

**STATE OF HAWAII**  
**DEPARTMENT OF HEALTH**  
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**Testimony in SUPPORT of S.B. 549, SD1**  
**RELATING TO HEALTHY BEVERAGES FOR CHILDREN**

REPRESENTATIVE JOHN M. MIZUNO, CHAIR  
HOUSE COMMITTEE ON HEALTH

Hearing Date: March 21, 2019

Room Number: 329

1 **Fiscal Implications:** Undetermined staffing capacity and resources required to implement the  
2 measure. The cost of support has not been quantified. Recommend that the enforcement and  
3 penalty section, Section 321-D be deleted. No appropriation is provided to the Department of  
4 Health to establish the program.

5 **Department Testimony:** The Department of Health supports Senate Bill 549, Senate Draft 1  
6 (S.B. 549, SD1) requiring restaurants that sell children's meals that include a beverage to make  
7 the default beverage a healthy beverage. The concept of this bill is based on national  
8 recommendations for reducing the consumption of sugar sweetened beverages (SSBs). The  
9 Division of Physical Activity, Nutrition, and Obesity (DNPAO) at the Centers for Disease  
10 Control and Prevention (CDC) recommends decreasing SSBs as an evidence-based strategy for  
11 preventing and reducing overweight and obesity. The 2015 Dietary Guidelines for Americans  
12 also recommends reducing the intake of SSBs as a method to control calorie intake and manage  
13 body weight. The Department supports S.B. 549, SD1 and suggests amending the allowable  
14 beverages by removing flavored milk and limiting juice to 6 ounces. The intent of having a  
15 healthy beverage as a default option is to reduce the amount of sugar consumed by children.  
16 Flavored milk and large quantities of juice can contribute to excess sugar in a child's diet.

1 Today in Hawaii, more than one in two adults<sup>1</sup> (57.6%) and over one in four high school  
2 students<sup>2</sup> (28.4%) are affected by overweight or obesity. The rate of adults with diabetes in  
3 Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-diabetes<sup>3</sup>. The  
4 Department estimates that more than 1 in 2 adults have type 2 diabetes and pre-diabetes when  
5 these numbers are adjusted for people who are undiagnosed. Hawaii spends an estimated \$470  
6 million on obesity-related medical costs, and \$770 million on diabetes-related medical costs  
7 annually.<sup>4</sup> SSBs have been identified by numerous scientific studies as a major contributor to  
8 our costly obesity epidemic.<sup>5</sup> Additionally, drinking SSBs can significantly contribute to tooth  
9 decay. SSB consumption is associated with nearly twice the risk of cavities in children.<sup>6</sup> More  
10 than seven out of ten Hawaii third-graders are affected by tooth decay and one in four have  
11 untreated tooth decay.<sup>7</sup> Hawaii also received a failing grade of “F” on three recent oral health  
12 report cards by the Pew Center.<sup>8</sup>

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<sup>1</sup> Hawaii Health Data Warehouse, Hawaii State Department of Health, Behavioral Risk Factor Surveillance System, 2016.

<sup>2</sup> Hawaii Health Data Warehouse, Hawaii State Department of Health, Youth Risk Behavior Surveillance System, 2017.

<sup>3</sup> Hawaii Health Data Warehouse, Hawaii State Department of Health, Behavioral Risk Factor Surveillance System, 2016.

<sup>4</sup> Trogdon, JG., Finkelstein, EA., Feagan, CW., & Cohen, JW. (2012). State- and payer-specific estimates of annual medical expenditures attributable to obesity. *Obesity*, 20(1): 214-220. doi: 10.1038/oby.2011.169.

<sup>5</sup> Smith TA, Lin BH, Lee JY. Taxing caloric sweetened beverages: Potential effects on beverage consumption, calorie intake, and obesity. Washington, DC: Economic Research Service (ERS), US Department of Agriculture (USDA); 2010: ERR-100.

<sup>6</sup> Sohn W, Burt BA, and Sowers MR. (2006). Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*, 85(3): 262-266.

<sup>7</sup> Hawaii State Department of Health. (2015 September 25). Hawaii oral health: Key Findings. Retrieved from [https://health.hawaii.gov/about/files/2013/06/Key\\_Findings\\_wC.pdf](https://health.hawaii.gov/about/files/2013/06/Key_Findings_wC.pdf).

<sup>8</sup> Hawaii State Department of Health. (2016 August). Hawaii smiles 2015: The oral health of Hawaii’s children. Retrieved from <https://health.hawaii.gov/about/files/2013/06/Hawaii-Smiles-Report.pdf>.

1           Between 1977 and 2001, calorie intake from SSBs increased 135 percent for all age  
2 groups.<sup>9</sup> While overall SSB consumption has decreased in recent years, particularly among  
3 children and adolescents, consumption rates remain high.<sup>10</sup> A recent survey conducted by the  
4 Department found that over half of adolescents in Hawaii (56%) drink SSBs one or more times  
5 per day and nearly all teens (94%) drink SSBs at least once a week.<sup>11</sup> A typical 20-ounce soda  
6 contains 14 to 18 teaspoons of sugar and about 240 calories. In comparison, the American Heart  
7 Association guideline for daily added sugars is no more than 6 teaspoons for women and  
8 children, and no more than 9 teaspoons for men.<sup>12</sup> A 2015 study found that healthy children’s  
9 menu defaults resulted in healthier ordering patterns, without reducing revenue.<sup>13</sup> This suggests  
10 that implementing healthy defaults in restaurants can improve child nutrition while ensuring that  
11 restaurants remain competitive.<sup>14</sup>

12           Requiring retail food establishments to provide a healthy default beverage as a part of a  
13 children’s meal would encourage families to choose a healthy option when eating outside the  
14 home. On average, children consume nearly twice as many calories from a restaurant meal (770)

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<sup>9</sup> Nielsen SJ and Popkin BM. “Changes in Beverage Intake Between 1977 and 2001.” *American Journal of Preventive Medicine*, 27(3): 205-210, 205, 2004. Available at: [www.cpc.unc.edu/projects/nutrans/publications/Beverage%20trends-BP-Samara%202004.pdf](http://www.cpc.unc.edu/projects/nutrans/publications/Beverage%20trends-BP-Samara%202004.pdf).

