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DEPUTY DIRECTOR

TO THE HOUSE COMMITTEE ON
HEALTH AND HUMAN SERVICES

TWENTY-NINTH LEGISLATURE
Regular Session of 2018

Wednesday, January 24, 2018
10:00 am

TESTIMONY ON HOUSE BILL NO. 1711 – RELATING TO HEALTH.

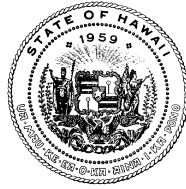
TO THE HONORABLE JOHN M. MIZUNO, CHAIR, AND MEMBERS OF THE
COMMITTEE:

The Department of Commerce and Consumer Affairs (“Department”) appreciates the opportunity to testify on H.B. 1711, Relating to Health. My name is Gordon Ito, and I am the Insurance Commissioner for the Department’s Insurance Division. The Department supports this bill.

The purpose of this bill is to require restaurants selling children’s meals that include a beverage for a single price to make the default beverage a healthy beverage.

The Department supports the continuing effort to improve children’s health through an increased awareness that food choices impact childrens’ and grandchildrens’ health. We support public health policies aimed at reversing the prevalence of obesity in Hawaii, which has more than doubled from 10.6% in 1994 to 22.7% in 2015, according to the State’s Department of Health. This trend will result in poorer health outcomes for our communities, higher healthcare costs, and an increase in health insurance premiums.

We thank the Committee for the opportunity to testify on this measure.



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

**Testimony in SUPPORT of HB1711
RELATING TO HEALTH**

REPRESENTATIVE JOHN M. MIZUNO, CHAIR
HOUSE COMMITTEE ON HEALTH AND HUMAN SERVICES

Hearing Date: January 24, 2018

Hearing Date: 329

1 **Fiscal Implications:** Undetermined staffing capacity and resources required to implement the
2 measure. The cost of support has not been quantified. Recommend that the enforcement and
3 penalty section, page 4, Section 321-C be deleted. No appropriation is provided to the
4 Department of Health to establish the program.

5 **Department Testimony:** The Department supports House Bill 1711 (HB1711), with the
6 deletion of the enforcement and penalty section, page 4, Section 321-C. HB1711 would require
7 retail food establishments to offer only water, sparkling water, flavored water with no added
8 natural or artificial sweeteners, milk, or non-dairy milk alternatives as the default beverage
9 option in children's meals. The concept of this bill is based on national recommendations for
10 reducing the consumption of sugar sweetened beverages (SSBs). The Division of Physical
11 Activity, Nutrition and Obesity (DNPAO) at the Centers for Disease Control and Prevention
12 (CDC) recommends decreasing SSBs as an evidence-based strategy for preventing and reducing
13 overweight and obesity. The 2015 Dietary Guidelines for Americans also recommends reducing
14 the intake of SSBs as a method to control calorie intake and manage body weight.

15 Today in Hawaii, more than one in two adults (BRFSS 2016; 57.6%) and over one in four
16 high school students (YRBS 2017; 28.4%) are affected by overweight or obesity. The rate of
17 adults with diabetes in Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-
18 diabetes (2016 BRFSS). Hawaii spends an estimated \$470 million on obesity-related medical

1 costs, and \$770 million on diabetes-related medical costs.¹ SSBs have been identified by
2 numerous scientific studies as a major contributor to our costly obesity epidemic.² Additionally,
3 drinking sugar-sweetened beverages can significantly contribute to tooth decay. SSB
4 consumption is associated with nearly twice the risk of cavities in children.³ More than seven
5 out of ten Hawaii third-graders are affected by tooth decay and one in four have untreated tooth
6 decay.⁴ Hawaii also received a failing grade of “F” on three recent oral health report cards by
7 the Pew Center.⁵

8 Between 1977 and 2001, calorie intake from SSBs increased 135 percent for all age
9 groups.⁶ While overall SSB consumption has decreased in recent years, particularly among
10 children and adolescents, consumption rates remain high.⁷ A recent survey conducted by the
11 Department of Health found that over half of adolescents in Hawaii (56%) drink SSBs one or
12 more times per day and nearly all teens (94%) drink SSBs at least once a week.⁸ A typical 20-
13 ounce soda contains 14 to 18 teaspoons of sugar and about 240 calories. In comparison, the
14 American Heart Association guideline for daily added sugars is no more than 6 teaspoons (100
15 calories for women and children, and no more than 9 teaspoons for men.⁹ A 2015 study found
16 that healthy children’s menu defaults resulted in healthier ordering patterns, without reducing

¹ Trogdon, JG., Finkelstein, EA., Feagan, CW., & Cohen, JW. (2012). State- and payer-specific estimates of annual medical expenditures attributable to obesity. *Obesity*, 20(1): 214-220. doi: 10.1038/oby.2011.169.

