April 13, 2017

The Honorable Bill Monning
State Capitol, Room 313
Sacramento, CA 95814

RE: SB 300 (Monning): SUPPORT

Dear Senator Monning:

As a consortium of pediatricians, dietitians, physical therapists, psychologists, and other health professionals from pediatric weight management programs in Southern California, we are writing in strong support of SB 300: Sugar-sweetened Beverages: Health Warnings. Requiring health warning labels on sugar-sweetened beverages (SSBs) sold in California would provide consumers with valuable information regarding the health risks associated with these products and help ameliorate and prevent the pediatric obesity epidemic.

Over the past several decades, SSBs have significantly contributed to the observed increase in daily calorie intake (1, 2). These drinks are the primary source of added sugar in the diets of children, adolescents, and adults (3), and they often contain minimal nutritional value (4). Numerous research studies have concluded that consumption of SSBs is associated with increased obesity rates and weight gain (5, 6, 7, 8). Importantly, recent randomized controlled trials suggest a causal relationship between SSBs and weight gain among children and adolescents (9, 10, 11). Conversely, efforts to decrease consumption of SSBs in clinical research have been linked to weight loss among the participants (12, 13).

The prevalence of childhood obesity has more than tripled (5% to 17%) from 1974 to 2014 (14). Nationally, one in three children and two in three adults are either overweight or obese. This has serious financial implications, with annual spending on obesity-related illnesses amounting to 21% ($190.2 billion) of the total national health expenditures. Additionally, there are $4.3 billion in annual losses to businesses because of obesity-related job absenteeism (15).

Obesity increases risk for development of type 2 diabetes. Type 2 diabetes was previously seen only in adults, but it is now affecting a high proportion of children as well. There is an estimated one in three lifetime risk of developing diabetes for individuals born in 2000 and one in two if that individual is African American or Hispanic (16). Habitual consumption of SSBs has been found to be associated with higher incidences of type 2 diabetes (17). Other conditions, such as dental caries (18, 19), asthma (20), and inadequate intake of nutrients (21, 22, 23, 24), have also been linked to children who drink SSBs.

A recent research study showed that adolescents who are presented SSBs including warning labels demonstrated improved recognition of beverage sugar content (25). Another study regarding warning labels concluded that parents improved their understanding of health harms associated with overconsumption (26). We believe these demonstrated increases in knowledge will better-inform the health decisions of the children in our communities and their families and help reduce the pediatric obesity epidemic.

Every week, we care for children suffering from the health and mental health challenges of obesity. We see the effects of excess SSBs firsthand in our weight management programs and work with families to mitigate these risks.

We commend you for your efforts to introduce this important bill and protect the health of our California youth. Thank you for your continued leadership.

**Please note: these are our individual opinions, which are not necessarily reflective of our institutions' views*.

Respectfully,

The Southern California Pediatric Weight Management Consortium: a collaborative group of multidisciplinary healthcare providers working to build and sustain a robust network to treat pediatric and adolescent obesity and to promote its prevention in Southern California.

*Contact Info: Benjamin Grace – email: bgrace@labiomed.org or phone: 310-222-8175

Jennifer K. Yee, MD
Associate Professor of Pediatrics
Division of Endocrinology
Harbor-UCLA Medical Center

Claudia Borzutzky, MD
Diplomate, American Board of Obesity Medicine
Clinical Associate Professor of Pediatrics
Keck School of Medicine of USC

Richard A. Brucker, MD, FAAP
Pediatrician and Pediatric Hospitalist
Clinical Instructor of Pediatrics, David Geffen School of Medicine at UCLA

Wendelin Slusser, MD, MS, FAAP
Clinical Professor
UCLA Schools of Medicine and Public Health
Fit for Healthy Weight Program

Alma Guerrero, MD, MPH
Assistant Professor
UCLA Department of Pediatrics
Fit for Healthy Weight Program

Cambria Garell, MD
Assistant Clinical Professor
UCLA Department of Pediatrics
Fit for Healthy Weight Program

Candice Taylor Lucas, MD, MPH, FAAP
Director, Patient-Centered Clerkship, UC Irvine School of Medicine
Health Sciences, Assistant Clinical Professor, Department of Pediatrics
UCI Pediatric Exercise and Genomics Research Center

Benjamin Grace, MPH
Program Manager, Be Forever Fit Program
Harbor-UCLA Medical Center

Miranda Westfall, MPH, RD
Program Manager, Clinic Dietitian
UCLA Fit for Healthy Weight Program

Nancy Quintanilla, BS
Program Coordinator, UCLA Fit for Healthy Weight Program

Jackeline B. Lopez, RD
Clinical Dietitian
Harbor-UCLA Medical Center

Quinn Durand, Psy.D.
Be Forever Fit Program
Harbor-UCLA Medical Center

Emily King, MD
Pediatric Endocrinology Fellow
Harbor-UCLA Medical Center

Holly McDonald, RD, CDE
Harbor-UCLA Medical Center

Lynda Polgreen, MD, MS
Assistant Professor of Pediatrics
David Geffen School of Medicine at UCLA
Division of Endocrinology
Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Bianca Torres
Program Coordinator, EMPOWER Weight Control Program

Jessica Padilla
Program Assistant & Data Manager, Be Forever Fit Program
Harbor-UCLA Medical Center

Gina Vuotto, CPNP, MSN, RN
Pediatric Endocrinology Nurse Practitioner
Harbor-UCLA Medical Center

Brenda Manzanarez, MS, RD
Clinical Dietitian, Program Coordinator
Empower Weight Management Program, Kids N Fitness

Carmela Brito
Administrative Services Associate

Paula Azouri, LCSW, ACM
Licensed Clinical Social Worker

Catherine Mao, MD
Professor of Pediatrics
Division of Endocrinology
Harbor-UCLA Medical Center

References

1.) Duffey KJ and Popkin BM. "Shifts in Patterns and Consumption of Beverages Between 1965 and 2002." *Obesity*, 15(11): 2739-2747, 2007.

