

STATE OF HAWAII
DEPARTMENT OF HUMAN SERVICES
P. O. Box 339
Honolulu, Hawaii 96809-0339

January 28, 2015

MEMORANDUM

TO: The Honorable Della Au Belatti, Chair
House Committee on Health

FROM: Rachael Wong, DrPH, Director

SUBJECT: **HB 1674 – RELATING TO BEVERAGES FOR CHILDREN**

Hearing: Friday, January 29, 2016; 8:30 a.m.
Conference Room 329, State Capitol

DEPARTMENT'S POSITION: The Department of Human Services (DHS) appreciates the intent of this bill to address childhood obesity and dental caries, and provides comments as similar federal regulations already exist.

PURPOSE: The purpose of HB 1674 is to establish additional restrictions on sugar-sweetened beverages and other beverages served in child care facilities.

The DHS's regulations for licensed and registered child care homes and facilities already require that for those programs that provide meals and snacks, the programs must comply with the requirements of the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), even if the programs are not participating in the USDA CACFP reimbursements. In the current USDA CACFP requirements, only milk and 100% fruit or

vegetable juice are the allowable fluids to be served to children in care. Any other type of beverage is not served to children in care by a licensed or registered child care home or facility.

The USDA CACFP issued proposed regulations in early-2015 and allowed comments to be submitted until May 2015. No additional updates have been provided by the USDA regarding the proposed regulations. In the proposed revisions for the CACFP, the USDA was still open to allowing flavored milk to be served for children ages 2-4 years with no more than twenty-two (22) grams of sugar per eight (8) fluid ounces. The proposed USDA revisions did not limit the amount of 100% fruit or vegetable juice to four (4) ounces served per day, as proposed in HB 1674. Therefore, if this measure is passed as currently drafted, the resulting law would be more restrictive than the USDA's federal food program regarding fruit or vegetable juice servings, even if the CACFP requirements were amended as proposed in early 2015. Also, it is unclear whether this measure considers flavored milk to be a sugar-sweetened beverage. If flavored milk is considered a sugar-sweetened beverage by Hawaii law, this would be another inconsistency with the USDA CACFP requirements which may lead to confusion.

As currently drafted, the measure may have unintended consequences. As noted in the preamble, in 2014 the estimate of 65,000 children under the age of 6 in Hawaii in need of child care is a concern as the current inventory of licensed child care facilities and registered family care homes only meets a little more than half of the needed capacity.

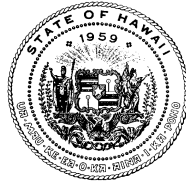
In fiscal year 2015, the Department monitored 623 licensed child care facilities and 535 registered family child care homes with a total of 35,332 child care slots. The majority of children are in licensed exempt child care settings. The measure as drafted places additional statutory requirements on top of 4 sets of administrative rules that licensed child care facilities and registered family child care homes already are required to follow. Additional licensing requirements, while supportive of health outcomes, may result in a reduction of licensed child

care facilities and registered family child care homes and dampen the interest for potential new providers.

The DHS would like to note that some licensed and registered child care homes and facilities choose not to provide meal service, and the child's parents or guardians are responsible for providing the meals and beverages for the child. There is no exception in the proposed bill that exempts beverages provided by the child's parents or guardians from meeting the requirements of this proposal and would put an additional burden on providers to regulate parental choice. Perhaps adding additional resources for prevention outreach, training or incentives to parents and child care providers of all settings regarding the positive choices would better serve the promotion of the establishment of practices of healthy living in early childhood as well as encourage the development of more licensed child care providers to become licensed.

The DHS also respectfully requests the Committee to consider that the DHS' legislative package HB 2343 and SB 2872 seeks authority to conduct monitoring inspections of non-licensed or registered child care providers who are caring for children receiving DHS child care subsidies, as mandated by recent amendments to the Child Care and Development Block Grant Act of 2014, Public Law 113-186. The anticipated administrative requirement of conducting monitoring inspections for this additional population of child care providers will be a priority for the limited resources of the DHS's child care licensing staff, along with on-going regulation of licensed and registered child care homes and facilities.

Thank you for the opportunity to provide comment on this bill.



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. Box 3378
Honolulu, HI 96801-3378
doh.testimony@doh.hawaii.gov

**Testimony COMMENTING on HB1674
RELATING TO BEVERAGES FOR CHILDREN**

REPRESENTATIVE DELLA AU BELATTI, CHAIR
HOUSE COMMITTEE ON HEALTH

Hearing Date: January 29, 2016

Room Number: 329

1 **Fiscal Implications:** The Department of Health (DOH) defers to the Department of Human
2 Services on the fiscal implications, recognizing that this measure will add to their regulatory
3 requirements and necessitate resources above current levels. The DOH stands ready to
4 collaborate and offer assistance to our sister agency in their important role in serving families
5 and children.

