

1 [Supporting Soda Free Summer]

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3 **Resolution supporting Soda Free Summer.**

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5 WHEREAS, The prevention of obesity and diabetes are among the most urgent health
6 challenges faced by our communities today; and

7 WHEREAS, The California Center for Public Health Advocacy has found a direct link
8 between soda consumption and obesity in California; and,

9 WHEREAS, A National Heart Lung Blood Institute (NHLBI) Growth and Health Study
10 found a three-fold increase in soda consumption in children between 9 and 19 years of age,
11 and found that high soda intake predicts an increase in body mass index; and,

12 WHEREAS, Studies have shown that sweetened beverage consumption tends to
13 parallel the rise in obesity; and,

14 WHEREAS, A women’s health study found that women who drink soda or sweetened
15 fruit drinks every day are more likely to develop Type II Diabetes as compared to women who
16 consume such beverages once a month or less; and,

17 WHEREAS, Soda is the number one source of added sweeteners for children; and,

18 WHEREAS, The Centers for Disease Control and Prevention (CDC) recommends
19 choosing water, or low-calorie beverages instead of sugar-sweetened beverages; and,

20 WHEREAS, The American Academy of Pediatrics recommends eliminating soft drinks
21 from schools; and,

22 WHEREAS, Approximately 50% of all San Francisco Bay Area adults are overweight or
23 obese; and,

24 WHEREAS, Approximately 25% of all San Francisco Bay Area children are overweight
25 or obese; and,

1 WHEREAS, Nearly a quarter million San Francisco Bay Area residents suffer from
2 Type II diabetes; and,

3 WHEREAS, According to the CDC, unless healthier lifestyle changes are adopted, one
4 in three children born today will develop diabetes; and,

5 WHEREAS, City departments such as Recreation and Parks, non-profits, and
6 community-based organizations have taken the pledge to be soda free; and,

7 WHEREAS, The Shape Up San Francisco Initiative, staffed by the Department of
8 Public Health is committed to preventing chronic disease and coordinating the Rethink Your
9 Drink effort in San Francisco; now, therefore, be it

10 RESOLVED, That the San Francisco Board of Supervisors proclaims June, July, and
11 August of 2010 as Soda Free Summer in San Francisco, and urges everyone to join Shape
12 Up San Francisco to Rethink Your Drink and go soda free this summer.

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