2.) Nielsen SJ and Popkin BM. "Changes in Beverage Intake Between 1977 and 2001." *American Journal of Preventive Medicine*, 27(3): 205-210, 2004.

3.) Reedy J and Krebs-Smith SM. "Dietary Sources of Energy, Solid Fats, and Added Sugars Among Children and Adolescents in the United States." *Journal of the American Dietetic Association*, 110(10): 1477-1484.

4.) Johnson RK, Appel, LJ, Brands, M, et al. "Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association." *Circulation*, 120: 1011-1020, 2009.

5.) Woodward-Lopez G, Kao J, and Ritchie L. "To What Extent Have Sweetened Beverages Contributed to the Obesity Epidemic?" *Public Health Nutrition*, 14(3): 499-509, 502-503, 2010.

6.) Malik VS, Schulze MB, and Hu FB. "Intake of Sugar-Sweetened Beverages and Weight Gain: A Systematic Review." *American Journal of Clinical Nutrition*, 84(2): 274-288, 274, 2006.

7.) Vartanian LR, Schwartz MB, and Brownell KD. "Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis." *American Journal of Public Health*, 97(4): 667-675, 667, 2007.

8.) Pereira MA. "The Possible Role of Sugar-Sweetened Beverages in Obesity Etiology: A Review of the Evidence." *International Journal of Obesity*, 30: S28-S36, 2006.

9.) de Ruyter JC, Olthof MR, Seidell JC, Katan MB. A trial of sugar-free or sugar-sweetened beverages and body weight in children. N Engl J Med 2012;367:1397-406.

10.) Ebbeling CB, Feldman HA, Chomitz VR, et al. A randomized trial of sugar-sweetened beverages and adolescent body weight. N Engl J Med 2012;367:1407-16.

11.) Qi Q, Chu AY, Kang JH, et al. Sugar-sweetened beverages and genetic risk of obesity. N Engl J Med 2012;367:1387-96.

12.) Chen L, Appel LJ, Loria C, et al. "Reduction in Consumption of Sugar-Sweetened Beverages Is Associated with Weight Loss: the PREMIER Trial." *American Journal of Clinical Nutrition*, 89(5): 1299-1306, 2009.

13.) Ebbeling CB, Feldman, HA, Osganian SK, et al. "Effects of Decreasing Sugar-Sweetened Beverage Consumption on Body Weight in Adolescents: A Randomized, Controlled Pilot Study." *Pediatrics*, 117(3): 673-680, 677, 2006.

14.) Fryar, CD, Carol MD, and Ogden, CL, "Prevalence of Overweight and Obesity Among Children and Adolescents Aged 2-19 Years: United States, 1963-1965 through 2013-2014." *National Center For Health Statistics, Health E-Stat,* 2016.

15.) Glickman D, Parker L, Sim LJ, etc al. "Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation." *Institute of Medicine*, 2012.

16.) Narayan KM, Boyle JP, Thompson TJ, et al. "Lifetime Risk for Diabetes Mellitus in the United States." *Journal of the American Medical Association*, 290(14): 1884-1890, 2003.

17.) Imamura F, O'Connor L, Ye Z, et al. "Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction." BMJ. 2015 Jul 21;351:h3576.

18.) Marshall TA, Levy SM, Broffitt B, et al. "Dental Caries and Beverage Consumption in Young Children." *Pediatrics*, 112(3): e184-e191, 2003.

19.) Sohn W, Burt BA, and Sowers MR. "Carbonated Soft Drinks and Dental Caries in the Primary Dentition." *Journal of Dental Research*, 85(3): 262-266, 2006.

20.) Park S, Blanck HM, Sherry B, et al. "Regular-Soda Intake Independent of Weight Status Is Associated with Asthma Among US High School Students." *Journal of the Academy of Nutrition and Dietetics*, 113: 106-111, 109, 2013.

21.) Ballew C, Kuester S, and Gillespie C. "Beverage Choices Affect Adequacy of Children's Nutrient Intakes." *Archives of Pediatrics and Adolescent Medicine*, 154(11): 1148-1152, 2000.

22.) Kranz S, Smiciklas-Wright H, Siega-Riz AM, et al. "Adverse Effects of High Added Sugar Consumption on Dietary Intake in American Preschoolers." *Journal of Pediatrics*, 146(1): 105-111, 2005.

23.) Kant AK. "Consumption of Energy-Dense, Nutrient-Poor Foods by Adult Americans: Nutritional and Health Implications. The Third National Health and Nutrition Examination Survey, 1988-1994." *American Journal of Clinical Nutrition*, 72(4): 929-936, 2000.

24.) Marshall TA, Eichenberger Gilmore JM, Broffitt B, et al., "Diet Quality in Young Children Is Influenced by Beverage Consumption." *Journal of the American College of Nutrition*, 24(1): 65-75, 2005.

25.) VanEpps EM and Roberto CA. "The Influence of Sugar-Sweetened Beverage Warnings: A Randomized Trial of Adolescents' Choices and Beliefs." *American Journal of Preventive Medicine*, 51(5): 664-672, 2016.

26.) Roberto CA, Wong D, Musicus A, et al. “The Influence of Sugar-Sweetened Beverage Health Warning Labels on Parents’ Choices.” *Pediatrics*, 137(2): e20153185, 2016.