

SB288

Date: 02/13/2009

Committee: Senate Education and Housing

Department: Education

Person Testifying: Patricia Hamamoto, Superintendent of Education

Title of Bill: SB 0288 RELATING TO SCHOOLS

Purpose of Bill: Bans the sale of soft drinks in public school vending machines.

Department's Position: The Department of Education (DOE) **supports this bill**. Our current vending contracts stipulates only water and "healthy" juices are allowed, "healthy" meaning at least 50 percent real juice by volume. This requirement aligns with the current DOE wellness initiatives. Currently, the only exception to these guidelines is use of vended sodas in teachers' lounges. The DOE would support this bill inclusive of all vending machines on campus.



Senator Norman Sakamoto, Chair
Senate Committee on Education & Housing

Friday, February 13, 2009
2:30 p.m., Conference Room 225

RE: Senate Bill 288 - Relating to Schools

Good afternoon, Chair Sakamoto, Vice Chair Kidani, and Members of the Committee,

Thank you for the opportunity to **present comments on SB 288**, which bans the sale of soft drinks in public school vending machines. **The American Beverage Association (ABA) is testifying in opposition because this bill is unnecessary, existing policy guidelines are currently in place to cut calories and control portion sizes in Hawaii schools.**

ABA is the trade association representing hundreds of beverage producers and supporting businesses that employ more than 217,000 people across the country. Beverage companies throughout Hawaii directly employ over 500 workers and indirectly impact the jobs of thousands of others across the state. Local ABA members offer consumers a full range of non-alcoholic beverages including soft drinks, teas, 100% juices, sports drinks, and bottled water.

In May of 2006, ABA, Cadbury Schweppes Americas Beverages (now Dr Pepper Snapple Group), The Coca-Cola Company and PepsiCo teamed up with the Alliance for a Healthier Generation (a joint initiative of the American Heart Association and the William J. Clinton Foundation) to develop national School Beverage Guidelines that limit calories and increase nutritious beverages in schools. The guidelines are developmentally appropriate, taking the age of the student into great account and balance children's nutritional and hydration needs with appropriate caloric consumption.

In addition, the Hawaii Board of Education's Competitive Food Sales Policy 6810 states: ***"Beverage selections from school vending machines that are available to students shall contain only healthy beverages as deemed appropriate by the Department of Education."*** Healthy beverages are currently defined as 100% juice, milk, and plain water.

Finally, we would like to point out that, as written, this measure would limit the beverage choices available to teachers in faculty lounges and other areas off-limits to students.

The beverage industry is actively implementing these guidelines in Hawaii and across the nation. As such, we respectfully request that the Committee hold SB 288. Thank you for the opportunity to comment.

David Thorp
Director, Government Affairs
American Beverage Association

Good day, Senators. My name is **Raeanne Tolentino** and I am a senior at Kohala High School. I am testifying on SB No. 288 regarding the ban of soft drinks in public school vending machines. **I support this Bill** because it provides healthier choices for our students. Even though our student activities program funds have greatly decreased since soft drinks have been taken out of the machines, we are still able to offer 100% juice products or water. This is in line with providing healthy breakfasts and lunches from the school cafeteria, and then a healthy beverage after lunch is over. This way student council can earn supplementary funds without contributing to the problems of excess sugar intake and child obesity.

SB 288

Relating to Schools (Ban Sale of Soft Drinks in Public School Vending Machines)

Good afternoon, Senators, My name is **Marah Lynch** and I am a junior at Island Pacific Academy. I am testifying on SB No. 288, Relating to Schools (banning the sales of soft drinks in public school vending machines). I **support this Bill** for the following reason. Soft drinks and other unhealthy foods in vending machines should be banned because they are very unhealthy for growing children. Consuming food from these vending machines on a daily basis could lead to obesity, bad eating habits, and diabetes. Students should be eating healthy foods, especially when they are in a learning environment. Healthy food will make their minds and bodies stronger so they can learn more.

