

## **School Nutrition and Physical Activity Advisory Committees**

Act 1220 mandates that, beginning with the 2004-2005 school year, every school district will convene a school nutrition and physical activity advisory committee.

Members of the Committees are to include members from school district governing boards, school administrators, food service personnel, teacher organizations, parents, students, and professional groups such as nurses and community members.

As written in Act 1220, the goals of the Committees are to help raise awareness of the importance of nutrition and physical activity and assist in the development of local policies that address issues and goals, including, but not limited to, the following:

- assisting with the implementation of nutrition and physical activity standards developed by the committee with the approval of the Department of Education and the State Board of Health;
- integrating nutrition and physical activity into the overall curriculum;
- ensuring that professional development for staff includes nutrition and physical activity issues;
- ensuring that students receive nutrition education and engage in healthful levels of vigorous physical activity;
- improving the quality of physical education curricula and increasing training of physical education teachers;
- enforcing existing physical education requirements; and
- pursuing contracts that both encourage healthy eating by students and reduce school dependence on profits from the sale of foods of minimal nutritional value.

The Child Health Advisory Committee and the Arkansas Department of Health are committed to providing support and technical assistance to local school nutrition and physical activity advisory committees. To learn more, go to [www.healthyarkansas.com](http://www.healthyarkansas.com).