

STATE OF HAWAII
DEPARTMENT OF HEALTH
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Testimony in SUPPORT of S.B. 2056 SD2
RELATING TO HEALTH

REPRESENTATIVE JOHN M. MIZUNO, CHAIR
HOUSE COMMITTEE ON HEALTH AND HUMAN SERVICES

Hearing Date: March 13, 2018

Room Number: 329

Fiscal Implications: Undetermined staffing capacity and resources required to implement the measure. The cost of support has not been quantified. No appropriation is provided to the Department of Health (DOH) to establish the program.

Department Testimony: The Department supports Senate Bill 2056 Senate Draft 2 (S.B. 2056 SD2). S.B. 2056 SD2 would require retail food establishments to offer only water, sparkling water, flavored water with no added natural or artificial sweeteners, milk, non-dairy milk alternatives, or up to 6 oz. of 100% juice as the default beverage option in children's meals. The concept of this bill is based on national recommendations for reducing the consumption of sugar sweetened beverages (SSBs). The Division of Physical Activity, Nutrition, and Obesity (DNPAO) at the Centers for Disease Control and Prevention (CDC) recommends decreasing SSBs as an evidence-based strategy for preventing and reducing overweight and obesity. The 2015 Dietary Guidelines for Americans also recommends reducing the intake of SSBs as a method to control calorie intake and manage body weight.

Today in Hawaii, more than one in two adults (BRFSS 2016; 57.6%) and over one in four high school students (YRBS 2017; 28.4%) are affected by overweight or obesity. The rate of adults with diabetes in Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-diabetes (2016 BRFSS). DOH estimates that more than 1 in 2 adults have type 2 diabetes and pre-diabetes when these numbers are adjusted for people who are undiagnosed. Hawaii spends an estimated \$470 million on obesity-related medical costs, and \$770 million on diabetes-related

1 medical costs annually.¹ SSBs have been identified by numerous scientific studies as a major
2 contributor to our costly obesity epidemic.² Additionally, drinking sugar-sweetened beverages
3 can significantly contribute to tooth decay. SSB consumption is associated with nearly twice the
4 risk of cavities in children.³ More than seven out of ten Hawaii third-graders are affected by
5 tooth decay and one in four have untreated tooth decay.⁴ Hawaii also received a failing grade of
6 “F” on three recent oral health report cards by the Pew Center.⁵

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

¹ Trogon, 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.

² 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.

³ 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.

⁴ Hawaii State Department of Health. (2015 September 25). Hawaii oral health: Key Findings. Retrieved from http://health.hawaii.gov/about/files/2013/06/Key_Findings_wC.pdf.

⁵ 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>.

⁶ 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/nutrtrans/publications/Beverage%20trends-BP-Samara%202004.pdf.

⁷ 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.

⁸ Hawaii State Department of Health. (2012, 2013, & 2017). Rethink Your Drink Adolescent Survey, 2012, 2013, & 2017 combined.

⁹ 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.

¹⁰ 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 implementing healthy defaults in restaurants can improve child nutrition while ensuring that
2 restaurants remain competitive.¹¹

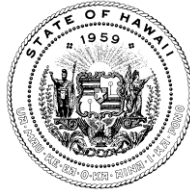
3 Requiring retail food establishments to provide a healthy default beverage as a part of a
4 children's meal would encourage families to choose a healthy option when eating outside the
5 home. On average, children consume nearly twice as many calories from a restaurant meal (770)
6 as they do from a home cooked meal (420).¹² Adding SSBs to these meals adds calories and
7 sugar that may contribute to obesity and health problems. Ensuring healthy default options in
8 children's meals is part of a comprehensive public health prevention strategy to reduce the risk
9 for obesity and type 2 diabetes in Hawaii's children.

10 Thank you for the opportunity to provide testimony.

11 **Offered Amendments:** None.

¹¹ 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.

¹² 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.



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CATHERINE P. AWAKUNI COLÓN
DIRECTOR

JO ANN M. UCHIDA TAKEUCHI
DEPUTY DIRECTOR

**TO THE SENATE COMMITTEE ON
HEALTH AND HUMAN SERVICES**

**TWENTY-NINTH LEGISLATURE
Regular Session of 2018**

**Tuesday, March 13, 2018
8:30 a.m.**

TESTIMONY ON SENATE BILL NO. 2056, S.D. 2, RELATING TO HEALTH.

