

STATE OF INDIANA

EXECUTIVE DEPARTMENT INDIANAPOLIS

EXECUTIVE ORDER 25-59

FOR: MAKING INDIANA HEALTHY AGAIN BY PROMOTING THE HEALTH AND WELLNESS OF HOOSIER STUDENTS

TO ALL WHOM THESE PRESENTS MAY COME, GREETINGS.

WHEREAS, the prevention of childhood obesity and a focus on a healthy lifestyle is important to the cognitive and physical development of Hoosier students and efforts should be taken to ensure students are able to reach their full God-given potential;

WHEREAS, active children experience physical and cognitive benefits, such as improved attention and memory, reduced risk of depression and anxiety, regulated body weight, reduced body fat, and improved long-term health;

WHEREAS, excessive cell phone and social media usage can have harmful effects on young developing minds including depression, anxiety, poor academic performance, suicidal ideation, and other negative impacts on mental health;

WHEREAS, in a study conducted by the National Center for Health Statistics, three-quarters of students surveyed spend three or more hours per day on non-curricular screen time

WHEREAS, students at all schools should have access to healthy meals during the school day that are free of harmful chemicals;

WHEREAS, studies have shown that harmful chemicals such as food dyes contribute to hyperactivity, irritability, memory problems, restlessness, and other health issues that negatively impact academic achievement;

WHEREAS, parents deserve to know the nutritional information of the foods that their children are consuming while attending school in Indiana so they are able to make the best decisions for their student; and

WHEREAS, schools that are focusing on and leading the way for student health should be recognized for their efforts;

NOW, THEREFORE, I, MIKE BRAUN, by virtue of the authority vested in me as the Governor of the State of Indiana, do hereby order that:

1. The Secretary of Education shall take the following steps no later than September 30, 2025, to encourage Hoosier students to pursue healthier habits:
 - a. Establish a Governor's Fitness Test that schools may participate in, as well as a reward program for students who demonstrate excellent performance on the Governor's Fitness Test (e.g. push-ups, pull-ups, sit-ups, a standing broad jump, a shuttle run, and/or a one-mile run);
 - b. Establish a School Fitness Month with recommended activities and lessons that may be incorporated into the school day to increase student physical activity and health awareness;
 - c. Develop recommendations, in consultation with the Indiana State Health Commissioner and Director of the Indiana State Department of Agriculture, to encourage healthier, local food options by increasing locally-sourced and farm-to-school programs, as well as student run school-based enterprise opportunities in school agriculture programs to enhance work-based learning

opportunities for Hoosier students while increasing access to healthy food options;

- d. Establish a recognition award that a school may apply for demonstrating excellence in implementation of the aforementioned actions;
 - e. Create recommendations on how to highlight the harmful effects of excessive cell phone and social media usage on the cognitive development of children and adolescences;
 - f. Request food service providers to supply schools with transparent and easily understandable nutritional data for all school meals in an electric format that can be disseminated to parents; and
 - g. Request food service providers to supply food that does not include artificial food dyes and additives that have been found by the Indiana Department of Health to have adverse health effects under the direction of Executive Order 25-56.
2. The Secretary of Education shall review and survey schools regarding efforts made by food service providers in support of this order. The review shall be completed by October 31, 2025, with a written report provided to the Governor by December 31, 2025.



IN TESTIMONY WHEREOF, I,
Mike Braun, have hereunto set my hand
and caused to be affixed the Great Seal
of the State of Indiana on this 15th day
of April, 2025.

Mike Braun

Mike Braun
Governor of Indiana

DIEGO MORALES

ATTEST: Diego Morales
Secretary of State