

HEALTHY COMMUNITIES FOR HEALTHY KIDS

MAKING THE HEALTHY CHOICE THE DEFAULT CHOICE

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Because health doesn't just happen

Healthy Restaurants Through Policy

Requiring restaurants with kids meals to offer healthy beverages as the default



A City Ordinance that requires Kids Meals' default beverage to be water or low-fat milk! Parents can substitute another beverage by request at no additional cost.

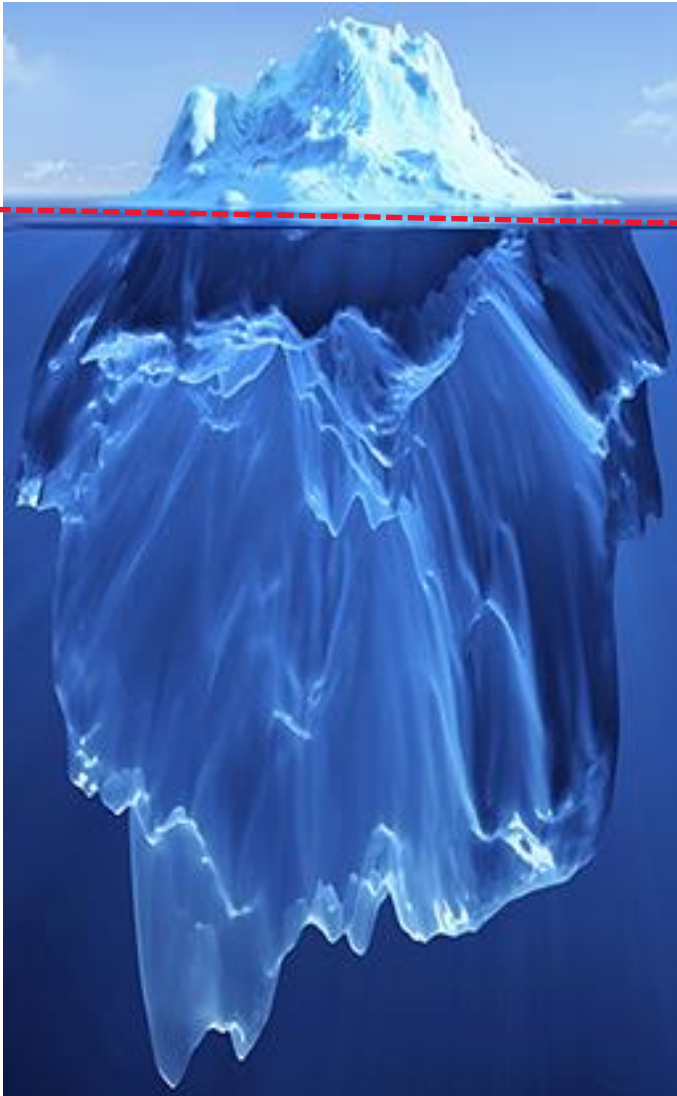
McDonalds, Burger King, Subway, Wendy's, Dairy Queen, Jack in the Box, Applebee's **ALREADY ARE DOING IT!**



**29 million Americans
have diabetes**

**86 million American adults
have prediabetes**

**9 out of 10 adults with
prediabetes don't know
they have it**



Source: Centers for Disease Control and Prevention. *National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014*. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

WHAT IS PREDIABETES?

Blood glucose levels are higher than normal, but not high enough to be considered diabetes.

