

Stricken language would be deleted from and underlined language would be added to present law.

State of Arkansas
95th General Assembly
Regular Session, 2025

As Engrossed: H1/16/25

A Bill

HOUSE BILL 1031

Representatives D. Garner, A. Collins, Springer

For An Act To Be Entitled

AN ACT TO CREATE THE ARKANSAS HEALTHY LIFESTYLE EDUCATION ACT OF 2025; TO ENSURE THE HEALTH CURRICULUM IN ARKANSAS PUBLIC SCHOOLS ADDRESSES CERTAIN HEALTH ISSUES FACING STUDENTS; AND FOR OTHER PURPOSES.

Subtitle

TO CREATE THE ARKANSAS HEALTHY LIFESTYLE EDUCATION ACT OF 2025; AND TO ENSURE THE HEALTH CURRICULUM IN ARKANSAS PUBLIC SCHOOLS ADDRESSES CERTAIN HEALTH ISSUES FACING STUDENTS.

BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:

SECTION 1. DO NOT CODIFY. Title.

This act shall be known and may be cited as the "Arkansas Healthy Lifestyle Education Act of 2025".

SECTION 2. DO NOT CODIFY. Legislative findings.

The General Assembly finds that:

(1) According to a 2023 report by the United Health Foundation, Arkansas ranks number forty-eight (48) in the nation for overall health;

(2) Based on the 2018 Centers for Disease Control and Prevention High School Youth Risk Behavior Survey, Arkansas ranked highest in the nation for the percentage of students who:

(A) Have considered suicide;



- (B) Are considered obese;
- (C) Have been forced to have sex; or
- (D) Use smokeless tobacco;

(3) According to data reported in 2022 by the Centers for Disease Control and Prevention, Arkansas has the second highest teen birth rate in the nation; and

(4) As a result of Arkansas's rankings in these nationwide findings, it is imperative that the General Assembly ensure that certain topics are addressed in the student health curriculum in our secondary public schools.

SECTION 3. Arkansas Code Title 6, Chapter 16, Subchapter 10, is amended to add an additional section to read as follows:

6-16-1008. Health curriculum requirements.

(a) Beginning in the 2025-2026 school year, each public school shall offer a health course with a curriculum that provides evidence-based instruction to each student in grades seven through twelve (7-12) on:

(1)(A) Mental health issues.

(B) The mental health curriculum required under this subdivision (a)(1) shall include without limitation:

(i) Suicide prevention methods; and

(ii) Information regarding recognition of mental health crises;

(2)(A) Substance abuse and addiction issues.

(B) The substance abuse and addiction curriculum required under this section shall include without limitation:

(i) Information regarding prescription drug abuse, illicit drug abuse, alcohol abuse, and other substances known to be abused during adolescence; and

(ii) Substance abuse, consequences of substance abuse, and prevention methods;

(3)(A) Diet and obesity issues.

(B) The diet and obesity curriculum required under this subdivision (a)(3) shall include information aimed at preventing physical health issues, including without limitation:

(i) Obesity;

(ii) Cardiovascular disease; and

(iii) Type 2 diabetes;

(4)(A) Tobacco use prevention and cessation.

(B) The tobacco use prevention and cessation curriculum required under this section shall include without limitation information regarding:

(i) Adverse health effects of using any form of tobacco or nicotine delivery system;

(ii) E-cigarettes and vaping;

(iii) Addiction; and

(iv) Cessation; and

(5)(A) Teenage pregnancy prevention.

(B) The teenage pregnancy prevention curriculum required under this subdivision (a)(5) shall include without limitation information regarding:

(i) The prevention of unintended pregnancy and the prevention of sexually transmitted infections through abstinence and contraception; and

(ii) The topic of consent and healthy relationships.

(C) A parent or legal guardian may submit a written request for his or her child to be excused from all or any part of the health curriculum regarding teenage pregnancy prevention under this subdivision (a)(5).

(b) The Division of Elementary and Secondary Education shall:

(1) Identify and develop, in consultation with the University of Arkansas for Medical Sciences and the Department of Health, evidence-based health resources required under this section; and

(2) Provide professional development support regarding academic health standards and evidence-based resources for teachers who are responsible for implementing the health curriculum required under this section.

/s/D.Garner