<sup>10</sup> Han E. and Powell LM. “Consumption Patterns of Sugar-Sweetened Beverages in the United States,” *Journal of the Academy of Nutrition and Dietetics*, 113 (1): 43-53, 2013. Available at: [www.ncbi.nlm.nih.gov/pubmed/23260723](http://www.ncbi.nlm.nih.gov/pubmed/23260723).

<sup>11</sup> Hawaii State Department of Health. (2012, 2013, & 2017). Rethink Your Drink Adolescent Survey, 2012, 2013, & 2017 combined.

<sup>12</sup> Johnson RK, Appel LJ, Brands, M., Howard, BV, Lefevre, M., Lustig, RH, Sacks, F, Steffen LM, Wylie-Rosett, J. “Dietary Sugars Intake and Cardiovascular Health,” *Circulation* 2009:1011-1020.

<sup>13</sup> Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

<sup>14</sup> Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

1 as they do from a home cooked meal (420).<sup>15</sup> Adding SSBs to these meals adds calories and  
2 sugar that may contribute to obesity and health problems. Ensuring healthy default options in  
3 children's meals is part of a comprehensive public health prevention strategy to reduce the risk  
4 for obesity and type 2 diabetes in Hawaii's children.

5 Thank you for the opportunity to provide testimony.

6 **Offered Amendments:** The Department respectfully requests the following amendments:  
7 Section 2, Chapter 321, Hawaii Revised Statutes, page 2, starting from line 6, §321- Default  
8 beverages offered with children's meals.

9 (a) A restaurant that offers for sale a children's meal that  
10 includes a beverage shall offer with the children's meal as a  
11 default beverage one or more of the following:

12 (1) Water, sparkling water, or flavored water, with no  
13 added sugar, corn syrup, or other natural or  
14 artificial sweeteners;

15 (2) ~~Flavored or~~ Unflavored nonfat or low-fat (one per  
16 cent) dairy milk or non-dairy beverage that is  
17 nutritionally equivalent to fluid milk in a serving  
18 size of eight ounces or less; or

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<sup>15</sup> Xoumas-Morse C., Rock CL., Sobo EJ., Neuhouser ML. "Children's Patterns of Macronutrient Intake and Associations with Restaurant and Home Eating." *J. Am Dietetic Assoc* 2001; 101:923-925.

1        (3) Six fluid ounces or less of one hundred per cent fruit  
2                    juice or vegetable juice.

3        Section 2, page 3, starting from line 3, delete sub-item (d):

4                    ~~(d) If the department determines that any restaurant has~~  
5 ~~violated or is violating any provision of this section or any~~  
6 ~~rule adopted pursuant to this section, the department may impose~~  
7 ~~finer as provided in section 321-20~~

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# A BILL FOR AN ACT

RELATING TO HEALTHY BEVERAGES FOR CHILDREN.

**BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:**

1           SECTION 1. The legislature finds that over the past thirty  
2 years, Hawaii has experienced an unprecedented increase in  
3 obesity and chronic conditions like type 2 diabetes, heart  
4 disease, liver disease, and tooth decay. The legislature also  
5 finds that obesity-related health conditions have serious  
6 economic costs. In 2013, Hawaii spent an estimated \$470,000,000  
7 on obesity-related medical costs.

8           The legislature further finds that soda and other sugary  
9 drinks are the single largest source of excess sugar in the  
10 American diet, accounting for nearly half of the added sugars  
11 consumed. A top source of calories in children's diets, sugary  
12 beverages contribute to the obesity epidemic and typically do  
13 not provide any nutritional benefit.

14           The purpose of this Act is to promote healthy meal options  
15 for children and support parents' efforts to feed their children  
16 nutritious food by ensuring that healthy beverages are the



1 default option in children's meals purchased at restaurants in  
2 the State.

3 SECTION 2. Chapter 321, Hawaii Revised Statutes, is  
4 amended by adding a new section to Part I, to be appropriately  
5 designated and to read as follows:

6 "§321- Default beverages offered with children's meals.

7 (a) A restaurant that offers for sale a children's meal that  
8 includes a beverage shall offer with the children's meal as a  
9 default beverage one or more of the following:

10 (1) Water, sparkling water, or flavored water, with no  
11 added sugar, corn syrup, or other natural or  
12 artificial sweeteners;

13 (2) Flavored or unflavored nonfat or low-fat (one per  
14 cent) dairy milk or non-dairy beverage that is  
15 nutritionally equivalent to fluid milk in a serving  
16 size of eight ounces or less; or

17 (3) One hundred per cent fruit juice or vegetable juice.

18 (b) Nothing in this section shall prohibit a restaurant  
19 from selling, or a customer from purchasing, an alternative to  
20 the default beverage if requested by the purchaser of the  
21 children's meal.



1       (c) The department of health shall adopt rules pursuant to  
2 chapter 91 to effectuate the purposes of this section.

3       (d) If the department determines that any restaurant has  
4 violated or is violating any provision of this section or any  
5 rule adopted pursuant to this section, the department may impose  
6 finest as provided in section 321-20.

7       (e) As used in this section, unless the context clearly  
8 indicates otherwise:

9       "Children's meal" means a combination of food and a  
10 beverage, sold together at a single price by a restaurant,  
11 primarily intended for consumption by children.

12       "Default beverage" means a beverage automatically included  
13 or offered as part of a children's meal, absent a specific  
14 request for a substitute or alternate beverage by the purchaser  
15 of the children's meal.

16       "One hundred per cent fruit juice or vegetable juice" means  
17 any liquid consisting of one hundred per cent natural fruit  
18 juice or natural vegetable juice with no added sugar, corn  
19 syrup, or caloric sweetener. Natural fruit juice or natural  
20 vegetable juice is the original liquid, with or without water  
21 added, resulting from the pressing of fruits or vegetables.



1       "Restaurant" means a food establishment that serves food to  
2 customers for consumption on or off the premises, including  
3 fast-food and full-service dining establishments. "Restaurant"  
4 includes but is not limited to drive-through or walk-up  
5 counters, coffee shops, cafes, pizza parlors, food stands, movie  
6 theater concession stands, and dine-in establishments. For  
7 purposes of this definition, a restaurant may provide alcoholic  
8 beverage sales for drinking on premises; provided that such  
9 sales are ancillary to food service."

10       SECTION 3. New statutory material is underscored.

11       SECTION 4. This Act shall take effect on January 1, 2020.

12



**Report Title:**

Department of Health; Children's Meals; Default Beverage

**Description:**

Requires restaurants that sell children's meals that include a beverage to make the default beverage a healthy beverage.

