



*Marin County*  
*Board of Supervisors*  
**RESOLUTION**

**PROCLAIMING  
SODA FREE SUMMER  
JUNE, JULY AND AUGUST 2010**

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

**WHEREAS**, adults who drink more than one soda/day are 27% more likely to be overweight or obese according to 2009 research; and

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

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

**WHEREAS**, soda is the #1 source of added sugar in the American diet; and

**WHEREAS**, approximately 42% of Marin adults (18+) were overweight or obese in 2007; and

**WHEREAS**, approximately 25% of Marin 7<sup>th</sup> grade students participating in the 2007 California Healthy Kids Survey were overweight or obese; and

**WHEREAS**, approximately 20% of Marin 11<sup>th</sup> grade students participating in the 2007 California Healthy Kids Survey were overweight or obese; and

**WHEREAS**, the Bay Area Region's 2009 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, Division of Public Health and the Marin Wellness Collaborative, including Marin schools, hospitals, worksites, community organizations and youth groups, are organizing a countywide soda free campaign to implement healthy beverage policies and practices; and

**WHEREAS**, it is imperative to educate and empower children and adults to make healthy choices.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of Marin hereby proclaims June, July and August 2010 as "Soda Free Summer" in Marin County, and urges all citizens 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 11<sup>th</sup> day of May 2010.

\_\_\_\_\_  
*Supervisor*

\_\_\_\_\_  
*President*

*Diane Patterson*  
\_\_\_\_\_  
*Clerk*

