

By: Representatives Guice, Hamilton (109th), Parker, Pierce, Read, Wells-Smith, Zuber, Clarke  
To: Rules

## HOUSE RESOLUTION NO. 89

1 A RESOLUTION REQUESTING THE MISSISSIPPI DEPARTMENT OF  
2 EDUCATION TO WORK COOPERATIVELY WITH THE FEDERAL GOVERNMENT AND  
3 CITY, COUNTY AND OTHER LOCAL SCHOOL SYSTEMS TO DEVELOP SCHOOL  
4 MENUS CONTAINING FOODS THAT WILL FOSTER LIFELONG HEALTHY EATING  
5 HABITS AND PARTICULARLY FOODS CONTAINING MARINE-SOURCE LONG CHAIN  
6 OMEGA-3 FATTY ACIDS.

7 WHEREAS, Omega-3 is the term used by scientists to define one  
8 "family" of fatty acids known as "good fats" for their health  
9 benefits and these fatty acids can be found in fish and marine  
10 sources; and

11 WHEREAS, studies suggest that Omega-3 fatty acids may improve  
12 memory, reduce symptoms of rheumatoid arthritis and other  
13 autoimmune diseases and help reduce the risk of certain cancers  
14 and kidney disorders; and

15 WHEREAS, learning disabilities and behavioral disorders have  
16 been linked to low serum levels of Omega-3 fatty acids; and

17 WHEREAS, the American Heart Association states that Omega-3  
18 fatty acids have been shown in epidemiological and clinical trials  
19 to reduce the incidence of cardiovascular disease; and

20 WHEREAS, the vascular injury that leads to death begins in  
21 childhood; in fact, one in ten, 15- to 19-year-olds already has  
22 narrowing and hardening of the coronary arteries due to food  
23 imbalances, and Mississippi's annual cost of cardiovascular  
24 disease is approximately \$3,700,000,000.00; and

25 WHEREAS, overweight adolescents are much more likely to  
26 become overweight adults with an increased risk of developing  
27 heart disease and stroke, diabetes, gallbladder disease, arthritis  
28 and endometrial, breast, prostate and colon cancer; and

29           WHEREAS, the United States Department of Agriculture (USDA)  
30 has determined that the diet of only two percent of school-age  
31 children meets the Food Guide Pyramid recommendations for all five  
32 major food groups; and

33           WHEREAS, the administrator of the White House Office of  
34 Management and Budget Office of Information and Regulatory Affairs  
35 has strongly urged the United States Department of Agriculture and  
36 the United States Department of Health and Human Services to  
37 consider revising the Dietary Guidelines for Americans and the  
38 Food Guide Pyramid to emphasize the benefits of reducing foods  
39 high in trans-fatty acids and increasing consumption of foods rich  
40 in Omega-3 fatty acids; and

41           WHEREAS, the United States Department of Agriculture has  
42 testified before Congress that it has worked with schools to more  
43 closely align the meals they serve with dietary guidelines and  
44 that schools will earn USDA incentives if they design nutritional  
45 programs that, among other factors, serve meals that meet federal  
46 nutrition standards; and

47           WHEREAS, it is vital that the State Department of Education  
48 explore all opportunities and options relative to increasing the  
49 quantity of foods rich in marine-source long chain Omega-3 fatty  
50 acids on school menus in order to promote the optimal health of  
51 students in Mississippi schools:

52           NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
53 REPRESENTATIVES OF THE STATE OF MISSISSIPPI, That we do hereby  
54 request the Mississippi State Department of Education to work  
55 cooperatively with the federal government and city, county and  
56 other local school systems to develop school menus containing  
57 foods that are appealing to children and high in nutrition and  
58 that will foster lifelong healthy eating patterns, particularly  
59 foods containing marine-source long chain Omega-3 fatty acids.

60           BE IT FURTHER RESOLVED, That copies of this resolution be  
61 furnished to the State Superintendent of Education, the

62 Mississippi Office of Child Nutrition and the Mississippi Office  
63 of Innovation and School Improvement.