Effective 1/1/2020. (SD1)

*The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.*





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American Diabetes Association

March 18, 2019

Rep. John Mizuno, Chair  
Rep. Bertrand Kobayashi, Vice Chair  
Committee on Health  
House of Representatives

**RE: TESTIMONY IN SUPPORT OF SB 549**

The American Diabetes Association (Association) supports legislative bills intended to promote type 2 diabetes prevention and persuade strategies to improve health outcomes. We encourage you and your committee to support such measures.

Today, 21 people in Hawaii will be diagnosed with diabetes, 8,000 yearly! This disease is one of the most serious, common, and costly diseases in the United States; costing us over \$322 billion annually. Sugary drinks can significantly increase a person's risk for chronic diseases such as type 2 diabetes, obesity and heart disease; they (sugary drinks) are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Efforts are needed to bring awareness to health issues associated with excessive sugar consumption, and policies to help discourage such behaviors.

The Association supports SB 549 which promotes healthy meal options by making the default beverage offered in children's meals a healthy drink and we ask you to pass this out of committee. We believe SB 549 will reduce consumption of sugary drinks, effectuate changes, and improve the health outcomes of our keiki. Help us make the healthy choice the easy choice.

On behalf of the American Diabetes Association and those we serve, we ask for your support of this bill.

Warmest aloha,

LJ Duenas, Hawaii Director  
American Diabetes Association



21 people  
are diagnosed with  
diabetes every day  
in Hawaii



**Testimony to the House Committee on Health  
Thursday, March 21, 2019; 10:00 a.m.  
State Capitol, Conference Room 329**

**RE: SUPPORTING SENATE BILL NO. 0549, SENATE DRAFT 1, RELATING TO HEALTHY BEVERAGES FOR CHILDREN.**

Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee:

The Hawaii Primary Care Association (HPCA) is a 501(c)(3) organization established to advocate for, expand access to, and sustain high quality care through the statewide network of Community Health Centers throughout the State of Hawaii. The HPCA **SUPPORTS** Senate Bill No. 0549, Senate Draft 1, RELATING TO HEALTHY BEVERAGES FOR CHILDREN.

The bill, as received by your Committee, would:

- (1) Require restaurants that sell a children's meal that includes a beverage to make the default beverage offered with the children's meal either:
  - (A) Water, sparkling water, or flavored water, with no added natural or artificial sweeteners;
  - (B) Flavored or unflavored milk or low-fat (one percent) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk in a serving size of eight ounces or less; or
  - (C) One hundred percent fruit juice or vegetable juice;
- (2) Clarify that the foregoing not prohibit a restaurant from selling, or a customer from purchasing, an alternative to the default beverage if requested by the purchaser of the children's meal.
- (3) Require the Department of Health (DOH) to adopt rules;

**Testimony on Senate Bill No. 0549, Senate Draft 1**  
**Thursday, March 21, 2019; 10:00 a.m.**  
**Page 2**

- (4) Authorize, rather than direct, the DOH to impose fines in accordance with section 321-20, Hawaii Revised Statutes (HRS);
- (5) Defining the terms, "Children's meal", "Default beverage", "One hundred per cent fruit juice or vegetable juice", and "Restaurant"; and
- (6) Take effect on January 1, 2020.

Federally Qualified Health Centers (FQHCs) provide desperately needed medical services at the frontlines in rural communities. Long considered champions for creating a more sustainable, integrated, and wellness-oriented system of health, FQHCs provide a more efficient, more effective and more comprehensive system of health.

As a member of the Obesity Prevention Task Force, the HPCA joins the Hawaii Public Health Institute and other advocates in support of efforts to reduce the consumption of sugar in the marketplace.

From a technical standpoint, it is unclear how this bill will be enforced. As presently drafted, it is unclear when DOH would levy a fine for violations since the bill would leave enforcement solely to the discretion of the DOH. Arguably, this might permit for arbitrary enforcement on the part of the DOH and open this measure to constitutional challenge.

It should also be noted that Section 321-20, HRS, provides for fines not to exceed \$1,000 for each day of violation of any provision in Chapter 321, HRS.

If it is your Committee's desire not to make the provisions of Section 321-20, HRS, applicable for violations of this new section, one way of doing this would be to add prefatory language in Section 321-20, HRS, so that it would read:

"Except as otherwise provided in Section 321- , . . ."

That would make clear that the Legislature does not intend for the penalty provision to apply for violations of the new law. Once enacted, it would be made clear to the Department of Health and the general public how this law should be enforced.

**It is in the spirit of collaboration that we share these observations in the hopes that these issues can be rectified so that real, meaningful reforms can be implemented.**

In advance, thank you for your consideration of our testimony.



**Kelii Gouveia, Chairman** – Duke's Waikiki      **Tom Jones, Incoming Chair** – Gyotaku  
**Tammy Fukugawa, Vice Chair** – TS Restaurant      **Dirk Koeppenkastrop, Secretary** – IL Gelato Hawaii  
**Michael Miller, Treasurer** – Tiki's Grill & Bar      **Tyler Roukema, Past Chair** – Outrigger Canoe Club

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To:      Rep. John Mizuno, Chair  
            Rep. Bertrand Kobayashi, Vice Chair  
            Members of the Committee on Health

From:    Victor Lim, Legislative Lead  
            Hawaii Restaurant Association

Subj:    SB 549 SD1 Relating to Healthy Beverages for Children

Date:    March 18, 2019

We at the Hawaii Restaurant Association representing over 3,600 restaurants will like to share with this committee that this bill might not be necessary.

Major brands like McDonald's, Wendy's, Subway, and Burger King have all stopped offering soda as the default beverage for children's meals since 2015.

At McDonald's, our default beverages for Happy Meals are 1 % low fat white milk, fat free-chocolate milk, or organic apple juice. At Zippy's, the default children's meal drink is milk while at Big City Diner, it is zero sugar Vitamin Water for lunch and dinner.

Thank you for giving us this opportunity to share our points.