**TO THE HONORABLE JOHN M. MIZUNO, CHAIR, AND MEMBERS OF THE
COMMITTEE:**

The Department of Commerce and Consumer Affairs (“Department”) appreciates the opportunity to testify in support of S.B. 2056, S.D. 2, Relating to Health. My name is Gordon Ito, and I am the Insurance Commissioner for the Department’s Insurance Division.

The purpose of this bill is to require restaurants selling children’s meals that include a beverage for a single price to make the default beverage a healthy beverage.

The Department supports the continuing effort to improve children’s health through an increase in awareness that the food choices we make impact our childrens’ and grandchildrens’ health. We support public health policies aimed at reversing the prevalence of obesity in Hawaii, which has more than doubled from 10.6% in 1994 to 22.7% in 2015, according to the State’s Department of Health. This trend will result in poorer health outcomes for our communities, higher healthcare costs, and an increase in health insurance premiums.

Thank you for the opportunity to provide testimony on this measure.



American Heart Association testimony in support of SB 2056, SD2, "Relating to Health"

The American Heart Association strongly supports SB 2056, SD2, "Relating to Health." The proposed legislation will reduce the marketing of unhealthy beverages to children by making the default beverage included in kid's meals milk, water, or 100% fruit juice in serving sizes of 6 ounces or less.

Restaurants play a central role in the American diet as people increasingly consume more food away from home. The Rudd Center for Food Policy and Obesity reports that 89 percent of parents make a weekly purchase from a fast-food restaurant for their children. Children now consume about 20 percent of their daily calories at fast food establishments and full-service restaurants. Children and teens who eat at restaurants drink more sodas and less milk than those who eat at home.

Sugary drinks, including soda, energy and sports drinks, and flavored waters, provide the single largest source of calories in the diets of American children. Each additional daily serving of a sugar-sweetened beverage increases a child's chance of becoming obese by 60 percent. Sugary drinks are also associated with a greater risk of cardiovascular disease and high blood pressure in adolescents, dental cavities in children, and inadequate intake of vitamins and minerals.

An extra-small (ten-ounce, child-size) cola contains approximately 33 grams (over 8 teaspoons) of added sugars, which exceeds the 25 grams of added sugars that the American Heart Association (AHA) has established as the daily upper limit for children and teenagers. The AHA recommends that children consume no more than eight ounces of sugary drinks per week; kid-sized beverages vary across restaurants, but are usually six to twelve ounces.

In 2009, the state medical cost attributable to obesity was \$470 million dollars, and this figure continues to rise. As many as 1 in 3 adults could have diabetes by 2050 if current trends continue. Without changes in this trajectory, Hawaii's healthcare costs will be unsustainable for Hawaii's businesses and families. Removing sugary drinks from children's menus can send a signal that they are not appropriate everyday beverages for children and help to establish a healthier next generation. We urge you to support SB 2056, SD2 and help to lead our state in becoming healthier.

Respectfully submitted,

Donald B. Weisman

Hawaii Government Relations/Communications Director

*"Building healthier lives,
free of cardiovascular
diseases and stroke."*

life is why™ es por **la vida**™ 全为**生命**™

Please remember the American Heart Association in your will.





March 11, 2018

To: Rep. John M. Mizuno, Chair
Rep. Bertrand Kobayashi, Vice Chair
Rep. Della Au Belatti
Rep. Andria P.L. Tupola
Rep. Lei R. Learmont

Re: **Strong Support for SB2056 SD2**

Hrg: March 13, 2018 at 8:30am

The Hawaii Public Health Association is a group of over 600 community members, public health professionals and organizations statewide dedicated to improving public health. HPHA also serves as a voice for public health professionals and as a repository for information about public health in the Pacific.

HPHA strongly supports SB2056 SD2, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

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. Each additional sugary drink consumed daily increases a child's risk of becoming obese by 60%. 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.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given 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 SB2056 SD2 will make Hawaii the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

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

Respectfully submitted,

A handwritten signature in dark ink that reads 'Holly Kessler'.