Fasting Plasma Glucose

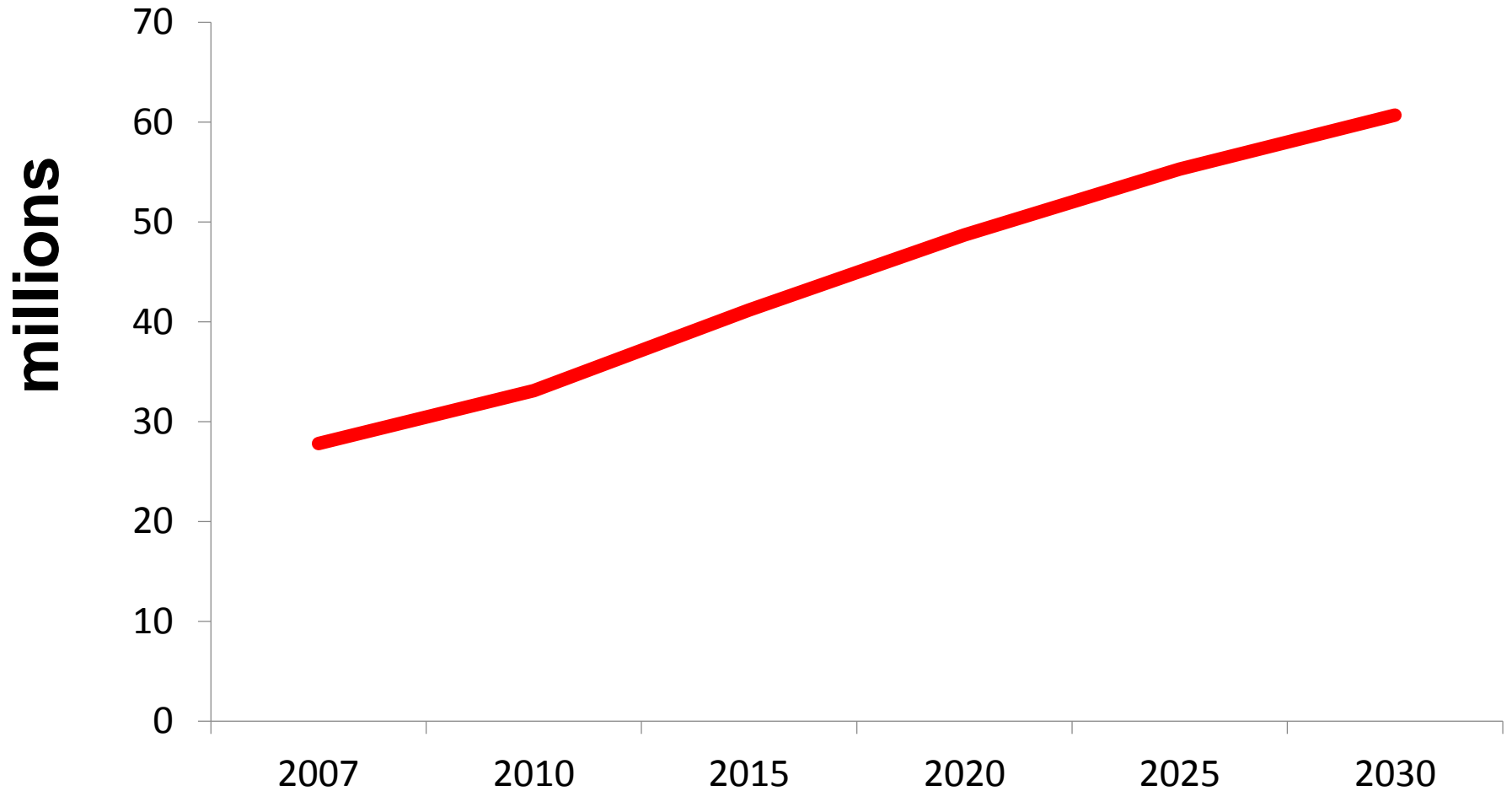
Normal	< 100 mg/dl
Prediabetes	100 – 125 mg/dl
Diabetes	>125 mg/dl

A1C

Normal	<5.7%
Prediabetes	5.7% - 6.4%
Diabetes	>6.4%

Measure of average blood glucose for the past 2 to 3 months

Current Projections of Cases of Diabetes in the United States by 2030



March 2016

Prediabetes in California: Nearly Half of California Adults on Path to Diabetes

Susan H. Babey, Joelle Wolstein, Allison L. Diamant, Harold Goldstein

SUMMARY: In California, more than 13 million adults (46 percent of all adults in the state) are estimated to have prediabetes or undiagnosed diabetes. An additional 2.5 million adults have diagnosed diabetes. Altogether, 15.5 million adults (55 percent of all California adults) have prediabetes or diabetes. Although rates of prediabetes increase with age, rates are also high among young adults, with one-third of those ages

18-39 having prediabetes. In addition, rates of prediabetes are disproportionately high among young adults of color, with more than one-third of Latino, Pacific Islander, American Indian, African-American, and multiracial Californians ages 18-39 estimated to have prediabetes. Policy efforts should focus on reducing the burden of prediabetes and diabetes through support for prevention and treatment.

