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The Healthy Kids Act

INTRODUCTION

- I. **Attention Getter:** According to Melissa Jeffers, author of *The Healthy Kids Act: The Need to Address More Than What Children Are Exposed to on Television*, “Overall, currently thirty-two percent of children in the United States are overweight, sixteen percent are obese, and eleven percent are extremely obese.”
- II. **Build Rapport:** One huge health concern throughout the United States is childhood obesity. One may ask, What can we do as a whole to minimize the percentage of obese children in our country?
- III. **Establish Credibility:** Well, the government proposed a law called the Healthy Kids Act, which was officially signed on February 9, 2010.
- IV. **Thesis:** The Healthy Kids Act was signed to enforce schools around the United States to promote healthy eating and sufficient physical activity but many question whether or not this act is truly effective.
- V. **Preview:** In recent years, childhood obesity has increased tremendously due to unhealthy lifestyles that children have been exposed to throughout their lives.

Transition: *When comparing today to over forty years ago, times have really changed.*

BODY [need 2-3 main points]

- I. According to *The Let's Move Blog*, created by Michelle Obama, “Overall, in the last forty years, children have increased their caloric intake by nearly thirty-one percent.”
 - A. Back then, most children led much healthier lives.
 1. These lifestyles that they led consisted of walking to school almost everyday, playing outside for hours until dinner time, snacking was very rare between meals, and having way more home cooked meals with reasonable portion sizes.
 2. Many children were much more active because they didn't have the technology that we have today. The children were more susceptible to going outside and playing rather than sitting indoors all day with nothing to do.

B. Now, with technology advances, children are prone to staying indoors and being less active.

1. These technology advances, such as TVs, video games, and computers with internet, have decreased our children's physical activity. Also staying indoors has made snacking between meals ordinary. Due to parents becoming more and more busy, the fast food restaurants have become more thoroughly used now than they ever have been.

2. According to *The Let's Move Blog*, "If we don't take action, over one third of all children born in the 2000's or later will suffer from diabetes or health risks at some point in their life." The Healthy Kids Act was put into place to help prevent these risks that can possibly occur in the near future. To illustrate, this chart, founded by Kathy Lohr, author of *Controversy Swirls AROUND Harsh Anti-Obesity Ads*, shows how childhood obesity has increased from the year 1971 to 2008. As you can see in the chart, childhood obesity has increased tremendously throughout those years.

Transition: Since times are changing so drastically due to technology and other advances, the Healthy Kids Act was implemented to help change the lifestyles of children that have been formed.

II. This act is ensured to keep parents, children, and schools aware of eating healthy.

A. It is improving the quality of schools meals while changing food available at schools to ensure that all food sold support healthy eating habits.

1. All schools offer the the opportunity for students to select a balance meal. This act enforces schools to offer limits on fats and saturated fats while also having requirements of protein, vitamins, and minerals in each meal. According to the Government Document, *The Healthy, Hunger-Free Kids Act of 2010*, "The National School Lunch Program provides nutritionally balanced lunches to more than 31 million children each school day in over 101,000 public and private nonprofit schools and residential child care institutions." When the government provides to that many students, it is important that they are yielding those unhealthy habits that could potentially be developed.

2. According to the Government Document, "The purpose of this bill is to address those needs in order that fewer low-income children have to go without food, and to ensure that more children from all income levels adopt the kind of healthful eating habits and lifestyles that will enable them to live longer, more productive lives." This act enforces healthy eating throughout all schools and it is put into place help decrease our childhood obesity problem that has been occurring.

B. Our first lady, Michelle Obama, is a huge supporter of this act. She campaigns “Let’s Move” helping influence citizens around the United States to live healthy lifestyles.

1. Let’s move was created to help make everyone aware. She created this campaign when the Healthy Kids Act was being proposed.
2. So the four purposes of this movement that she created were: 1) Making Healthy Choices, 2) Healthier Foods in Schools, 3) Access to healthy affordable Food, 4) Increasing Physical Activity. All four of these purposes go hand in hand with the Healthy Kids Act that was signed.

Transition: This is act is to help children to lead healthy lives but many people question whether or not this act is making a difference in our community.

III. Schools are entitled to offer students the opportunity to select a balance meal while enforcing restrictions upon the meal offered.

A. These restrictions enforced are how many calories a child can intake within a meal.

1. According to Jillian Peters, author of *Concern Over New Lunches That Might Leave Teens Hungry*, “The calorie ranges given to schools under the Healthy, Hunger-Free Kids Act are 550-650 calories daily at lunch for Elementary students, 600-700 calories daily for middle school age students, and 750 to 800 calories at lunch for high schoolers.” The children are only allowed that limit of calories with one meal unless they purchase “extras” which is another cost that they would have to incur on top of the meal that they had already paid for.
2. Many argue whether or not the government can dictate how many calories a child can consume within a meal. The law has always enforced a minimum amount of calories a child can intake but now the law is enforcing that there must be a maximum amount allowed also.

B. These calorie restrictions may cause troubles within the classroom.

1. The caloric limit that is offered is causing children to be hungry and not focusing during school due to being insufficiently fed. If the restrictions in place are causing difficulties throughout the classroom then it is questioned if the act is actually benefitting the children around the United States.
2. According to the National Association of Secondary School Principals, author of *Principals Feeling Impact of New Lunch Regulations*, “Many observed that once kids are encouraged to try new foods, they often like them and the complaining stops. Supporters of the regulations also believe that the best chance to develop healthy eating habits and lifestyle choices is with children.” When installing good healthy eating habits now within the

children, this will later on benefit them because they will have developed these healthy choices early in life.

Transition: In the end, as a whole, this act will benefit the children around the United States immensely

CONCLUSION

I. **Brakelight/Logical Closure:** Still, many citizens question whether or not this act should be implemented due to all children being different shapes and sizes. In the long run, the act is helping students become more aware of what a healthy lifestyle consists of.

II. **Psychological Closure:** By enforcing this law, it is our nations chance to make a healthy lifestyle adjustment. Everyone has an important role to play in minimizing childhood obesity.

III. **Clincher:** Your involvement is key to insuring that there will be a change to our children's future.

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