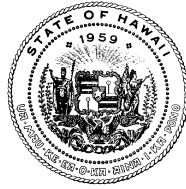


SB2056

Measure Title: RELATING TO HEALTH.
Report Title: Health; Default Beverages; Children's Meals
Description: Requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage.
Companion: [HB1711](#)
Package: None
Current Referral: CPH, WAM
Introducer(s): BAKER, S. CHANG, ENGLISH, ESPERO, HARIMOTO, INOUYE, KIDANI, K. RHOADS, RUDERMAN, Gabbard, Galuteria, Ihara, Nishihara



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

Testimony in SUPPORT of S.B. 2056
RELATING TO HEALTH

SENATOR ROSALYN H. BAKER, CHAIR
SENATE COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH
Hearing Date: February 8, 2018 Room Number: 229

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 (DOH) to establish the program.

5 **Department Testimony:** The Department supports the intent of Senate Bill 2056 (S.B. 2056),
6 with the deletion of the enforcement and penalty section, page 4, Section 321-C. S.B. 2056
7 would require retail food establishments to offer only water, sparkling water, flavored water with
8 no added natural or artificial sweeteners, milk, or non-dairy milk alternatives as the default
9 beverage option in children's meals. The concept of this bill is based on national
10 recommendations for reducing the consumption of sugar sweetened beverages (SSBs). The
11 Division of Physical Activity, Nutrition and Obesity (DNPAO) at the Centers for Disease
12 Control and Prevention (CDC) recommends decreasing SSBs as an evidence-based strategy for
13 preventing and reducing overweight and obesity. The 2015 Dietary Guidelines for Americans
14 also recommends reducing the intake of SSBs as a method to control calorie intake and manage
15 body weight.

16 Today in Hawaii, more than one in two adults (BRFSS 2016; 57.6%) and over one in four
17 high school students (YRBS 2017; 28.4%) are affected by overweight or obesity. The rate of
18 adults with diabetes in Hawaii is 10.5% and an additional 14.6% have been diagnosed with pre-
19 diabetes (2016 BRFSS). Department estimates that more than 1 in 2 adults have type 2 diabetes
20 and pre-diabetes when these numbers are adjusted for people who are undiagnosed. Hawaii

1 spends an estimated \$470 million on obesity-related medical costs, and \$770 million on diabetes-
2 related medical costs annually.¹ SSBs have been identified by numerous scientific studies as a
3 major contributor to our costly obesity epidemic.² Additionally, drinking sugar-sweetened
4 beverages can significantly contribute to tooth decay. SSB consumption is associated with
5 nearly twice the risk of cavities in children.³ More than seven out of ten Hawaii third-graders are
6 affected by tooth decay and one in four have untreated tooth decay.⁴ Hawaii also received a
7 failing grade of “F” on three recent oral health report cards by 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 DOH
11 found that over half of adolescents in Hawaii (56%) drink SSBs one or more times per day and
12 nearly all teens (94%) drink SSBs at least once a week.⁸ A typical 20-ounce soda contains 14 to
13 18 teaspoons of sugar and about 240 calories. In comparison, the American Heart Association
14 guideline for daily added sugars is no more than 6 teaspoons for women and children, and no
15 more than 9 teaspoons for men.⁹ A 2015 study found that healthy children’s menu defaults

¹ Trogon, 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 resulted in healthier ordering patterns, without reducing revenue.¹⁰ This suggests that
2 implementing healthy defaults in restaurants can improve child nutrition while ensuring that
3 restaurants remain competitive.¹¹

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

11 **Offered Amendments:** The Department requests the following amendments to S.B. 2056

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

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

17 Thank you for the opportunity to provide testimony.

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.



DAVID Y. IGE
GOVERNOR

**STATE OF HAWAII
OFFICE OF THE DIRECTOR
DEPARTMENT OF COMMERCE AND CONSUMER AFFAIRS**

335 MERCHANT STREET, ROOM 310

P.O. Box 541

HONOLULU, HAWAII 96809

Phone Number: 586-2850

Fax Number: 586-2856

cca.hawaii.gov

CATHERINE P. AWAKUNI COLÓN
DIRECTOR

JO ANN M. UCHIDA TAKEUCHI
DEPUTY DIRECTOR

**TO THE SENATE COMMITTEE ON
COMMERCE, CONSUMER PROTECTION, AND HEALTH**

**TWENTY-NINTH LEGISLATURE
Regular Session of 2018**

Thursday, February 8, 2018
9:00 am

TESTIMONY ON SENATE BILL NO. 2056, RELATING TO HEALTH.