**SB-549-SD-1**

Submitted on: 3/19/2019 9:11:20 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Get Fit Kauai	Individual	Support	No

Comments:



March 21, 2019

RE: Support of SB549 SD1 Relating to Healthy Beverages for Children

Aloha Chair Mizuno, Vice-Chair Kobayashi and Members of the Committee:

Thank you for the opportunity to testify in support of SB549 SD1, which will make the default beverage offering in keiki meals the healthy choice of either water, milk or a non-dairy milk alternative. We support this bill because it helps to achieve a healthier Hawaii.

Soda and sugar filled juices, like fruit punch are typically the default offering with a child's meal in a restaurant. Sugary drinks are the single largest source of added sugars in children's diets. By changing the dynamic and offering the healthy choice of water or milk as the initial option, we are helping families to more easily make the healthy choice.

Sugary drinks have been shown to be a major contributor to the obesity epidemic. Consuming just one sugary drink a day significantly increases a child's risk for type 2 diabetes, becoming overweight, tooth decay, as well as numerous other chronic diseases, which are linked to our escalating healthcare costs. Supporting healthy behaviors in our community benefits everyone.

Nationally, more than 12 million children are obese with that number only trending upward. In Hawaii, we can do better for our keiki. SB549 SD1 is the we can do that. It will support families who want healthy, happy lives for their children by providing the healthier choice first.

Thank you for this opportunity to testify in support of SB549 SD1.

Sincerely,

*Peggy Mierzwa*

Peggy Mierzwa  
Blue Zones Project—Hawaii

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March 19, 2019

House Committee on Health

**SB 549 SD1 Relating to Healthy Beverages for Children**

Chairperson Mizuno, Vice Chair Kobayashi and Committee Members:

The Hawaii Dental Hygienists' Association (HDHA) fully supports **SB 549 SD1**. We would like to congratulate you on your leadership in initiating this important discussion during this legislative session. Having one of the worst dental decay rates in the nation, Hawaii's children can only benefit from legislation such as this.

Tooth decay, like most other health problems starts with diet. Increased sugar exposure throughout the day cumulatively affects decay rates, so limiting sugar intake wherever possible can only benefit our keiki's overall oral health.

As the largest association representing Hawaii's licensed dental hygienists', HDHA strongly **supports SB 549 SD1** to address the prevention of dental disease among Hawaii's keiki.

Thank you for your consideration.



**Written Testimony of  
David Thorp  
American Beverage Association**

**Before the House Committee on Health  
Comments to Amend S.B. 549, SD 1 – Relating to Healthy Beverages for Children  
March 21, 2019 – 10:00 a.m.**

Good morning Chair Mizuno, Vice Chair Kobayashi and members of the committee. Thank you for the opportunity to comment on S.B. 549, SD 1 – relating to healthy beverages for children.

I am David Thorp, senior director of government affairs for the American Beverage Association (ABA). The American Beverage Association is the trade association representing the non-alcoholic beverage industry. ABA represents hundreds of beverage producers, distributors, franchise companies and supporting businesses that employ more than 239,000 people across the country.

**Beverage industry’s local impact on Hawaii’s economy**

The beverage industry is an important part of Hawaii’s economy – and one of the few remaining industries still manufacturing on the Islands. Unlike most consumer products, many of our beverages, aluminum cans and plastic bottles are manufactured and distributed in Hawaii by local workers.

Non-alcoholic beverage companies in Hawaii provide more than 1,050 good-paying jobs across our state. The industry helps to support thousands more workers in businesses that rely in part on beverage sales for their livelihoods and, such as grocery stores, restaurants and theaters.

**ABA’s Default Beverages in Children’s Meals Policy**

ABA and America’s leading beverage companies recognize that parents are more than capable of making the food and beverage choices that are best for their families. When it comes to their youngest children, we have repeatedly heard from parents that they believe that water, milk or juice are the best options. It should be up to a parent to decide if their child can have another kind of beverage as part of a meal or snack at home, or when they are out to eat.

This is why we are committed to working with our restaurant customers and policymakers across the country who are interested in adopting the following default beverages in children’s meals:

- Water – Water, sparkling water or flavored water, with no added natural or artificial sweeteners; and/or

- Milk – Flavored or unflavored nonfat or low-fat (1 percent) dairy milk or non-dairy beverage that is nutritionally equivalent to fluid milk (i.e. soy milk) in a serving size of 8 ounces or less; and/or
- Juice – 100 percent fruit or vegetable juice, **or fruit and/or vegetable juice combined with water or carbonated water, with no added natural or artificial sweeteners, in a serving size of 8 ounces or less.**

This language is consistent with the “Smart Snacks in Schools” rule that was implemented by the United States Department of Agriculture as part of the “Healthy, Hunger-Free Kids Act of 2010.” It is also consistent with the new children’s meal standard supported under New York City Council Speaker Corey Johnson’s leadership which will be seeking to adopt this standard.

America's beverage companies have long believed it is important to listen to and support parents. That's why we implemented national School Beverage Guidelines almost a decade ago to remove full-calorie beverages from schools and why our member companies don't market to children under the age of 12. These actions keep parents in the driver's seat to decide what's best for their children.

### **Conclusion**

The American Beverage Association and its member companies are committed to offering our consumers choices and we would fully support this legislation if the 100 percent fruit or vegetable juice category is amended to include the following additional language:

**or fruit and/or vegetable juice combined with water or carbonated water, with no added natural or artificial sweeteners, in a serving size of 8 ounces or less.**

This additional language is consistent with the science-based nutrition standards for beverages laid out in the Smart Snacks in Schools Rules. It's important to have consistent standards for the benefit of parents and to avoid the confusion and frustration from a patchwork of policies.

Sincerely,  
David Thorp

March 19, 2019

To: Chair Mizuno  
Vice Chair Kobayashi  
House Committee on Health

Re: **Comments on SB549 SD1**

Aloha Chair Mizuno, Vice Chair Kobayashi, and members of the House Committee on Health:

Thank you for your dedication to our community and for this opportunity to **support SB549 SD1**. Kaho'omiki, the Hawai'i Council on Physical Activity and Nutrition, is a local non-profit organization that supports and encourages lifelong healthy lifestyles through physical activity and good nutrition.

