



## The Healthy CHOICES Act: Summary

The Healthy Communities through Helping to Offer Incentives and Choices to Everyone in Society Act  
May 4, 2010

- **Prevention and Treatment of Obesity in Adults and Children**
  - **Establish BMI as a "vital sign"**
    - Require BMI information to be provided in vaccination records for school-age children.
    - Establish grant program to help states disseminate information about BMI results to parents and children.
  - **Expand Obesity Treatment and Preventive Services:** Expand coverage for obesity prevention and treatment services in Medicare, Medicaid, and SCHIP.
  - **Expand Coverage of Medical Nutrition Therapy:** Expand coverage of medical nutrition therapy in Medicaid and SCHIP.
  - **Grants to Promote Health in Underserved Communities:** Provide grants to promote healthy eating behaviors and physical activity in communities disproportionately affected by overweight and obesity.
  - **Grants to Train Health Professionals and Health Profession Students:** Provide grants to train health professionals and health profession students on how to prevent and treat obesity.
  
- **Improving And Increasing Access to Nutrition and Wellness Programs**
  - **Improve the Child and Adult Care Food Program (CACFP):** Require foods eligible for reimbursement under the CACFP meet dietary guidelines in order to ensure these programs provide healthy and nutritious food. Further reform CACFP guidelines to improve health and wellness.
  - **Cultivate Farm-to-School Partnerships:** Increase federal support for partnerships between local farmers and school districts to provide healthy meals and produce.
  
- **Improving Access to and Opportunity for Physical Activity for Adults and Children**
  - **Grants for Community-Based Programs to Promote Physical Activity:** Provide grants for community-based programs not affiliated with schools (i.e., not school sports programs) for projects that significantly expand the availability and provision of safe, supervised after-school physical activity programs.
  - **Moving Outdoors In Nature:** Provide grants for states to develop and implement comprehensive strategies to get people moving by reconnecting children and families to the great outdoors.
  - **Expand Funding for Physical Education Program (PEP) Grants**

- **Establish National Standards for Physical Education Curriculum:** Establish standards for physical education curriculum and update these standards every five years, like with nutrition standards.
  - **Establish Physical Education as a Core Curriculum Subject for Grades K-12**
  - **Promote Physical Activity in Head Start:** Require Head Start programs to align their physical activity/playtime requirements to standards established by the Institutes of Medicine.
  - **Track Physical Activity in Schools:** Adopt Fitness Integrated with Teaching Kids Act language to track physical activity in schools.
  - **Tax Incentives to Promote Physical Activity:** Incorporates the Workplace Health Improvement Program (WHIP) Act and Personal Health Investment Today (PHIT) Act to provide tax benefits for certain sports and fitness expenses.
  - **National Youth Sports Program:** Reauthorize and revitalize the National Youth Sports Program.
  - **Pilot Program for Native American Reservations and Tribal Lands Based on the Zuni Youth Enhancement Project Summer Camp**
- **Improving Access to Nutritional Information and Healthy Foods**
- **Food Label Consumer Education:** Provide support for the Food and Drug Administration's consumer education programs on package labeling.
  - **Expand Team Nutrition Training Grants:** Expand permissible uses to capital infrastructure improvements in schools to modernize foodservice facilities.
  - **Food Deserts:** Improve access to affordable and nutritious foods in low-income, minority, and rural communities where grocery stores that offer produce, meat, fish, and poultry aren't easily accessible.
  - **Support for Virtual Farmers Markets:** Provide grants to high need communities to implement a program that provides access to virtual farmers markets.
  - **Community Garden Grants**
- **Realigning Transportation Policy to Help Promote Healthy Lifestyles**
- **Built Environments & School Siting:** Provide grants for local planning commissions and coalitions to ensure that built environments are conducive to physical activity. Local planning commissions can establish guidelines for building roads, side-walks, bike paths, and schools that take into consideration physical activity benefits by encouraging the use of health impact assessments.
  - **Joint Use Agreements:** Promote joint use agreements between schools and city or local government entities to make gymnasiums and equipment in schools available for use in the evenings for all members of the community.
  - **Extending Safe Routes to Schools to High Schools**
  - **Grant Program for Communities to Implement Active Transportation Networks:** Incorporate parts of the Active Community Transportation Act.
- **Research and Assessment Tools**
- **National Center for Health Statistics:** Expand collection of data on obesity.
  - **Report on Obesity Research:** Report on existing research and research gaps.