6 **Department Testimony:** The Department of Health offers comments on HB1674. The purpose
7 of this bill is to develop standards for beverages served in child care settings in an effort to help
8 prevent childhood obesity and dental caries. This bill would ensure that only the healthiest
9 beverages are served in child care settings.

10 Hawaii's child care settings can play an integral role in children's health and
11 development by providing a healthy food environment because many children spend large
12 amount of time in these settings. Many states, including California and Maryland, already
13 require that healthier drinks, such as water to replace sugar-sweetened beverages and
14 overconsumption of fruit juice in child care settings.¹

15 The concepts in this bill align with national recommendations for reducing the
16 consumption of sugar-sweetened beverages. The Division of Physical Activity, Nutrition and
17 Obesity (DNPAO) at the Centers for Disease Control and Prevention (CDC) recommends

¹ Robert Wood Johnson Foundation. RWJF Statement on Proposed Revisions to the Child and Adult Food Program. Available at: <http://www.rwjf.org/en/library/articles-and-news/2015/04/rwjf-statement-child-and-adult-care-food-program.html>

1 decreasing the consumption of sugar-sweetened beverages (SSBs) as an evidence-based strategy
2 for preventing and reducing overweight and obesity. To stem childhood obesity, *Caring for Our*
3 *Children: National Health and Safety Performance Standards* recommend that early care and
4 education programs avoid serving all concentrated sweets such as candy, sodas, sweetened
5 drinks, fruit nectars, and flavored milk, and not serving fruit juice to children younger than 12
6 months.

7 Today in Hawaii, more than one in four kindergarteners are overweight or obese and
8 have one of the highest rates of dental caries (cavities) in the nation.² There is a strong
9 correlation between weight and the consumption of SSBs like soda. In children each 12-ounce
10 soft drink consumed daily, increases their odds of becoming obese by 60%.³ The average
11 number of decayed teeth among 5-9 year olds in Hawaii at 3.9 is double the national average of
12 1.9.⁴ According to one study, among young children, aged 1 through 5 years, consumption of
13 SSBs was associated with an 80-100% increased risk of dental caries.⁵ Fruit juice have been
14 shown among children aged 2 to 4 years, to contribute roughly 100 calories to a daily diet,⁶ and
15 drinking too much juice may be associated with obesity, diarrhea and tooth decay.⁷

16 Thank you for the opportunity to provide comments.

17 **Offered Amendments:** None.

² Hau`Oli Mau Loa Foundation. Strategic Directions for the Children of Hawaii. Available at: <http://hauolimauloa.org/wp-content/uploads/2013/09/HML-StrategicDirections.pdf>

³ Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet*. 2001;357:505-8.

⁴ Hau`Oli Mau Loa Foundation. Strategic Directions for the Children of Hawaii. Available at: <http://hauolimauloa.org/wp-content/uploads/2013/09/HML-StrategicDirections.pdf>

⁵ Marshall TA, Levy SM, Broffitt B, Warren JJ, Eichenberger-Gilmore JM, Burns TL, Stumbo PJ. Dental caries and beverage consumption in young children. *Pediatrics*. 2003;112 (3 Pt 1):e184-e191.

⁶ Marshall TA, Levy SM, Broffitt B, Warren JJ, Eichenberger-Gilmore JM, Burns TL, Stumbo PJ. Dental caries and beverage consumption in young children. *Pediatrics*. 2003;112 (3 Pt 1):e184-e191.

⁷ Wojcicki JM, Heyman MB. Reducing Childhood Obesity by Eliminating 100% Fruit Juice. *American Journal of Public Health*: September 2012, Vol. 102, No. 9, pp. 1630-1633.



Date: January 27, 2016

To: The Honorable Della Au Belatti, Chair
The Honorable Richards P. Creagan, Vice Chair
Members of the House Committee on Health

From: Jessica Yamauchi, Executive Director, Hawai'i Public Health Institute

Re: **Strong Support for HB 1674, Relating to Beverages for Children**

Hrg: January 29, 2016 at 8:30 am at Capitol Room 329

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

The Hawai'i Public Health Institute (HIPHI) supports and promotes policy efforts to create a healthy Hawai'i. HIPHI weaves silos into working relationships as an effective network, ensuring that we come together across sectors to advance collaboration and innovation in public health and work towards making Hawai'i the healthiest place on earth.

