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August 22, 2018

Governor Edmund G. Brown, Jr.  
California State Capitol, Suite 1173  
Sacramento, CA 95814

**RE: ? SB 1192 (Monning) Children's meals**  
**AAP-CA Position: Support**

Dear Governor Brown,

The American Academy of Pediatrics, California (AAP-CA), representing over 5,000 California pediatricians, strongly supports SB 1192 (Monning) to require restaurants selling children's meals to include non-sugar-sweetened beverages as the default beverage option.

Childhood obesity is among the most pressing health issues facing children and their families. Since the 1970s, the prevalence of obesity has increased among children 6-11 years old from 4% to 19%, and in adolescents 12-19 years of age from 6% to 17%. As practicing pediatricians, we diagnose California children and adolescents as overweight and obese in our offices daily. Many have co-morbid chronic conditions previously only seen in adults, including higher blood pressures, higher cholesterol levels, non-alcoholic fatty liver disease, and type 2 diabetes.

The circumstances that contribute to each child's obesity vary; however, one of the most common causes is the consumption of sugar-sweetened beverages. Intuitively, the taste of such beverages attracts children. Further, children frequently encounter marketing and choice architecture geared toward attracting children's attention to sugar-sweetened beverages as the favored and easily accessible option in restaurants. Moreover, parental education regarding the caloric content of beverages is poor. There have been numerous occasions in clinic when we find parents surprised by the total caloric and sugar content of their choice of beverages.

As pediatricians discuss lifestyle modifications with their young patients, a common barrier that arises is the lack of healthy choices at the forefront of restaurants and stores.

SB 1192 (Monning) would help improve the dietary content of children's diets by changing the default choice in kids' meals to a healthy option. (Other drinks would still be available, but would need to be requested.) This is a reasonable and important step in combating the childhood obesity epidemic facing America's youth.

Pediatrician members of AAP California Chapters 1, 2, 3 and 4 statewide respectfully request you to sign SB 1192 (Monning) into law. Thank you for your public service and leadership on behalf of the health and wellbeing of children, youth, and families in California.

Sincerely,

A handwritten signature in black ink, consisting of a stylized 'J' followed by a horizontal line that tapers to the right.

Jacques Corriveau, M.D., Fellow of the American Academy of Pediatrics  
Co-Chair, State Government Affairs Committee of the American Academy of Pediatrics, California  
Executive Board, American Academy of Pediatrics, California

cc: Office of Honorable Bill Monning, author; AAP-CA Leadership; Lobbyist Lydia Bourne