

**PROCLAIMING  
S O D A F R E E S U M M E R  
J U N E - A U G U S T , 2 0 0 8**

**WHEREAS**, the Bay Area Nutrition and Physical Activity Collaborative is organizing a Regional Soda Free Summer Campaign including Alameda, Contra Costa, Marin, San Mateo, San Francisco and Santa Clara Counties; and

**WHEREAS**, the Marin Physical Activity Nutrition Wellness Collaborative is organizing a Countywide Soda Free Campaign; and

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

**WHEREAS**, the American Dental Association recommends limits of 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 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 drink less; and

**WHEREAS**, reducing intake of sugar-sweetened beverages may be helpful in achieving recommended nutrient intakes and weight control; and

**WHEREAS**, soda is the 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**, approximately 47% of Bay Area Region adults and teens are overweight or obese; and

**WHEREAS**, approximately 44 % of Marin adults (18+) are overweight or obese; and

**WHEREAS**, approximately 18-26% of Bay Area Region children in grades 5, 7, and 9 were overweight in 2004; and

**WHEREAS**, approximately 34% of Marin children age 2-17 were overweight in 2004; and

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

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of Marin hereby proclaims June, July and August of 2008 as "Soda Free Summer" in Marin County, and urge all citizens to join us to Rethink Your Drink and go Soda Free this summer.