

Improving Mental Health & Wellness in Schools Act

S.754 | **Sponsors:** Sens. Klobuchar (D-MN) & Lummis (R-WY)
HR.XXX | and Reps. Manning (D-NC) & XXXXXXX (R-XX)

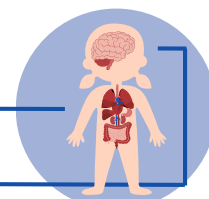


The Bill: Inclusion of mental health and eating disorders in the Local School Wellness Policies established by the Child Nutrition & WIC Reauthorization Act of 2004

Wellness policies are required for schools enrolled in the National School Lunch & Breakfast program

applicable to 95% of U.S. schools ¹

Policies focus on **physical health** but miss a key piece of youth wellbeing: **mental health**



Mental and physical health are inseparable: for example, food insecurity predicts disordered eating, anxiety, and depression ²

The Need: Over 10 years, youth have reported a 50% increase in negative mental health outcomes ³

12-13

is the average age of onset for an eating disorder ⁴

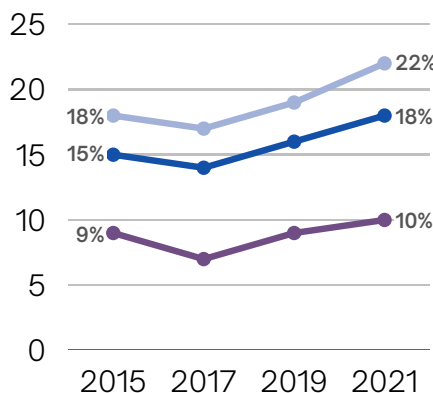
\$247B

spent each year on pediatric mental health treatment ⁵

41%

of teens who died by overdose had suffered a mental health condition ⁶

Research highlights that care, support, and belonging at school significantly reduces student mental health conditions ⁷



On average, over 3,000 suicide attempts by high schoolers each day ⁸

% of high school students that ⁹

● Seriously considered suicide
● Made a suicide plan
● Attempted suicide



The Solution: Integrate mental health with physical health into existing policies for cost-effective prevention & early intervention to ensure student wellness



Include school-based mental health professionals and dietitians as optional partners within multidisciplinary teams to create wellness policies



Require USDA to receive technical assistance from SAMHSA

Interested in cosponsoring?
Senate: Email Thomas.Liepold@klobuchar.senate.gov or Linnea.Melbye@lummis.senate.gov
House: Email Fabiana.CorsiMendez@mail.house.gov

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Sources

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- 3 Centers for Disease Control and Prevention. (2023). [Youth Risk Behavior Survey Data Summary & Trends: 2011-2021](#).
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- 7 Centers for Disease Control and Prevention. (2022). [New CDC data illuminate youth mental health threats during the COVID-19 pandemic](#).
- 8 Centers for Disease Control and Prevention. (2023). [Youth Risk Behavior Surveillance System 2021](#).
- 9 Ibid.

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