

The Healthy Kids Act

A Parent's Guide



Iowa Department of Education

As a school district, we are making changes related to the Iowa Healthy Kids Act. This handout is designed to provide information about the law and explain how you can help.

What is the Healthy Kids Act?

The Healthy Kids Act was signed into law by Iowa Governor Culver on May 13, 2008. Specifically, it:

- Established nutritional content standards for food and beverages sold or provided on school grounds during the school day. The standards will apply to vending, a la carte, and regulated fundraising (any foods/beverages sold to students between the first and last bell) items. *Effective July 1, 2010.*
- Requires school districts and accredited non-public schools to ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. *Effective July 1, 2009.*
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12. *Effective for the class of 2011-2012.*
- Requires Iowa's Area Education Agencies (AEAs), or a consortium of two or more AEAs, to contract with a licensed dietitian. *Effective July 1, 2009.*

Why was the Healthy Kids Act developed?

The number of youth who are overweight in Iowa now appears to outpace national rates, putting our students at an increased risk for chronic diseases. In addition to preventing overweight and obesity among children, this act was created to:

- Help children develop healthy eating habits
- Promote active lifestyles
- Provide students with a solid foundation for a better future.

How can you help?

- Be a role model for your children
- Eat family meals
- Be active with your kids
- Encourage healthy meals and snacks
- Involve your children in meal planning
- Send healthy foods to school
- Support school wellness events
- Serve on your school's wellness team



Regulated Food Categories:

Calories	Trans Fat
Sodium	Saturated Fat
Total Fat	Dietary Fiber/Whole Grain
Sugar	

Regulated Beverage Categories:

Milk	Sports Drinks, Flavored Water
100% Juice	Caffeinated Beverages
Water	Sodas/Carbonated Beverages

To see the comprehensive list of Healthy Kids Act Nutritional Content Standards as they apply to each of these categories, visit www.tinyurl.com/iowa-HKA