HB 1674 will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. The concept of this bill is based on national recommendations for reducing the consumption of sugar-sweetened beverages. The Division of Physical Activity, Nutrition and Obesity (DNPAO) at the Centers for Disease Control and Prevention (CDC) recommends decreasing the consumption of sugar-sweetened beverages as one of six evidence-based strategies for preventing and reducing overweight and obesity.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. The children of Hawai'i also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

In Hawai'i current childcare facility requirements have specific nutrition regulations, however, they do not restrict facilities from serving sugar-sweetened beverages or excessive amounts of fruit juice.

Research demonstrates that taste preferences and lifelong healthy habits are formed in early childhood years. Consuming sugar-sweetened beverages at an early age may perpetuate that preference throughout life. There is overwhelming evidence on the link between obesity and the consumption of sugar-sweetened beverages like soda. In children, each 12 oz. soft drink consumed daily increases their odds of becoming obese by 60%. Research linking sugar-

sweetened beverages to dental caries is also strong. Among young children, aged 1 through 5, consumption of sugar-sweetened beverages was associated with an 80-100% increased risk of dental caries.

The fruit juice beverage standards in this bill are consistent with recommendations from the American Academy of Pediatrics, as well as the 2005 Dietary Guidelines for Americans. Fruit juice restrictions have been established because fruit juice is also full of sugar and among children aged 2 to 4 years, 100% juice contributes roughly 100 calories to a daily diet. Drinking too much juice may be associated with obesity, diarrhea and tooth decay.

Our child care settings can play an integral role in children's health and development by providing a healthy food environment because many children spend a large amount of time in early child care settings. More than 11 million children under the age of 6 in the United States spend an average of 30 hours per week in non-parental childcare settings. In 2014, close to 65,000 children in Hawai'i under the age of 6 potentially were in need of child care.

Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. HIPHI urges you to support HB 1674 to protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawai'i's obesity epidemic.

Thank you for the opportunity to provide testimony.

A handwritten signature in black ink that reads "Jessica Yamauchi". The signature is written in a cursive, flowing style.

Jessica Yamauchi, MA
Executive Director



HPCA

HAWAI'I PRIMARY CARE ASSOC

House Committee on Health

The Hon. Della Au Belatti, Chair

The Hon. Richard P. Creagan, Vice Chair

Testimony on House Bill 1674

Relating to Beverages for Children

Submitted by Dustin Stevens, Public Affairs and Policy Director

January 29, 2016, 8:30 a.m., Room 329

The Hawai'i Primary Care Association, which represents community health centers in Hawai'i, supports House Bill 1674, establishing restrictions on sugar-sweetened beverages and other beverages served in child care facilities.

There is little doubt that a growing health crisis exists in Hawaii regarding obesity, aided in no small part by the consumption of sugar sweetened beverages. The average person in the state consumes more than 170 liquid calories every day, almost all without any nutritional value. This consumption does not come without consequences, as the average annual obesity related medical expenditures in the state exceed \$470M.

Research has displayed that taste preferences and eating habits are formed in early childhood years, and this bill would aid that by requiring the serving of healthy beverages in child care facilities. In Hawaii, close to 65K children attended some form of child care, spending on average thirty hours per week in non-parental care. By limiting what drinks are served, an enormous number of calories and their related health risks could be avoided.

In addition, the decreased consumption of such beverages would have a positive effect on oral health outcomes. In Hawaii, the average number of decayed teeth among children ages 5-9 is 3.9, more than double the national average. This bill would help alleviate that by limiting the amount of sugared liquids children are coming in contact with.

For these reasons we support House Bill 1674 and thank you for the opportunity to testify.



January 27, 2015

TESTIMONY: Written only

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the Committee on Health

From: Hawaii Public Health Association

Subject: **SUPPORT** – HB1674 Relating to Beverages For Children

Hearing: January 29, 2016 at 8:30am at Capitol Room 329

The Hawaii Public Health Association is an association of over 600 community members, public health professionals, and organizations statewide dedicated to improving public health. HPHA also serves as a voice for public professionals and as a repository for information about public health in the Pacific.

HPHA **supports** the passage of HB1674 which establishes restriction on sugar-sweetened beverages and other beverages served in child care facilities.

This bill is critical in helping to reduce Hawaii's childhood obesity rates. On average, one in four children who reaches the age of attending Kindergarten in Hawaii is overweight or obese. Child care facilities are considerable contributors to children's overall health in this age group and younger. Due to the strong correlation between weight gain and sugar-sweetened beverage consumption as well as the promotion of tooth decay in the early years of childhood – Hawaii demonstrating more than double the national average - it is therefore a clear choice to vote in favor of eliminating sugar-sweetened beverages in child care facilities.

