

ASSEMBLY BILL

No. 689

Introduced by Assembly Member Nava

February 17, 2005

An act to add Sections 51210.6 and 51210.8 to the Education Code, relating to curriculum.

LEGISLATIVE COUNSEL'S DIGEST

AB 689, as introduced, Nava. Nutrition and physical activity curriculum.

Existing law requires the State Board of Education to adopt instructional materials in designated subject areas for use in kindergarten and grades 1 to 8, inclusive, and to ensure that curriculum frameworks are reviewed and adopted in each subject area consistent with the cycles for the submission of instructional materials. Existing law requires the State Department of Education to incorporate nutrition education curriculum content into the health curriculum framework at its next revision, with a focus on pupils' eating behaviors.

This bill would require the department to incorporate specified exercises and activities related to nutrition and physical activity into each of the reading, English language arts, English language development, history/social science, science, and mathematics instructional materials criteria at its next revision. The bill would require the board to adopt, on or before December 1, 2007, model content standards in the curriculum area of health education. The bill would make that duty contingent upon the availability of funding.

Vote: majority. Appropriation: no. Fiscal committee: yes. State-mandated local program: no.

The people of the State of California do enact as follows:

1 SECTION 1. The Legislature hereby finds and declares all of
2 the following:

3 (a) Physical inactivity and a poor diet account for at least
4 300,000 deaths in the United States each year.

5 (b) According to a 2004 study by the Centers for Disease
6 Control and Prevention, deaths caused by physical inactivity and
7 a poor diet increased by 33 percent over the past decade and may
8 soon become the leading preventable cause of death.

9 (c) According to the American School Food Service
10 Association's study of the impact of hunger and malnutrition on
11 pupil achievement, published in the School Board Food Service
12 Research Review, among fourth grade pupils, those having the
13 lowest amount of protein in their diets had the lowest
14 achievement scores.

15 (d) Iron deficiency anemia leads to shortened attention span,
16 irritability, fatigue, and difficulty with concentration.
17 Consequently, children who are anemic tend to do poorly on
18 vocabulary, reading, and other tests, as explained in the
19 Relationship Between Nutrition and Learning: A School
20 Employee's Guide to Information and Action, published by the
21 National Education Association.

22 (e) A study by the Center on Hunger, Poverty and Nutrition
23 Policy found that even moderate undernutrition, consisting of
24 inadequate or suboptimal nutrient intake, can have lasting effects
25 and can compromise cognitive development and school
26 performance.

27 (f) The National Association for Sport and Physical Education
28 cites nearly 200 studies on the effect of physical activity on
29 learning, which show that physically fit children perform better
30 academically.

31 (g) Because nutrition education is an effective way of
32 developing healthy eating patterns among pupils, one of the
33 Healthy People 2000 objectives of the United States Department
34 of Health and Human Services is to increase nutrition education
35 in schools.

36 (h) There is a need for both a sequential physical education
37 that involves moderate to vigorous physical activity and teaches
38 knowledge, motor skills, and positive attitudes and activities that

1 all pupils can enjoy and pursue throughout their lives that are
2 taught by well-prepared and well-supported staff, as well as a
3 coordinated curriculum that incorporates nutrition and physical
4 activity across academic subject areas, laying the foundation for
5 lifelong healthy habits.

6 SEC. 2. Section 51210.6 is added to the Education Code, to
7 read:

8 51210.6. The department shall incorporate exercises and
9 activities related to nutrition and physical activity into each of the
10 reading, English language arts, English language development,
11 history/social science, science, and mathematics instructional
12 materials criteria at its next revision. Exercises and activities
13 shall focus on both pupil eating behavior and physical activity by
14 incorporating health promotion messages based on theories and
15 methods proven effective by published research.

16 (a) Nutrition exercises and activities shall be designed to help
17 pupils learn all of the following:

18 (1) Nutritional knowledge, including, but not limited to, the
19 benefits of healthy eating, essential nutrients, nutritional
20 deficiencies, principles of healthy weight management, the use
21 and misuse of dietary supplements, and safe food preparation,
22 handling, and storage.

23 (2) Nutrition-related skills, including, but not limited to,
24 planning a healthy meal, understanding and using food labels,
25 and critically evaluating nutrition information, misinformation,
26 and commercial food advertising.

27 (3) How to assess their own personal eating habits, set goals
28 for improvement, and achieve those goals by using the Food
29 Guide Pyramid, Dietary Guidelines for Americans, Nutrition Fact
30 Labels, and the Physical Activity Pyramid.

31 (b) Physical activity exercises and activities shall be designed
32 to help pupils do all of the following:

33 (1) Develop the knowledge, motor and movement skills,
34 self-management skills, attitudes, and confidence needed to adopt
35 and maintain physical activity throughout their lives.

36 (2) Understand the connection between physical activity,
37 physical health, mental health, capacity for learning, and overall
38 well-being in the short term and in the long term.

39 (3) Learn the importance of all of the following:

1 (A) Reducing sedentary time, including, but not limited to,
2 viewing television, playing video games, or talking on the
3 telephone, to less than two hours each day.

4 (B) Increasing moderate and vigorous activity each day.

5 (C) Participating in physical activity outside of school.

6 (c) This section does not supplant any comprehensive health
7 education programs, as defined in Section 51890.

8 SEC. 3. Section 51210.8 is added to the Education Code, to
9 read:

10 51210.8. (a) On or before December 1, 2007, based on
11 recommendations of the Superintendent, the State Board of
12 Education shall adopt model content standards in the curriculum
13 area of health education.

14 (b) The model content standards shall provide a framework for
15 programs that a school may offer in the curriculum area of health
16 education. This section does not require a school to follow the
17 model content standards.

18 (c) The model content standards described in subdivision (a)
19 shall only be developed if sufficient funds are made available for
20 that purpose.