



Resolution to Reduce the Promotion of Sugary Drinks and Improve Nutrition in Restaurant Kids Meals

WHEREAS, Americans now spend more of their food budget on foods prepared away from home than on foods at home;ⁱ

WHEREAS, Children consume roughly 25 percent of their calories from eating out,^{ii,iii} and eat almost twice as many calories when they eat at a restaurant as they do when they eat at home;^{iv}

WHEREAS, for each additional serving of soda or juice drink a child consumes per day, the child's chance of becoming overweight increases by 60%;^v

WHEREAS, over 60% of Vermont adults^{vi} and 29% of Vermont youth^{vii} are overweight or obese; and obese children are at least twice as likely as non-obese children to become obese adults;^{viii}

WHEREAS, Obese children and adults are at greater risk for numerous adverse health consequences;^{ix}

WHEREAS, estimated annual obesity-related medical costs for the state of Vermont are \$202 million, almost half of which are attributed to Medicare (\$41 million) and Medicaid (\$57 million);^x

BE IT THEREFORE RESOLVED that the undersigned organization or business endorses:

- Ensuring all restaurant kids meals marketed to children meet nutrition standards;
- Removing sugary beverages from all restaurant kids meals.

Signed on _____ by _____
(date) (authorized signature)

Name of Organization/Business: _____

Contact Person, Email and Phone: _____

Please return to Tina Zuk, American Heart Association; tina.zuk@heart.org; Phone: (802)578-3466

ⁱDecoding Consumers in a Challenging Economy. National Restaurant Association, 2012. <http://www.restaurant.org/forecast>.

ⁱⁱWootan, Margo G. *Children's Meals in Restaurants: Families Need More Help To Make Healthy Choices*. Center for Science in the Public Interest, 2012.

ⁱⁱⁱLin B and Morrison RM. Food and Nutrient Intake Data: Taking a Look at the Nutritional Quality of Foods Eaten at Home and Away From Home. *Amber Waves* 10.2 (2012): 1-2. <http://www.ers.usda.gov/media/783958/Datafeature.pdf>.

^{iv}Zoumas-Morse C, Rock CL, Sobo EJ, et al. "Children's Patterns of Macronutrient Intake and Associations with Restaurant and Home Eating." *Journal of the American Dietetic Association*, 101(8): 923-925, 925, 2001.

^vLudwig DS, et al (2001). Relation between Consumption of Sugar-Sweetened Drinks and Childhood Obesity: A Prospective, Observational Analysis. *Lancet*, vol. 357, pp. 505-508

^{vi}Vermont 2012 BRFSS Adult Behavioral Risk Factor Survey; Vermont Department of Health

^{vii}Vermont 2013 YRBS Youth Risk Behavior Survey; Vermont Department of Health

^{viii}Serdula MK, Ivery D, Coates RJ, et al. "Do Obese Children Become Obese Adults? A Review of the Literature." *Preventive Medicine*, 22(2): 167-177, 1993. Available at: www.ncbi.nlm.nih.gov/pubmed/8483856.

^{ix}U.S. Department of Health and Human Services, Office of the Surgeon General. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville (MD): Office of the Surgeon General (US), 2001. Available at: www.ncbi.nlm.nih.gov/books/NBK44210/.

^xE. A. Finkelstein, I. C. Fiebelkom, and G. Wang, "State-level estimates of annual medical expenditures ... attributable to obesity," *Obesity Research*, vol. 12 no. 1 (January 2004), pp. 18-24; .and Andreveva T, Luedicke J, Wang YC. State-level estimates of obesity-attributable costs of absenteeism. *Journal of Occupational and Environmental Medicine*, 2014, in press.