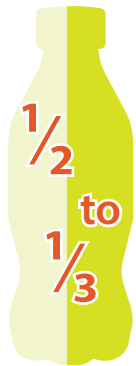


WHY Serve Healthier Beverages with kids' meals?

Eating out used to be a special treat, but these days families are increasingly eating meals from restaurants. Despite the health risks associated with soda and other sugary drink consumption, the majority of restaurants serve sugary drinks with kids' meals. Higher intake of sugary drinks and **ADDED SUGARS** has been strongly linked to excess weight gain and an increased risk of obesity.¹

19% of children's calories come from fast-food and other restaurants²

This trend is of public health concern because consumption of restaurant food is associated with increased caloric intake and poorer diets.³



Sugary drinks are the largest source of added sugar in the American diet and the largest source of calories in children's diets, providing nearly **ABOUT A THIRD TO HALF OF CHILDREN'S SUGAR INTAKE.**^{4 5}

A study conducted by the Harvard School of Public Health found that for **each additional serving of sugary drinks** a child consumes per day, **their chance of becoming overweight increases by**

60%

Drinking a high amount of sugary sodas nearly **DOUBLES** the risk

DENTAL CAVITIES in kids⁷



Support PARENTS PROTECT kids

Restaurants can help parents by marketing healthy food choices for children and making them the default option. Restaurants have made some important steps towards voluntarily improving kids' meals, but progress has been modest and slow. Between 2008 and 2012, the percentage of kids' meals that meet nutrition standards increased from 1% to just 3%.⁸

Thus, states and localities need to nudge restaurants to do better. Improving the nutritional quality of kids' meals is a **SHARED RESPONSIBILITY** that should involve states, localities, restaurants, and parents.

Several fast-food restaurants have taken the positive step of featuring only healthy beverages with kids' meals including McDonald's, Burger King, Wendy's, and Dairy Queen. Several other large chain restaurants have joined the movement towards healthier options.

Given the sky-high rates of childhood obesity, states and localities can support parents in helping children make healthy food choices by ensuring restaurants offer healthier beverages as the default with kids' meals.

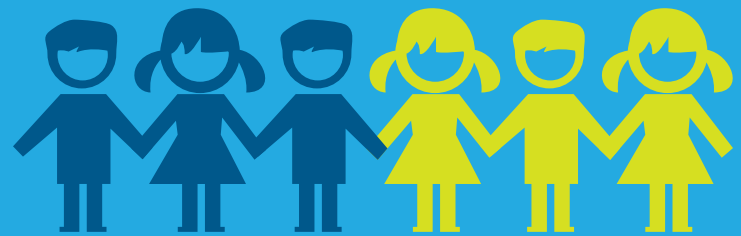


Overweight + Obesity among children by California Cities, 2012

UCLA Center for Health Policy Research & California
Center for Public Health Advocates

June 2012 Report

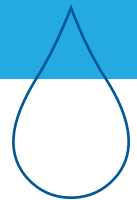
Data represents 5th, 7th, and 9th grade levels



In **RIVERSIDE COUNTY**,
nearly **50%** of **CHILDREN**
consume at least
**1 SUGARY
BEVERAGE a DAY**⁹