“More than 13 million California adults—nearly half of the state’s adult population—are estimated to have prediabetes.”

Percent of Adults Diagnosed with Diabetes and Estimated to Have Prediabetes by Age Group, California, 2013-14

	Diabetes	Prediabetes
Age	%	%
18-39	2%	33%
40-54	9%	49%
55-69	16%	60%
70+	20%	59%
All California Adults	9%	46%

Source: 2013-14 California Health Interview Survey

Note: Estimates of prediabetes are based on predictive models developed using 2009-2012 NHANES data and applied to CHIS 2013-14 data. Prediabetes estimates include adults

with undiagnosed diabetes. Nationally, approximately 3.9 percent of adults have undiagnosed diabetes. Confidence intervals for estimates presented in this table are available here: <http://healthpolicy.ucla.edu/publications/search/pages/detail.aspx?PubID=1472>.

PREDIABETES

A Generation
in Jeopardy

prediabetes rates BY COUNTY

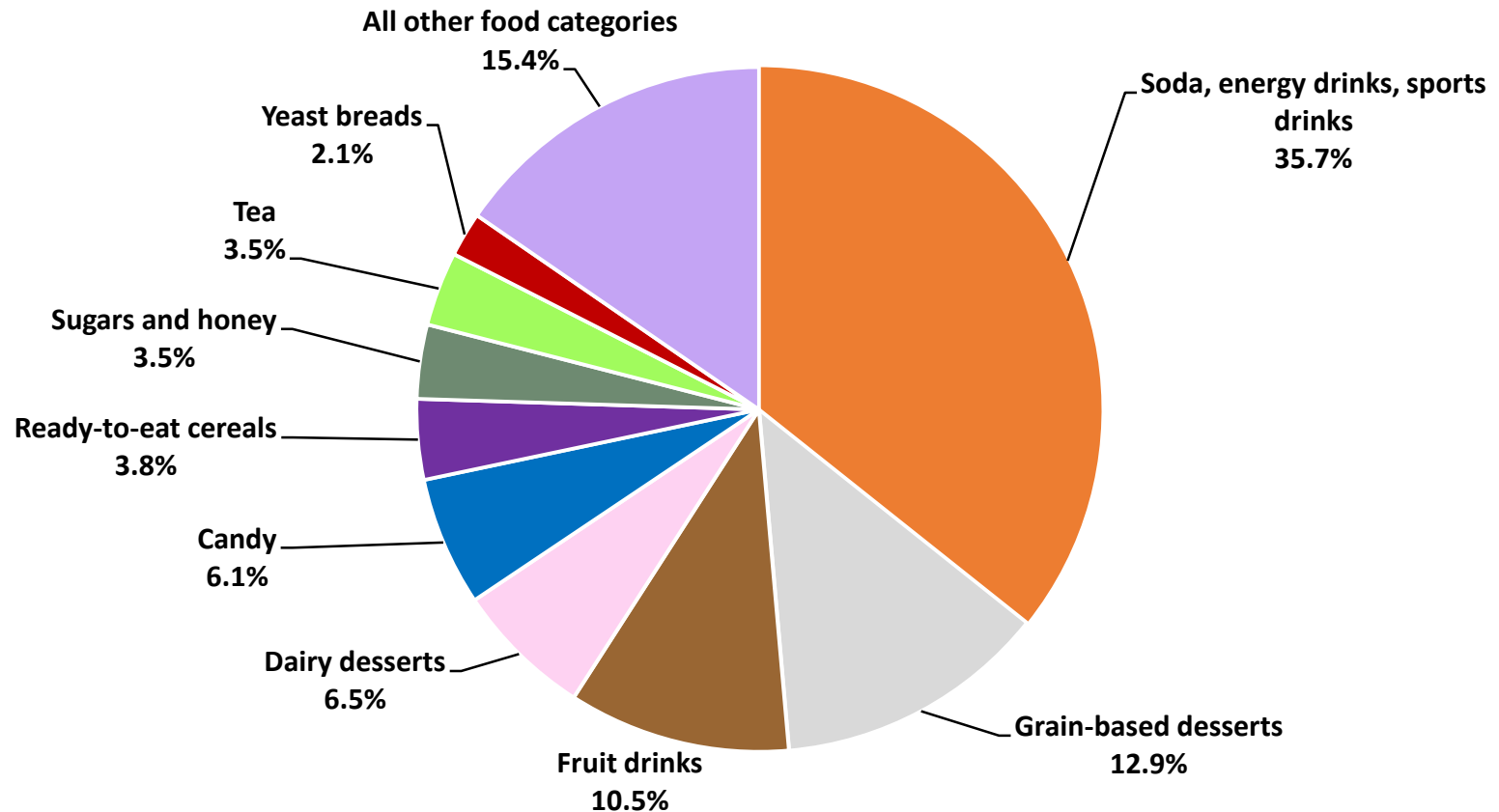
COUNTY OR COUNTY GROUP	AGE GROUP				ALL ADULTS
	18-39	40-54	55-69	70+	
SAN JOAQUIN VALLEY	36%	50%	60%	57%	47%
Fresno	37%	45%	68%	65%	49%
Kern	34%	58%	51%	49%	45%
San Joaquin	39%	46%	67%	58%	48%
Stanislaus	34%	54%	58%	52%	45%
Tulare	38%	41%	56%	56%	44%
Merced	38%	55%	51%	55%	46%
Kings	40%	49%	58%	60%	48%
Madera	32%	55%	63%	49%	45%