² Smith TA, Lin BH, Lee JY. Taxing caloric sweetened beverages: Potential effects on beverage consumption, calorie intake, and obesity. Washington, DC: Economic Research Service (ERS), US Department of Agriculture (USDA); 2010: ERR-100.

³ Sohn W, Burt BA, and Sowers MR. (2006). Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*, 85(3): 262-266.

⁴ Hawaii State Department of Health. (2015 September 25). Hawaii oral health: Key Findings. Retrieved from http://health.hawaii.gov/about/files/2013/06/Key_Findings_wC.pdf.

⁵ Hawaii State Department of Health. (2016 August). Hawaii smiles 2015: The oral health of Hawaii’s children. Retrieved from <https://health.hawaii.gov/about/files/2013/06/Hawaii-Smiles-Report.pdf>.

⁶ Nielsen SJ and Popkin BM. “Changes in Beverage Intake Between 1977 and 2001.” *American Journal of Preventive Medicine*, 27(3): 205-210, 205, 2004. Available at: www.cpc.unc.edu/projects/nutrans/publications/Beverage%20trends-BP-Samara%202004.pdf.

⁷ Han E. and Powell LM. “Consumption Patterns of Sugar-Sweetened Beverages in the United States,” *Journal of the Academy of Nutrition and Dietetics*, 113 (1): 43-53, 2013. Available at: www.ncbi.nlm.nih.gov/pubmed/23260723.

⁸ Hawaii State Department of Health. (2012, 2013, & 2017). Rethink Your Drink Adolescent Survey, 2012, 2013, & 2017 combined.

⁹ Johnson RK, Appel LJ, Brands, M., Howard, BV, Lefevre, M., Lustig, RH, Sacks, F, Steffen LM, Wylie-Rosett, J. “Dietary Sugars Intake and Cardiovascular Health,” *Circulation* 2009:1011-1020.

1 revenue.¹⁰ This suggests that implementing healthy defaults in restaurants can improve child
2 nutrition while ensuring that restaurants remain competitive.¹¹

3 Requiring retail food establishments to prohibit the sale of SSBs as a part of a children's
4 meal would encourage families to choose a healthy option when eating outside the home. On
5 average, children consume nearly twice as many calories from a restaurant meal (770) as they do
6 from a home cooked meal (420).¹² Adding SSBs to these meals adds calories and sugar that may
7 contribute to obesity and health problems. Ensuring healthy default options in children's meals
8 is part of a comprehensive public health prevention strategy to reduce the risk for obesity and
9 type 2 diabetes in Hawaii's children.

10 **Offered Amendments:** The Department requests the following amendments to HB1711

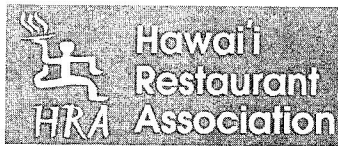
11 1) Delete – Page 4, Lines 7, 8, 9, 10, and 11:

12 ~~“§321 C Enforcement. Any violations of section 321 B shall constitute a~~
13 ~~violation and shall be enforceable by the department of health. The fine for~~
14 ~~this violation shall be not less than \$ — nor more than \$ — for each~~
15 ~~separate offense.”²²~~

¹⁰ Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

¹¹ Anzman-Frasca, S. et. al. “Changes in children’s meal orders following healthy menu modifications at a regional US restaurant chain.” *Obesity*, April 28, 2015; 1055-1062.

¹² Xoumas-Morse C., Rock CL., Sobo EJ., Neuhouser ML. “Children’s Patterns of Macronutrient Intake and Associations with Restaurant and Home Eating.” *J. Am Dietetic Assoc* 2001; 101:923-925.



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To: Rep. John M. Mizuno, Chair
 Rep. Bertrand Kobayashi, Vice Chair
 Members of the Committee on Health & Human Services

From: Victor Lim, Legislative Chair
 Hawaii Restaurant Association

Subj: HB 1711 Children's Meals with Healthy Beverages as Default

Date: January 22, 2018

We at the Hawaii Restaurant Association will like to share with the committee that this particular bill might not be necessary.

Since 2015, major brands led by McDonald's, Wendy's, Subway and Burger King has stopped offering soda as the default beverage for children's meals.

