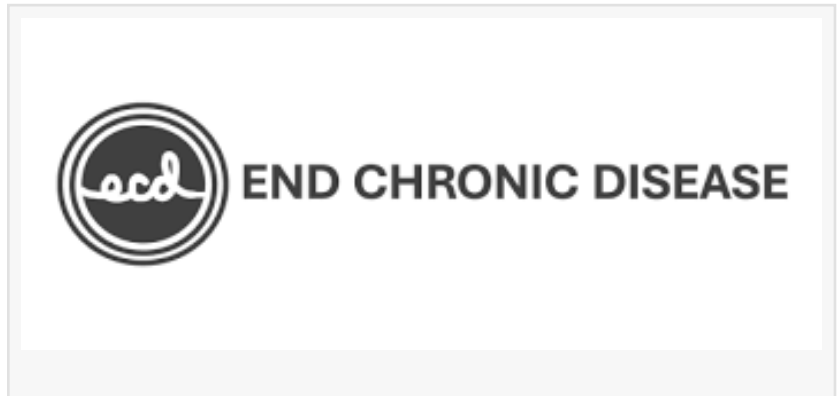


End Chronic Disease Applauds Passage of Bipartisan Bill to Help California Students Build Healthier Habits

Senate Bill 1133 Heads to Governor Newsom, Helping California Students Build Healthy Habits

SACRAMENTO, CA, UNITED STATES, August 7, 2026 /EINPresswire.com/ -- [End Chronic Disease](#) celebrates the passage of [Senate Bill 1133](#), the Ready to Learn, Ready for Health Act, out of the California State Assembly with

strong bipartisan support. The organization sponsored the legislation, authored by Senator Tony Strickland (R-Huntington Beach), which now heads to Governor Newsom for his signature.



The Ready to Learn, Ready for Health Act gives students practical information to make healthier choices in their everyday lives. Today, more than 40 percent of school-aged children have at least one chronic health condition, such as asthma, obesity, type 2 diabetes and autoimmune disease, many of which can be prevented or reduced through healthy behaviors and supportive environments.

"Chronic disease is not an adult-only issue. Its roots are often planted in childhood," said [Kelly McKenna](#), CEO of End Chronic Disease. "Helping young people understand how daily habits shape their health today and tomorrow is one of the most important investments we can make. This legislation will give California students the knowledge to build healthier habits early in life, and we are proud to see it advance with such strong bipartisan support."

SB 1133 does not require schools to add a new class or adopt a specific curriculum. Instead, it works through California's existing curriculum review process, allowing education experts to better connect preventive health topics within the state's health education guidance. The legislation addresses nutrition and food literacy, sleep, physical activity, stress management, and digital balance helping students understand how their daily routines influence their physical health, mental well-being and ability to learn.

A national poll released by End Chronic Disease last summer found that nearly 94 percent of

likely voters support nutrition education in school health classes, with nearly 63 percent strongly supporting the idea. California now joins a growing number of states across the political spectrum pursuing policies that support healthier school environments and focus on prevention.

“Chronic disease is not a Republican or Democrat issue. It affects every family and every community in California,” said Senator Tony Strickland, who represents the 36th Senate District in Orange and Los Angeles counties. “As a father of two, I believe one of the most important things we can do is give children the knowledge to make healthy choices early in life. This legislation will help students understand how nutrition, sleep, physical activity, stress, and technology impact health, learning, and long-term well-being.”

Other supporters of the bill include groups like the Alameda County Office of Education, The California Baptist Capitol Ministry, and Teen Lifestyle Medicine

End Chronic Disease thanks Senator Strickland and the bipartisan coalition of lawmakers who supported SB 1133 for their leadership, and looks forward to a hopeful signature from Governor Newom’s so that California students can begin benefiting from this important step toward prevention-first health education.

****Media Availability****

Kelly McKenna, CEO of End Chronic Disease, is available for media interviews to discuss Senate Bill 1133 and its potential impact on the health and well-being of California students.

For press inquiries or to schedule an interview, please contact Christina Pascucci, Senior Advisor to End Chronic Disease, at [Christina@endchronicdisease.org]

End Chronic Disease, Inc. is a national, nonpartisan organization working to address the root causes of chronic illness through public education, policy advocacy, and evidence-based solutions. The organization supports efforts that provide researchers, healthcare professionals, and policymakers with the information and tools needed to improve prevention, care, and health outcomes.

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