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## **Resolve, To Reduce Childhood Obesity in Schools by Adding to the Physical Education Curriculum**

**Sec. 1 Promoting healthy eating and physical activities in schools. Resolved:** That the Commissioner of Education, in order to reduce childhood obesity in public schools, shall review and incorporate the principles of the so-called "5-2-1-0 Goes to School" program into a statewide program in the public schools physical education curriculum. The "5-2-1-0 Goes to School" program, the school component of a community-based initiative to promote healthy lifestyle choices, is aimed at promoting healthy eating and physical activity in the school environment; and be it further

**Sec. 2 Goals and strategies. Resolved:** That in incorporating the principles of a healthy eating and physical activity program into a statewide program in the public schools, the Commissioner of Education shall endorse the nutritional, activity and informational messages of the program, which emphasize more fruits and vegetables, less recreational screen time, more physical activity and fewer sugar-laden drinks and more water and low-fat milk. The statewide program must include the program's 10 major strategies for success and use the combined efforts of parents, administrators and teachers to create a healthier school environment to address the policies and practices that influence healthy lifestyle behaviors; and be it further

**Sec. 3 Resources. Resolved:** That the Commissioner of Education, in coordinating the program under section 1, shall seek all available outside funds through grants and the use of volunteers and outside participants; and be it further

**Sec. 4 Report. Resolved:** That the Commissioner of Education shall report to the Joint Standing Committee on Education and Cultural Affairs by January 30, 2010 with a plan to implement the program under section 1.

### **SUMMARY**

This resolve directs the Commissioner of Education to incorporate the principles of the "5-2-1-0 Goes to School" program into a statewide program in the public schools physical education curriculum. The "5-2-1-0 Goes to School" program, the school component of a community-based initiative to promote healthy lifestyle choices, began as a pilot project launched by the Barbara Bush Children's Hospital at Maine Medical Center in 9 schools in York County. It now includes 12 communities and is aimed at promoting healthy eating and physical activity in the school environment. The program emphasizes better nutritional choices and more activity.