

RESOLUTION OF SUPPORT

Healthy Drinks For Healthy Families

Whereas, diabetes has become an epidemic both in our nation and in our local communities throughout California such that, unless the trend is reversed, one in three of our children born after 2000¹ – and half of Latino and African American children – will go on to develop Type 2 Diabetes in their lifetime, and²

Whereas, the California obesity rate has skyrocketed from nine percent in 1984 to over 25 percent today and is projected to increase to 47 percent by 2030, and³

Whereas, definitive scientific studies have concluded that a major cause of the dramatic increase in diabetes and the equally significant increase in California's obesity rate is that most consumers consume nearly 300 more calories per day than 30 years ago⁴ and 43 percent of that caloric increase derives from the consumption of sugar-sweetened beverages,⁵ and

Whereas, the latest medical studies show that sugar-sweetened beverages such as sodas and energy drinks do more harm to the body than solid sugar – like candy or cake – because your body processes liquid sugar much more quickly and turns them directly into fatty deposits, and⁶

¹ Venkat Narayan KM, Boyle JP, Thompson TJ, Sorensen SW, Williamson DF. Lifetime risk for developing diabetes mellitus. *JAMA* 2003;290:1884–1890.

² Centers for Disease Control and Prevention, National Diabetes Surveillance System. *California - Total number (in thousands) of new cases of diagnosed diabetes among adults aged 18-76 years, 1996-2010.*

³ Levi, Jeffrey and Segal, Laura M. and St. Laurent, Rebecca and Lang, Albert and Rayburn, Jack (2012) *F as in Fat: How Obesity Threatens America's Future 2012.* Project Report. Trust for America's Health/Robert Wood Johnson Foundation, Princeton, N.J..

⁴ Finkelstein EA, Ruhm CJ, Kosa KM. Economic causes and consequences of obesity. *Ann Rev Public Health* 2005;26:239-57.

⁵ Woodward-Lopez G, Kao J, Ritchie L. *To what extent have sweetened beverages contributed to the obesity epidemic?* *Public Health Nutr* 2011 Mar;14(3):499-509

⁶ Wang, J. (2014, April). Consumption of added sugars and development of metabolic syndrome components among a sample of youth at risk of obesity. *Applied Physiology, Nutrition, and Metabolism* , 39(4), 512. doi:10.1111/jhn.12223

Whereas, in addition to the human cost throughout our California communities, diabetes alone adds an extra 1.6 billion dollars every year to state hospitalization costs with the attendant increased cost in all of our public health programs - money which would be better invested in preventative health and education, and ⁷

Whereas, statewide legislation to institute a reasonable fee on the distribution of sugar-loaded beverages would allow the resources raised to fund programs at the local level to combat the effects of the over consumption of sugar sweetened beverages and educate the community about the dangers of that overconsumption, and

Therefore be it resolved, that the community has made clear it strongly discourages the over consumption of sugar-loaded beverages and educating our citizens about the associated health risks,

And be it further resolved, that _____ hereby endorses passage of legislation at the state level to impose a fee on the over consumption of sugar-sweetened beverages and that the funds/revenue be used to educate the community on the dangers of over consumption of sugar-sweetened beverages and provide tools and resources for healthy alternatives.

⁷ Meng, Ying-Ying, Melissa C. Pickett, Anna C. Davis, and Harold Goldstein. "Diabetes Tied to a Third of California Hospital Stays, Driving Health Care Costs Higher." UCLA Center for Health Policy Research, May 2014. Web.
<http://healthpolicy.ucla.edu/publications/Documents/PDF/2014/DiabetesPB_FINAL_5-13-14.pdf>.