Providing better alternatives, such as 100% fruit juice, low-fat milk, water and other healthier alternatives to sugar-laden beverages in childcare facilities will result in healthier offerings to children within this young age-group while promoting life-long habits of overall wellness and improved beverage-consumption choices throughout childhood.

HPHA supports this policy to establish restriction on sugar-sweetened beverages and other beverages served in child care facilities. Thank you for the opportunity to provide testimony on important health issues affecting people in Hawai'i.

Respectfully submitted,


Holly Kessler
Executive Director



Testimony in Support of HB 1674, "RELATING TO BEVERAGES FOR CHILDREN"

The American Heart Association **supports** HB 1674.

Sugary drinks are an unnecessary part of the American diet that decades ago were just a treat and are now guzzled at alarming rates. From sports drinks to sodas to fruit-flavored drinks, today's children are drinking their age in these sugary drinks each week. Today's children derive 10% to 15% of their total calories from sugary beverages. Reducing consumption will improve rates of obesity, diabetes and heart disease.

Sugary beverages represent the single largest of sugar in the American diet. An average 20-oz. sugary beverage such as soda contains more than 16 teaspoons of sugar.

Too much added sugar from soda and sports drinks can overload critical organs over time, leading to serious diseases such as heart disease, stroke, high blood pressure, type 2 diabetes and dental erosion, pancreatic cancer, and metabolic syndrome. Sugar-sweetened beverages are also associated with a risk of weight gain and obesity. **Drinking just one 12-ounce soda every day increases a child's odds of becoming obese by 60 percent, and doubles the risk of dental carries.** While most sugary beverages contain little or no nutritional value, soft drink consumption is also associated with lower intakes of milk (therefore calcium and other nutrients).

Childhood obesity has more than tripled in the past 30 years, and obese children are at least twice as likely as non-obese children to become obese adults. **1 in 3 children entering kindergarten in Hawaii are overweight or obese.**

Consuming sugar through beverages also fools your body. When you consume sugar as a beverage you don't feel as full. It's easy to down 10 or more teaspoons of sugar in a single 12-oz. soda. **The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and no more than 9 teaspoons per day for men.** Thus, one average 12-oz. can of sugary beverage can put you over the daily maximum recommended amounts of added sugar.

Overweight and obesity account for approximately \$147 billion in annual health care costs nationally, or 9 percent of all medical spending. **An estimated \$470 million is spent annually on obesity-related health problems in Hawaii. Roughly half of those costs may be paid by Medicare and Medicaid, meaning taxpayers absorb the costs for health care associated with obesity treatment.**

The AHA urges your **SUPPORT** for **HB 11674** as part of a comprehensive approach to reducing and reversing Hawaii's overweight and obesity epidemic.

Respectfully submitted,

Donald B. Weisman
Hawaii Government Relations Director

*"Building healthier lives,
free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.



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Endocrinologist
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Wendy Loh
Franchise Owner
Juice Plus+

John Melish, MD, FACP
Endocrinologist
Kapiolani Medical Center
Professor, John A. Burns School of Medicine

Allison Mizuo Lee
Partner
Cades Schutte LLP

May M. Okhiro, MD, MS
Director, Hawaii initiative for Childhood Obesity
Research & Education
Assistant Professor
John A. Burns School of Medicine

Faith Rex
President
SMS Consulting

Valerie Sonoda
Educator, Health Systems Development
HMSA

Gino Soquena
Government and Community Relations Director
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Professor, Department Native Hawaiian Health
John A. Burns School of Medicine
National Adult Strategies Committee

Mia Noguchi
President
Lotus Pond Communications

Richard Okazaki
President
Diagnostic Laboratory Services, Inc.
Executive Director, Leslie Lam

January 28, 2016

The Honorable Della Au Belatti, Chair
Hawaii State House of Representatives
Hawaii State Capitol, Room 329
Honolulu, Hawaii 96813

Dear Representative Belatti and Members of the House Committee on Health:

On behalf of the American Diabetes Association (ADA) we are asking for your support of HB 1674. The ADA supports and helps advocate for such policies since they align with our focus on the prevention of type 2 diabetes, through policies that address physical activity and nutrition.

Diabetes is one of the most serious, common, and costly diseases in Hawaii affecting nearly 600,000 individuals with prediabetes or diabetes. The total cost for diabetes in Hawaii is well over \$1.5 billion posing a major public health problem. The ADA believes that if we are to truly make strides against this devastating disease, we must fund diabetes research and programs, improve health care, and support proven prevention measures.

