



Classification of Laws Associated with School Students

Changes in State Competitive Foods Laws in US Elementary Schools

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About C.L.A.S.S.

Classification of Laws Associated with School Students (C.L.A.S.S.) is a scoring system that monitors and evaluates state-level school physical education and nutrition policies that have been codified into law. Policies are defined to include both statutory laws as enacted by the state legislatures and administrative laws promulgated by state administrative agencies.

Policy Areas Covered In C.L.A.S.S. Include:

Physical Education

- PE time requirements
- Staffing requirements (i.e., teacher qualifications)
- Curriculum standards
- Assessment of health-related fitness
- Recess time

Nutrition

- Competitive foods-*a la carte* (e.g., vending machines)
- Reimbursable school meals
- School meal environment (i.e., meal scheduling time and length requirements)
- Food service director qualifications
- Coordinating or advisory council requirements
- Nutrition education
- Marketing restrictions
- Body mass index screening

Introduction

In 2007, 16.4% of US children were obese and 31.6% were overweight, which represented a 10% increased in the prevalence of childhood obesity between 2003 and 2007. Legislative efforts to prevent obesity have targeted the school food environment, and specifically, limiting the availability of competitive foods as a strategy to address overweight and obesity.

Competitive foods (low nutrient, high density foods and beverages), are foods and beverages available or sold in schools with the exception of items served through the national school lunch and breakfast programs.

Purpose and Methods

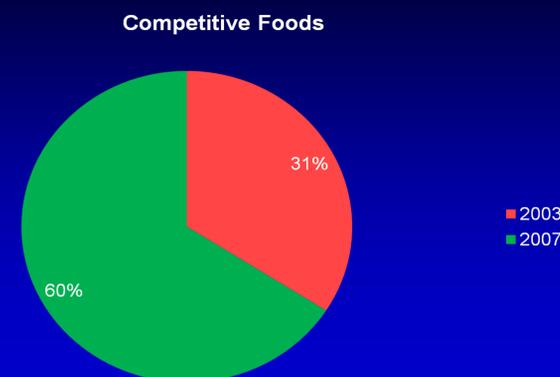
The purpose of this study was to examine change in the number of states with competitive food laws affecting elementary schools between 2003 and 2007.

NCI developed the School Nutrition-Environment State Policy Classification System, which is comprised of school nutrition categories including competitive foods categories: a la carte food and beverages sold in cafeterias; non-meal food and beverages sold in vending machines during school; food items sold at school stores; and; fundraising items and activities during school.

For 2003 and 2007, the presence or absence of laws regulating these categories of competitive foods in elementary schools were dichotomously coded for 50 states and the District Columbia. Chi Square analyses compared the relative frequency of states with and without competitive food laws between 2003 and 2007.

Results

States with Competitive Food Laws



States with Competitive Food Laws: Elementary School



- States with any competitive foods law increased significantly from only 16 States (31%) in 2003 to 27 States (60%) in 2007 (P<0.05).
- Significant increases were found for several categories of competitive foods including vending (p<0.05), a la carte food items (p<0.05) and school store food items (p<0.05).
- In 2003, only 5 States (9.8%) had laws related to competitive foods used in fundraising, which increased significantly to 14 states (25.5%) in 2007.

Conclusion

State competitive food laws and regulations pertaining to US elementary schools have increased significantly between 2003 and 2007. Research is needed to understand what effect competitive food laws have on overall school nutrition environment and body mass index.