

By

Resolution

City and County of San Francisco

WHEREAS, soda is the largest source of added sweeteners for children and increased soda consumption is having detrimental effects on our children's health, such as increasing the risk for type II diabetes, childhood obesity, dental decay, and a host of other health problems; and

WHEREAS, the prevention of diabetes and obesity are among the most urgent health challenges of our day and can be achieved by reducing intake of added sugars, especially sugar-sweetened beverages; and

WHEREAS, in San Francisco, one-quarter of our children are overweight or obese, and over one-third of adolescents and adults are overweight or obese, and have a 30 to 40 percent chance of being diagnosed with type II diabetes, which can lead to health challenges now and later in life; and

WHEREAS, to address the public health crisis of obesity, inactivity, and poor nutrition, the Mayor's fitness challenge *Shape Up San Francisco*, for the past three years has coordinated the Soda Free Summer Campaign to increase awareness about the health impacts of drinking sugar-sweetened beverages and, by executive order, City departments such as the Recreation and Parks Department have been eliminating soda from vending machines, pledging along with other non-profits and community-based organization to be soda free; and

WHEREAS, San Francisco is enthusiastic to *Rethink Your Drink* and increase opportunities for increased physical activity, improved nutrition, and encourage healthy eating choices where people live, play, work, and learn; now

THEREFORE BE IT RESOLVED, that I, Gavin Newsom, Mayor of the City and County of San Francisco, urge all our City's residents to *Rethink Your Drink* and go soda free this summer, and do hereby proclaim June through August 2010 as...

SODA FREE SUMMER

In San Francisco!

IN WITNESS WHEREOF, I have hereunto
set my hand and caused the Seal of the City
and County of San Francisco to be affixed.



Gavin Newsom
Mayor