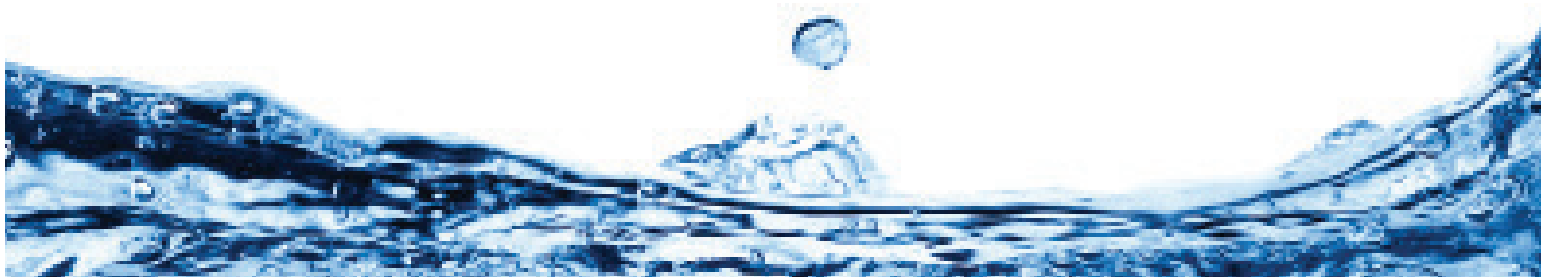


Additionally, being overweight or obese is associated with serious health risks in children and adolescents, including an increased risk for **HIGH CHOLESTEROL**, **HIGH BLOOD PRESSURE** and **DIABETES**, which are cardiovascular disease risk factors and other health conditions, such as asthma.¹⁰



Riverside County Cities	2010 Overweight + Obese %
Lake Elsinore	38.2%
Menifee	36.1%
Moreno Valley	42.3%
Murrieta	29.2%
Perris	44.2%
Riverside	39.2%
RIVERSIDE COUNTY	38.6%
CALIFORNIA	38.0%

Municipalities generally have the authority to regulate commercial products and practices to protect the public's health, safety, and general welfare. Current cities that have adopted ordinances to protect children include the Cities of Davis, Stockton, Perris and Berkeley.



¹ Vos MB, Kaar JL, Welsh JA, Van Horn LV, Feig DI, Anderson CAM, Patel MJ, Munos JC, Krebs NF, Xanthakos SA, Johnson RK; on behalf of the American Heart Association Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Clinical Cardiology; Council on Cardiovascular Disease in the Young; Council on Cardiovascular and Stroke Nursing; Council on Epidemiology and Prevention; Council on Functional Genomics and Translational Biology; and Council on Hypertension. Added sugars and cardiovascular disease risk in children: a scientific statement from the American Heart Association. *Circulation*. 2017;135:e1017–e1034. doi: 10.1161/CIR.0000000000000439.

² Lin B and Morrison RM (2012). Food and Nutrient Intake Data: Taking a Look at the Nutritional Quality of Foods Eaten at Home and Away From Home. *Amber Waves*, vol 10, pp. 1-2.

³ Powell LM and Nguyen BT (2013). Fast-food and Full-service Restaurant Consumption Among Children and Adolescents: Effect on Energy, Beverage, and Nutrient Intake. *JAMA Pediatrics*, vol. 167, pp. 14–20.

⁴ Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *J Am Diet Assoc*. Jan 2000;100(1):43-51

⁵ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

⁶ Ludwig DS, et al (2001). Relation between Consumption of Sugar-Sweetened Drinks and Childhood Obesity: A Prospective, Observational Analysis. *Lancet*, vol. 357, pp. 505-508.

⁷ Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*. Mar 2006;85(3):262-266.

⁸ Center for Science in the Public Interest (2013). Kids' Meals: Obesity on the Menu. Retrieved from: <https://cspinet.org/sites/default/files/attachment/cspi-kids-meals-2013.pdf>

⁹ Babey SH, Wolstein J, and Holdstein H. (2013). Still bubbling over: California adolescents drinking more soda and other sugar-sweetened beverages/ UCLA Center for Health Policy Research; 1-8. <http://healthpolicy.ucla.edu/publications/Documents/PDF/stillbubblingbrief-oct2013.pdf>

¹⁰ Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, de Ferranti SD, Floyd J, Fornage M, Gillespie C, Isasi CR, Jimenez MC, Jordan LC, Judd SE, Lackland D, Lichtman JH, Lisabeth L, Liu S, Longenecker CT, Mackey RH, Matsushita K, Mozaffarian D, Mussolino ME, Nasir K, Neumar RW, Palaniappan L, Pandey DK, Thiagarajan RR, Reeves MJ, Ritchey M, Rodriguez CJ, Roth GA, Rosamond WD, Sasson C, Towfighi A, Tsao CW, Turner MB, Virani SS, Voeks JH, Willey JZ, Wilkins JT, Wu JHY, Alger HM, Wong SS, Muntner P; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2017 update: a report from the American Heart Association [published online ahead of print January 25, 2017]. *Circulation*. doi: 10.1161/CIR.

