

1 [Resolution Declaring June, July and August 2009 as Soda Free Summer]

2 **Resolution declaring June, July and August 2009 as “Soda Free Summer” and**
3 **urging all San Franciscans to join Shape Up SF to “Rethink Your Drink “ and go**
4 **Soda Free this summer.**

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6 WHEREAS, The Bay Area Nutrition and Physical Activity Collaborative
7 (BANPAC) is organizing a regional Soda Free Summer Campaign including Alameda,
8 Contra Costa, Marin, San Mateo, San Francisco and Santa Clara counties; and,

9 WHEREAS, The American Academy of Pediatrics recommends eliminating
10 soft drinks from schools; and,

11 WHEREAS, The American Dental Association recommends limiting
12 soda intake; and,

13 WHEREAS, The National Heart Lung Blood Institute growth and health
14 study found a three-fold increase in soda consumption among youth between
15 9 and 19 years and found that high soda intake predicts an increase in body
16 mass index and a decrease in dietary calcium; and,

17 WHEREAS, A women’s health study found that women who drink
18 soda or sweetened fruit drinks every day were more likely to develop Type II
19 Diabetes as compared to women who have such beverages once a month or
20 less; and,

21 WHEREAS, Reducing intake of added sugars (especially sugar-sweetened
22 beverages) may be helpful in achieving recommended nutrient intakes and
23 weight control; and,
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1 WHEREAS, Soda is one of the largest source of added sweeteners for
2 children; and,

3 WHEREAS, The prevention of diabetes and diet related diseases are
4 among the most urgent health challenges of our day; and,

5 WHEREAS, African American or Latino children born today have a 50%
6 chance of developing Type II diabetes; and,

7 WHEREAS, Approximately 46% of Bay Area Region adults and teens
8 and approximately 41% of San Francisco adults and teens are experiencing
9 diet related diseases; and,

10 WHEREAS, Between 18-26% of Bay Area Region children and
11 approximately one quarter (24%) of San Francisco children in grades 5, 7, 9
12 are experiencing diet related diseases; and,

13 WHEREAS, The Mayor's Challenge "Shape Up SF Initiative", staffed
14 by the Department of Public Health and Department of Children, Youth, and
15 their Families, is committed to preventing chronic disease and coordinating
16 the Soda Free Summer Campaign; now, therefore, be it,
17

18 RESOLVED, That the San Francisco Board of Supervisors, proclaims
19 June, July and August of 2009 as "Soda Free Summer" in San Francisco City
20 and County, and urges all San Franciscans to join Shape Up SF to
21 "Rethink Your Drink" and go Soda Free this summer.
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City and County of San Francisco

City Hall
1 Dr. Carlton B. Goodlett Place
San Francisco, CA 94102-4689

Tails
Resolution

File Number: 090492

Date Passed:

Resolution declaring June, July and August 2009 as "Soda Free Summer" and urging all San Franciscans to join Shape Up SF to "Rethink Your Drink " and go Soda Free this summer.

April 28, 2009 Board of Supervisors — ADOPTED

Ayes: 11 - Alioto-Pier, Avalos, Campos, Chiu, Chu, Daly, Dufty, Elsbernd, Mar, Maxwell, Mirkarimi

File No. 090492

I hereby certify that the foregoing Resolution was ADOPTED on April 28, 2009 by the Board of Supervisors of the City and County of San Francisco.

Angela Calvillo
Clerk of the Board

5/8/09

Date Approved

Mayor Gavin Newsom