ADA does recommend and has supported policies promoting nutritious school lunches, healthy vending machine options, to decrease consumption of sugar-sweetened beverages and increased opportunities for physical education and physical activity in schools as part of our overall prevention work. We support the goals of good nutrition and physical activity for children and commend the Hawaii legislature in considering legislation to help Stop prediabetes and diabetes and improve the health outcomes for a healthy Hawaii!

Please feel free to contact me to discuss your concerns or questions. I am available at llam@diabetes.org or 808.947.5979.

Sincerely,



Leslie Lam, Executive Director
American Diabetes Association



From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, January 26, 2016 7:35 PM
To: HLTtestimony
Cc: mendezj@hawaii.edu
Subject: *Submitted testimony for HB1674 on Jan 29, 2016 08:30AM*

HB1674

Submitted on: 1/26/2016

Testimony for HLT on Jan 29, 2016 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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HLTtestimony

From: Maria Moreno - Chow <morenochow@gmail.com>
Sent: Wednesday, January 27, 2016 4:48 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. Hawaii's children also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

In Hawai'i current childcare facility requirements have specific nutrition regulations, however, they do not restrict facilities from serving sugar-sweetened beverages or excessive amounts of fruit juice.

Research demonstrates that taste preferences and lifelong healthy habits are formed in early childhood years. Consuming sugar-sweetened beverages at an early age may perpetuate that preference throughout life. There is overwhelming evidence on the link between obesity and the consumption of sugar-sweetened beverages like soda. In children, each 12 oz. soft drink consumed daily increases their odds of becoming obese by 60%. Research linking sugar-sweetened beverages to dental cavities is also strong. Among young children, aged 1 through 5, consumption of sugar-sweetened beverages was associated with an 80-100% increased risk of dental decay.

The fruit juice beverage standards in this bill are consistent with recommendations from the American Academy of Pediatrics, as well as the 2005 Dietary Guidelines for Americans. Fruit juice restrictions have been established because fruit juice is also full of sugar and among children aged 2 to 4 years, 100% juice contributes roughly 100 calories to a daily diet. Drinking too much juice may be associated with obesity, diarrhea and tooth decay.

Our child care settings can play an integral role in children's health and development by providing a healthy food environment because many children spend a large amount of time in early child care settings. More than 11 million children under the age of 6 in the United States spend an average of 30 hours per week in non-parental childcare settings. In 2014, close to 65,000 children in Hawai'i under the age of 6 potentially were in need of child care.

Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. I ask you to support HB 1674 to

protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

Maria Moreno - Chow
548 Ulua st.
Kailua, HI 96734

HLTtestimony

From: Paul Ho <Hoart@mac.com>
Sent: Wednesday, January 27, 2016 4:51 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

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Thank you for the opportunity to provide testimony.

Paul Ho
88 Piikoi Street
3903
Honolulu, HI 96814

HLTtestimony

From: Michelle Gray <mmg2b@msn.com>
Sent: Wednesday, January 27, 2016 5:12 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

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The fruit juice beverage standards in this bill are consistent with recommendations from the American Academy of Pediatrics, as well as the 2005 Dietary Guidelines for Americans. Fruit juice restrictions have been established because fruit juice is also full of sugar and among children aged 2 to 4 years, 100% juice contributes roughly 100 calories to a daily diet. Drinking too much juice may be associated with obesity, diarrhea and tooth decay.

Our child care settings can play an integral role in children's health and development by providing a healthy food environment because many children spend a large amount of time in early child care settings. More than 11 million children under the age of 6 in the United States spend an average of 30 hours per week in non-parental childcare settings. In 2014, close to 65,000 children in Hawai'i under the age of 6 potentially were in need of child care.

Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. I ask you to support HB 1674 to

protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

Michelle Gray
430 Lanipua Street
Honolulu, HI 96825

HLTtestimony

From: Nicole Kerr <nicole.kerr@ah.org>
Sent: Wednesday, January 27, 2016 5:43 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. Hawaii's children also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

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protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

Nicole Kerr
520 N. Kalaheo
Kailua, HI 96734

HLTtestimony

From: Sandy Barr Rivera <sandycooks@earthlink.net>
Sent: Thursday, January 28, 2016 11:19 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

I have taught at the college level, where my students are motivated to learn, but stuck in their lifelong habits that display as obesity, diabetes, and heart disease-at college age!!!

The place to address poor health and move this forward in the most effective way is with young children. This goes for tasty, nutritious food in school cafeterias, cooked with pride. In my mind these two acts will move the next generation toward better lifelong health.

I don't give up on the older population, but recognize this opportunity as golden for major forward movement in this area: better baseline childhood health.

