

RESOLUTION
of
THE BOARD OF SUPERVISORS
MARIN COUNTY

PROCLAIMING
SODA FREE SUMMER
JUNE, JULY, AND AUGUST 2013

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

WHEREAS, soda is the #1 source of added sugar in the American diet. Adults who drink more than one soda/day are 27% more likely to be overweight or obese according to 2009 research; and

WHEREAS, approximately 56% of California adults and 47% of Marin adults are overweight or obese; and

WHEREAS, the Centers for Disease Control and Prevention (CDC) recommends choosing water, or low-calorie beverages instead of sugar-sweetened beverages; the Academy of Nutrition and Dietetics and the American Dental Association recommends limiting soda intake; and the American Academy of Pediatrics recommends eliminating soft drinks from schools; and

WHEREAS, a women's health study found that women, particularly African American women, who drink soda or sweetened fruit drinks every day were more likely to develop Type 2 Diabetes as compared to women who drink less; and

WHEREAS, the Bay Area Region's 2012 Soda Free Summer Campaign empowered more than 100,000 people from Alameda, Contra Costa, Marin, San Mateo, San Francisco and Santa Clara Counties to "*Rethink Their Drink*;" and

WHEREAS, the Department of Health and Human Services (HHS) Community Health & Prevention's, Nutrition Wellness Program and Healthy Eating Active Living (HEAL) community groups, including Marin schools, hospitals, worksites, community organizations and youth groups, as well as the HHS Worksite Wellness Program, are organizing a countywide soda free campaign, entitled "*Rethink Your Drink*," to implement healthy beverage policies and practices.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of the County of Marin hereby proclaims the June, July and August of 2013, as "Soda Free Summer" in Marin County, and urges all citizens to join us to "*Rethink Your Drink*" and go "Soda Free" this summer.

PASSED AND ADOPTED at a regular meeting of the Board of Supervisors of the County of Marin held this 21st day of May 2013.

JUDY ARNOLD - DISTRICT 5, PRESIDENT

SUSAN L. ADAMS - SUPERVISOR, DISTRICT 1

