

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.**  
5

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

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

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

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

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

22 WHEREAS, Reducing intake of added sugars (especially sugar-sweetened  
23 beverages) may be helpful in achieving recommended nutrient intakes and  
24 weight control; and,  
25

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

19           RESOLVED, That the San Francisco Board of Supervisors, proclaims  
20 June, July and August of 2009 as “Soda Free Summer” in San Francisco City  
21 and County, and urges all San Franciscans to join Shape Up SF to  
22 “Rethink Your Drink” and go Soda Free this summer.  
23  
24  
25