Thank you for the opportunity to weigh in.

Sandy Barr Rivera
45-476 Ilima Street
Box 1561
Honokaa, HI 96727

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, January 26, 2016 5:51 PM
To: HLTtestimony
Cc: protechoahu@gmail.com
Subject: *Submitted testimony for HB1674 on Jan 29, 2016 08:30AM*

HB1674

Submitted on: 1/26/2016

Testimony for HLT on Jan 29, 2016 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Clayton Silva	Individual	Oppose	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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From: mailinglist@capitol.hawaii.gov
Sent: Thursday, January 28, 2016 12:35 PM
To: HLTtestimony
Cc: mshimokawa@pcmahi.com
Subject: Submitted testimony for HB1674 on Jan 29, 2016 08:30AM

HB1674

Submitted on: 1/28/2016

Testimony for HLT on Jan 29, 2016 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Malia Shimokawa, MD	Individual	Support	No

Comments: As a pediatrician, obesity medicine specialist and mother, I am writing in full support of this measure that would greatly limit access to sugar-sweetened beverages for our most vulnerable population, children. By restricting SSB from being served in day care centers this would also serve as a powerful example for parents to mirror this in their homes. It is medically shown that eliminating/limiting SSB in children not only leads to healthier weight and minimizes medical co-morbidities such as diabetes and heart disease, these healthy habits and taste preferences lead to healthier adults. I commend the authors of this bill for this effort. Respectfully, Malia Shimokawa, MD Board-Certified, Pediatrics Board-Certified, Obesity Medicine Medical Director, NEW Keiki (weight management) Program, Kapiolani Medical Center for Women and Children Pediatrics, Pearl City Medical Associates

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HLTtestimony

From: Lani Nagao <lanikn@me.com>
Sent: Thursday, January 28, 2016 12:59 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

I hope that Hawaii will require health, fitness and nutrition education as part of childcare activities.

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. Hawai'i's children also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

In Hawai'i current childcare facility requirements have specific nutrition regulations, however, they do not restrict facilities from serving sugar-sweetened beverages or excessive amounts of fruit juice.

Research demonstrates that taste preferences and lifelong healthy habits are formed in early childhood years. Consuming sugar-sweetened beverages at an early age may perpetuate that preference throughout life. There is overwhelming evidence on the link between obesity and the consumption of sugar-sweetened beverages like soda. In children, each 12 oz. soft drink consumed daily increases their odds of becoming obese by 60%. Research linking sugar-sweetened beverages to dental cavities is also strong. Among young children, aged 1 through 5, consumption of sugar-sweetened beverages was associated with an 80-100% increased risk of dental decay.

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Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. I ask you to support HB 1674 to protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

Lani Nagao
2850 Kapena St.
Lihue, HI 96766

HLTtestimony

From: Lisa Andrews <Lisa.Andrews851@gmail.com>
Sent: Thursday, January 28, 2016 2:15 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

Everyone knows that children, when they're alone, are likely to make on healthy decisions about what they eat and drink. We are being completely irresponsible by making these sugary drinks an option.

I do believe that pure

Juice and/or nectar, without any additives, should be available as options. Also reverse osmosis water dispensers at fasciitis so that a child may fill their water bottle with clean water when needed.

Thank you for the opportunity to provide testimony.

Lisa Andrews

Kapa'au, HI 96755

From: mailinglist@capitol.hawaii.gov
Sent: Thursday, January 28, 2016 3:07 PM
To: HLTtestimony
Cc: natalie.mckinney@gmail.com
Subject: *Submitted testimony for HB1674 on Jan 29, 2016 08:30AM*

HB1674

Submitted on: 1/28/2016

Testimony for HLT on Jan 29, 2016 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Natalie McKinney	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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January 28, 2016

To:

The Honorable Della Au Belatti, Chair
The Honorable Representative Richard P. Creagan, Vice Chair
Members, House Committee on Health

From:

Cristeta Ancog M.D, FAAP

Re: Strong Support for HB 1674, Relating to Health

Thank you for the opportunity to testify in **strong support** of HB1674. I strongly support setting standards for nutrition in child care facilities by ensuring that healthy beverages are served. Restricting sugar-sweetened beverages and limiting the amount of fruit juice served in child care settings will help prevent childhood obesity and dental cavities in Hawaii.

I am a board certified pediatrician, and am deeply concerned about the epidemic of pediatric obesity in our state. In over 25 years of practice, I have witnessed the increase in overweight and obese children. Across the state, the highest rates are in the low income and Native Hawaiian populations, but every demographic is part of this obesity epidemic. Studies show that 70% of these overweight children will become overweight adults, which increases the complications that are associated with obesity, especially type 2 diabetes and early cardiac disease. We are already seeing these complications in children.

