



1800 N. California St.
Stockton, CA 95204
direct (209) 467-6384
StJosephsCares.org

May 16, 2016
Honorable Mayor Silva
425 N El Dorado Street
Stockton, CA 95202

Dear Mayor Silva,

On behalf of the St. Joseph's Medical Center, I am pleased to announce our support for the California Center for Public Health Advocacy's community education and advocacy efforts in Stockton to have the city council consider adopting a "Healthy Beverages in Children's Meals Ordinance." This policy would make the healthy choice an easy choice for Stockton families by adding language to the municipal code that would require restaurants to replace sugary beverages with healthier options such as water and low-fat milk as the default offered with children's meals.

As the largest hospital in Stockton and a leader in community health, St. Joseph's Medical Center supports this initiative. We see firsthand the consequences of an unhealthy environment in the high rates of obesity, diabetes and heart disease in our community.


Our organization views this measure as an important step that would amplify our community's efforts to fight childhood obesity and diabetes. According to the study *Overweight and Obesity among Children by California Cities 2010*, 42.4% of 5th, 7th, and 9th graders were overweight or obese in the City of Stockton – putting them at an increased risk for serious health problems in adulthood, including heart disease, type 2 diabetes, asthma and cancer. Nearly one-quarter of our children have prediabetes or type 2 diabetes by the time they reach their teenage years.

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.

Restaurants play a central role in the American diet as Americans are increasingly consuming more food away from home. 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.

Restaurants have traditionally offered soda as the default beverage in children's meals. Requiring restaurants to offer healthier beverages is an effective way to improve the nutritional quality of children's meals, while also making it easier for parents to choose a healthy beverage for their children without having to negotiate with them to get from liquid candy to water or milk. This policy is a common sense measure to support parents' efforts to protect their children's health. We ask for the City Council's support.

Sincerely,



Donald J. Wiley
President & CEO



National Association for the Advancement of Colored People

Stockton Branch • 401 N. San Joaquin Street Suite 114
Stockton • CA 95202

Phone: (209) 466-7000 • Fax: (209) 466-7005
E-mail – stocktonnaacp1078@gmail.com

Robert "Bobby" Bivens
President

May 2, 2016
Honorable Mayor Anthony Silva

Stockton, CA 95202

Dear Mayor Silva

On behalf of the Stockton Branch NAACP, I am pleased to write this letter support for the California Center for Public Health Advocacy's community education and advocacy efforts in Stockton to have the city council consider adopting a "Healthy Beverages in Children's Meals Ordinance." This policy would make the healthy choice an easy choice for Stockton families by adding language to the municipal code that would require restaurants to replace sugary beverages with healthier options such as water and low-fat milk as the default offered with children's meals. Other beverages would remain available but only on request.

The NAACP Stockton Branch has served the Stockton community since October 23, 1931. Our mission is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination..

Our organization views this measure as an important step that would amplify our community's efforts to fight childhood obesity and diabetes. According to the study *Overweight and Obesity among Children by California Cities 2010*, 42.4% of 5th, 7th, and 9th graders were overweight or obese in the City of Stockton – putting them at an increased risk for serious health problems in adulthood, including heart disease, type 2 diabetes, asthma and cancer. Nearly one-quarter of our children have prediabetes or type 2 diabetes by the time they reach their teenage years.

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. Furthermore, the racial, ethnic and income-based disparities in obesity rates are mirrored by each group's sugary drink consumption. For example, African-Americans and Latinos report consuming more sugary drink calories than whites.

Restaurants play a central role in the American diet as Americans are increasingly consuming more food away from home. 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.

Restaurants have traditionally offered soda as the default beverage in children's meals. Requiring restaurants to offer healthier beverages is an effective way to improve the nutritional quality of children's meals, while also making it easier for parents to choose a healthy beverage for their children without having to negotiate with them to get from liquid candy to water or milk. Our community already regulates restaurants with zoning laws and health standards, such as banning smoking. This policy is a logical next step to protect the public's health.

This policy is a common sense measure to support parents' efforts to protect their children's health. We ask for the City Council's unconditional support.

Sincerely,

Robert "Bobby" Bivens

Robert "Bobby" Bivens, President
NAACP Stockton Branch