Sugary soft drinks are the single largest source of excess sugar in the American diet, accounting for nearly half of the added sugars consumed.<sup>1</sup> Excess consumption of sugar-sweetened beverages is also associated with other adverse health consequences, such as type 2 diabetes, heart disease, non-alcoholic liver disease, and tooth decay.<sup>2</sup> This policy aims to reduce the consumption of sugar-sweetened beverages in children, as drinking just one sugary drink a day increases a child's likelihood of being overweight by 55%.<sup>3</sup> In 2018, California became the first state to pass healthy-by-default kids' meal laws, following positive results from city-enacted healthy-by-default bills in Davis, Stockton, Cathedral City, Perris, Daly City, Long Beach, and Berkeley.<sup>4</sup>

Thank you for joining us in the fight against childhood obesity, and for this opportunity to testify in support of **SB549 SD1**.

Sincerely,



Colby Takeda  
President, Kaho'omiki

---

<sup>1</sup> Vos, M. B., Kaar, J. L., Welsh, J. A., Van Horn, L. V., Feig, D. I., Anderson, C. A. M., ... Johnson, R. K. (2017). Added Sugars and Cardiovascular Disease Risk in Children A Scientific Statement from the American Heart Association. *Circulation*, 135(19), E1017–E1034.

<sup>2</sup> CDC. (2018, October 23). *Sugar Sweetened Beverage Intake*.

<sup>3</sup> Cofer, F. G., Morgan, J., DeLaRosa, R., Lev-Twombly, K., & Showalter, K. (2018). SB 1192 Healthy-By-Default Kids' Meal Beverages.

<sup>4</sup> Public Health Advocates. (2018). *California adopts first state-wide Healthy-by-Default Kids' Meals Drink law*.



March 19, 2019

To: Rep. John M. Mizuno, Chair  
Rep. Bertrand Kobayashi, Vice Chair  
House Committee on Health

From: Laura Nevitt, Policy Director  
Hawaii Children's Action Network

Re: **S.B. 549— RELATING TO HEALTHY BEVERAGES FOR CHILDREN**  
**Hawaii State Capitol, Room 329, March 21 2019,10:00 AM**

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**HCAN is committed to improving lives and being a strong voice advocating for Hawai'i's children. We SUPPORT S.B. 549, which would requires restaurants that sell children's meals that include a beverage to make the default beverage a healthy beverage. Effective 1/1/2020. (SD1)**

\* Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda is already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health

\* SB549 will help support families by providing more healthy choices for kids. Instead of getting a sugary drink by default, the meal will come with water or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

\* Passage of SB549 will make Hawai'i the second healthy by default state, after California. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

**For these reasons, HCAN asks that you pass S.B 549.**

*HCAN is committed to building a unified voice advocating for Hawaii's children by improving their safety, health, and education.*



## HIPHI Board

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Sansei, Lanai

Date: March 19, 2019

To: Representative John M. Mizuno, Chair  
Representative Bertrand Kobayashi, Vice Chair  
Members of the Health Committee

Re: Strong Support for SB549 SD1, Relating to Healthy Beverages  
for Children

Hrg: March 21, 2019 at 10:00am at Conference Room 329

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The Obesity Prevention Task Force of the Hawai'i Public Health Institute<sup>i</sup> is in **Strong Support of SB549 SD1**, which promotes healthy beverage options by making the default beverage offered in restaurants with children's meals a healthy drink. HIPHI defers to the Department of Health on the definition of "restaurants."

### Offered Amendment

The Obesity Prevention Task Force respectfully offers the following recommendation: provide a serving size limit for 100% fruit or vegetable juice to 6 oz and to remove flavored milk from the definition of healthy beverages.

### Offering healthy beverages as the default option helps to keep our keiki healthy

Restaurants that offer children's menus typically serve refillable sugary drinks like sodas and fruit punch with their advertised kids' meals. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. This measure helps to support parents in keeping their kids' healthy. Instead of getting a sugary drink without asking for one, kids will have the opportunity to start their meal with a healthy beverage, such as water or milk. In a poll by Ward Research for HIPHI<sup>ii</sup>, 77% of registered voters supported a policy to make kids' meals automatically come with a healthy beverage. Support was even higher among parents, at 82%. With more and more families grabbing a meal on the run or dining out, making the healthy choice can often be challenging. That's why it's so important that restaurants and food establishments serve as venues to promote healthy beverage options as part of the bundled kids' meal.

### SSBs contribute to a poor diet and are associated with obesity, type 2 diabetes, and tooth decay

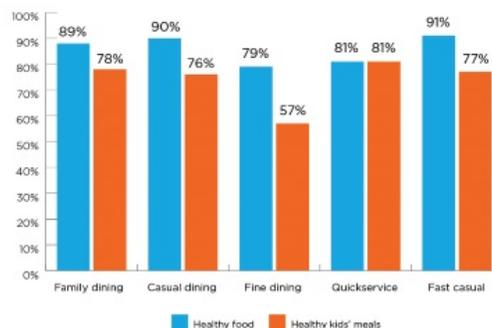
Sugar-sweetened beverages have become a staple item in our diet, primarily because they are inexpensive and heavily marketed, especially to kids. SSBs do not deliver any nutrition and studies have

shown that consumption of SSBs is associated with obesity, type 2 diabetes, cardiovascular disease, and tooth decay. Drinking just one 8-oz sugary drink per day increases a child's odds of becoming obese by 60%.

Although many chain restaurants have removed soda and sugary drinks from their menus, soft drinks are still the most common kids' meal beverage. In a 2017 analysis from the Center for Science in the Public Interest of the 50 top restaurant chains<sup>iii</sup>, CSPI found that 38 had designated children's menus that included beverages. Of those, 74 percent included sugary drinks (soda, lemonade, sugar-sweetened juice drinks, and other beverages with added sugars) on their kids' menus. 65 percent included juice, 69 percent offered low-fat or fat-free milk, 40 percent offered high-fat (whole or 2 percent) milk, and 13 percent offered bottled water or seltzer (with no added sweeteners).

According to a survey done in 2017 by the National Restaurant Association, 70% of consumers say that they would be more likely to visit a restaurant that offers healthful options<sup>iv</sup>. In addition, majority of restaurant operators believe that healthful menu options will be more popular in the future. The trend has started with a few large chains and it is time for all restaurants to help our keiki and offer healthier beverage choices.

**Percent of restaurant operators, by type of operation, who believe healthy food or healthy kids' meals will get more popular on menus in the future**



Source: National Restaurant Association, 2017 Food and Menu Trends Survey

### **An educational campaign must be accompanied by policy change**

This measure benefits public health by making the healthy choice the easy choice. Parents simply want more healthy choices for their kids and to cut down on those familiar requests for sugary drinks. "Healthy-by-default" makes it easier for parents to provide a healthy beverage for their kids and gives us an opportunity to engage restaurants, community groups and the public around the importance of offering healthy beverage options to young children. It's a step in the right direction.

