



March 19, 2019

The Honorable Dr. Richard Pan
Senate Health Committee
State Capitol, Room 2191
Sacramento, CA 95814

**RE: SB 347 (Monning) Sugar-sweetened beverages: safety warnings.
AAP-CA Position: Support**

Dear Senator Pan:

The American Academy of Pediatrics, California (AAP-CA) representing over 5,000 board-certified pediatrician members of California AAP Chapters 1, 2, 3 and 4, strongly supports proposed legislation SB 347 (Monning) establishing the Sugar-Sweetened Beverages (SSBs) Safety Warning Act.

A typical child consumes over 30 gallons of sugary drinks every year. That is enough to fill a small bathtub, and it doesn't even include added sugars from food. The 2015-2020 Dietary Guidelines for Americans recommend that children and teens consume fewer than 10 percent of calories from added sugars. But data show that children and teens now consume nearly double that, more than half of which comes from drinks. While individual choices and creating a healthy home environment are critically important, they are not enough. Just as public health and policy approaches were necessary to curb tobacco and alcohol use, we need similar initiatives are needed to reduce sugary drink consumption in children and adolescents.

California legislators banned the sale of soda on school campuses, decreasing the availability of nutrient-poor foods in schools. However, school site soda consumption is only one source of sugar-sweetened beverages. As noted in AAP policy, "As much as 40% of the daily energy consumed by 2 to 18-year-olds is in the form of 'empty calories' (energy-dense, nutrient-poor), most of it consumed away from school". Much of that is in the form of sugar-sweetened beverages, of which 65% of California youth between the ages of 12 and 17 consume at least one per day. One in three children born since 2000, including half of Latino and African American children, is predicted to develop type 2 diabetes in their lifetime.

A Johns Hopkins Bloomberg School of Public Health study concludes that warning labels about the risks of drinking soda and other sugar-sweetened beverages can lower obesity and overweight prevalence. Warning labels are more effective than displaying "calories per bottle" labels according to another recent randomized trial. SB 347 would require that sugar-sweetened beverages, as specified, carry the warning: "Drinking beverages with added sugar(s) may contribute to obesity, type 2 diabetes, and tooth decay."

SB 347 (Monning) will help consumers make informed decisions about the beverages they consume. Pediatrician members of AAP California Chapters 1, 2, 3 and 4 statewide strongly support proposed legislation SB 347 (Monning) and urge you to vote AYE. We thank you for your leadership on behalf of children, youth, and families in California.

Sincerely,

Raelene Walker, MD
Governing Board
American Academy of Pediatrics, California
cc: AAP-CA Leadership; Senator Bill Monning, author