

RESOLUTION  
*of*  
THE BOARD OF SUPERVISORS  
MARIN COUNTY

PROCLAIMING  
SODA FREE SUMMER  
JUNE, JULY AND AUGUST 2014

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

WHEREAS, sugar-sweetened beverages are the number one source of added sugar in the American diet. Adults who drink more than one soda per day are 27% more likely to be overweight or obese; and

WHEREAS, the leading cause of preventable death in Marin County is heart disease, where 47% of Marin adults are overweight or obese, and where economically disadvantaged communities where sugary drinks are heavily marketed have higher rates of obesity, diabetes and related heart disease; 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 sweetened beverages daily were more likely to develop Type 2 Diabetes; and

WHEREAS, the Bay Area Region's 2013 Soda Free Summer Campaign empowered residents of Alameda, Contra Costa, Marin, San Mateo, San Francisco and Santa Clara Counties to *Rethink Their Drink*; and

WHEREAS, the County's Worksite Wellness Program, the County's Nutrition Wellness Program and the Healthy Eating Active Living (HEAL) community groups which include Marin schools, hospitals, worksites, community organizations, Parks and Recreation Departments and youth groups 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 June, July and August of 2014, 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 20th day of May 2014.

KATHRIN SEARS - DISTRICT 3, PRESIDENT

SUSAN L. ADAMS - SUPERVISOR, DISTRICT 1