At McDonald's, our default beverages for our Happy Meals are 1% low fat white milk, fat free Chocolate Milk, or Organic Apple juice. I believe the other major brands are doing similar things that are in the spirit of what is being proposed by this bill.

Thank you for giving us an opportunity to share our comments with your committee. If you have further questions, please feel free to let us know.

Thanks and Aloha.





January 23, 2018

To: The Honorable John Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health and Human Services

Re: **Strong Support for HB1711**

Hrg: January 24, 2018 at 10:00am at Conference Room 329

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

HPHA strongly supports HB1711, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. Each additional sugary drink consumed daily increases a child's risk of becoming obese by 60%. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Passage of HB1711 will make Hawaii the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

Thank you for the opportunity to provide testimony on important health issues affecting people in Hawai'i.

Respectfully submitted,

A handwritten signature in black ink that reads 'Holly Kessler'.

Holly Kessler, Executive Director
Hawai'i Public Health Association



American Cancer Society
Cancer Action Network
2370 Nuʻuanu Avenue
Honolulu, Hawaiʻi 96817
808.432.9149
www.acscan.org

House Committee on Health and Human Services
Representative John Mizuno, Chair
Representative Bertrand Kobayashi, Vice Chair

HB 1711 – RELATING TO HEALTH

Cory Chun, Government Relations Director – Hawaii Pacific
American Cancer Society Cancer Action Network

Thank you for the opportunity to provide testimony in support of HB 1711, which requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage.

The American Cancer Society Cancer Action Network (ACS CAN) is the nation's leading cancer advocacy organization. ACS CAN works with federal, state, and local government bodies to support evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem.

Excess body weight increases the risk for several common cancers, including breast, colorectal, uterus, kidney, adenocarcinoma of the esophagus, pancreatic, ovarian, liver, gastric cardia, gall bladder, and thyroid cancer as well as meningioma and multiple myeloma. The biological link between excess weight and cancer is believed to be related to multiple factors including fat and sugar metabolism, immune function, hormone levels and proteins that affect them, and other factors related to cell growth.

Despite the evidence linking excess weight, poor nutrition, and physical inactivity to increased cancer risk, most Americans are not meeting recommended nutrition and physical activity targets. Reversing obesity trends and reducing the associated cancer risk will require a broad range of strategies that include policy and environmental changes that make it easier for individuals to regularly make healthy diet and physical activity choices.

The purpose of this measure is to make the healthy beverage choice the easy choice for children eating meals designed and marketed to them. This measure focuses on high caloric and sugary beverages that provide excess and empty calories, since sugary beverages have no nutritional benefits.

Thank you for the opportunity to provide testimony on this important matter.



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LJ Duenas
Hawaii Director
American Diabetes Association

January 23, 2018

Rep. John Mizuno, Chair
Rep. Bertrand Kobayashi, Vice Chair
House Committee on Health
Hawaii State Capitol

RE: Testimony In Support of HB1711

The American Diabetes Association (Association) supports legislative bills intended to promote type 2 diabetes prevention and persuade strategies to improve health outcomes. We encourage you and your committee to support such measures.

Today, 21 people in Hawaii will be diagnosed with diabetes. This disease is one of the most serious, common, and costly diseases in the United States; costing us over \$322 billion annually. Sugary drinks can significantly increase a person's risk for chronic diseases such as type 2 diabetes, obesity and heart disease; they (sugary drinks) are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Efforts are needed to bring awareness to health issues associated with excessive sugar consumption, and policies to help discourage such behaviors.

The Association supports HB1711 which promotes healthy meal options by making the default beverage offered in children's meals a healthy drink, and we ask you to pass this out of committee. We believe HB1711 will reduce consumption of sugary drinks, effectuate changes, and improve health outcomes for our keiki. Help us make the healthy choice, the easy choice.

If you have any questions, please reach out to me by email at lduenas@diabetes.org.

Warmest aloha,

LJ Duenas, Hawaii Director
American Diabetes Association



21 people
are diagnosed with
diabetes every day
in Hawaii

American Diabetes Association
Pioneer Plaza
900 Fort Street Mall, Suite 940
Honolulu, Hawaii 96813
Tel (808) 947-5979 | Fax (808) 546-7502
1-888-DIABETES (342-2383)
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Federal Tax Identification Number: 13-1623888



January 22, 2018

House Committee on Health and Human Services

HB1711

Ellie Kelley-Miyashiro, RDH, BS

Hawaii Dental Hygienists' Association, Regulations and Practice Chairperson

Chairperson Mizuno, Vice Chair Kobayashi and Committee Members:

The Hawaii Dental Hygienists' Association (HDHA) fully supports **HB 1711**. We would like to congratulate you on your leadership in initiating this important discussion during this legislative session. Having one of the worst dental decay rates in the nation, Hawaii's children can only benefit from legislation such as this.

