

# Healthy Lifestyles and Prevention (HeLP) America Act of 2013

## Title I. Healthier Kids and Schools

101. **Nutrition and Physical Activity in Child Care Settings:** Supports State efforts to provide resources to child care providers to help them meet high-quality health, mental health, nutrition, physical activity and physical development standards; highlights nutrition standards and physical activity as a possible component of State Child Care and Development Block Grant plans.
102. **Access to Local Foods and School Gardens at Preschools and Child Care Centers:** Enables child care providers to participate in the USDA's farm-to-school initiatives.
103. **Fruit and Vegetable Program:** Expands the Harkin Fresh Fruit and Vegetable Program to all low income elementary schools nationwide.
104. **Equal Physical Activity Opportunities for Students with Disabilities:** Directs the Department of Education to provide oversight, guidance, and technical assistance to ensure that schools provide equal opportunities for students with disabilities for Physical Activity (PE) and extracurricular athletics.
105. **\*\*Physical Activity in School Settings:** Includes in annual state report cards a set of indicators describing the physical activity environment in schools including measures of the time, quality, teachers, and facilities devoted to physical education. Adds PE to the existing set of "core subjects;" bolsters nutrition and physical activity in community learning centers; and engages parents and teachers in physical activity and healthy eating opportunities.

## Title II. Healthier Communities and Workplaces

### *Subtitle A – Creating Healthier Communities*

201. **Joint/Shared Use Agreements:** Directs HHS, in coordination with Department of Education, to develop and disseminate guidelines and model joint use agreements to facilitate community access to spaces for physical activity.
202. **Community Sports for Individuals with Disabilities:** Establishes competitive grants to public entities and nonprofit private entities to implement community-based sports and athletic programs for people with disabilities, including youth with disabilities.
203. **Community Gardens:** Establishes grants from USDA to establish, expand, or maintain community gardens.
204. **Physical Activity Guidelines for Americans:** Requires HHS to issue and update physical activity guidelines for all ages every 10 years while compiling intermediate reports highlighting specific groups, issues, concerns, or practices.
205. **Tobacco Taxes Parity:** Increases the excise tax on small cigarettes; equalizes excise taxes for pipe tobacco, roll-your-own tobacco, and smokeless tobacco; clarifies the definition of small cigars; and closes an existing loophole to end mislabeling of tobacco products.
206. **Health in All Policies:** Requires HHS to conduct a health impact assessment of major non-health legislative proposals and to detail staff to other departments to assist them with consideration of health impacts of their activities.

### *Subtitle B – Incentives for a Healthier Workforce*

211. **Healthy Workforce:** Provides tax credits to businesses that offer comprehensive workplace wellness programs to their employees to improve health and wellbeing.
212. **Workforce Health Improvement:** Allows employers to deduct the cost of athletic facility memberships for their employees and exempts this benefit as taxable income for employees.
213. **Workplace Breastfeeding Taskforce:** Establishes a federal taskforce for the promotion of breastfeeding among working mothers.
214. **Healthy Federal Workplaces:** Requires menu labeling in federal food facilities; the development of nutritional guidelines for food procurement and vending machines on federal property; the development of guidelines for stair placement and signage; and bicycle parking in federal properties. Calls on Federal Agencies to consider accessibility and attractiveness of stairs in designing new or remodeled buildings

207. **\*\*Healthier National Parks:** Ensures the availability of healthy food and beverages in National Parks; directs the Secretary of the Interior to issue a report assessing the state of food and beverage offerings and proposing healthy food guidelines for food and beverages sold in National Parks; and calls on the Departments of Health and Human Services and the Interior to coordinate and create a long range action plan to advance efforts for the National Park System to enhance opportunities for people to engage in physical activity.

### **Title III. Responsible Marketing and Consumer Awareness**

301. **Reducing Sodium Consumption:** Directs the FDA to develop two year targets for sodium reduction in packaged and restaurant foods.
302. **Improved Food Labeling:** Removes nutrition labeling exemption for foods sold exclusively to restaurants.
303. **Healthy Symbols:** Instructs the FDA to develop uniform guidelines for the use of nutrient labeling symbols or systems on the front of food packages.
304. **Protect Kids from Unfair Junk Food Advertising:** Restores the rulemaking authority of the Federal Trade Commission (FTC) to issue restrictions on unfair advertising with respect to children, and gives the FTC APA rulemaking authority.
305. **Health Literacy:** Strengthens federal initiatives to improve the health literacy of consumers by making health information more understandable and health care systems easier to navigate through continued research and dissemination of effective interventions.
306. **Tobacco Marketing:** Eliminates tax deductibility of tobacco advertising and funds counter-advertising.
307. **Incentives to Reduce Youth Tobacco Use:** Requires HHS to carry out an annual youth tobacco use survey and creates a penalty for tobacco manufacturers if youth use their tobacco products does not decrease.
308. **\*\*Voluntary Guidelines on Food Marketing to Children:** Requires the FTC, FDA, CDC, and the Department of Agriculture to issue recommendations for standards for food marketing to children.

### **Title IV: Expanded Coverage of Preventive Services**

401. **Preventive Services in Medicaid:** Requires coverage of preventive services recommended by the U.S. Preventive Services Task Force (USPSTF) and the CDC without cost-sharing for Medicaid beneficiaries.
402. **Preventive Services for Federal Employees:** Requires coverage of preventive services recommended by the USPSTF, CDC, the Health Resources and Services Administration (HRSA) for children, and workplace wellness program in the Federal Employee Health Benefits (FEHB) Program.
403. **Health Professional Education on Health Eating:** Establishes a program administered by CDC and HRSA to train health professionals to better identify patients at-risk of becoming overweight or obese and treat patients who are overweight, obese, or have an eating disorder.
404. **\*\*Integrative Medicine Training Program:** Establishes a National Coordinating Center for Training in Integrative Medicine designed to integrate alternative treatment, diagnostic and prevention systems with the practice of conventional medicine as a complement to such medicine; and provides grants to develop such training programs for medical residents.

### **Title V: Research and Surveillance**

501. **\*\*National Consortium on Breastfeeding Research:** Establishes a group at NIH to help breastfeeding researchers overcome current limitations, identify key research priorities, enable expanded and advanced research, and promote the translation of research to practice.
502. **National Assessment of Mental Health Needs:** Requires the Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA) to build on existing monitoring systems, or create new ones, to better assess mental health and substance use disorder status and risks.