

**MINUTES OF THE
PHYSICAL ACTIVITY AND NUTRITION SUBCOMMITTEE
OF THE
HEALTH AND HUMAN SERVICES INTERIM COMMITTEE**
Friday, June 15, 2001 – 1:00 p.m. – Room 405 State Capitol

Members Present:

Sen. Peter C. Knudson,
Senate Chair
Rep. Patricia W. Jones,
House Chair
Rep. Bryan D. Holladay
Rep. Carol Spackman Moss
Rep. Mike Thompson

Staff Present:

Mr. Mark D. Andrews,
Research Analyst
Mr. Paul W. Hess,
Associate General Counsel

Note: A list of others present and a copy of materials can be found at <http://www.image.le.state.ut.us.imaging/history.asp> or contact the Office of Legislative Research and General Counsel.

1. Call to Order and Introduction of Committee

Senator Knudson called the meeting to order. Members of the committee introduced themselves.

2. Definition of the Problem

Ms. Ladene Larson, Utah Department of Health, presented information to the committee on the incidence and prevalence of obesity and its effect on health, student participation in physical education classes, attempts by high school students to lose weight, the use of schools to promote physical activity and nutrition programs, and changes in student food consumption patterns. A copy the charts used in her presentation is available from the Office of Legislative Research and General Counsel.

Ms. Margaret Rose, Utah State Office of Education, spoke to the committee about the relationship between physical activity in school and academic performance. She discussed efforts by youth to lose weight. She indicated that there are only five physical education specialists in the state. She said that 90 minutes per week is the recommended amount of physical activity for students. She recommended looking at the types of food sold in school cafeterias and school vending machines. She said that teachers receive little preparation in college to teach health education in grades K through 6. She indicated that in terms of messages to students, there is a conflict between what is taught in the classroom and what is sold in the cafeteria and vending machines.

Ms. Laura Oscarson-Wilde, Utah State Office of Education, spoke about the eating habits of youth. She reviewed factors contributing to poor eating habits and discussed why schools should be used as a vehicle for improving student nutrition. She indicated that decisions about what food is served at schools is affected by the need to raise revenue and make food service operations financially

self-sustaining. She discussed the types of foods served at schools and referred to studies on the effects of good nutrition and physical activity. She identified the components of a comprehensive school nutrition and physical activity program. A copy the charts used in her presentation is available from the Office of Legislative Research and General Counsel.

Dr. Todd Souter, Davis Behavioral Health discussed the psychological impacts of being overweight.

Mr. Tim Cosgrove, Primary Children's Hospital, indicated that the Utah Parent Teachers Association has adopted a resolution supporting the prohibition in lower-grade schools of vending machines that sell foods that are not nutritious.

Ms. Candace Dailey, Utah Dietetic Association, offered her suggestions to the committee as a parent.

Mr. Leon Johnson said that the obstacles that keep children and parents apart need to be eliminated.

3. Other Business

The next meeting of the committee will be July 27 at 9:00 a.m.

4. Adjourn