Tooth decay, like most other health problems starts with diet. Increased sugar exposure throughout the day cumulatively effects decay rates, so limiting sugar intake wherever possible can only benefit our children's overall oral health.

As the largest association representing Hawaii's licensed dental hygienists', HDHA strongly **supports HB1711** to address the prevention of dental disease among Hawaii's children.



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To: Representative John M. Mizuno, Chair
Representative Bertrand Kobayashi, Vice Chair
House Committee on Health & Human Services

From: Deborah Zysman, Executive Director
Hawaii Children's Action Network

Re: **H.B. 1711, Relating to Health**
Hawaii State Capitol, Room 329 – January 24, 2018 – 10:00 A.M.

Directors

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Travis Hong, MD
Darin Leong, Esq.
Makana McClellan
Mark Murakami, Esq.
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David Randall
Jennifer Thompson
Sione Thompson
Daphne Tong-Pave

On behalf of Hawaii Children's Action Network (HCAN), formerly Good Beginnings Alliance, we are writing in support of H.B. 1711, which would require restaurant kids' meals to offer a healthy beverage—rather than soda or sugary drinks—as the default option.

Sugary drinks are the single largest source of added sugars in our kids' diets, contributing to health and dental issues. In Hawai'i, more than one in four kindergartners are overweight or obese. As a state, we spend an estimated \$470 million annually on obesity-related medical costs. Additionally, Hawaii's children have the highest rate of tooth decay in the nation. These figures underscore the need to provide nutritious food and beverage options to ensure that the children of Hawaii can make healthy choices to prevent obesity and dental decay.

H.B. 1711 is intended to promote healthier options in restaurant kids' meals. While many restaurants offer healthy beverages as an option for kids' meals, this bill encourages kids to make healthy choices and would stop kids from receiving a sugary drink when they didn't specifically ask for one.

For these reasons, HCAN respectfully requests the Committee to support this measure.

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Lynn Watanabe



Date: January 23, 2018

To: The Honorable John Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health and Human Services

From: Trish La Chica, Policy and Advocacy Director, Hawai'i Public Health Institute

Re: STRONG SUPPORT for HB1711, Relating to Health

Hrg: January 24, 2018 at 10:00am at Conference Room 329

Thank you for the opportunity to testify in **strong support** of HB1711, which would require retail food establishments to only offer water or milk as the default beverage served with children's meals.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 40 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

Offering healthy beverages as the default option helps to keep our keiki healthy

Restaurants that offer children's menus typically serve refillable sugary drinks like sodas and fruit punch with their advertised kids' meals. Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. This measure helps to support parents in keeping their kids' healthy. Instead of getting a sugary drink without asking for one, kids will have the opportunity to start their meal with a healthy beverage, such as water or milk. With more and more families grabbing a meal on the run or dining out, making the healthy choice can often be challenging. That's why it's so important that restaurants and food establishments serve as venues to promote healthy beverage options as part of the bundled kids' meal.

SSBs contribute to a poor diet and are associated with obesity, type 2 diabetes, and tooth decay

Sugar-sweetened beverages have become a staple item in our diet, primarily because they are inexpensive and heavily marketed, especially to kids. SSBs do not deliver any nutrition and studies have shown that consumption of SSBs is associated with obesity, type 2 diabetes, cardiovascular disease, and tooth decay. Drinking just one 8-oz sugary drink per day increases a child's odds of becoming obese by 60%.

Soft drinks are the most common kids' meal beverage, offered by 74% of top chain restaurants. The next most frequent beverage offerings are low fat milk (69%) and fruit juice (65%)¹. According to a survey done in 2014 by the National Restaurant Association, 72% of consumers say that they would be more

¹ Center for Science in the Public Interest, 2017

likely to visit a restaurant that offers healthful options². A few large chains including Subway, McDonalds, Wendy's, Burger King, Applebee's, Dairy Queen, Jack in the Box, and IHOP have been offering healthier drinks as a part of their kids' meals. The trend has started with a few large chains and it is time for all restaurants to help our keiki and offer healthier beverage choices.

