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# A BILL FOR AN ACT

RELATING TO HEALTH.

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

1           SECTION 1. According to the Centers for Disease Control  
2 and Prevention, two-thirds of adults in the United States are  
3 overweight or obese. The rate of obesity has doubled in  
4 children and tripled in teens since 1980. Obesity increases the  
5 risk of diabetes, heart disease, stroke, and other health  
6 problems, and costs families, businesses, and governments  
7 \$117,000,000,000 each year.

8           Heart disease is the leading cause of death in the United  
9 States. Cardiovascular disease is the leading cause of death in  
10 women and causes the death of sixty-one thousand men and women  
11 between the ages of forty-five and sixty-four each year. It is  
12 also a leading cause of disability among working adults,  
13 significantly impacting the economy. The health care and lost  
14 productivity costs resulting from heart disease is estimated to  
15 be \$393,000,000,000 in 2004.

16           Research continues to reveal a strong link between diet and  
17 health. Increased calorie intake is a key contributor to the  
18 alarming increase in obesity. Excess saturated fat intake is a



1 major risk factor for heart disease. Increased sodium intake is  
2 associated with an increased risk of high blood pressure or  
3 hypertension, a condition that can lead to cardiovascular  
4 disease such as stroke.

5       There is an upward trend in calorie and sodium intake that  
6 coincides with a significant increase in the number of meals  
7 prepared and eaten outside the home in the past two decades. It  
8 is estimated that half of the money spent on food goes toward  
9 food from restaurants and other food service establishments,  
10 which is also where one-third of calories are consumed.

11       The legislature finds that improving the availability of  
12 nutritional information about food from food service  
13 establishments will help curb unhealthy food consumption.  
14 Three-quarters of American adults report using the information  
15 found on nutritional labels. Approximately half of the people  
16 surveyed report that the information found on nutritional labels  
17 caused them to change their minds about buying a food product.  
18 But while nutrition labeling is currently required on most  
19 packaged foods, labeling for restaurant foods is only required  
20 when nutrient content or health claims are made. Given the lack  
21 of nutritional information for most restaurant foods, it is



1 difficult for restaurant-goers to make decisions that limit  
2 their calorie and sodium intake.

3 The purpose of this Act, which shall be known as the Menu  
4 Education and Labeling Act, is to require a retail food  
5 establishment that is part of a franchise comprised of ten or  
6 more establishments to maintain nutritional information on each  
7 of its standard menu items, and to have that information readily  
8 available and provide the information to the public upon  
9 request.

10 SECTION 2. Chapter 321, Hawaii Revised Statutes, is  
11 amended by adding a new section to be appropriately designated  
12 and to read as follows:

13 "§321- Franchise retail food establishments;  
14 nutritional information. (a) A franchise retail food  
15 establishment shall maintain nutritional information on each  
16 standard menu item on the menu, and upon request, shall provide  
17 this nutritional information to customers. The information  
18 shall include the total number of:

- 19 (1) Calories;  
20 (2) Grams of saturated fat and trans fat;  
21 (3) Grams of carbohydrates;  
22 (4) Milligrams of sodium;



1           (5) Grams of protein; and  
2           (6) Grams of sugar,  
3 per serving, as usually prepared and offered for sale; provided  
4 that if the franchise retail food establishment uses only a menu  
5 board, it may limit the nutritional information maintained to  
6 the total number of calories per serving per item; provided  
7 further that if the franchise retail food establishment serves a  
8 standard menu item in a self-serve capacity, such as in a salad  
9 bar, buffet line, or cafeteria service, it may limit the  
10 nutritional information maintained to the total number of  
11 calories per standard serving per item.

12           (b) Nutritional information shall be provided by means of  
13 an in-store brochure, booklet, kiosk, or other device that is  
14 easily accessible to customers. The retail food establishment  
15 shall also inform customers of the availability of this  
16 information through signage.

17           (c) The director shall adopt rules pursuant to chapter 91  
18 to implement this section.

19           (d) For the purposes of this section:

20           "Franchise retail food establishment" means a retail food  
21 establishment that is part of a franchise comprised of ten or





**Report Title:**

Obesity; Menu Education and Labeling Act

**Description:**

Requires a franchise retail food establishment to include nutritional information about each standard menu item.

