
**NC Should Make ALL Foods Sold in Schools Healthy.
HB 503 Takes the First Step.**

HB 503 would require the State Board of Education (SBE) to adopt nutrition standards consistent with national guidelines (Alliance for a Healthier Generation Healthy Schools Framework or Institute of Medicine) for competitive foods and beverages (foods sold outside of the School Lunch and Breakfast program)

Research shows that nearly all schools offer students competitive foods, including items from vending machines, schools stores, fundraisers and other options available to students during the school day that are not subject to the same nutrition standards as cafeteria food.

WHY Should ALL Foods Sold in NC Schools Be Healthy?

More than 1/3 of NC's Kids Are Overweight or Obese.¹

- As a result, in 2011 North Carolina was ranked 11th in the nation in the number of most overweight and obese children age 10 - 17.²

Kids Eat Nearly Half of Their Calories at School.

- A recent study revealed that children consume up to 47% of their total daily calories from meals and snacks at school;³ a recent national study found that 40% of students consumed one or more competitive foods on a typical school day, the most popular foods included chips, candy, cookies/cakes/brownies, juice drinks and carbonated sodas.⁴
- A school's food environment has a direct effect on a student's dietary habits.⁵
- Limiting children's access to low-nutrient, high calorie foods at school can help control their weight.⁶

Better Nutrition = Better Grades; You Are What You Eat.

- Research has demonstrated a link between healthy foods and better academic performance in schools.⁷
- Unhealthy body weight in adolescence has also been associated with poorer academic performance⁸ and potentially to higher dropout rates.⁹

The Health Costs of Obesity Make It Critical that North Carolina Address the Childhood Obesity Epidemic NOW.

- According to a study by Be Active North Carolina, the health care costs of physical inactivity, excess weight and type II diabetes among NC youth exceeded \$105 million annually in 2006.¹⁰ By 2015, these costs will rise to \$205 million annually.
- The average overweight NC child will accrue more than \$250,000 in direct health care costs by his/her retirement¹¹ and an additional \$250,000 in lost productivity over the course of his or her career.¹²
- Overweight adolescents are 70% more likely to grow up and enter NC's workforce as overweight and obese adults.¹³ An obese adult will have annual medical costs 37.4% higher than their healthy weight counterparts, representing an additional \$732 per obese person, per year.¹⁴

**Make the health of NC's children a priority by tackling the
childhood obesity epidemic.**

Make ALL food sold in schools healthy.

Support HB 503

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