

First Choice Healthy Kids Meals

Councilmember Jeannine Pearce, 2nd District
City of Long Beach

Obesity

More than **2 billion adults** and children around the world are obese or overweight, that is equal to **1/3 of the world's population** carrying excess weight.(CNN, 2017)

With the help of our Department of Health and Human Services and Los Angeles County Department of Public Health, we were able to study Long Beach residents.

Among **adults, 31% are obese** and **37 % are overweight**, while children between the ages of 2-5 are overweight or obese and **27% of 5th, 7th and 9th graders are considered obese.**

The [U.S. Food and Drug Administration](#) recommends that people age 3 and older should consume no more than **12.5 tsp. each day of added sugar.** (The same as one can of soda.) The [World Health Organization](#) states that adults should consume no more than 6 tsp. of added sugar, and children should have no more than 3 tsp.

The Problem

Over the past 30 years, obesity among adults and children has increased nationwide.

- California
 - **Adults:** 25%
 - **5th grade:** 40 %
- Long Beach:
 - **Adults:** 25 %
 - **5th Grade:** 44%



Dental Health

Because juice is high in sugar and calories, water and milk are always the best options for your little one. In fact, if your child is under 1 years old, the **American Academy of Pediatrics** suggests completely removing juice from his or her diet.

Older children can occasionally drink juice, but if they do, there are two things to remember:

- Children ages 1-6 should have no more than 4-6 oz. of juice each day, according to pediatric guidelines. Children ages 7 to 18 should drink no more than 8-12 oz. (Many juice boxes are about 6 oz., so younger children should have no more than one per day, and older children no more than two.)
- Allowing your child to sip on juice throughout the day puts him or her at higher risk for tooth decay because you're giving that cavity-causing bacteria more opportunities to eat and produce the acid that eats away at teeth. This can also happen with juice that is watered down. "Even though the volume of sugar has decreased, you've added the time that it takes to drink it," says ADA spokesperson Dr. Jonathan Shenkin.

Risks of Sugary Beverages among children

- Sugar sweetened beverages are the single largest contributor to caloric intake in the US.
- Children who drink at least one sugar-sweetened beverage per day have 55% greater odds of being overweight or obese.
- Soda consumption nearly doubles the risk of dental cavities for children.

Risks of Sugary Beverages among children



Childhood obesity has been an ongoing affliction that increases the risk of

- Type 2 Diabetes
- Heart disease
- Asthma
- Sleep apnea
- Social dis...
- Tooth deca...
- Poor academic performance



Providing Healthy Choices



- Make it easier for children and parents to make healthy food choices by creating environments that support healthy habits.
- Ordinance requiring all restaurants with bundled kid's meals to offer water or milk
 - Parents still have the option to choose other beverages upon request.
- Healthy Beverage Vending Policies (Passed by City Council, 2011)
- Educational campaigns at schools, neighborhoods, etc.
 - California governing bodies that have implemented similar ordinances include:
 - County of Santa Clara
 - Stockton
 - Perris

Industry Leaders Agree



Long Beach Local Program

Enforcement: Adding a First Choice Healthy Kid's Meal check box to current health inspection forms.

Penalties:

First Offense: Results in a warning and requirement to adhere to the guidelines of the program

Second Offense: Results in a fine to the business for violating the ordinance

Ongoing Offenses: increasing fines for each further infraction.



How it will benefit the community

- Increase the number of healthy beverages consumed by Long Beach children.
- Establish healthy behaviors in childhood that continue for life.
- Create a healthier future for our children.





Thank you