

R-28 CORRESPONDENCE - Violet Ruiz

From: "Violet Ruiz" <violet.ruiz@heart.org>

To: "Mark Taylor" <Mark.Taylor@longbeach.gov>

Subject: American Heart Association- Amendment Recommendations for the City of Long Beach Healthy Snack Food, Beverage and Vending Policy

Dear Mayor Garcia, Councilmembers and Staff :

On behalf of the American Heart Association/American Stroke Association (AHA/ASA), I respectfully request your support for an amendment that we are proposing to the City of Long Beach's Healthy Snack Food, Beverage and Vending Policy.

The current policy before the Long Beach City Council will require that:

- At least 50% of snacks sold in all vending machines on City property shall meet specified Nutrition Standards
- At least 50% of beverages sold in vending machines on City property, which are not accessible to the public, shall meet specified Nutrition Standards
- By 12/1/2016, vending machines, located on City property, display the total calorie content for each item sold in accordance with the Patient Protection and Affordable Care Act
- Food served by the City at public facing events (i.e. ground breakings community meeting and ribbon cuttings) will meet the USDA Dietary Guidelines for Americans and the Health and Sustainability Guidelines for Federal Concessions and Vending Machines

While this is a step in the right direction, the American Heart Association is requesting to amend the policy so that the food offered in all Long Beach snack vending machines meets 100% of the sodium and 100% of the trans-fat nutritional standards recommended by the USDA Dietary Guidelines for Americans and the Health and Sustainability Guidelines for Federal Concessions and Vending Machines. This nutritional standard will ensure that consumers have access to a heart healthy selection of vending snacks.

In amending the resolution, this bill will update and expand nutritional standards for foods and beverages sold in vending machines on City property and food served at public events.

California is facing a public health crisis. More than half of adults and teens are classified as overweight or obese. Obesity results in increasing the risk of cardiovascular disease, diabetes and some forms of cancer. According to the 2010 census, 36% of Long Beach residents are overweight with 31% being obese.

The workplace is a key environment for maintaining the health of the population. Studies have shown a strong relationship between the physical and social environments of the workplace and the health behaviors of employees. Nearly half of our waking hours are spent at the workplace, and the foods available in vending machines, employee cafeterias, and work-sponsored events frequently determine what people eat throughout the day. That is why it is important to ensure all vending machines on city property in Long Beach meet the USDA Dietary Guidelines for Americans and the Health and Sustainability Guidelines for Federal Concessions and vending machines.

The City of Long Beach has been a leader in promoting healthy choices in a number of settings. Since 2011, the City of Long beach has required strong nutritional standards for public facing vending machines at youth settings. Amending and restating the resolution will update the nutritional standards, ensure all employees and residents have access to healthier options and improve food served at public events. The AHA/ASA is pleased to support stronger vending procurement policies on Long Beach City property, and respectfully requests your support in amending and restating City of Long Beach Healthy Snack Food, Beverage and Vending Policy. Should you have any questions please contact me at (213) 291-7016.

Sincerely,

Violet J. Ruiz

Director

Government Relations