HIPHI is willing and able to partner with the State Department of Health to educate the public on the implementation of this law. The culture of sugary drinks leads to poor health. California including thirteen jurisdictions have already enacted healthy by default beverage legislation.

SB549 SD1 is an important step in the right direction and helps parents and kids make healthy decisions about what to drink. We respectfully ask you pass this measure out of committee.

Mahalo,



Jessica Yamauchi, MA  
Executive Director

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<sup>i</sup> Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 60 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

Hawai'i Public Health Institute is a hub for building healthy communities, providing issue-based advocacy, education, and technical assistance through partnerships with government, academia, foundations, business, and community-based organizations.

<sup>ii</sup> This study by Ward Research, Inc. summarizes findings from a phone survey among n=812 Hawaii registered voters (maximum sampling error +/-3.3%), conducted between November 5 - 30 2018.

<sup>iii</sup> Center for Science in the Public Interest, Slow Drip: Soda Declining on Kids' Menus, from <https://cspinet.org/news/slow-drip-soda-declining-kids'-menus-20170724>

<sup>iv</sup> National Restaurant Association. Healthy foods drive dining choices, July 25, 2017 from [https://www.restaurant.org/Articles/News/Batch2\\_201901/State-of-the-Industry-Healthy-foods-drive-dining-c](https://www.restaurant.org/Articles/News/Batch2_201901/State-of-the-Industry-Healthy-foods-drive-dining-c)

**SB-549-SD-1**

Submitted on: 3/20/2019 11:00:47 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Lee-Ann Heely	Blue Zones Project	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/18/2019 6:17:25 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Colleen Inouye	Individual	Support	No

Comments:

Chair Mizuno and Vice-Chair Kobayashi and the Members of the Committee on Health,

I strongly support SB549 SD1. This bill allows for healthy beverages as a default option in restaurants when children/parents order kid meals.

In 2017 the adult obesity in Hawaii was 23.8%. This was an increase from 2000 when it was 15.7%. For 10-17 year-olds the obesity rate in 2017 was 14%. In 2016 it was 11%. This increase is just over one year! Yes, we could just tell obese patients to lose weight; however, any one of us knows how difficult losing weight is. **We need to make patient choice easier and healthier.** Obese children are more likely to become obese adults. On Maui, the Community Health Needs Assessment showed that 24.3% of adults are obese with half being Native Hawaiian and the next vulnerable group being Filipino. We need to stop the progression to obesity early and protect our vulnerable population groups. Obesity is the root cause of diabetes, heart disease, and cancer. If you do not stop the road to obesity early, you will pay for these chronic conditions later.

Again I strongly support SB549 SD1 and respectfully ask that you support and pass it, too.

Sincerely,

Colleen F Inouye MD MMM CPE FAAPL FACOG Jefferson Univ Population Health

**LATE**

**SB-549-SD-1**

Submitted on: 3/20/2019 1:10:53 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Joseph Kohn MD	We Are One, Inc. - www.WeAreOne.cc - WAO	Support	No

Comments:

I strongly support SB549 SD1, which promotes healthy beverage options by making the default beverage offered in restaurants with children's meals a healthy drink.

This bill will help support families by providing more healthy choices for kids. Instead of getting a sugary drink by default, the meal will come with water, milk or 100% fruit juice. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

[www.WeAreOne.cc](http://www.WeAreOne.cc)

**SB-549-SD-1**

Submitted on: 3/18/2019 9:20:53 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Kaimana Brummel	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 6:42:15 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Carol R. Ignacio	Individual	Support	Yes

Comments:

I strongly support SB549. Please pass SB549. Important for our keiki's health. Thank you so much.

Carol Ignacio

District 1

Date: March 19, 2019

To: The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Re: **Strong Support of SB549 SD1**, Relating to Healthy Beverages for Children

Hrg: March 21, 2019 at 10:00 AM in Capitol Room 329

Aloha House Committee on Health,

I am writing in **strong support of SB549 SD1**, which requires restaurants that sell children's meals that include a beverage to make the default beverage a healthy beverage.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet they are usually the default beverages served with children's meals.

This bill will support families' efforts to raise healthy kids by encouraging healthful beverage choices. Instead of getting a sugary drink by default, children's meals will come with water or milk.

Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. It is never too early for children to practice healthful eating habits such as eating well and exercising regularly.

Food establishments are an ideal venue for children to practice healthful eating habits and to make it easy for families to make the healthful choice.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect and support their children's health.

I **strongly support SB549 SD1** and respectfully ask you to pass this bill out of committee.

Many thanks for your consideration,

Forrest Batz, PharmD  
Keaau, HI

**SB-549-SD-1**

Submitted on: 3/19/2019 10:30:38 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Phyllis Robinson	Individual	Support	No

Comments:

When I was a small girl my best friend's mother used to put kool aid in her baby bottle. By the time she was 5 years old, all of her front baby teeth were rotted. Limiting the drinking of soda and sugar filled drinks by children should be a parent's job...but when a parent is ignorant of the impact this is having on their child, not only on their teeth, but their overall health, government must step in. This has been effective in state's like New York when Cuomo was governor. Why not in Hawaii? Look at the statistics in the incidences of diseases associated with sugar intake in children. See if they are different in states where this kind of law has been instituted.

**SB-549-SD-1**

Submitted on: 3/19/2019 10:53:27 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Royce Fukuroku	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 1:22:18 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Craig Petty	Individual	Support	No

Comments:

I write in support of SB549 relating to healthy beverages for children. This bill will provide additional reinforcement and education needed to help parents educate our keiki on healthy choices.

Childhood obesity is a key health risk factor impacting our keiki and this bill is a step in the right direction to help keiki live healthier, happier and longer lives.