TO THE HONORABLE ROSALYN H. BAKER, CHAIR, AND MEMBERS OF THE
COMMITTEE:

The Department of Commerce and Consumer Affairs (“Department”) appreciates the opportunity to testify on S.B. 2056, 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, which is a companion to H.B. 1711.

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.

Thank you for the opportunity to testify on this measure.

SB-2056

Submitted on: 2/6/2018 5:15:37 PM

Testimony for CPH on 2/8/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	OCC Legislative Priorities	Support	No

Comments:

**PRESENTATION OF THE
OAHU COUNTY COMMITTEE ON LEGISLATIVE PRIORITIES
DEMOCRATIC PARTY OF HAWAII**

TO THE COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND
HEALTH THE SENATE

TWENTY-NINTH LEGISLATURE

REGULAR SESSION OF 2018

Thursday, February 8, 2018

8:30 a.m.

Hawaii State Capitol, Conference Room 229

RE: Testimony in Support of SB 2056, RELATING TO HEALTH

To the Honorable Rosalyn H. Baker, Chair; the Honorable Jill N. Tokuda, Vice-Chair, and Members of the Committee on Commerce, Consumer Protection and Health:

Good morning. My name is Melodie Aduja. I serve as Chair of the Oahu County ("OCC") Legislative Priorities Committee of the Democratic Party of Hawaii. Thank you for the opportunity to provide written testimony on Senate Bill No. 2056 relating to a healthy default beverage in children's meals..

The OCC Legislative Priorities Committee is in support of Senate Bill No .2056 and is in favor of its passage.

Senate Bill No.2056 is in accord with the Platform of the Democratic Party of Hawai'i ("DPH"), 2016, as it requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage.

Specifically, the DPH Platform provides that we "support community health initiatives that provide opportunities for the overall health of communities through strategic projects and programs focusing on increased interaction and physical activities among all age groups, as well as on better nutrition." (Platform of the DPH, P. 7, Lines 378-380 (2016)).

Given that Senate Bill No. 2056 requires restaurants that sell children's meals that include a beverage for a single price to make the default beverage a healthy beverage, it is the position of the OCC Legislative Priorities Committee to support this measure.

Thank you very much for your kind consideration.

Sincerely yours,

/s/ **Melodie Aduja**

Melodie Aduja, Chair, OCC Legislative Priorities Committee

Email: legislativepriorities@gmail.com, Tel.: (808) 258-8889



February 5, 2018

To: COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH
Senator Rosalyn H. Baker, Chair
Senator Jill N. Tokuda, Vice Chair

Re: **Strong Support for SB2056**

Hrg: February 8, 2018 at 8:30am room 229

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 SB2056, 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 SB2056 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 Hawaii'i.

Respectfully submitted,

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

Holly Kessler, Executive Director
Hawaii'i Public Health Association



**Testimony to the Senate Committee on Commerce, Consumer Protection, and Health
Thursday, February 8, 2018; 09:00 a.m.
State Capitol, Conference Room 229**

RE: SUPPORTING SENATE BILL NO. 2056, RELATING TO HEALTH.

Chair Baker, Vice Chair Tokuda, 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** Senate Bill No. 2056, 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.

From a technical standpoint, we note that the language pertaining to unspecified fines for violations and enforcement is not necessary. Section 321-20, Hawaii Revised Statutes (HRS), already provides the Director the authority to levy fines not to exceed \$1,000 for each day of violation of any provision in Chapter 321, HRS.

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



Date: February 6, 2018

To: The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

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

Re: STRONG SUPPORT for SB2056, Relating to Health

Hrg: February 8, 2018 at 8:30am at Conference Room 229

Thank you for the opportunity to testify in **strong support** of SB 2056, 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 2015, SR65 was adopted by the State Legislature to encourage food service facilities to serve healthy default beverages. In the last two years, there have been eight jurisdictions that have already enacted healthy by default beverage legislation.

