

Fit for Life Act of 2014

Title I: Improving the Nutritional Quality of and Access to Foods in Underserved American Communities

Subtitle A: Access to Nutritious and Quality Foods in Underserved American Communities

Sec. 101. Nutritious Food Access Through Innovation Grant Pilot Program - Creates a pilot program with 3-year grant awarded through the USDA to nonprofits, local government agencies, or accredited colleges or universities for the support of food delivery programs, community markets, and food access innovation initiatives not bound to traditional supermarkets.

Sec. 102. Expansion of the Fresh Fruit and Vegetable Program – Amends Section 19 of the Richard B. Russell National School Lunch Act to expand the fresh fruit and vegetable program to include secondary schools, child care centers, and family child care homes.

Sec. 103. Expanding Access to the Summer Food Service Programs for Children – Amend Section 13(a) of the Richard B. Russell National School Lunch Act to expand access to food during the summer months by reducing the Summer Food Program's area eligibility requirement to areas where 40 percent of residents are at or below 185 percent of the Federal Poverty Level, instead of the current 50 percent. To further attract additional site sponsors and feed more children, it also expands existing rural transportation pilot grants and provides expansion grants in high poverty areas.

Sec. 104. Study and Report on Physical Activity and Nutritional Quality of Meals and Snacks Served in Juvenile Justice Facilities - Commissions a study and report on the amount of physical activity and the nutritional quality of meals and snacks served to children in juvenile justice facilities.

Sec. 105. Local Food Insecurity Assessments: Evaluating the Unique Nutritional Needs of Local Communities - Provides grants to local and tribal governments to create public/private partnerships to conduct assessments on the availability of nutritious food, quality of foods served to children in schools and child care, and the costs of nutritious foods.

Sec. 106. Weekends and Holidays Without Hunger – Amend Section 18 of the Richard B. Russell National School Lunch Act to include access to different types of projects that offer nutritious foods on weekends and during school holidays to at-risk school children.

Subtitle B: Ensuring a Healthy Start for Children in Underserved American Communities

Sec. 111. Improving Healthy Eating and Physical Activity Among Our Youngest Children - This provision would create a 3-year pilot program in 5 States focusing on combating obesity among our youngest children. States will work with the Department of Health & Human Services (HHS) to develop programs to: (1) Promote physical activity in child care centers; (2) Create healthier eating environments; and (3) Limit the amount of time children spend in front of the TV or other digital screens.

Sec. 112. Health and Fitness School Programs: Training America's Youth to Live Healthy Lifestyles - Creates a pilot grant program placing young health professionals in secondary schools to educate students on all facets of living a healthy lifestyle. This program mirrors the Health Corps program.

Title II – Advancing Preventative Measures and Treatment of Obesity in Adults and Children in Underserved Communities

Sec. 201. Community Health and Wellness Navigators Pilot Program: Connecting America’s Health Professional with Our Schools - Creates a pilot grant program connecting health professionals and schools in an effort to improve the health of underserved children.

Sec. 202. Coverage of Evidence Based Preventive Services Under Medicaid and SCHIP - Expands coverage of evidence-based preventative treatment under SCHIP for overweight and obese youth, including treatments of co-morbidities.

Sec. 203. Coverage of Medical Nutrition Therapy Under Medicaid and SCHIP

Provides medical nutrition therapy for pre-diabetic, overweight, and obese low-income children.

Sec 204. Clarification of EPSDT Inclusion of Prevention, Screening, and Treatment Services for Obesity and Overweight; SCHIP Coverage – Clarifies coverage for obesity prevention under the Early Periodic Screening and Diagnostic Testing benefits to provide physical therapy, exercise training, health counseling, and other treatments for low income children.

Sec. 205. National Commission on Child Obesity - Establishes a federally appointed commission with the sole purpose of conducting a comprehensive study that examines and accesses the needs of children relating to the prevalence, prevention, and treatment of childhood obesity.

Sec. 206. GAO Report – Requires the Comptroller General of the United States to submit to Congress, no later than 2 years after appropriation of the funds, a report on the effectiveness of the activities carried out under the Act in reducing childhood obesity. The report must include an analysis of the costs and benefits of such activities.

Title III – Encouraging Physical Activity in Underserved American Communities

Sec. 301. Renovation of Foreclosed and Abandoned Properties to Create Spaces That Encourage Physical Activity in American Neighborhoods - Amends the Housing and Community Development Act to establish a grant program that creates public/private partnerships to rehab foreclosed and abandoned properties and land in a manner that encourages physical activity and creates mixed-use facilities, in addition to creating and supporting community gardens or urban farms. This would enable local neighborhoods to convert structures in blighted areas to encourage indoor and outdoor physical activity, repair sidewalks and bike paths, and create green spaces used for community gardens and urban farms, especially in food deserts.

Sec. 302. National Youth Sports Program Revitalization - Amends the Community Services Block Grant Act to continue federal funding for this over forty year old program seeking to educate low-income children during the summer at colleges and universities on the importance of health and wellness through sports.

Sec. 303. Expansion of the Zuni Youth Enrichment Project Summer Camp – Creates a pilot grant program in an effort to duplicate the Zuni Youth Enrichment Program (ZYEP) Summer Camp in Native-American

communities across the nation. The ZYEP summer camp is a program that focuses on the unique health challenges Native-American children and their communities face.

Sec. 304. Making Routes to Schools in Underserved Communities Safe and Accessible with Public Participation through the Community Oriented Policing Program - Amends the Omnibus Crime Control and Safe Streets Act to create a grant program allowing police departments and schools to survey and eradicate the unique dangers in underserved communities that prohibit children from walking or biking to school, and to incorporate best practices, plans, and findings into urban planning and development in underserved communities.

Sec. 305. School Infrastructure Healthier Upgrades Competitive Grant - Creates a grant program to upgrade facilities for healthy eating and fitness including building or maintaining school gardens, renovating playgrounds or school tracks, upgrading kitchen equipment for healthier food preparation or storage.

Sec. 306. Shared Use Agreement Expansion Pilot Grant Program - Creates grants to support joint or shared use agreements, promoting physical fitness and activity in low-income neighborhoods with high concentrations of childhood obesity.

Sec. 307. Land and Water Conservation Fund (LWCF) Program Grants in Low-Income Communities and Expand Tribal Participation - Amends the Land and Water Conservation Act to create a program targeting LWCF funds to low-income communities in order to increase the use of and access to parks and open space in low-income communities that receive LWCF funds, and expand tribes' access to funding and strengthen tribes' capacity to compete for funding.

Sec. 308. Changing Hearts, Attitudes, and Minds by Participating in Sports (“CHAMPS”) Program – Amends the Public Health Service Act to create national and community-based childhood obesity prevention initiatives at the Centers for Disease Control and Prevention (CDC) that provide adult-supervised programs for underserved children or adolescents during after-school hours, weekends, or summer hours that provide structured physical fitness activities, including organized sports; teach proper exercise techniques and skills; combine physical fitness activities with nutritional counseling and education; and demonstrate measurable results for reducing childhood obesity on the part of participants.

Sec. 309. Coordinated School Health Initiatives – Creates a pilot program within parish public school systems to implement Coordinated School Health Initiatives in their schools that provide a program called Fitnessgram, which assesses each student’s aerobic capability, muscular strengthen and endurance, flexibility and body composition.

Sec 310. Rewarding Elementary and Secondary Schools for Outstanding Student Performance in Physical Fitness Programs Incentivizes schools to incorporate a standard physical fitness into their curriculums, Physical Education programs, and before-school, recess, and after-school programs.

