florida Sports Foundation to develop a
106 program that recognizes schools whose students demonstrate
107 excellent physical fitness or fitness improvement.

108 (f) Collaborating with other state agencies to develop
109 policies and strategies for preventing obesity, which shall be
110 incorporated into programs administered by each agency and shall
111 include promoting healthy lifestyles of employees of each
112 agency.

HB 7203

2006

113 (g) Advising, in accordance with s. 456.081, health care
114 practitioners licensed in this state regarding the morbidity,
115 mortality, and costs associated with the condition of being
116 overweight or obese, informing such practitioners of clinical
117 best practices for preventing obesity, and encouraging
118 practitioners to counsel their patients regarding the adoption
119 of healthy lifestyles.

120 (h) ~~(f)~~ Maximizing all local, state, and federal funding
121 sources, including grants, public-private partnerships, and
122 other mechanisms, to strengthen the department's current
123 physical activity and nutrition programs and to enhance similar
124 county health department programs.

125 Section 2. (1) The Department of Health in partnership
126 with the Department of Education shall award grants to local
127 school districts to implement a 3-year pilot program that is
128 directed towards students in the 4th and 5th grades in 10
129 geographically and demographically diverse counties. The pilot
130 program must:

131 (a) Have a program provider. The program provider shall:

132 1. Have a prevention-education program currently in use
133 throughout the school districts in this state in order to
134 receive funds under the grants provided by the pilot program;

135 2. Promote the "Fresh 2-U" campaign by the Department of
136 Agriculture and Consumer Services;

137 3. Have an established partnership with the Produce for
138 Better Health Foundation and promote its "5 A Day the Color Way"
139 campaign; and

140 4. Work with school districts to use multimedia methods

141 and awareness events and promote healthful nutrition and
142 physical activity opportunities throughout the school year
143 targeting students, staff, parents, and caregivers.

144 (b) Establish a school-based program in elementary schools
145 for purposes of promoting healthy eating habits, increasing
146 physical activity, and improving fitness, and include a formal
147 curriculum on physical activity and nutrition that is consistent
148 with recommendations from the Governor's Task Force on the
149 Obesity Epidemic, February 2004.

150 (c) Provide education and professional-development
151 training to teachers on how to implement the program to model
152 physical activity and healthy eating behavior and on the
153 importance of building positive physical habits during school
154 and away from school.

155 (d) Empower teachers to facilitate educational
156 opportunities to support and sustain lifelong physical activity
157 and healthy eating.

158 (e) Incorporate physical activity and nutrition education
159 into core classroom subject areas and various curricula,
160 including, but not limited to, math, science, home economics,
161 and language arts, and must be linked to the Sunshine State
162 Standards.

163 (f) Integrate nutrition and physical activities into other
164 educational opportunities both inside and outside the classroom.
165 Teachers, administrators, school food service personnel, other
166 school personnel, and parents and students shall collaborate on
167 creating a positive physical activity and healthy nutrition
168 environment. The program must also include resources and

HB 7203

2006

169 activities that engage and involve parents and caregivers.

170 (g) Provide resources and education for core classroom
171 teachers to promote collaboration between the physical education
172 and core classroom teachers and create a comprehensive
173 educational experience for the students to develop the skills,
174 knowledge, and attitudes to make healthy decisions using
175 critical thinking skills throughout their lives, while enhancing
176 students' reading and academic skills.

177 (h) Provide resources that are sustainable and provide
178 open, web-based resources to teachers and students across the
179 state.

180 (i) Be compliant with applicable state education
181 standards.

182 (j) Have nutrition-education activities that are developed
183 in partnership with the Produce for Better Health Foundation.

184 (k) Be evidence based and research based and have had
185 results published in a peer-reviewed journal demonstrating a
186 statistically significant reduction in body mass index and an
187 increase in fruit and vegetable consumption and levels of
188 physical activity among participating students.

189 (1) Hire a statewide coordinator to provide ongoing
190 support for teachers and staff who implement the program.

191 (2) At the completion of the 3-year pilot program, the
192 Office of Program Policy Analysis and Government Accountability
193 shall conduct a performance evaluation to determine the
194 program's effectiveness in changing body mass index, increasing
195 knowledge, and improving attitudes and behaviors of students
196 related to nutrition and physical activity. Following the

HB 7203

2006

197 completion of the 2006-2007 and 2007-2008 school years, the
198 Office of Program Policy Analysis and Government Accountability
199 shall submit interim reports to the President of the Senate and
200 the Speaker of the House of Representatives.

201 (3) To be eligible for the grant, school districts must
202 agree to collect information that the Office of Program Policy
203 Analysis and Government Accountability needs to conduct its
204 evaluations. This information will facilitate the Office of
205 Program Policy Analysis and Government Accountability's
206 evaluation of the pilot program's effectiveness in changing body
207 mass index and increasing knowledge and improving attitudes and
208 behaviors related to nutrition and physical activity. The Office
209 of Program Policy Analysis and Government Accountability must
210 supply a form for participating school districts to record the
211 information and identify the information that must be collected
212 for the evaluation. The school district must collect baseline
213 and end-of-school-year information concerning the participating
214 students.

215 (4) In addition to working with the Department of
216 Education and local school districts, the Department of Health,
217 working together with the program provider, shall seek
218 partnerships with local businesses, industries, corporations,
219 philanthropic foundations, and other organizations and shall
220 seek state and federal grant opportunities that may assist in
221 providing funding or resources to schools.

222 Section 3. The sum of \$ _____ is appropriated from the
223 General Revenue Fund to the Department of Health for the 2006-

HB 7203

2006

224 2007 fiscal year to implement the provisions of s. 381.0054,

225 Florida Statutes.

226 Section 4. This act shall take effect July 1, 2006.