An educational campaign must be accompanied by policy change

Although public health education is key, policy change is necessary to truly affect consumption and make it easier for people to make the healthy choice and to say "no" to unhealthy drinks. Parents simply want more healthy choices for their kids and to cut down on those familiar requests for sugary drinks. This "healthy-by-default" beverage measure makes it easier for parents to provide a healthy beverage for their kids and gives us an opportunity to engage restaurants, community groups and the public around the importance of offering healthy beverage options to young children. It's a step in the right direction. HIPHI is willing and able to partner with the State Department of Health to educate the public on the implementation of this law.

The culture of sugary drinks leads to poor health. In the last two years, there have been eight jurisdictions that have already enacted healthy by default beverage legislation.

HB1711 is an important step in the right direction and helps parents and kids make healthy decisions about what to drink. We respectfully ask you to pass this measure out of committee.

Mahalo,



Trish La Chica
Policy and Advocacy Director

² National Restaurant Association, 2014



American Heart Association testimony in support of HB 1711, "Relating to Health"

The American Heart Association strongly supports HB 1711, "Relating to Health." The proposed legislation will reduce the marketing of unhealthy beverages to children by making the default beverage included in kid's meals milk or water.

Restaurants play a central role in the American diet as people increasingly consume more food away from home. The Rudd Center for Food Policy and Obesity reports that 89 percent of parents report making a purchase from a fast-food restaurant for their children in the previous week. 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.

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.

An extra-small (ten-ounce, child-size) cola contains approximately 33 grams of added sugars, which exceeds the 25 grams of added sugars that the American Heart Association (AHA) has established as the daily upper limit for children and teenagers. The AHA recommends that children consume no more than eight ounces of sugary drinks per week; kid-sized beverages vary across restaurants, but are usually six to twelve ounces.

In 2009, the state medical cost attributable to obesity was \$470 million dollars, and this figure continues to rise. As many as 1 in 3 adults could have diabetes by 2050 if current trends continue. Without changes in this trajectory, Hawaii's healthcare costs will be unsustainable for Hawaii's businesses and families. Removing sugary drinks from children's menus can send a signal that they are not appropriate everyday beverages for children and help to establish a healthier next generation. We urge you to support HB 1711 and help to lead our state in becoming healthier.

Respectfully submitted,

Donald B. Weisman

Hawaii Government Relations/Communications Director

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

life is why™ es por la vida™ 全为生命™

Please remember the American Heart Association in your will.





**Testimony to the House Committee on Health and Human Services
Wednesday, January 24, 2018; 10:00 a.m.
State Capitol, Conference Room 329**

RE: SUPPORTING HOUSE BILL NO. 1711, RELATING TO HEALTH.

Chair Mizuno, Vice Chair Kobayashi, and Members of the Committee:

The Hawaii Primary Care Association (HPCA) is a 501(c)(3) organization established to advocate for, expand access to, and sustain high quality care through the statewide network of Community Health Centers throughout the State of Hawaii. The HPCA **SUPPORTS** House Bill No. 1711, RELATING TO HEALTH.

The bill, as received by your Committee, would require restaurants that sell a children's meal to make the default beverage offered with the children's meal either:

- (1) Water, sparkling water, or flavored water, with no added natural or artificial sweeteners; or
- (2) Milk or non-dairy milk alternative.

In addition, the bill would require restaurants to complete an initial self-certification of compliance, and establish unspecified fines for violations to be enforced by the Department of Health.

Federally Qualified Health Centers (FQHCs) provide desperately needed medical services at the frontlines in rural communities. Long considered champions for creating a more sustainable, integrated, and wellness-oriented system of health, FQHCs provide a more efficient, more effective and more comprehensive system of health.

As a member of the Obesity Prevention Task Force, the HPCA joins the Hawaii Public Health Institute and other advocates in support of efforts to reduce the consumption of sugar in the marketplace.

In advance, thank you for your consideration of our testimony.

January 24, 2018 at 10:00am

Conference Room 329

House Committee on Health & Human Services

To: Representative John M. Mizuno, Chair
Representative Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health & Human Services

From: Michael Robinson
Vice President & Government Relations

Re: Support for HB1711 – Relating to Health

My name is Michael Robinson, Vice President & Government Relations at Hawaii Pacific Health. Hawaii Pacific Health is a not-for-profit health care system with over 70 locations statewide including medical centers, clinics, physicians and other caregivers serving Hawaii and the Pacific Region with high quality, compassionate care. Its four medical centers – Kapi'olani, Pali Momi, Straub and Wilcox – specialize in innovative programs in women's health, pediatric care, cardiovascular services, cancer care, bone and joint services and more. Hawaii Pacific Health is recognized nationally for its excellence in patient care and the use of electronic health records to improve quality and patient safety. Learn more at HawaiiPacificHealth.org.

