

**Board Policy
Wellness Program**

Descriptor Code: EEE

All children in Liberty County need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters maximum student attendance, optimal learning ability, and appropriate school behavior.

Obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and unhealthy eating habits are the predominant causes of obesity. Obesity is a major risk factor for heart disease, cancer, stroke, and diabetes - diseases that are responsible for two-thirds of all deaths in the United States.

The majority of Liberty County children do not currently participate in sufficient vigorous physical activity or eat healthy diets consistent with Dietary Guidelines for Americans. The Liberty County School System is committed to promoting a school environment that encourages and protects its students' health, well-being, and ability to learn.

With these concerns and objectives in mind, it is the policy of the Liberty County Board of Education to support healthy eating and physical activity by directing the Superintendent or designee to establish administrative regulations to address all of the required wellness components specified in federal legislation.

Liberty County Schools

Date Adopted: 6/13/2006
Last Revised: 12/13/2011

Rule 160-5-6-.01 Statewide School Nutritional Program

US Code	Description
42 USC 1779	<u>Child Nutrition</u>
42 USC 1751.204	<u>Section 204 - Local Wellness Policy</u>
42 USC 1758	<u>Program requirements-School Lunch Program</u>

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.