

116TH CONGRESS
1ST SESSION

H. R. 2625

To amend section 28 of the Food and Nutrition Act of 2008 to include eating disorders prevention within the nutrition education and obesity prevention grant program and the local wellness program; and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

MAY 9, 2019

Ms. ADAMS (for herself and Mr. FITZPATRICK) introduced the following bill; which was referred to the Committee on Agriculture, and in addition to the Committee on Education and Labor, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned

A BILL

To amend section 28 of the Food and Nutrition Act of 2008 to include eating disorders prevention within the nutrition education and obesity prevention grant program and the local wellness program; and for other purposes.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Long-term Investment
5 in Education for Wellness Act” or the “LIVE Well Act”.

1 **SEC. 2. FINDINGS.**

2 Congress finds the following:

3 (1) Eating disorders affect 30 million Ameri-
4 cans during their lifetime and have the highest mor-
5 tality rate of any psychiatric illness.

6 (2) Eating disorders affect people of all body
7 sizes, ages, races, sexual orientations, ethnicities,
8 and socioeconomic statuses.

9 (3) Eating disorders are complex, biologically
10 based serious mental illnesses that include the spe-
11 cific disorders of anorexia nervosa, bulimia nervosa,
12 binge eating disorder, avoidant-restrictive food in-
13 take disorder, and other specified feeding or eating
14 disorders.

15 (4) Eighty percent of people with an eating dis-
16 order are normal or higher weight, and 81 percent
17 of people with binge eating disorder are clinically
18 higher weight or have obesity.

19 (5) One in 4 people seeking obesity treatment
20 has an underlying eating disorder that is often
21 undiagnosed.

22 (6) Children in higher weight bodies are more
23 likely to engage in unhealthy weight-control meas-
24 ures, and $\frac{2}{3}$ are at risk of an eating disorder.

25 (7) Research shows that focusing on weight
26 talk, weight stigma, and dieting does not result in

1 long-term reduction in weight; $\frac{2}{3}$ of dieters will re-
2 gain more weight than lost from dieting.

3 (8) Studies show that shifting prevention fo-
4 cuses from weight and dieting towards long-term
5 health practices, including a focus on body positivity,
6 nutrition, decreasing weight-based bullying or har-
7 assment, and physical activity, without a focus on
8 weight, BMI testing, or negative weight talk, re-
9 duces risk factors for populations affected by eating
10 disorders and populations affected by obesity.

11 **SEC. 3. EATING DISORDERS PREVENTION.**

12 (a) AMENDMENTS.—Section 28 of the Food and Nu-
13 trition Act of 2008 (7 U.S.C. 2036a) is amended—

14 (1) in the matter preceding paragraph (1) of
15 subsection (a), by striking “and” and inserting “,
16 eating disorders prevention, or”,

17 (2) by amending subsection (b) to read as fol-
18 lows:

19 “(b) GRANT PROGRAMS.—The Secretary, acting
20 through the Director of the National Institute of Food and
21 Agriculture, in consultation with the Administrator of the
22 Food and Nutrition Service, shall implement an evidence-
23 based nutrition education, eating disorders prevention, or
24 obesity prevention program for eligible individuals that

1 promotes healthy food choices and physical activity with
2 a focus on long-term health practices.”,

3 (3) in subsection (c)—

4 (A) in the heading by striking “AND” and
5 inserting “, EATING DISORDERS PREVENTION,
6 OR”,

7 (B) in paragraph (1)—

8 (i) by inserting “evidence-based” after
9 “deliver”, and

10 (ii) by striking “and” and inserting “,
11 eating disorders prevention, or”,

12 (C) in paragraph (2)—

13 (i) in subparagraph (A) by striking
14 “and” and inserting “, eating disorders
15 prevention, or”, and

16 (ii) in subparagraph (B)—

17 (I) in clause (iii) by striking “
18 and” at the end,

19 (II) in clause (iv) by striking the
20 period at the end and inserting “;
21 and”, and

22 (III) by adding at the end the
23 following:

1 “(v) ensure that interventions encour-
2 age screening for eating disorders and in-
3 clude long-term health practices.”,

4 (D) in paragraph (3)—

5 (i) in subparagraph (A)—

6 (I) in clause (i) by inserting “eat-
7 ing disorders prevention and screen-
8 ing,” after “education,” and

9 (II) in clause (iii) by inserting
10 “and long-term health practices” after
11 “nutrition”, and

