

**HEALTH COMMISSION
CITY AND COUNTY OF SAN FRANCISCO
RESOLUTION NO 11-08**

**PROCLAIMING JUNE, JULY AND AUGUST OF 2008 AS “SODA FREE SUMMER” IN
SAN FRANCISCO CITY AND COUNTY**

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

WHEREAS, the American Academy of Pediatrics recommends eliminating soft drinks from schools; and

WHEREAS, the American Dental Association recommends limiting soda intake; and

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

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

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

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

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

WHEREAS, the prevention of diabetes, and obesity are among the most urgent health challenges of our day; and

WHEREAS, an African American or Latino child born today has a 50% chance of developing Type 2 Diabetes; and

WHEREAS, approximately 46% of Bay Area Region adults and teens and approximately 41% of San Francisco adults and teens are overweight or obese; and

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

WHEREAS, the Shape Up SF Initiative, staffed by Department of Public Health and Department of Children, Youth, and their Families, is committed to preventing chronic disease; now, therefore, be it

**HEALTH COMMISSION
CITY AND COUNTY OF SAN FRANCISCO
RESOLUTION NO 11-08**

RESOLVED that the Health Commission proclaims June, July and August of 2008 as “Soda Free Summer” in San Francisco City and County, and urges all San Franciscans to join Shape Up SF to Rethink Your Drink and go Soda Free this summer.

I hereby certify that the San Francisco Health Commission at its meeting of May 20, 2008 adopted the foregoing resolution.

Michele M. Seaton
Executive Secretary to the Health Commission