

# ASSEMBLY, No. 2937

## STATE OF NEW JERSEY 213th LEGISLATURE

INTRODUCED JUNE 12, 2008

**Sponsored by:**

**Assemblyman RALPH R. CAPUTO**

**District 28 (Essex)**

**SYNOPSIS**

Requires public schools to include instruction on caffeine-related health issues as part of the Core Curriculum Content Standards in Comprehensive Health and Physical Education.

**CURRENT VERSION OF TEXT**

As introduced.



1 AN ACT concerning instruction on caffeine-related health issues and  
2 supplementing chapter 35 of Title 18A of the New Jersey  
3 Statutes.

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5 **BE IT ENACTED** *by the Senate and General Assembly of the State*  
6 *of New Jersey:*

7

8 1. A board of education shall include instruction on the health  
9 problems associated with the consumption of caffeine in an  
10 appropriate place in the curriculum of elementary school, middle  
11 school, and high school as part of the Core Curriculum Content  
12 Standards in Comprehensive Health and Physical Education. The  
13 Comprehensive Health and Physical Education curriculum  
14 framework developed by the Department of Education shall include  
15 age-appropriate sample learning activities and resources designed to  
16 promote awareness of the negative effects associated with the  
17 consumption of caffeine.

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19 2. This act shall take effect immediately and shall first apply to  
20 the 2008-2009 school year.

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23 STATEMENT

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25 This bill requires each board of education to provide instruction  
26 on the health problems associated with the consumption of caffeine  
27 in an appropriate place in the curriculum of elementary school,  
28 middle school, and high school as part of the Core Curriculum  
29 Content Standards in Comprehensive Health and Physical  
30 Education. Under the bill, the Comprehensive Health and Physical  
31 Education curriculum framework developed by the Department of  
32 Education must include age-appropriate sample learning activities  
33 and resources designed to promote awareness of the negative effects  
34 caused from consuming caffeine.

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36 Caffeine has been linked to physical health problems such as  
37 increased heart rate, elevation of blood pressure, increased risk of  
38 heart disease and heart attack, blood sugar swings, gastrointestinal  
39 ailments, and nutritional deficiencies. Caffeine has also been shown  
40 to lead to increased levels of stress, anxiety, irritability and other  
emotional disturbances.