INCREASED DIABETES RISK

**15-30% of people
with prediabetes will
have diabetes within
5 years**

**Up to 70% of people with
prediabetes will have
diabetes in their lifetime**

Figure 3-6. Sources of Added Sugars in the Diets of the U.S. Population Ages 2 Years and Older, NHANES 2005-2006^a



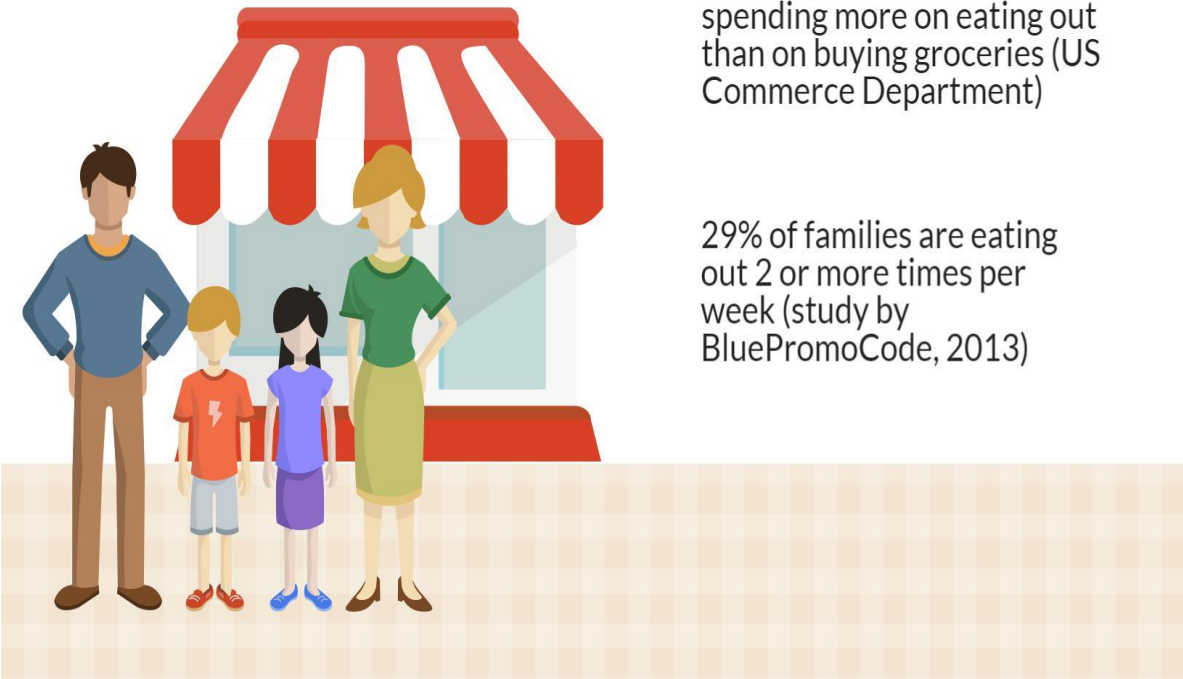
a. Data are drawn from analyses of usual dietary intake conducted by the National Cancer Institute. Foods and beverages consumed were divided into 97 categories and ranked according to added sugars contribution to the diet. "All other food categories" represents food categories that each contributes less than 2% of the total added sugar intake.