SB 2056 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, MPA
Policy and Advocacy Director

² National Restaurant Association, 2014

Thursday, February 8th, 2018 at 8:30AM
Conference Room 229

Senate Committee on Commerce, Consumer Protection, and Health

To: Senator Rosalyn H. Baker, Chair
Senator Jill N. Tokuda, Vice Chair

From: Michael Robinson
Vice President & Government Relations

Re: Support for SB 2056 – Relating to Health

My name is Michael Robinson, Vice President & Government Relations at Hawai'i Pacific Health. Hawai'i Pacific Health is a not-for-profit health care system with over 70 locations statewide including medical centers, clinics, physicians and other caregivers serving Hawai'i 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. Hawai'i Pacific Health is recognized nationally for its excellence in patient care and the use of electronic health records to improve quality and patient safety.

I support SB 2056, which requires restaurants to make the default beverage included in children's meals a healthy beverage.

This measure will make it easier for Hawai'i 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 Hawai'i consume sugar-sweetened beverages will positively affect their long-term health outcomes and lower healthcare-related costs in our community.

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

Thank you for your consideration of this testimony in support of SB 2056.



Tyler Roukema, Chairman – Outback Steakhouse **Kelii Gouveia, Incoming Chair** – Hula Grill
Hide Sakurai, Vice Chair – Diamond Dining **Dirk Koeppenkastrop, Secretary** – Il Gelato
Ben Dowling, Treasurer – Ocean House **Michael Miller, Past Chair** – Tiki's Grill & Bar

Gregg Fraser, Executive Director **Sunny Obrey**, Executive Assistant **Holly Kessler**, Director of Membership Relations

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To: Senator Rosalyn H. Baker, Chair
Senator Jill N. Tokuda, Vice Chair
Members of Committee on Commerce, Consumer Protection, and Health

From: Victor Lim, Legislative Chair
Hawaii Restaurant Association

Subj: SB2056 Children's Meal with Healthy Beverages as Default

Date: February 4, 2018

The Hawaii Restaurant Association with 3,500 restaurants here in Hawaii will like to share the committee with the status and suggestions on this bill.

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

An example of what happens when a parent comes to McDonald's to order a Happy Meal, our staff second question should be "will that be with a milk or juice?" and if it's milk, is it the 1% low fat white milk or the fat free chocolate milk. The juice that we also offer is the Organic Apple Juice.

We will also like to suggest that on 321-B Default beverages in children's meal, the committee add Fruit Juice (not fruit drinks) as a third alternative.

Thank you for giving us the opportunity to share our comments.

Aloha.





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

Senate Committee on Consumer Protection and Health
Senator Rosalyn Baker, Chair
Senator Jill Tokuda, Vice Chair

SB 2056 – 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 SB 2056, 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.



To: Senator Rosalyn H. Baker, Chair
Senator Jill N. Tokuda, Vice Chair
Members of Committee on Commerce, Consumer Protection, and Health

From: Michael Miller, Tiki's Grill & Bar
Subject: SB2056 Children's Meal with Healthy Beverages as Default
Date: Wednesday, February 7, 2018

We, at Tiki's Grill & Bar, **hereby support** House Bill SB2056 Children's Meal with Healthy Beverages as default.

After discussing the matter with staff members, managers, and owners who have children it will make the tableside battle a little easier for parents when soda is not listed on the Keiki menu.

Restaurants historically carry slim profit margins, and this is even more challenging in Hawaii, with its existing regulations and cost of living. The implementation of this bill is not free, but is low cost to both the restaurants and state.

We urge you to pass this bill, and say "Mahalo" for considering our point of view while making laws and rules that affect Hawai'i.