**SB-549-SD-1**

Submitted on: 3/19/2019 1:52:23 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Ann Hayashi	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 1:58:10 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Megan Tabata	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 2:16:01 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Carissa Holley	Individual	Support	No

Comments:

I strongly support the healthy by default bill. My kids are nudged into the norm of flavored drinks with added sugars on a daily basis. As a mother, I'm constantly fighting against big business marketing. For the first time ever, my kids and every kid in their generation, is not expected to outlive their grandparents and parents. The choices they make every day, shape their overall health, influence their habits, and determine whether heart disease, diabetes, and obesity is imminent. This bill if passed, would help change the longevity of an entire generation. It is a stepping stone for solving the obesity epidemic in our children. Please play a positive part in that. Please set our kids up for success, and respect their bodies.

**SB-549-SD-1**

Submitted on: 3/19/2019 11:08:47 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Molliane Gotter	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 4:18:01 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Laksmi M Abraham	Individual	Support	No

Comments:

So many families in Hawaii don't realize the adverse effects of exposing children to sugar. Eliminating sugary sweet beverages as the default option for kid friendly meals will help educate parents and protect our keiki from the harmful effects of sugar. With diseases like diabetes, we have to take steps to ensure where doing something to reverse the cycle of poor health in our state. Encouraging a healthier diet, by excluding sugary sweet beverages, or even just discouraging the consumption of them, is a step in the right direction.

**SB-549-SD-1**

Submitted on: 3/19/2019 5:27:29 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Karen Teshima	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/19/2019 5:43:54 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Katie Folio	Individual	Support	No

Comments:

Please support healthy beverages as the default beverages for children in restaurants. Anything we can do to curb childhood obesity in our state is necessary and much needed. This does not remove choice, just makes the healthy choice the easy choice. Mahalo nui loa.

Katie Folio

Kula, HI

**SB-549-SD-1**

Submitted on: 3/19/2019 8:09:23 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Lisa Delfin	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/20/2019 12:39:43 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Frank Genadio	Individual	Support	No

Comments:

Chair Mizuno, Vice Chair Kobayashi, and members. Please accept this testimony in strong support of Senate Bill 549, SD1, to promote healthy meal options by making the default beverage offered in children’s meals a healthy drink. As a Certified Diabetes Educator working daily with people with diabetes and a volunteer member of both the American Diabetes Association and the American Association of Diabetes Educators, I have observed the growing epidemic of this disease in Hawaii. Steps must be taken to reduce the consumption of sugary drinks by the children in Hawaii. Mahalo and Aloha.

Viola E. Genadio, APRN, CDE, BC-ADM

92-1370 Kikaha Street

Kapolei, HI 96707

(808) 672-9170

**SB-549-SD-1**

Submitted on: 3/19/2019 5:33:13 PM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Kirstin Kahaloa	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/20/2019 7:45:18 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Ashley Takitani Leahey	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/20/2019 7:02:14 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Molly Mamaril	Individual	Support	No

Comments:

**SB-549-SD-1**

Submitted on: 3/20/2019 1:03:45 AM

Testimony for HLT on 3/21/2019 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Mary Smart	Individual	Oppose	No

Comments:

Do not pass this bill. Restrauants should be allowed to offer whatever they want in a free country. This bill suggests that we are no longer free to run a business in a manner that meets both the customer's and the owner's needs. A restaurant is not responsible for an obesity problem. People who only eat at home are obese as well. This bill does not solve the obesity problem but it is an example of government overreach on a grand scale. Do not pass SB549 SD1.

To: Sen. Rosalyn H. Baker, Chair  
Sen, Stanley Chang, Vice Chair  
Members of the Committee on Commerce, Consumer Protection, and Health  
Hawaii State Senate

Re: **Strong Support for SB549**

Hrg: 3/21/2019 10:00 AM

From: Rebecca Petit, Student at UH Manoa,

Dear Senate representatives,

I write to you in support of Senate Bill 549 relating to healthy beverages for children. With the rate of adults with diabetes in Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-diabetes, I believe this bill can help influence parents and their child(ren) when they go out to eat with their kids in restaurants to choose health-conscious alternatives for their child(ren)s beverages.

With the purpose of this act to promote healthy meal options for children and support parents' efforts to feed their children nutritious food by ensuring that healthy beverages are the default option in childrens meals purchased at restaurants in the state, this can help parents know that the restaurants in Hawaii are also looking out for the keiki's best interest when it comes to drink options.

Research on sugar-sweetened beverages (SSB) with children and adolescents over the past decade has centered on the relationship with weight gain. Findings based on cross-sectional, longitudinal and intervention studies find strong evidence for a positive relationship in the consumption of SSBs heightens obesity risk. From 1976 to 2016, the prevalence of childhood obesity in the U.S. more than doubled in children ages 2 to 5 (from 5% to 13.9%), nearly tripled in children aged 6 to 11 (from 6.5% to 18.4%) and quadrupled in adolescents' ages 12 to 19 (from 5% to 20.6%) (Bleich, Vercammen 2018).

Studies also have found strong and consistent evidence that consumption of SSBs are associated with dental caries among children and adolescents. The mechanism for the association between SSB consumption and dental caries is well understood: dental caries are caused by acids produced by bacteria metabolizing sugar in the mouth. Increased sugar from SSBs intensifies the acid production and causes further decay of teeth. The majority of studies examining this relationship are cross-sectional, but a modest number of longitudinal studies as well as one intervention study also support the association (Bleich, Vercammen 2018).

As an expecting mother, I already am conscious of the health needs of my unborn child. Throughout my child's development, I aim to continue to make choices that best benefit my child's physical health. Knowing that restaurants would advertise on their menus healthier drink alternatives this would reinforce the concept of being health conscious for my child. This bill doesn't control what a child can or cannot drink, but it can help parents make a healthy decision for their child(ren) without the extra effort of having to specify what they want.

Lets promote healthy options for our current and furture Keiki of Hawaii! I believe this bill is in the right direction to support parents in making health conscious decisions for the next generation. I strongly support SB549 and hope that through the senates decision this can get passed.

Thank you for the opportunity to provide testimony on important health issues affecting keiki in Hawai'i.

Rebecca Petit

Bleich, S. N., & Vercammen, K. A. (2018). The negative impact of sugar-sweetened beverages on children's health: an update of the literature. *BMC obesity*, 5, 6.  
doi:10.1186/s40608-017-0178-9

To: Representative John M. Mizuno, Chair  
Representative Bertrand Kobayashi, Vice Chair  
House Committee on Health

From: Sharie Mae Quibilan

Subj: Support for S.B. No. 549, S.D. 1, Relating to Healthy Beverages for Children

Date: Thursday, March 21, 2019

My name is Sharie Mae Quibilan and I am a second year MSW student at the Myron B. Thompson School of Social Work at UH Mānoa. I am testifying in support of S.B. 549, S.D. 1, Relating to Healthy Beverages for Children, which is a step toward addressing the increase in obesity and chronic conditions, such as type 2 diabetes and heart disease, in Hawai`i; however, I would also like to offer some comments.