Why Restaurants?

Families rely more on restaurants for every day food needs.

In 2015, Americans starting spending more on eating out than on buying groceries (US Commerce Department)

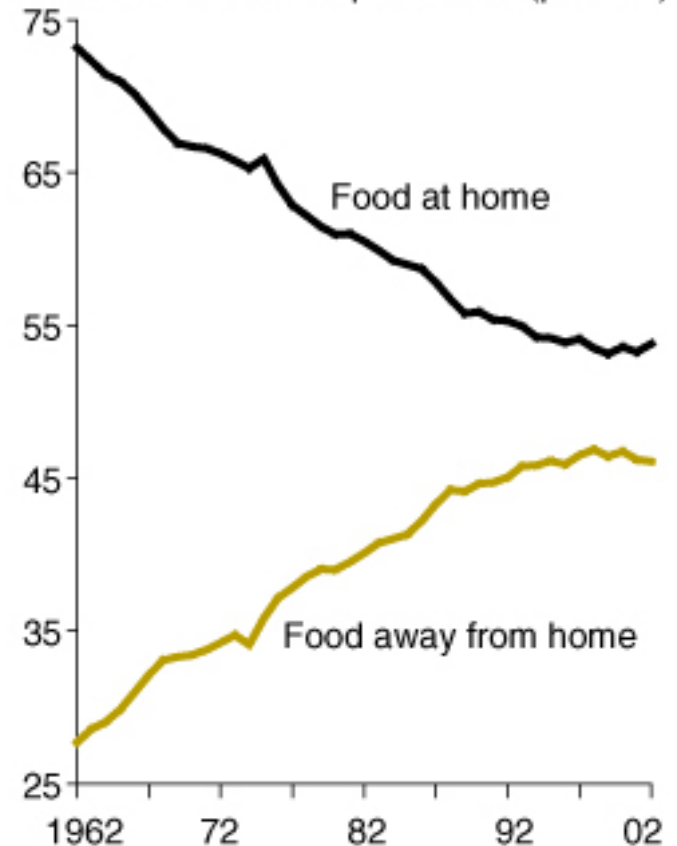
29% of families are eating out 2 or more times per week (study by BluePromoCode, 2013)



Children get about 25% of calories from fast-food and other restaurants.

Americans are eating out more

Share of total food expenditures (percent)



Source: Food Consumption (Per Capita) Data System, USDA, Economic Research Service.

Changes in Restaurant Environments

Fast Food restaurants are changing their game

McDonalds took soda out of its famous Happy Meal in 2013. More fast food chains followed suit.

Today, many chains no longer offer soft drinks as the default choice in kids meals.



THE STUDY

- **NHANES + CHIS data**
- **40,000 respondents**
- **Prediabetes prevalence by county, age, race/ethnicity**



CALIFORNIA
HEALTHCARE
FOUNDATION