Mahalo,

Michael Miller / Director of Operations
michaelm@tikisgrill.com

Petition to Submit Testimony in Support of SB2056

Petition summary and background:	As Registered Dental Hygienists in the state of Hawaii, we are in SUPPORT of SB2056. We routinely see Hawaii's keiki with a high rate of dental decay which is exacerbated by exposure to a high sugar diet. This measure will offer families a choice to choose healthier beverage alternatives which will ultimately help to reduce dental decay in our keiki.
Action petitioned for:	We, the undersigned, are concerned citizens who urge our leaders to act now to SUPPORT SB2056 and offer families a choice to choose healthier beverage alternatives, helping to reduce dental decay in Hawaii's keiki.

Printed name	Email Address	Comment	Date
Shirley Chun, RDH	scpinksky@gmail.com		
Jamie Tengan, RDH	jamzan10@gmail.com		
Faye Fox, RDH	fnf1464@gmail.com		
Darlee Motosue, RDH	dkmotosue@yahoo.com		
Audra Dennis, RDH	oceanbreeze@gci.net		
Gaea Tunnissen, RDH	gaea.tunnissen@gmail.com		
Arimxay Varel, RDH	aavarel19@gmail.com		
Ariel Ita, RDH	ariel1214@yahoo.com		
Jennifer Shiroma, RDH	jshiroma@hawaiifamilydental.com		
Christine Schroeder, RDH	dnqtrdh808@gmail.com		
Cynthia Taylor, RDH	cynktaylor@gmail.com		
Chelsea Acob, RDH	cjba@hawaii.edu		
Lorie Calma, RDH	l0121376@aol.com		
Linda Kang, RDH	lindakan@hawaii.edu		
Andrea Hetherington, RDH	ajh.rdh13@gmail.com		
Susan Eladnani, RDH	susaneladnani@gmail.com		
Iris Woolsey, RDH	igttwink@hawaii.rr.com		
Crystal Egusa, RDH	cegusa@gmail.com		
Samantha Fisher, RDH	samjfisher@yahoo.com		

Printed name	Email Address	Comment	Date
Kim Schneider, RDH	kschneider@hawaii.rr.com		
Marilyn Nonaka, RDH	texaninhawaii@gmail.com		
Stacy Matsuyama, RDH	smsekioka@gmail.com		
Tabitha Kukahiko, RDH	tabitha4avon@yahoo.com		
Marie Duke, RDH	maduke92254@gmail.com		
Rayann Bautista Echavez, RDH	hyannrdh@gmail.com		
Anna Akaka, RDH	annaakaka@gmail.com		
Kyoko Tomita, RDH	kyotokomrdh@gmail.com		
Candace Kawakami, RDH	denniskawakami@hawaii.rr.com		
Tori Clegg, RDH	tlegg09@gmail.com		
Melorie Yuen, RDH	melorieyuen@gmail.com		
Michelle Estakaya, RDH	estamichelle@gmail.com		
Donna Christman, RDH	dchristman76@gmail.com		
Tracy Furukawa, RDH	alanandrtracy@hawaiiantel.net		
Caroline Kanno, RDH	smile@hawaiidentaltemp.com		
Chanda Park, RDH	chandapark@gmail.com		
Maile Mokulehua, RDH	41dash@gmail.com		
Jan Migita, RDH	migitajans@gmail.com		
Steffany Giammalvo, RDH	steffgiammanlvo@gmail.com		
Mavis Gushiken, RDH	mavisg808@hawaii.rr.com		
Shori Patten, RDH	shori21@aol.com		
Jackie Sawai, RDH	jackiesawai@gmail.com		
Valerie Zukeran, RDH	theheartofbusiness@gmail.com		
Stacie Okihara, RDH	skye_lar@hotmail.com		
Jaimie Yuen, RDH	jyuen001@hawaii.rr.com		
Sandy Bangert, RDH	skirkoski@icloud.com		
Natasha Fong, RDH	fongn@hawaii.edu		
Jessica Chang, RDH	jprestler@gmail.com		
Kimi Yagi, RDH	kannyagi@gmail.com		
Jessica Busby, RDH	jessica_mowder@hotmail.com		
Samantha Boroff, RDH	boroff.212@osu.edu		
Alaina Pacheco, RDH	amprdh555@gmail.com		

