

# ENACT 2003

## Three Key Messages

- 1. Everyone has a role in responding to the obesity epidemic.** With more than one quarter of children overweight, *all* Californians must fulfill their role in addressing this health care crisis. Here's how the Legislature can help us all get involved:
  - **Parents.** SB65 (Torlakson) would help parents be active partners in developing healthy school food environments.
  - **Schools.** AB598 (Hancock) would enable schools to fix broken water fountains and provide children with free access to a calorie, sugar and fat-free alternative to soda and other unhealthy beverages.
  - **After-school programs.** SB74 (Torlakson, Escutia, Ortiz) would strengthen after-school programs' ability to provide effective physical activity opportunities.
  - **State government.** SB677 (Ortiz) would demonstrate a statewide commitment to making schools model learning opportunities, where nutrition science guides decisions as to which beverages are made available on campus. SB70 (Torlakson) would demonstrate a statewide commitment to providing healthy choices for workplace eating.
- 2. Kids' health: the bottom line that matters.** Whose side are you on—California kids or out-of-state big business? Getting rid of sodas (SB677), making free water available to all (AB598), letting parents sit at the school food policy table (SB65): these steps will help kids become healthy adults. Soda and junk food companies are trying to shift attention away from their products by urging legislators to focus *exclusively* on physical activity and personal responsibility. Of course, physical activity and personal responsibility are important to obesity prevention. But they don't make unhealthy foods and beverages any less of a problem. Soda and junk food companies care about their fiscal health, not your kid's health.
- 3. Make healthy choices easy choices.** The state can help individuals adopt healthier behaviors by making healthy choices easy choices. For example:
  - SB65 (Torlakson) requires school boards to provide ***easy-to-understand*** public notices when unhealthy food and beverage contracts are up for discussion, so that parents can more easily participate in decision-making.
  - AB598 (Hancock) makes it ***easier*** for schools to provide ***free*** water to students.
  - SB70 (Torlakson, Ortiz, Escutia) makes it ***easier*** for after-school programs to get kids moving.
  - SB677 (Ortiz) is a ***gradual*** soda ban that will ***help*** students learn how to make nutritionally sound choices.
  - SB74 (Torlakson) makes healthy snacks ***handy*** for California workers.