We know that eating habits of children are formed in their early years. Children can easily drink a lot of juice because it tastes good. Drinking sugar-sweetened beverages such as sweetened fruit juice increases caloric intake without adding any nutritional value. Even too much 100% juice is not healthy. While the American Academy of Pediatrics does suggest 100% fruit juice as an acceptable part of a healthy diet, they advise no more than 4 to 6 ounces a day. Any more than this reduces a child's appetite for other, more nutritious foods. Fruit juice offers no nutritional benefits over whole fruit. Whole fruits provide fiber and other nutrients. The AAP recommends that children drink water and milk.

Promoting healthy eating habits in childcare settings will teach children how to lead healthy lifestyles. It is much better to prevent obesity than to treat it later on. We all know how hard it is to make lifestyle changes and lose weight when we are older. Please help create a healthier Hawaii and pass HB1674.

Sincerely,

Cristeta Ancog MD, Fellow, American Academy of Pediatrics, Board Certified, American Board of Pediatrics
98-1941 F Kaahumanu St
Aiea, HI 96701

HLTtestimony

From: Jermy Domingo <jermy@hawaii.edu>
Sent: Thursday, January 28, 2016 5:38 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. Hawaii's children also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

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protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

Jermy Domingo
91-1036 Koka St.
Honolulu, HI 96813

HLTtestimony

From: Jodilyn Kunimoto <jodilyn@hawaii.rr.com>
Sent: Thursday, January 28, 2016 5:31 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Jodilyn Kunimoto
Kunimoto
Hilo, HI 96720

HLTtestimony

From: Hau'oli Tomoso <john.a.h.tomoso@gmail.com>
Sent: Wednesday, January 27, 2016 11:59 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

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Thank you for the opportunity to provide testimony.

John A. H. Tomoso, MSW, ACSW, LSW
51 Ku'ula Street
Kahului, Maui, HI 96732-2906

Hau'oli Tomoso
51 Ku'ula Street
Kahului, HI 96732

HLTtestimony

From: Katalina McGlone <doctor.katalina@gmail.com>
Sent: Wednesday, January 27, 2016 10:37 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Thank you for the opportunity to provide testimony.

Sincerely,
Katalina McGlone, PhD, MSEPH, CHES

Katalina McGlone
PO BOX 235166
HONOLULU, HI 96823

HLTtestimony

From: LEENA TAMANG <ltamang@hotmail.com>
Sent: Wednesday, January 27, 2016 8:22 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

LEENA TAMANG

Honolulu, HI 96815

HLTtestimony

From: shay Chan Hodges <shay.chanhodges@gmail.com>
Sent: Wednesday, January 27, 2016 7:45 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

Categories: Green Category

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

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Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. I ask you to support HB 1674 to protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

shay Chan Hodges
37 Puu Koa Place
Haiku, HI 96708

HLTtestimony

From: Kanani Kilbey <kanani.kilbey@gmail.com>
Sent: Wednesday, January 27, 2016 7:44 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

Categories: Green Category

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

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In Hawai'i current childcare facility requirements have specific nutrition regulations, however, they do not restrict facilities from serving sugar-sweetened beverages or excessive amounts of fruit juice.

Research demonstrates that taste preferences and lifelong healthy habits are formed in early childhood years. Consuming sugar-sweetened beverages at an early age may perpetuate that preference throughout life. There is overwhelming evidence on the link between obesity and the consumption of sugar-sweetened beverages like soda. In children, each 12 oz. soft drink consumed daily increases their odds of becoming obese by 60%. Research linking sugar-sweetened beverages to dental cavities is also strong. Among young children, aged 1 through 5, consumption of sugar-sweetened beverages was associated with an 80-100% increased risk of dental decay.

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Thank you for the opportunity to provide testimony.