I support HB1711, which requires restaurants to make the default beverage included in children's meals a healthy beverage.

This measure will make it easier for Hawaii families to opt in to healthy choices. Medical evidence shows that building healthy lifestyle habits from a young age can reduce risk of obesity-related health conditions such as type 2 diabetes, heart disease, high blood pressure, high cholesterol, and asthma. Reducing the rate at which young residents of Hawaii consume sugar-sweetened beverages will positively affect their long-term health outcomes and lower healthcare-related costs in our community.

Hawaii Pacific Health is dedicated to improving the health and well-being of the people of Hawaii and therefore we stand in support of this measure.

Thank you for your consideration of this testimony in support of HB1711.

January 22, 2018

Representative Mizuno, Chair
Representative Kobayashi, Vice Chair
Honorable Members of the House Committee on Health & Human Services

RE: Strong Support of HB1711

Aloha Chair, Vice-Chair and Members of the Committee:

Thank you for the opportunity to testify in support of HB1711, which will make the default beverage offering in keiki meals the healthier choice of either water or milk. This action helps to achieve the goal of a happier, healthier Hawaii.

Soda and sugar filled juices, like fruit punch are typically the default offering with a child's meal in a restaurant. By changing the dynamic and offering the healthy choice of water or milk as the initial option, we are helping families to more easily make the healthy choice.

As many have stated, sugary drinks are the single largest source of added sugars in our children's diets, making up half of all sugars consumed. Sugary drinks have been shown to be a major contributor to the obesity epidemic. Consuming just one sugary drink a day significantly increases a child's risk for type 2 diabetes, becoming overweight, tooth decay, as well as numerous other chronic diseases, which are linked to our escalating healthcare costs. Supporting healthy behaviors in our community benefits everyone.

Nationally, more than 12 million children are obese with that number only trending upward. In Hawaii, we can do better for our keiki. HB1711 is the we can do that. Passage of this bill will make Hawaii the first healthy by default state. It will support families who want healthy, happy lives for their children.

Thank you for this opportunity to testify in support of HB1711.

Sincerely,

Peggy Mierzwa

Peggy Mierzwa
Statewide Policy Lead
Blue Zones Project—Hawaii

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HB-1711

Submitted on: 1/22/2018 1:17:32 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Katie Folio	Maui County Coalition for a Tobacco-Free Hawai'i	Support	No

Comments:

Strong Support of HB1711

January 22, 2018

To: The Honorable John Mizuno, Chair, The Honorable Bertrand Kobayashi, Vice Chair, and Members of the House Committee on Health and Human Services

Re: Strong Support of HB1711 Hrg: January 24, 2018 at 10:00am at Conference Room 329 I strongly support HB1711, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Passage of HB1711 will make Hawai'i the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

I strongly support HB1711 and respectfully ask you to pass this out of committee.

Sincerely,

Katie Folio - Kula, Maui, Hawai'i

HB-1711

Submitted on: 1/22/2018 12:57:19 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Nancy Redfeather	Ka Ohana O Na Pua	Comments	No

Comments:

This is a very simple step for fast food restaurants to make to support the health of our keiki, If milk is too expensive for them they can serve a small bottle of water.

HB-1711

Submitted on: 1/22/2018 9:20:07 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lehn Huff	Maui School Garden Network	Support	No

Comments:

Date: January 22, 2018

To: The Honorable John Mizuno, Chair

The Honorable Bertrand Kobayashi, Vice Chair

Members of the House Committee on Health and Human Services

Re: Strong Support of HB1711

Hrg: January 24, 2018 at 10:00am at Conference Room 329

I strongly support HB1711, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments

becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Passage of HB1711 will make Hawai'i the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

I strongly support HB1711 and respectfully ask you to pass this out of committee.

Sincerely,

Ms. Lehn Huff, Director

Maui School Garden Network and

Member, Hawai'i Farm to School Hui

PO Box 458, Haiku, Hawaii 96708

Date: January 22, 2018

To: The Honorable John Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health and Human Services

Re: Strong Support of HB1711

Hrg: January 24, 2018 at 10:00am at Conference Room 329

Aloha House Committee on Health and Human Services,

I am writing in strong support HB1711, which promotes healthful meal options by making the default beverage offered in restaurants with children's meals a healthful drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch contain too much sugar for kids, yet are usually the default beverages served with children's meals.

Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options affect children's diets, **making the policy contained in HB1711 particularly effective in improving the health of our keiki.**

HB1711 will help support families by offering a healthful beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water or milk. It is never too early for children to learn and practice healthful habits, including eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthful habits and to make it easy for families to make healthful choices.

Passage of HB1711 will make Hawai'i the first healthful-by-default state. Several cities and counties in California have already passed healthful default ordinances with many more are considering similar legislation.

Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

I strongly support HB1711 and respectfully ask you to pass this out of committee.

Mahlo nui for your consideration,

Forrest Batz, PharmD
Kea'au, HI

HB-1711

Submitted on: 1/22/2018 1:32:13 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Maria Teresa Belardo		Support	No

Comments:

I strongly support HB 1711, please pass this bill. Let's do everything we can to make sure our keiki have the healthiest food and drink available to them. Thank you!

HB-1711

Submitted on: 1/22/2018 7:32:31 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Gerraine Hignite		Support	No

Comments:

HB-1711

Submitted on: 1/22/2018 2:12:58 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Krystal Baba		Support	No

Comments:

HB-1711

Submitted on: 1/23/2018 11:22:20 AM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Jessica Prestler Chang		Support	No

Comments:

As a Registered Dental Hygienist and a mother of a beautiful healthy two year old daughter, I strongly support the action to support healthy dietary choices for our keiki, and stop sugary drinks from being the default addition to childrens meals. This action would promote a lifetime of healthy dietary decions & help the fight against childhood caries in Hawaii. Childhood caries is the most common chronic infectious disease of childhood, and Hawaii has the highest incidence of childhood caries in our nation. Unlike other infectious diseases, tooth decay is not self-limiting. Decayed teeth require professional treatment to remove infection and restore tooth function. Our water systems offer no flouride, which would provide some protection against tooth dacay. Furthermore, we have many children from underserved and/or homeless communities without access to dental care. We must subscribe to these initiatives for a healthier future.

HB-1711

Submitted on: 1/23/2018 11:44:40 AM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
C. Azelski		Support	No

Comments:

Please pass HB1711 to help young people get on a life-long path to better health.

HB 1711 Multiple Testimony

Davin Aoyagi	Debbie Apolo
Marilyn Gagen	Rosie Vierra
Cheryl Reeser	John Kirimitsu
Debbie Drummon	Jennifer Maydan
Kathy Becklin	Trisha Nakamura
Valerie Yontz	Scott Kanamori
Patti Ornellas	Kathleen Hagan
Seri Niimi-Burch	Dayna Chun
Carol Ignacio	Christy Werner
Max Belhaj	
Leila Ventar	
Michael Kellar	
Bev Brody	
Skye Madigan	
Cassiopia Yamashita	
Gayle Chang	
John Ishoda	
Charity Mauiola	
Shay Chan Hodges	
Kathyrn Braun	
Barbara Nosaka	
Candee Rillon	
Christopher La Chica	
Jen Azuma Chrupalyk	
Allison Arakaki	
Michal Nakashima	
Phoenix Maui	
Leilani Maui	
Linda Bong	
Nicole Schroeter	
Sonya Niess	
Nicole Pikini	
Tenaya Jackman	
Grace Sato	
Teri Matsumura	
Denise Della	
Mary Goldsworthy	
Patti Hatzistavrakis	
Michelle Gray	
Emi Orikasa	

kobayashi2 - Kevin

From: skanamoridds@everyactioncustom.com on behalf of Scott Kanamori
<skanamoridds@everyactioncustom.com>
Sent: Tuesday, January 23, 2018 9:24 AM
To: hhstestimony
Subject: Strong Support of HB1711

Dear House Committee on Health and Human Services,

Date: January 22, 2018

To: The Honorable John Mizuno, Chair
The Honorable Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health and Human Services

Re: Strong Support of HB1711

Hrg: January 24, 2018 at 10:00am at Conference Room 329

I strongly support HB1711, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

Sugary drinks are the single largest source of added sugars in our kids' diets, making up half of all sugars consumed. Soda and fruit punch are already too high in sugar for kids, yet it is usually the default beverage served with children's meals. Consuming just one sugary drink a day significantly increases a child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. With restaurants and fast-food establishments becoming a convenient and popular option for many families, dining out options can affect a child's diet, making this policy particularly effective in improving children's health.

