

Testimony of Michelle Cotterman, RN

Oppose House Bill 165

Primary and Secondary Education

June 18, 2019

Chairman Blessing, Vice Chair Jones, Ranking Member Robinson and Members of the Primary and Secondary Education Committee thank you for this opportunity today to express my opposition to HB165.

My name is Michelle Cotterman, I am a registered nurse but most importantly I am a mother of two beautiful and healthy elementary students. I am opposed to HB 165 for multiple reasons but I will address here my top objections. The National Health Education Standards, which is hosted on the Center for Disease Control and Prevention's website, was "developed to establish, promote and support health-enhancing behaviors for students in all grade levels". I implore you to read through the first three standards which read like a story board for a pharmaceutical promoting commercial! Unless of course, In Standard 1 children will learn about how "appropriate health care" like homeopathy "can promote personal health", but I doubt it. You see, we are a drug free family and that includes all pharmaceuticals. Our primary health care modality of choice is homeopathy. Through this practice of care my children have learned how to understand the signs of their bodies and know when to ask for a remedy to support the body back into balance. I would like to know in Standard 2 "what the school can do to support personal health practices and behaviors" while serving children chemically altered foods, some of which have been banned in European countries for their carcinogenic and behavioral modifying effects, and making them sit behind a desk for hours on end. My children bring lunch from home because the quality of food in schools IS health detrimental. The single most important thing someone does for health revolves around what they put into their bodies. When my son is congested, he knows to ask for ginger root steeped in freshly squeezed grapefruit juice and NOT a liver toxic pharmaceutical. If we want to improve the health of our youth perhaps we should focus on improving the quality of food, increasing time for physical activity, and reducing screen time. My BIGGEST concern is standard 3, will the school be teaching children that families are a source of misinformation? Will my children be made to feel badly because the health care we use is not considered a "valid product" or the providers we hire to consult us in health are not considered "valid services"?

My children and I sat here for two hours while we listened to all the problems with standardized testing and the anxiety it gives to children. This is something I can attest to

first hand, as my daughter has been adversely affected by these standards. Why are we looking to add more boxed education?

In summary, these standards will do nothing to increase the health of anyone. What this bill is aimed to do is remove the currently REQUIRED health curriculum listed under ORC 3313.60 and replace it with a vague set of standards that schools can decide to follow or not. It is aimed to remove the legislative process designed as a check and balance to prevent special interest groups from adding health curriculum that is not in the best interest of Ohio citizens. Most egregiously, this bill is aimed to remove the public from the process of participating in discussion around health curriculum in Ohio.

I agree with the current Ohio REQUIRED curriculum, I agree with the process for adding curriculum, and I ask that you oppose HB 165.