



News from

Congressman Ron Kind

REPRESENTING WISCONSIN'S THIRD
CONGRESSIONAL DISTRICT

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Reps. Kind, Wamp, Inslee Introduce 'FIT Kids Act'

Legislation Would Focus on Combating Childhood Obesity through Education

Washington, DC – U.S. Rep. Ron Kind (D-WI) today joined Representatives Zach Wamp (R-TN) and Jay Inslee (D-WA) in introducing the *Fitness Integrated with Teaching Kids (FIT Kids) Act*, legislation that would combat childhood obesity by modifying the No Child Left Behind Act (NCLB) to strengthen physical education programs throughout the country.

“What better place than our schools to teach kids how to best nourish their body as well as their mind,” said Rep. Kind, who is a member of the Congressional Fitness Caucus. “Ensuring that our schools are providing comprehensive physical education will give every child an opportunity – regardless of their background – to learn healthy habits, and get moving. We will see the benefits in their math and reading test scores, get to the root of the obesity epidemic, and get kids on a healthy path early in life.”

This bill adds physical education to the multiple measures for determining accountability with the NCLB. Specifically, states would be measured for their demonstrated progress toward meeting the national goal for required physical education of 150 minutes per week in elementary schools and 225 minutes per week for students in middle and high schools.

The bill would provide information to parents and the public by requiring all schools, districts and states to report on students' physical activity. This information would include the amount of time spent in required physical education in relation to the recommended national standard and the percentage of age-appropriate physical education curriculum and certified physical education teachers.

In addition, the FIT Kids Act promotes physical education and activity in school programs, supports professional development for faculty and staff to promote kids' healthy lifestyles and physical activity, and authorizes a study and pilot program to support effective ways to combat childhood obesity and improve healthy living and physical activity for all children.

“The American Heart Association commends Congressmen Kind, Wamp and Inslee for recognizing the critical role of physical education in curbing the childhood obesity epidemic. Daily, quality PE gives kids a chance to be active during the day, teaches them how to lead a healthy, active lifestyle, and boosts academic performance. The FIT Kids Act can help give our children a head start on a healthy life and we hope these important amendments are included in the reauthorization of No Child Left Behind,” said Daniel W. Jones, M.D., president of the American Heart Association.

(more)

The Education and the Workforce Committee is expected to take up NCLB reauthorization in September. Reps. Kind, Wamp, and Inslee will continue building support for the Fit Kids Act with hopes of including these changes in the 2007 reauthorization of NCLB.

While in Congress, Rep. Kind has been a leader in the effort to combat childhood obesity. He recently contacted 460 school administrators and principals to find out what steps their school districts are taking to improve the health of students through both physical education and healthier eating habits. Rep. Kind is also a leading proponent of the National Youth Sports Program (NYSP), a five-week summer program on health and physical fitness for low-income youth at colleges and universities nationwide. Finally, he is cosponsor of the *Child Nutrition Promotion and School Lunch Protection Act*, which requires the U.S. Department of Agriculture to update and enforce new nutrition standards for foods sold outside of school meals, among other legislation promoting kids' health.