

1 [Proclaiming June, July and August of 2008 as “Soda Free Summer” in the City and County of  
2 San Francisco]

3 **Resolution proclaiming June, July and August of 2008 as “Soda Free Summer” in the**  
4 **City and County of San Francisco, and urging all San Franciscans to join Shape Up SF**  
5 **to “Rethink Your Drink” and go Soda Free this summer.**

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

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

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

13 WHEREAS, The National Health and Nutrition Examination Survey III (NHANES III)  
14 found an association between overweight and soft drink consumption; and

15 WHEREAS, A National Heart Lung Blood Institute Growth and Health Study found a  
16 three-fold increase in soda consumption among youth between 9 and 19 years and found that  
17 high soda intake predicts an increase in body mass index and decrease in dietary calcium;  
18 and

19 WHEREAS, A Women’s Health Study found that women who drink soda or sweetened  
20 fruit drinks every day were more likely to develop Type 2 Diabetes as compared to women  
21 who have such beverages once a month or less; and

22 WHEREAS, Reducing intake of added sugars (especially sugar-sweetened beverages)  
23 may be helpful in achieving recommended nutrient intakes and weight control; and

24 WHEREAS, Soda is largest source of added sweeteners for children; and

25 WHEREAS, The prevention of diabetes, and obesity are among the most urgent

1 health challenges of our day; and

2 WHEREAS, An African American or Latino child born today has a 50% chance of  
3 developing Type 2 Diabetes; and  
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5 WHEREAS, Approximately 46% of Bay Area Region adults and teens and  
6 approximately 41% of San Francisco adults and teens are overweight or obese; and

7 WHEREAS, Between 18-26% of Bay Area Region children and approximately one  
8 quarter (24%) of San Francisco children in grades 5, 7, 9 are overweight; and

9 WHEREAS, The Mayor's Challenge: Shape Up SF Initiative, staffed by Department of  
10 Public Health and Department of Children, Youth, and their Families, is committed to  
11 preventing chronic disease and coordinating the Soda Free Summer Campaign;; now,  
12 therefore, be it

13 RESOLVED, That the San Francisco Board of Supervisors proclaim June, July and  
14 August of 2008 as "Soda Free Summer" in the City and County of San Francisco, and urging  
15 all San Franciscans to join Shape Up SF to "Rethink Your Drink" and go Soda Free this  
16 summer.  
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