Printed name	Email Address	Comment	Date
Emeraude Thai, RDH	amythai@msn.com		
Audra Nakamatsu, RDH	anakamatsu@hotmail.com		
Nahoku Keala, RDH	nahokukeala@gmail.com		
Beverly Duyan, RDH	bslduyan@gmail.com		
Carly Takara, RDH	cftakara@gmail.com		
Gayle Chang, RDH	gchang50@gmail.com		
Nicole Pikini, RDH	nicole.pikini64@gmail.com		
Mikiel Lina Agoy, RDH	m.linardh@gmail.com		
Allie Jefferies, RDH	alliejefferiesrdh@gmail.com		
Carolyn Nacapuy, RDH	battulayan@yahoo.com		
Elsie Santos, RDH	nontoxic808@gmail.com		
Janice Blaser, RDH	alohajuice@hotmail.com		
Jennifer Fajardo, RDH	healthysmile@yahoo.com		
Erica Tabalba, RDH	etabalba@gmail.com		
Nicole Florendo-Serai, RDH	localgirl521@yahoo.com		
Gail Pang, RDH	batsnookums@yahoo.com		
Deb Mapel, RDH	dmapel@hawaii.edu		
Karen Nagamine, RDH	cn1cn2605@yahoo.com		
Amy Tsubota-Cruz, RDH	aimsstsu@gmail.com		
Shirley Li, RDH	sara_li88@ymail.com		
Brenda Yospe, RDH	byospe@hotmail.com		
Megumi Kodama, RDH	megu2_4@hotmail.com		
Yvette Like, RDH	kaiulani67@yahoo.com		
Mie Choe, RDH	mrainbow0220@gmail.com		
Diane Clements, RDH	clements002@hawaii.rr.com		
Theresa Brown, RDH	terri4brown@aol.com		
Sarah Kolar, RDH	skolar.rdh@gmail.com		
Michelle Baniaga, RDH	michellehullrdh@hotmail.com		
Jessica Lozano, RDH	jes_lozano@yahoo.com		
Marian Manois, RDH	dentalhygienist07@yahoo.com		
Lenora Marks, RDH	leimarks@yahoo.com		
Janet Ancheta, RDH	janetancheta9@gmail.com		

Printed name	Email Address	Comment	Date
Jamie Pang, RDH	Opbpep@aol.com		
Lehua Bolton, RDH	lehuakaala@yahoo.com		
Dollcy Donesa, RDH	Dollcydonesa@yahoo.com		
Joanne Takahashi, RDH	jtaki808@gmail.com		
Melinda Lau, RDH	Mellau@gmail.com		
Lori Tamayori, RDH	misoyucky@gmail.com		
Dawn Teshima, RDH	det@hawaii.rr.com		
Raynette Kodama, RDH	raynettekodama@hawaii.rr.com		
Tori Clegg, RDH	Tclegg09@gmail.com		
Joycelyn Swan, RDH	jwan02@hotmail.com		
Karen Guevarra, RDH	joyerz@aol.com		
Joana Shin, RDH	Joana.choy@gmail.com		
Noelani Greene, RDH	jusnoe@aol.com		
Christen Coloma, RDH	christen.coloma@gmail.com		

SB-2056

Submitted on: 1/31/2018 10:05:36 PM

Testimony for CPH on 2/8/2018 8:30:00 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 children's meals. This action would promote a lifetime of healthy dietary decisions & 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 fluoride, which would provide some protection against tooth decay. Furthermore, we have many children from under served and/or homeless communities without access to dental care. We must subscribe to these initiatives for a healthier future.

From: morenochow@everyactioncustom.com on behalf of [MARIA MORENO-CHOW](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:16:06 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
MARIA MORENO-CHOW
Kailua, HI 96734

From: kmedeiros@everyactioncustom.com on behalf of [Kendra Medeiros](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Tuesday, February 6, 2018 3:52:37 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Kendra Medeiros
Lanai City, HI 96763

From: cricketlachica@everyactioncustom.com on behalf of [Christopher La Chica](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:16:12 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Christopher La Chica
Mililani, HI 96789

From: mokihiro@everyactioncustom.com on behalf of [May Okihiro](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Tuesday, February 6, 2018 10:08:07 AM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
May Okihiro
Kaneohe, HI 96744