Holly Kessler, Executive Director
Hawaii Public Health Association



**Testimony to the House Committee on Health and Human Services
Tuesday, March 13, 2018; 8:30 a.m.
State Capitol, Conference Room 329**

RE: SUPPORTING SENATE BILL NO. 2056, SENATE DRAFT 2, RELATING TO HEALTH.

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. 2056, Senate Draft 2, RELATING TO HEALTH.

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) Milk or non-dairy milk alternative; or
 - (C) A serving of six ounces or less of one hundred percent fruit juice;
- (2) Clarify that nothing prohibits a restaurant's ability to sell, or a customer's ability to purchase, a substitute or alternative beverage instead of the default beverage;
- (3) Direct restaurants to complete an initial self-certification of compliance, and clarify that the bill be "liberally construed to accomplish its purposes"; and
- (4) Take effect on July 1, 2018.

Testimony on Senate Bill No. 2056, Senate Draft 2
Tuesday, March 13, 2018; 8:30 a.m.
Page 2

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.

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



American Cancer Society
Cancer Action Network
2370 Nuʻuanu Avenue
Honolulu, Hawaiʻi 96817
808.432.9149
www.acscan.org

House Committee on Health and Human Services
Representative John Mizuno, Chair
Representative Bert Kobayashi, Vice Chair

SB 2056, SD2 – RELATING TO HEALTH

Cory Chun, Government Relations Director – Hawaii Pacific
American Cancer Society Cancer Action Network

Thank you for the opportunity to provide testimony in support of SB 2056, SD2, which requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage.

The American Cancer Society Cancer Action Network (ACS CAN) is the nation's leading cancer advocacy organization. ACS CAN works with federal, state, and local government bodies to support evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

Excess body weight increases the risk for several common cancers, including breast, colorectal, uterus, kidney, adenocarcinoma of the esophagus, pancreatic, ovarian, liver, gastric cardia, gall bladder, and thyroid cancer as well as meningioma and multiple myeloma. The biological link between excess weight and cancer is believed to be related to multiple factors including fat and sugar metabolism, immune function, hormone levels and proteins that affect them, and other factors related to cell growth.

Despite the evidence linking excess weight, poor nutrition, and physical inactivity to increased cancer risk, most Americans are not meeting recommended nutrition and physical activity targets. Reversing obesity trends and reducing the associated cancer risk will require a broad range of strategies that include policy and environmental changes that make it easier for individuals to regularly make healthy diet and physical activity choices.

The purpose of this measure is to make the healthy beverage choice the easy choice for children eating meals designed and marketed to them. This measure focuses on high caloric and sugary beverages that provide excess and empty calories, since sugary beverages have no nutritional benefits.

Thank you for the opportunity to provide testimony on this important matter.



Date: March 12, 2018

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

From: Trish La Chica, Policy and Advocacy Director, Hawai'i Public Health Institute

Re: STRONG SUPPORT for SB2056 SD2, Relating to Health

Hrg: March 13, 2018 at 8:30am at Conference Room 329

Thank you for the opportunity to testify in **Strong Support** of SB 2056 SD2, which would require retail food establishments to offer water, milk, and 100% fruit juice that is 6 oz. or less as the default beverage served with children's meals.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 40 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.

Offered amendments:

The Task Force appreciates the intent of including 100% fruit juice limited to 6 oz. or less, but recommends that beverage options are kept as written in the original draft, which is to offer water with no added sweeteners or milk and milk alternatives. The Task Force notes that offering juice as a "healthy by default" option that parents may perceive fruit juice as a healthy alternative for fresh fruit.

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. 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%.

Soft drinks are the most common kids' meal beverage, offered by 74% of top chain restaurants. The next most frequent beverage offerings are low fat milk (69%) and fruit juice (65%)¹. According to a survey done in 2014 by the National Restaurant Association, 72% of consumers say that they would be more likely to visit a restaurant that offers healthful options². A few large chains including Subway, McDonalds, Wendy's, Burger King, Applebee's, Dairy Queen, Jack in the Box, and IHOP have been offering healthier drinks as a part of their kids' meals. 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.

