

HEALTH COMMISSION
City and County of San Francisco
Resolution No. 09-09

DECLARING 2009 RETHINK YOUR DRINK / SODA-FREE SUMMER

WHEREAS the prevention of obesity and diabetes are among the most urgent health challenges of our day; 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 (NHLBI) Growth and Health Study found a three-fold increase in soda consumption between nine and 19 years and found that high soda intake predicts an increase in body mass index; 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 soda is largest source of added sweeteners for children; and

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

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

WHEREAS approximately 50 percent of all San Francisco Bay Area adults are overweight or obese; and

WHEREAS approximately 25 percent of all San Francisco Bay Area children are overweight or obese; and

WHEREAS nearly a quarter of a million San Francisco Bay Area residents suffer from Type 2 Diabetes; and

WHEREAS unless healthier lifestyle changes are adopted, one in three children born today will develop diabetes; and

WHEREAS the Bay Area Region's 2008 Soda Free Summer Campaign empowered more than 100,000 people to Rethink Their Drink; and

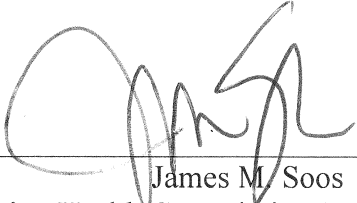
WHEREAS numerous Bay Area organizations, including schools, hospitals, worksites, and community youth groups, were inspired to implement healthy beverage policies and practices as a result of the Soda Free Summer Campaign; and

WHEREAS media interest in the Soda Free Summer Campaign resulted in two million media impressions, and

WHEREAS it's imperative to educate and empower children and adults to make healthy eating choices; and now, therefore; be it

RESOLVED, that the Health Commission declares June, July and August of 2009 as Soda-Free Summer in San Francisco and urges everyone to join me to Rethink Your Drink and go Soda Free this summer.

I hereby certify that the San Francisco Health Commission at its meeting of June 2, 2009 adopted the foregoing resolution.

A handwritten signature in black ink, appearing to read 'James M. Soos', is written over a horizontal line.

James M. Soos
Acting Health Commission Executive Secretary