

Make America Healthy Again KY Task Force

Recommendations

Healthy Foods

1. Support the "Food is Medicine" programs across Kentucky including hospital, health insurance, and Kentucky Department of Agriculture collaboration with local communities and the Cabinet for Health and Family Services as well as other state agencies and associations such as the Kentucky Medical Association.
2. Address the purchase of healthy foods with Supplemental Nutritional Assistance Program (SNAP) dollars.
3. Seek ways to improve healthy meals in schools statewide through improving procurement contracts, nutrition education, healthy meal preparation, and supporting farm to school programs.
4. Find ways to address public education and access to foods that are not ultra-processed.

Physical Health and Wellness

1. Strengthen physical education requirements for high school graduation.
2. Increase accountability and transparency in local school wellness policies.
3. Strengthen efforts to improve the overall health of Kentuckians by:
 - o Expanding public awareness of healthy nutrition and lifestyles;
 - o Reducing public exposure to environmental toxins;
 - o Increasing public awareness and input into state health policies.

Functional Medicine

1. Increase health care provider education on integrating nutrition and diet strategies for improving health outcomes for chronic disease.
2. Improve health insurance coverage of health programs that include functional medicine.
3. Encourage the integration of functional medicine principles in preventative health initiatives.

- Mirror legislation in other states-possibly Texas and California bills.

Key Provisions of SB 25 (The "Make Texas Healthy Again" Act) Legislation
Link: <https://legiscan.com/TX/text/SB25/id/3247967>

Mandatory Food Warning Labels: Effective January 1, 2027, food products sold in Texas that contain one of 44 specified additives (including certain artificial colors, bleached flour, BHA, and titanium dioxide) must have a warning label. The label must state: "**WARNING:** This product contains an ingredient that is not recommended for human consumption by the appropriate authority in Australia, Canada, the European Union, or the United Kingdom".

Texas SB 25 cont.

- Nutrition education required for K-12, higher education and medical schools.
- Health care professionals- required continuing ed in nutrition and metabolic health.
- Physical activity in schools K-5 mandatory
- Nutrition Advisory Committee established
- Enforcement by Texas Attorney General- Civil Penalties

Other Related Texas Legislation

SB 314 (School Meal Restrictions): This bill prohibits schools from serving free or reduced-price meals that contain certain additives and artificial ingredients.

SB 379 (SNAP Benefit Restrictions): This law, effective in 2026, prohibits individuals from using Supplemental Nutrition Assistance Program (SNAP) benefits to purchase sweetened drinks and candy.

California Legislation

- California Assembly Bill 1264, also known as the "Real Food, Healthy Kids Act," requires the gradual elimination of certain ultra-processed foods and specific food dyes from meals served in California public schools.
- The law, signed by Governor Gavin Newsom on October 8, 2025, defines ultra-processed food for school purposes and outlines a multi-year implementation timeline, beginning with a ban on six synthetic food dyes effective December 31, 2027.
- Legislation Link: [CA AB1264 | 2025-2026 | Regular Session | Chaptered](#).