Soda and other sugary drinks are a big part of the daily American diet. This contributes to the easy over-consumption of sugar and calories and little nutrition. We have a responsibility to teach and encourage our keiki to make healthier choices and change the current health trends in our state. By making the default beverage a healthy one in kids' meals, this policy could expand children's awareness of nutritious, yet satisfying, options.

However, it would be more effective for a statewide media campaign promoting and educating children on the importance of healthy beverages to accompany this policy. A campaign that targets children specifically would create more buy-in and reinforce efforts in encouraging all in Hawai`i to opt for healthier options.

Through this policy, we take a step in the right direction in curbing the current health trends while promoting the health of our keiki. These efforts would be strengthened through a statewide media campaign. Thus, I respectfully urge the committee to pass S.B. 549, S.D. 1. Thank you for this opportunity to testify.

**LATE**

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Hrg: March 21, 2019 at 10:00 AM at Capitol Room 329

I strongly support SB549 SD1, which promotes healthy beverage options by making the default beverage offered in restaurants with children's meals a healthy drink.

I work with kids in garden programs in Maui. We can all tell when kids have been given sugary drinks; behavior is erratic and focus is existent. Yet when we have the kids taste and decide how much "sweet" to add to lemonade, fruit water and smoothies, we are surprised that they do not want all that sugar. Processed drinks are always too sweet as sugar is a cheap preservative. Let's help our kids and keep drinks as natural and low sugar as possible. It helps them for a lifetime. My mom only let us drink soda's and other sugary drinks on special occasions not every day. Let's make the default healthy!

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Kathy Becklin  
Kihei, HI 96753-7559

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Hrg: March 21, 2019 at 10:00 AM at Capitol Room 329

Healthy childhood is the foundation for healthy adulthood and managing health problems. Good habits start in childhood and consuming HEALTHY beverages is a critical step to ensuring a healthy life.

I strongly support SB549 SD1, which promotes healthy beverage options by making the default beverage offered in restaurants with children's meals a healthy drink.

This bill will help support families by providing more healthy choices for kids. Instead of getting a sugary drink by default, the meal will come with water, milk or 100% fruit juice. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Suzanne Fields  
Haiku, HI 96708-5847

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Hrg: March 21, 2019 at 10:00 AM at Capitol Room 329

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Respectfully Submitted,

Patricia Fleck  
Kailua Kona, HI 96740-4449

3/19/2019

## Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Hrg: March 21, 2019 at 10:00 AM at Capitol Room 329

I strongly support SB549 SD1, which promotes healthy beverage options by making the default beverage offered in restaurants with children's meals a healthy drink. Soda and other highly sweetened drinks cause tooth decay and childhood Type 2 Diabetes, which no child should have to experience.

This bill will help support families by providing more healthy choices for kids. Instead of getting a sugary drink by default, the meal will come with water, milk or 100% fruit juice. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee. We have terribly high rates of tooth decay and sugar-related illnesses here in Hawai'i. Let's change this and help create a healthier future for our keiki.

Mahalo,  
Nancy McPherson  
Aiea, HI 96701-8164

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

The Honorable John Mizuno, Chair  
The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

Hrg: March 21, 2019 at 10:00 AM at Capitol Room 329

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Sincerely,  
Midgieann L. Wright  
1239 S. King St., #501  
Honolulu, HI 96814

3/20/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

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The Honorable Bertrand Kobayashi, Vice Chair  
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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Cherie Andrade  
Kailua, HI 96734-3507

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Jinan Banna  
Honolulu, HI 96822-1800

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Patricia Blair  
Kailua, HI 96734-2746

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Shay Chan Hodges  
Haiku, HI 96708-5117

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Tanya Gabriel  
Kihei, HI 96753-9246

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Shani Gacayan  
Paauilo, HI 96776-0494

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Marilyn Gagen  
Kamuela, HI 96743-8500

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Michelle Gray  
Honolulu, HI 96825-1758

3/19/2019

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Mahalo,  
Paul Ho  
Honolulu, HI 96814-4284

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
John Ishoda  
Honolulu, HI 96817-2115

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Tenaya Jackman  
Honolulu, HI 96815-4450

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Pualei Kaohelaulii  
Kekaha, HI 96752

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Pualei Kaohelaulii  
Kekaha, HI 96752

3/20/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Sheryl Keliipio  
Kapaa, HI 96746-9406

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Michael Kellar  
Honolulu, HI 96821-2251

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Ronald Kuriki  
Honolulu, HI 96816-2586

3/20/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Christopher La Chica  
Mililani, HI 96789-2452

3/19/2019

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Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Walter Lanwi  
Kailua Kona, HI 96740-1753

3/19/2019

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This bill will help support families by providing more healthy choices for kids. Instead of getting a sugary drink by default, the meal will come with water, milk or 100% fruit juice. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health. I strongly support SB549 SD1 and respectfully ask you to pass this out of committee.

Mahalo,  
Mark Levin  
Honolulu, HI 96822-2151

3/19/2019

Strong Support of SB549 SD1, Relating to Healthy Beverages for Children

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The Honorable Bertrand Kobayashi, Vice Chair  
Members of the House Committee on Health

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Mahalo,  
Lauren Loor  
Kahului, HI 96732

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Mahalo,  
Jen Maydan  
Haiku, HI 96708-5558

3/20/2019

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Mahalo,  
Bryan Mih  
Honolulu, HI 96822-1758

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Mahalo,  
Seri Niimi-Burch  
Honokaa, HI 96727-0898

3/19/2019

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Mahalo,  
Barbara Nosaka  
Honolulu, HI 96822-2427

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Mahalo,  
Emi Orikasa  
Wailuku, HI 96793-2521

3/19/2019

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Mahalo,  
PATRICIA ORNELLAS  
Kalaheo, HI 96741-0043

3/19/2019

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Mahalo,  
Allison Seales  
Honolulu, HI 96814-4408

3/19/2019

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Mahalo,  
Chris Speere  
Haiku, HI 96708-1284