From: 77coconuts@everyactioncustom.com on behalf of [Jen Azuma Chrupalyk](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 9:31:22 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Jen Azuma Chrupalyk
Wailuku, HI 96793

From: lisakehl@everyactioncustom.com on behalf of [Lisa Kehl](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:16:57 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Lisa Kehl
Honolulu, HI 96822

From: shay.chanhodges@everyactioncustom.com on behalf of [Shay Chan Hodges](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 9:04:03 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Shay Chan Hodges
Haiku, HI 96708

From: diane_omura@everyactioncustom.com on behalf of [Diane Omura](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 8:26:25 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Diane Omura
Wailuku, HI 96793

From: mmg2b@everyactioncustom.com on behalf of [Michelle Gray](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:17:08 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Michelle Gray
Honolulu, HI 96825

From: Lbuencon@everyactioncustom.com on behalf of [Lee Buenconsejo-Lum](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 5:25:43 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Lee Buenconsejo-Lum
Kaneohe, HI 96744

From: bbrody1@everyactioncustom.com on behalf of [Bev Brody](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 5:04:04 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Bev Brody
Kilauea, HI 96754

From: tenayajackman@everyactioncustom.com on behalf of [Tenaya Jackman](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:17:17 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Tenaya Jackman
Honolulu, HI 96815

From: debz96789@everyactioncustom.com on behalf of [Debbie Apolo](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 4:38:30 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Debbie Apolo
Mililani, HI 96789

From: kellar@everyactioncustom.com on behalf of [Michael Kellar](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 4:09:38 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

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I strongly support SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Michael Kellar
Honolulu, HI 96821

From: mgagen@everyactioncustom.com on behalf of [Marilyn Gagen](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:25:57 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Marilyn Gagen
Kamuela, HI 96743

From: singlepayerhawaii@everyactioncustom.com on behalf of [Dennis Miller](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 4:04:20 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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.

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Passage of SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Dennis Miller
Honolulu, HI 96815

From: vyontz@everyactioncustom.com on behalf of [Valerie Yontz](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 4:02:55 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229
Dear Committee Members,

I strongly support SB2056, 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Valerie J Yontz, PhD
vyontz@hawaii.edu

Sincerely,
Valerie Yontz
Kailua, HI 96734

From: t.harris926@everyactioncustom.com on behalf of [Tracy Harris](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:53:11 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Tracy Harris
Haleiwa, HI 96712

From: aseales@everyactioncustom.com on behalf of [Allison Seales](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 3:55:29 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Allison Seales
Honolulu, HI 96814

From: kbraun2000@everyactioncustom.com on behalf of [Kathryn Braun](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Monday, February 5, 2018 4:01:52 PM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink.

I am professor and director of Public Health at the University of Hawai'i, testifying as an individual. Research shows that children who regularly consume sugary drinks are at high risk for obesity. Obese children become obese adults, and obese adults are much more likely than non-obese adults to have chronic diseases. Let's work together to reduce obesity and chronic disease!

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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Kathryn Braun
Honolulu, HI 96813



American Heart Association testimony in support of SB 2056, "Relating to Health"

The American Heart Association strongly supports SB 2056, "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 SB 2056 and help to lead our state in becoming healthier.

Respectfully submitted,

Donald B. Weisman

Hawaii Government Relations/Communications Director

Date: February 5, 2018

To: The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Re: Strong Support of SB2056

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

Aloha Senate Committee on Commerce, Consumer Protection, and Health,

I am writing in strong support of SB2056, 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 of 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 SB2056 particularly effective in improving the health of our keiki.**

SB2056 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 SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Mahlo nui for your consideration,

Forrest Batz, PharmD

Kea'au, HI

SB-2056

Submitted on: 2/5/2018 5:19:15 PM

Testimony for CPH on 2/8/2018 8:30:00 AM

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

Comments:

Please support SB2056 to help us move towards a healthier future.