An educational campaign must be accompanied by policy change

Although public health education is key, policy change is necessary to truly affect consumption and make it easier for people to make the healthy choice and to say "no" to unhealthy drinks. Parents simply want more healthy choices for their kids and to cut down on those familiar requests for sugary drinks. This "healthy-by-default" beverage measure 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. In 2015, SR65 was adopted by the State Legislature to encourage food service facilities to serve healthy default beverages. In the last two years, there have been eight jurisdictions that have already enacted healthy by default beverage legislation.

SB 2056 SD2 is an important step in the right direction and helps parents and kids make healthy decisions about what to drink. If this measure is passed, Hawai'i would become the first "Healthy by Default" state and would lead the way in making the healthy choice the easy choice.

Mahalo,



Trish La Chica, MPA
Policy and Advocacy Director

¹ Center for Science in the Public Interest, 2017

² National Restaurant Association, 2014

Strong Support of SB2056 SD2, Relating to Health

The Honorable John Mizuno, Chair

The Honorable Bertrand Kobayashi, Vice Chair

Members of the House Committee on Health and Human Services

Hrg: March 13, 2018 at 8:30am at Capitol Room 329

I strongly support SB2056 SD2, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

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. 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.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water, 6 oz. or less of 100% fruit juice 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 SB2056 SD2 will make Hawai'i the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. 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 SB2056 SD2 and respectfully ask you to pass this out of committee.

1. Marilyn Gagen
2. Barbara Nosaka
3. Bryan Mih
4. Shay Chan Hodges
5. Debbie Drummondo
6. Patricia Fleck
7. Kathryn Braun
8. Patricia Blair
9. John Ishoda
10. Kat McGlone
11. Dale Cole
12. Linda Bong
13. Curtis Palmer
14. Allison Seales

15. Jason Huynh
16. Lee Buenconsejo-Lum
17. Michelle Gray
18. Mae Kyono
19. Jeny Bissell
20. Anna Semillano
21. Briana Espino
22. Tanya Gabriel
23. Lillian Coltin
24. Valerie Yontz
25. Richard Collins
26. Carol Ignacio
27. Pualei Kaohelauii
28. Emi Orikasa
29. Ellie Kelley-Miyashiro

30. Michael Kellar
31. Dennis Miller
32. Severine Busquet
33. Stephen Harris
34. Tenaya Jackman
35. Kendra Medeiros
36. Diane Omura
37. Marcy Cayton
38. Jenna Lee
39. Bernadette Freitas
40. Alan Trinh
41. Charity Kaiwi
42. Erika Kuhr
43. Keawe Kaholokula
44. Haleigh Romero
45. Sharon Hicks
46. Joann Yukimura
Yukimura
47. Nancy Redfeather
48. Shani Gacayan
49. Donna Hu
50. Tatyana Mers
51. Jahnea Miguel
52. Waipuilani Estrella-
Beauchamp
53. Emma Ing
54. Shalei White-Santos
55. Malie Wickes
56. Kayla Maka
57. Allison Kuehu
58. Samiu Oto
59. Aaliyah Mortel
60. Haunani Lurendez
61. Shalea Castillo
62. Layla Enfield
63. Kaulana Potter
64. Shanelle Gomes
65. Jamie Kuia
66. Hillary Vidinhar



March 13, 2018

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

From: Mandy Finlay, Director of Public Policy
Hawaii Children's Action Network

Re: **S.B. 2056, S.D. 2, Relating to Health — Strong Support**
Hawaii State Capitol, Room 329, March 13, 2018, 8:30 AM

On behalf of Hawaii Children's Action Network (HCAN), we are writing in support of S.B. 2056, S.D. 2, which would require restaurant kids' meals to offer a healthy beverage—rather than soda or sugary drinks—as the default option.

Sugary drinks are the single largest source of added sugars in our kids' diets, contributing to health and dental issues. In Hawaii, more than one in four kindergartners are overweight or obese. As a state, we spend an estimated \$470 million annually on obesity-related medical costs. Additionally, Hawaii's children have the highest rate of tooth decay in the nation. These figures underscore the need to provide nutritious food and beverage options to ensure that the children of Hawaii can make healthy choices to prevent obesity and dental decay.