This measure will help support families by offering a healthy beverage as part of the kids' meal. Instead of getting a sugary drink without asking for one, parents will be given water or milk. It is never too early for children to practice healthy eating habits such as eating well and exercising regularly. Food establishments are an ideal venue for children to practice these healthy habits and to make it easy for families to make the healthy choice.

Passage of HB1711 will make Hawai'i the first healthy by default state. Several cities and counties in California have already passed healthy default ordinances with many more considering similar legislation. Our keiki are sweet enough. This is a step in the right direction to support parents' efforts to protect their children's health.

I strongly support HB1711 and respectfully ask you to pass this out of committee.

Sincerely,
Scott Kanamori
3434 Old Haleakala Hwy Makawao, HI 96768-8510 skanamoridds@gmail.com



Papa Ola Lokahi
Nana I Ka Pono Na Ma

Papa Ola Lokahi

894 Queen Street
Honolulu, Hawaii 96813

Phone: 808.597.6550 ~ Facsimile: 808.597.6551

Papa Ola Lokahi

is a non-profit Native Hawaiian organization founded in 1988 for the purpose of improving the health and well-being of Native Hawaiians and other native peoples of the Pacific and continental United States.

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Executive Director

Sheri-Ann Daniels, EdD

HOUSE COMMITTEE ON HEALTH & HUMAN SERVICES

Rep. John Mizuno, Chair

Rep. Bertrand Kobayashi, Vice-Chair

TESTIMONY IN SUPPORT OF HB 1711 - RELATING TO HEALTH

January 24, Wednesday, 10:00 AM, Conference Room 329, State Capitol

Greetings of aloha to Chair Mizuno, Vice-Chair Kobayashi and members of the committee.

Papa Ola Lōkahi, the Native Hawaiian Health Board, offers our **SUPPORT of HB 1711** requiring that children's meals include a healthy beverage as the default drink.

The legislature may already know that the Native Hawaiian Health Care Improvement Act ([P.L. 111-148, Title 42 USC 122](#)), originally passed by Congress in 1988 and most recently in 2010 within the Affordable Care Act, authorizes Papa Ola Lōkahi, the five Native Hawaiian Health Care Systems, and the Native Hawaiian Health Scholarship Program to raise the health status of Native Hawaiians. We address health disparities in Hawai'i by being involved in policy, research, data & information, development and implementation of programs and initiatives, protection and perpetuation of traditional Hawaiian healing practices, workforce development, and more.

Among Native Hawaiians in Hawai'i, 44.4% are obese, almost twice that of the general population (23.6%). The data shows that almost 1/5 of Native Hawaiian students in public schools are obese.

We believe one effective strategy is to offer healthy beverages as the norm, and to bar every effort to provide sugar sweetened beverages to children. Through multiple strategies, we can reduce obesity across the State.

We believe HB 1711 is a great start.

Mahalo nui for the opportunity to offer testimony **IN SUPPORT of HB 1711**.

LATE

HB-1711

Submitted on: 1/23/2018 3:25:06 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
min tuyay		Support	No

Comments:

LATE

HB-1711

Submitted on: 1/23/2018 4:19:50 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Tomoka Kajihiro		Support	No

Comments:

LATE

HB-1711

Submitted on: 1/23/2018 5:00:33 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
janet ancheta		Support	No

Comments:

LATE

HB-1711

Submitted on: 1/23/2018 9:00:04 PM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Kim Perez Hults		Support	No

Comments:

I strongly support HB1711 , which makes the default offering in a keiki meal the healthy choice of water or milk.

To me, this is a no-brainer - medical evidence suggests sugar-sweetened beverages are linked to obesity, and that obesity is also related to other chronic health conditions. Why set our children up for failure when we can take steps like these to create a healthier new generation?

My daughter is 18 months old, and I would love her and her peers to grow up learning to make the right choices from the get-go. Children do not know how to make the best choices for themselves, which is why adults need to provide guidance, including legislation, to giude them in the right direction. Soda and sugary "juices" should never be the default - let's not sacrifice our children's nutrition.

LATE

HB-1711

Submitted on: 1/24/2018 7:42:30 AM

Testimony for HHS on 1/24/2018 10:00:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Wendy AhSam		Support	No

Comments:

I Wendy AhSam, strongly supports HB1711 , which makes the default offering in a keiki meal the healthy choice of water or milk.

Simple steps such as these will help to instill healthy habits and lifestyles to our island keiki. Hopefully this will help to reduce obesity and illnesses such as diabetes.

Mahalo for allowing me the opportunity to share my mana`o (thoughts) on this important topic.