Kanani Kilbey
53-510 Kamehameha Highway
Attn: Dr. Bryan Mih, HEALTHY program
Hauula, HI 96717

HLTtestimony

From: Cyrus Howe <cwhowe@gmail.com>
Sent: Wednesday, January 27, 2016 7:00 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Cyrus Howe

Honolulu, HI 96822

HLTtestimony

From: Tyler Ralston <dgkahalas@gmail.com>
Sent: Wednesday, January 27, 2016 6:31 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Tyler Ralston
PO Box 10528
Honolulu, HI 96816

HLTtestimony

From: Marilyn Gagen <mgagen@gmail.com>
Sent: Wednesday, January 27, 2016 6:46 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Marilyn Gagen
59-398 Ka Nani Drive
N/A
Kamuela, HI 96743

HLTtestimony

From: Courtney Voss <courtney@hiphi.org>
Sent: Thursday, January 28, 2016 9:30 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Courtney Voss
850 Richards Street
Haleiwa, HI 96712

HLTtestimony

From: Curtis Palmer <curt.palmer@cancer.org>
Sent: Thursday, January 28, 2016 9:37 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Curtis Palmer
45-615 Puuluna Pl
Kaneohe, HI 96744

HLTtestimony

From: Kathryn Braun <kbraun2000@gmail.com>
Sent: Thursday, January 28, 2016 10:37 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Kathryn Braun
625 Iolani Ave #504
Honolulu, HI 96813

HLTtestimony

From: Cynthia P Chow <cyn.artemis@gmail.com>
Sent: Thursday, January 28, 2016 10:43 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

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Thank you for the opportunity to provide testimony.

Cynthia P Chow
46-369 Haiku Road
D-6
Kaneohe, HI 96744

HLTtestimony

From: Michele Nihipali <nihipalim001@hawaii.rr.com>
Sent: Thursday, January 28, 2016 12:11 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Thank you for the opportunity to provide testimony.

Michele Nihipali
54-074 Kamehameha Hwy. # A
54-074 A Kam Hwy
Hauula, HI 96717

HLTtestimony

From: Lorrie Ann Santos <anelalani@gmail.com>
Sent: Friday, January 29, 2016 5:22 AM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

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Lorrie Ann Santos
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HLTtestimony

From: Patricia Soeda <Psuenaga@yahoo.com>
Sent: Thursday, January 28, 2016 10:30 PM
To: HLTtestimony
Subject: Support for HB 1674, Relating to Beverages for Children

To: The Honorable Della Au Belatti, Chair
The Honorable Richard P. Creagan, Vice Chair
Members of the House Committee on Health

Hrg: House Committee on Health, January 29, 2016, 8:30 am, Room 329

Re: Support for HB1674, Relating to Beverages for Children

Thank you for the opportunity to offer testimony in support of HB 1674, Relating to Beverages for Children.

This bill will develop standards for beverages served in childcare facilities in an effort to help prevent childhood obesity and dental caries. HB1674 will ensure that only the healthiest beverages are served in childcare settings.

Today in Hawai'i, more than one in four kindergartners are overweight or obese and Hawai'i spends an estimated \$470,000,000 annually on obesity-related medical costs. Hawaii's children also have one of the highest rates of dental caries (cavities) in the nation. The average number of decayed teeth among 5-9 year-olds in Hawai'i is 3.9, double the national average. These figures underscore the need to provide healthy food and beverages to ensure that the children of Hawai'i can make healthy choices to prevent obesity and dental decay.

In Hawai'i current childcare facility requirements have specific nutrition regulations, however, they do not restrict facilities from serving sugar-sweetened beverages or excessive amounts of fruit juice.

Research demonstrates that taste preferences and lifelong healthy habits are formed in early childhood years. Consuming sugar-sweetened beverages at an early age may perpetuate that preference throughout life. There is overwhelming evidence on the link between obesity and the consumption of sugar-sweetened beverages like soda. In children, each 12 oz. soft drink consumed daily increases their odds of becoming obese by 60%. Research linking sugar-sweetened beverages to dental cavities is also strong. Among young children, aged 1 through 5, consumption of sugar-sweetened beverages was associated with an 80-100% increased risk of dental decay.

The fruit juice beverage standards in this bill are consistent with recommendations from the American Academy of Pediatrics, as well as the 2005 Dietary Guidelines for Americans. Fruit juice restrictions have been established because fruit juice is also full of sugar and among children aged 2 to 4 years, 100% juice contributes roughly 100 calories to a daily diet. Drinking too much juice may be associated with obesity, diarrhea and tooth decay.

Our child care settings can play an integral role in children's health and development by providing a healthy food environment because many children spend a large amount of time in early child care settings. More than 11 million children under the age of 6 in the United States spend an average of 30 hours per week in non-parental childcare settings. In 2014, close to 65,000 children in Hawai'i under the age of 6 potentially were in need of child care.

Many states, including California and Maryland, already require that healthier drinks, such as water, replace sugar-sweetened beverages and the over-consumption of fruit juice in child care settings. I ask you to support HB 1674 to

protect our children's health by ensuring that only healthy beverages are served in child care settings and as a part of a comprehensive approach to reducing and reversing Hawaii's obesity epidemic.

Thank you for the opportunity to provide testimony.

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