
HOUSE CONCURRENT RESOLUTION

ENCOURAGING FOOD SERVICE FACILITIES IN THE STATE THAT OFFER A CHILDREN'S MENU OF MEAL OPTIONS, OR A MEAL THAT IS REPRESENTED AS A CHILDREN'S MEAL, TO SERVE CHILDREN'S MEALS WITH HIGHER NUTRITIONAL QUALITY AND INCLUDE ONLY BOTTLED WATER OR LOW-FAT MILK AS THE DEFAULT BEVERAGE IN THE MEAL OR MENU OPTION.

1 WHEREAS, in 2012, the Institute of Medicine found that
2 sugary drinks contribute more calories and added sugars in
3 American diets than any other food or beverage and that daily
4 consumption of sugar is strongly linked to higher childhood
5 obesity and type-2 diabetes rates; and
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7 WHEREAS, in 2014, the Hawaii State Department of Health
8 indicated that fifty-seven percent of adults in Hawaii are
9 overweight or obese, and additionally about one in four children
10 entering kindergarten in Hawaii is overweight or obese; and
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12 WHEREAS, in 2010, the Journal of the American Dietetic
13 Association found that soda, energy and sports drinks, and
14 sweetened bottled waters were the largest source of added sugars
15 in the diets of two through eighteen year olds, with fruit
16 drinks following as the second largest source; and
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18 WHEREAS, in 2012, the Centers for Disease Control and
19 Prevention found that sixty-three percent of high school
20 students report consuming at least one sugary beverage daily and
21 eighty-one percent of children ages six to eleven also consumed
22 at least one sugary beverage daily; and
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24 WHEREAS, in 2012, the International Journal of
25 Environmental Research and Public Health found that adolescents
26 often make sugar-sweetened beverage purchases before and after
27 school, with one study showing that sugary beverages accounted
28 for eighty-eight percent of all beverage purchases among fourth



1 through sixth grade students who shop at corner stores before
2 and after school; and

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4 WHEREAS, in 2012, the Rudd Center for Food Policy and
5 Obesity found that drinking just one eight ounce sugary drink
6 per day increases a child's odds of becoming obese by sixty
7 percent and drinking soda nearly doubles the risk of dental
8 caries in children; and

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10 WHEREAS, in 2012, the American Academy of Pediatrics and
11 the American Heart Association indicated that overweight
12 adolescents have a seventy percent chance of becoming overweight
13 adults and the number of teens being diagnosed with type-2
14 diabetes and pre-diabetes has grown from nine percent to twenty-
15 three percent in less than ten years; and

16
17 WHEREAS, in 2013 and 2014, the Childhood Obesity Journal
18 and the National Restaurant Association indicated that more
19 people are likely to select the default option included in a
20 meal price or menu option rather than request an alternative,
21 and seventy-two percent of customers said that they would be
22 more likely to visit a restaurant that offers healthful default
23 options; and

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25 WHEREAS, in 2010, the American Society for Nutrition found
26 that there is strong evidence showing that children and
27 adolescents who reduce their sugary beverage intake experience
28 significant decreases in weight gain and fat deposits, which
29 reduces the risk of developing diabetes; now, therefore,

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31 BE IT RESOLVED by the House of Representatives of the
32 Twenty-eighth Legislature of the State of Hawaii, Regular
33 Session of 2015, the Senate concurring, that all food service
34 facilities in the State that offer a children's menu of meal
35 options, or a meal that is represented as a children's meal, are
36 encouraged to serve children's meals with higher nutritional
37 quality and include only bottled water or low-fat milk as the
38 default beverage included in the meal or menu option; and

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40 BE IT FURTHER RESOLVED that all food service facilities in
41 the State that offer a children's menu of meal options, or a
42 meal that is represented as a children's meal, be encouraged to



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1 offer more fruit and vegetable options and make those options
2 the default side dish with every children's meal; and
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4 BE IT FURTHER RESOLVED that all food service facilities in
5 the State that offer a children's menu of meal options, or a
6 meal that is represented as a children's meal, be encouraged to
7 offer more whole grains as a part of children's meals; and
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9 BE IT FURTHER RESOLVED that certified copies of this
10 Concurrent Resolution be transmitted to the Director of Health
11 and the Chairperson of the Hawaii Restaurant Association.
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