S.B. 2056 is intended to promote healthier options in restaurant kids' meals. While many restaurants offer healthy beverages as an option for kids' meals, this bill encourages kids to make healthy choices and would stop kids from receiving a sugary drink when they didn't specifically ask for one.

For these reasons, HCAN respectfully requests the Committee to support this measure.

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



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City and County of Honolulu
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Kaiser Permanente

Wendy Loh
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John Melish, MD, FACP
Endocrinologist
Kapiolani Medical Center
Professor, John A. Burns School of Medicine

Scott R. Nahme
Senior Vice President & Senior Manager,
Commercial Real Estate Lending Division
Central Pacific Bank

May M. Okihira, MD, MS
Director, Hawaii Initiative for Childhood Obesity
Research & Education
Assistant Professor
John A. Burns School of Medicine

Bobby Senaha
Co-Founder and CEO
Blackletter Group

Valerie Sonoda
Educator, Health Systems Development
HMSA

Gino Soquena
Government and Community Relations Director
Hawaii Laborers Union Local 368

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John A. Burns School of Medicine
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Lotus Pond Communications

Richard Okazaki
President
Diagnostic Laboratory Services, Inc.

LJ Duenas
Hawaii Director
American Diabetes Association

March 12, 2018

Rep. John Mizuno, Chair
Rep. Bertrand Kobayashi, Vice Chair
House Committee on Health & Human Services
Hawaii State Capitol

RE: Testimony In Support of SB2056 SD 2 with Amendment(s)

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. 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.

Recommended amendment(s): The Association and the Obesity Prevention Task Force recommends keiki beverage options to be kept as written in the original draft, which is to offer water with no added sweeteners or milk and milk alternatives.

The Association supports SB2056 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 SB2056 will reduce consumption of sugary drinks, effectuate changes, and improve health outcomes for our keiki. Help us make the healthy choice, the easy choice.

If you have any questions, please reach out to me by email at lduenas@diabetes.org.

Warmest aloha,

LJ Duenas, Hawaii Director
American Diabetes Association



21 people
are diagnosed with
diabetes every day
in Hawaii

American Diabetes Association
Pioneer Plaza
900 Fort Street Mall, Suite 940
Honolulu, Hawaii 96813
Tel (808) 947-5979 | Fax (808) 546-7502
1-888-DIABETES (342-2383)
diabetes.org/hawaii
Federal Tax Identification Number: 13-1623888



February 23, 2018

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

RE: Support of SB2056 SD2

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

Thank you for the opportunity to testify in support of SB2056 SD2, which will make the default beverage offering in keiki meals the healthier choice of either water, milk or 6oz or less of 100% fruit juice. 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. By changing the dynamic and offering the healthy choice of water, milk or 6oz of 100% fruit juice as the initial option, we are helping families to more easily make the healthy choice.

As many have stated, sugary drinks are the single largest source of added sugars in our children's diets, making up half of all sugars consumed. 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. SB2056 SD2 is the we can do that. Passage of this bill will make Hawaii the first healthy by default state. It will support families who want healthy, happy lives for their children.

Thank you for this opportunity to testify in support of SB2056 SD2.

Sincerely,

Peggy Mierzwa

Peggy Mierzwa
Statewide Policy Lead
Blue Zones Project—Hawaii

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SB-2056-SD-2

Submitted on: 3/12/2018 10:32:27 AM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Diane Brucato	Individual	Support	No

Comments:

Date: March 11, 2018

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

Re: Strong Support of SB2056 SD2, Relating to Health

Hrg: March 13, 2018 at 8:30am at Capitol Room 329

Respected Members of the House Committee on Health and Human Services,

As a parent and healthcare professional, **I am writing in strong support of SB2056 SD2** that promotes healthful meal options by making the default beverage offered in restaurants with children's meals a healthful drink.

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 contain too much sugar for kids, yet are usually the default beverages served with children's meals.

