

## **OKLAHOMA'S "FIT KIDS ACT OF 2004"**

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### **A NEW PHYSICAL EDUCATION REQUIREMENT**

- Minimum weekly statewide physical education hours for children grades K-8.
- Minimum levels and duration for exertion, cardio and strength training for children grades K-8.
- Defines health and nutrition education components in schools: nutrition/obesity prevention, cardio health, tobacco use prevention and injury prevention.
- Implements a statewide program of physical fitness testing.

### **NUTRITION IN SCHOOLS**

- Replace unhealthy beverages and snacks in elementary and middle school vending machines with healthy options.
- Use USDA Foods of Minimum Nutritional Value as the standard for distinguishing "healthy" from "unhealthy."
- Require vending machines in schools to meet USDA federal lunch program nutrition standards.
- Provide incentive pricing for healthy options in high school vending machines.
- Require public disclosure of school soft drink contracts.

### **ESTABLISH SCHOOL "SAFE AND HEALTHY COUNCILS"**

- Expand existing safe school committees to include a health advisory role.
- Provide for positive financial incentives to reward schools that perform well under new standards.

### **IDENTIFY FUNDING SOURCES**

- A statewide lottery: Earmark funds for the Oklahoma's "Fit Kids Act of 2004."
- Statewide tobacco tax: Allocate a portion of the anticipated tobacco tax increase to fund the new legislation.