SB-2056

Submitted on: 2/5/2018 5:25:38 PM

Testimony for CPH on 2/8/2018 8:30:00 AM

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

Comments:

SB-2056

Submitted on: 2/6/2018 9:12:58 AM

Testimony for CPH on 2/8/2018 8:30:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Katie Folio		Support	No

Comments:

Aloha, my name is Katie Folio and I am submitting this testimony as a private citizen in STRONG support of SB 2056, which would make the default drink in kids fast food meals either water or milk, rather than a sugar sweetened beverage. It is devastating that Hawaii's children and youth are facing an obesity epidemic, especially when it is entirely preventable! A default healthy beverage makes the healthy choice the easy choice, for both kids and parents and is a stepping stone in the right direction. Let's lead the way and be the first state to pass this kind of legislation and help protect our keiki from obesity and diabetes!

Mahalo nui loa,

Katie Folio

Kula, HI

Date: February 6, 2018

To: The Honorable Rosalyn Baker, Chair

The Honorable Jill Tokuda, Vice Chair

Members of the Senate Committee on Commerce, Consumer Protection, & Health

Re: Strong Support of SB2056, Relating to Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

Thank you very much for your time and consideration as I present my testimony in **strong support** of SB2056, which promotes healthy meal options by making the default beverage offered in restaurants with children's meals a healthy drink. My name is Maggie Morris and I am a Master of Public Health student at the University of Hawaii at Manoa.

Sugar in liquid form, commonly found in sodas and fruit-flavored drinks, is the leading single source of added sugar in the United States which contributes to 36% of the added sugar consumed nationally.¹ Seen throughout studies and the growing literature, sugar sweetened beverages are the most dangerous added sugar to consume because simply drinking a regular can of soda per day can increase an individual's mortality of cardiovascular disease by one third.² Additionally, a person is at a 26% higher risk of developing type 2 diabetes if they consume one to two sugar-sweetened beverages per day.³ Lastly, in Hawai'i there are over 600,000 individuals living with prediabetes or diabetes, affecting 1 in 3 individuals.⁴

Restaurants and fast-food establishments are a convenient and popular option for many families. In Hawai'i, sugary drinks are a huge part of our keikis' diets because of how frequently families are automatically served soda in the children's meals. As mentioned before on the effects of sugary drinks per day, families who eat fast food on a regular basis increase their child's risk to type 2 diabetes, becoming overweight, and developing tooth decay. This bill will help families make the easy choice by replacing the typical sugary drink with water or milk.

Although several cities and counties throughout several states have already passed healthy default ordinances, SB2056 would make Hawai'i the first healthy by default state. Our keiki should not have to suffer unhealthy options made readily available, instead we

¹ U.S. Department of Agriculture, U.S. Department of Health and Human Services. (2010). Dietary Guidelines for Americans, 2010. Retrieved from <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

² Yang, Q., Zhang, Z., Gregg, E., Flanders, D., Merritt, R., & Hu, F. (2014). Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults. *JAMA Intern Med*, 174 (4), 516-524. <http://archinte.jamanetwork.com/article.aspx?articleid=1819573>

³ Malik, V.S. (2012). Sweeteners and Risk of Obesity and Type 2 Diabetes: The Role of Sugar-Sweetened Beverages. *Curr Diab Rep*, 12, 195-203. <http://link.springer.com/article/10.1007/s11892-012-0259-6>

⁴ American Diabetes Association. <http://www.diabetes.org/in-my-community/local-offices/honolulu-hawaii/>

can support parents' efforts to protect their children's health by making small healthy options an easy choice.

I strongly support SB2056 and ask you to pass this out of committee.

Mahalo,
Maggie Morris

From: bmih@everyactioncustom.com on behalf of [Bryan Mih](#)
To: [CPH Testimony](#)
Subject: Strong Support of SB2056, Relating to Health
Date: Wednesday, February 7, 2018 10:39:16 AM

Dear Senate Committee on Commerce, Consumer Protection, and Health,

The Honorable Rosalyn Baker, Chair
The Honorable Jill Tokuda, Vice Chair
Members of the Senate Committee on Commerce, Consumer Protection, and Health

Hrg: February 8, 2018 at 8:30 AM at Conference Room 229

I strongly support SB2056, 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.

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Passage of SB2056 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 SB2056 and respectfully ask you to pass this out of committee.

Sincerely,
Bryan Mih
Honolulu, HI 96822