12 (ii) in subparagraph (B)—

13 (I) in the matter preceding clause

14 (i)—

15 (aa) by inserting “and eat-
16 ing disorders prevention,” after
17 “education”, and

18 (bb) by inserting “, Assist-
19 ant Secretary of the Substance
20 Abuse and Mental Health Serv-
21 ices Administration,” after “Cen-
22 ters for Disease Control and Pre-
23 vention”, and

1 (II) in clause (ii) by inserting
2 “and eating disorders” after “edu-
3 cation”,

4 (E) in paragraph (4)—

5 (i) by striking “and” after “edu-
6 cation”, and

7 (ii) by inserting “, eating disorders
8 prevention, or” after “nutrition edu-
9 cation”,

10 (F) in paragraph (6)—

11 (i) by striking “and” after “nutrition
12 education”, and

13 (ii) by inserting “, eating disorders
14 prevention, or” after “nutrition edu-
15 cation”,

16 (G) in paragraph (7)(C)—

17 (i) by striking “and” after “nutrition
18 education”, and

19 (ii) by inserting “, eating disorders
20 prevention, or” after “nutrition edu-
21 cation”,

22 (H) in paragraph (8) by striking “and”
23 the first place it appears and inserting “, eating
24 disorders prevention, or”, and

25 (I) in paragraph (9)(A)(i)—

1 (i) by striking “and” after “the nutri-
2 tion education”, and

3 (ii) by inserting “, eating disorders
4 prevention, or” after “nutrition edu-
5 cation”,

6 (4) in subsection (d)—

7 (A) in paragraph (1) by striking “and” the
8 first place it appears and inserting “, eating
9 disorders prevention, or”,

10 (B) in paragraph (3)—

11 (i) in subparagraph (A) by striking
12 “and” and inserting “, eating disorders
13 prevention, or”, and

14 (ii) in subparagraph (B) by striking
15 “and” and inserting “, eating disorders
16 prevention, or”, and

17 (C) by adding at the end the following:

18 “(4) AUTHORIZATION OF APPROPRIATIONS.—

19 There is authorized to be appropriated such sums as
20 may be necessary to carry out this section.”, and

21 (5) by adding at the end the following:

22 “(f) DEFINITION.—In this section the term ‘long-
23 term health practices’ means long-lasting changes within
24 an individual focused on nutrition, body positivity, and

1 physical activity, focusing on overall health outcomes in-
2 cluding changes in behavior and metabolic health.”.

3 **SEC. 4. LOCAL WELLNESS GRANTS.**

4 (a) IN GENERAL.—Section 9A of the Richard B.
5 Russell National School Lunch Act (42 U.S.C. 1758b) is
6 amended—

7 (1) in subsection (b)—

8 (A) in paragraph (1), by inserting “pro-
9 motion of long-term health practices (as defined
10 in subsection (f) of section 28 of the Food and
11 Nutrition Act of 2008 (7 U.S.C. 2036a)), re-
12 duction of disordered eating within children,”
13 after “activity,” and

14 (B) in paragraph (3), by inserting “reg-
15 istered dietitian nutritionists, licensed mental
16 health professionals,” after “administrators,”

17 (2) in subsection (d)—

18 (A) paragraph (1)—

19 (i) by inserting “and in coordination
20 with the Substance Abuse and Mental
21 Health Services Administration,” after
22 “Centers for Disease Control and Preven-
23 tion,” and

24 (ii) by inserting “school health profes-
25 sionals,” after “school food authorities,”

1 (B) in paragraph (2)(C)—

2 (i) by inserting “and eating disorders
3 prevention and screening” after “sound
4 nutrition”, and

5 (ii) by inserting “and long-term health
6 practices (as such term is defined in sub-
7 section (f) of section 28 of the Food and
8 Nutrition Act of 2008 (7 U.S.C. 2036a))”
9 after “nutrition environments”,

10 (C) in paragraph (3)—

11 (i) in subparagraph (A), by inserting
12 “and the Substance Abuse and Mental
13 Health Services Administration” after
14 “Centers for Disease Control and Preven-
15 tion”, and

16 (ii) in subparagraph (C), by striking
17 “2014” and inserting “2021”, and

18 (D) in subparagraph (D), by striking
19 “2011”, and inserting “2020”.

20 (b) APPLICABILITY.—The amendments made by sub-
21 section (a) shall apply beginning with the first school year
22 that begins at least 90 days after the date of the enact-
23 ment of this Act.

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