

Date of Hearing: July 1, 2026

ASSEMBLY COMMITTEE ON APPROPRIATIONS

Buffy Wicks, Chair

SB 1133 (Strickland) – As Amended March 23, 2026

Policy Committee: Education

Vote: 8 - 0

Urgency: No

State Mandated Local Program: No

Reimbursable: No

SUMMARY:

This bill requires the Instructional Quality Commission (IQC), upon the next revision of the Health Education Framework for California Public Schools (health framework) on or after January 1, 2027, to consider including information on evidence-based preventative health instruction, including information on nutrition, exercise, stress and sleep health, use of digital technology, and environmental health factors.

FISCAL EFFECT:

No new state costs.

COMMENTS:

1) **Purpose.** According to the author:

Healthy students are better prepared to learn. The Ready to Learn, Ready for Health Act encourages the inclusion of evidence-based preventative health education in California's Health Education Framework. By helping students understand the importance of nutrition, sleep, physical activity, stress management, and healthy technology habits, we can support both academic success and lifelong health. SB 1133, the 'Ready to Learn, Ready for Health' Act, simply requires that these preventative health topics be considered for inclusion in our public school health framework the next time it is revised.

2) **Background.** Current law charges the IQC and State Board of Education with developing and adopting state curriculum and instructional materials for use in public schools. The process is iterative and public, involving input from the public, practitioners, and experts in the curriculum area in question. Notably, the health framework curriculum framework adoption in 2019 did not result in a subsequent successful instructional materials adoption, largely due to a lack of interest from publishers. The Budget Act of 2025 appropriated \$1 million for a study to provide recommendations for how to improve and streamline California's curriculum development and adoption process by January 1, 2027. Notably, according to analyses from both the Senate and Assembly Committees on Education, the existing health framework already includes several of the same topics and connections

addressed by this bill regarding nutrition, sleep, digital media use, and environmental factors and their influence on physical and mental health.

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