Consuming just one sugary drink a day significantly increases a child's risk of 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 affect children's diets, **making the policy contained in SB2056 SD2 particularly effective in improving the health of our keiki.**

This measure will help support families by offering a healthful beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water, 6 oz. or less of 100% fruit juice or milk. It is never too early for children to learn and practice healthful habits, including eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthful habits and to make it easy for families to make healthful choices.

Passage of SB2056 SD2 will make Hawai'i the first healthful-by-default state. Several cities and counties in California have already passed healthful default ordinances with many more considering similar legislation.

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 SB2056 SD2 and respectfully ask you to pass this out of committee.

Many thanks for your consideration,

Forrest Batz, PharmD
Keaau, HI

SB-2056-SD-2

Submitted on: 3/11/2018 9:43:02 PM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Cristeta Ancog	Individual	Support	No

Comments:

Dear House Committee on Health and Human Services,

The Honorable John Mizuno, Chair

The Honorable Bertrand Kobayashi, Vice Chair

Members of the House Committee on Health and Human Services

Hrg: March 13, 2018 at 8:30am at Capitol Room 329

I am a board certified Pediatrician, who practiced on the Waianae Coast for 25 years. I **strongly support** SB2056 SD2, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet. For many children's meals, the default beverage is a sugar-sweetened beverage.

Sugary drinks (including soda, fruit punch, sports and energy drinks, and flavored water) are the single largest source of added sugars in our kids' diets. A single 10-ounce, child-size soda contains 33 grams of sugar, more than the recommended limit 25 grams of added sugar a day. A child consuming just one sugary and drink a day significantly increases a child's risk to becoming overweight, which lead to type 2 diabetes and heart disease.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water, 6 oz. or less of 100% fruit juice or milk.

Let's make it easy for families to make healthy choices.

I strongly support SB2056 SD2 and respectfully ask you to pass this out of committee.

Sincerely,

Cristeta Ancog M.D.

Fellow, American Academy of Pediatrics

SB-2056-SD-2

Submitted on: 3/12/2018 8:16:44 AM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	OCC Legislative Priorities Committee, Democratic Party of Hawai'i	Support	No

Comments:

SB-2056-SD-2

Submitted on: 3/11/2018 11:41:16 AM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
C. Azelski	Individual	Support	No

Comments:

I support this important measure.

SB-2056-SD-2

Submitted on: 3/12/2018 11:45:38 AM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Malia Shimokawa, MD	Individual	Support	No

Comments:

To Whom it May Concern:

I strongly support this bill to limit sugar-sweetened beverage (SSB) consumption by our keiki. As the only pediatrician board-certified in Obesity Medicine in the State of Hawaii who has spent years working with families and children struggling with obesity, I have seen first-hand how limiting SSBs can greatly impact the health and well-being of families. By setting expectations that our food service industry also works to promote water and milk rather than SSBs, our community is leading by example and encouraging families to make the right decisions and supporting them when it is challenging to make big lifestyle changes. We also will help children to develop a sense of how to make correct, healthier choices from an earlier age. This molds taste preferences and habit formation and will set them up for success in adolescence and adulthood.

Thank you!

Sincerely,

Malia Shimokawa, MD

Pediatrics

Obesity Medicine

SB-2056-SD-2

Submitted on: 3/12/2018 1:28:45 PM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
amy agbayani	Filipina Advocacy Network FAN	Support	No

Comments:

Filipina Advocacy Network strongly supports sb2056 sd2 relating to alternatives to sugary drinks with kid's meals. This will reduce obesity and related illness.

Amy Agbayani

SB-2056-SD-2

Submitted on: 3/12/2018 10:59:12 AM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lydi Morgan Bernal	Individual	Support	No

Comments:

Let's make the healthy choice the easy choice! Mahalo!

SB-2056-SD-2

Submitted on: 3/12/2018 2:22:23 PM

Testimony for HHS on 3/13/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Maria Teresa Belardo	Individual	Support	No

Comments:

Aloha,

I am writing in strong support of this bill. I believe this is a significant step towards healthy eating for kids. Requiring restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage should be implemented.

I highly encourage you to please pass this bill.

Mahalo,

Maria Belardo