The average 12-ounce soft drink contains about 10 teaspoons worth of sugar, according to Junior Scholastic. If a student consumes at least once a day for 180 days of school, this is equivalent to 1800 teaspoons of sugar! That is at least 15 pounds of sugar within 180 days not including any other food within the student's diet. According to Dr. Scott Olson of Press Release Newswire, sugar is an addiction, somewhat like cigarettes. It can be harmful to the body and the mind if consumed incorrectly. Imagine if a student did not exercise and ate 15 pounds of sugar every 180 days just from soda. That is almost 30 most pounds a year, only from soda! A student should learn that drinks like these should we wisely consumed and not on a daily basis. If the student has the option of water or another healthy drink, they may not even consider soda for a drink choice.

If a student continues to eat these bad foods as a growing child, they may continue these bad habits as an adult. Over half of the people in America are over 300 pounds according to America Sports Data. If people are not shown how to eat properly at a young age, they will never learn when they are older. By banning soda machines, this will at least eliminate one source of a student's access to high calorie drinks. This could reduce their chance of becoming overweight as an adult, let alone a teenager. By supplying the vending machines with healthy foods, like crackers, water, fruits, cheese, or other healthy snacks, will diminish this growing problem. Even though these healthy foods contain sugar, they are still healthy and would be consumed in a measurable amount.

Consuming large amounts of sugar and having bad eating habits could also lead to diabetes. Diabetes has become more popular as more children are becoming obese in today's society. A study from Harvard shows that soft drinks may be responsible for the doubling of obesity in children in the United States over the last 15 years. If students continue to drink these sodas more and more each year, the numbers of obese children will only increase, therefore will only lead to more children having type 2 diabetes. Type 2 diabetes is a serious condition and if a child has it, they need special attention and care for their wellbeing. Diabetes will increase one's risk for complications, especially in one's eyes, heart, kidneys, nerves, and heart. If we can prevent this from occurring, I believe something should be done as soon as possible.

If banning sodas in school could help prevent diabetes, I believe soda should be removed at once from all machines. Replacing soft drinks with healthier foods will encourage students to have better eating habits. Having good eating habits will lead to a healthier mind and body which is essential for a growing child. There are other delicious drinks besides soda, and students need to discover this so they can make decisions on their own that are healthy for their body.

Senate Bill (SB) Number 288

Title: Relating to Schools (bans sale of soft drinks in public school vending machines)

Good afternoon, Senators. My name is **Muriah Kayser** and I am a junior at Island Pacific Academy High School. I am testifying on SB No. 288, Relating to schools (bans sale of soft drinks in public school vending machines). I **strongly support this Bill** for the following reasons, obesity, type two diabetes, and unhealthy habits.

In a recent review, seventy-five percent of the drinks being dispensed and eighty-five percent of the snacks being dispensed are poor in nutritional values. With the convenience of vending machines in schools, students are more prone to use extra money their parents gave them for a healthy apple at the school store and spend it on a soda and chips they do not have at home. It is also very interesting to consider how healthy fruit juices are. A normal person should only consume six ounces a day of these fruit juices and if drank in larger portions, it becomes completely unhealthy. As these drinks are being offered to students in the hallways and during lunch, their favorite drinks are going to be the least healthy.

These vending machines are not helping any of these students with the ongoing battle of obesity. In an effort for a healthier vending machine, schools should only sell healthy snacks and always make sure there are not any in the machine that are over 200 calories. A recent survey from USA Today claims that 67 percent of students eat unhealthy snacks or purchase sodas from school vending machines and have all the right to blame the school for having these resources accessible. No matter what is sold in vending machines, healthy snacks should take priority above junk food.

Not only is obesity increasing and terrible, but it also leads to type-two diabetes. Since most foods in a vending machine is around 320 calories, the amount of sugar and fat increases the students' chance of developing diabetes. Speaker from the Pennsylvania Diabetic Association stresses the ultimate goal of this association, which is to ultimately remove all juice and added sugar beverages alone to promote a healthier diet.

During the past decades, people increased their risk of becoming obese because of the convenience of fast food and unhealthy habits. If public schools would be able to help in the fight against teen and young adult obesity, than the little step they have helped with will make a change in the big picture. While public schools already have the challenge of how to make sure everyone is not left behind and coming to class, vending machines should not be available to the students because it is not teaching them anything about life outside of school. With soft drinks at their hands, cutting this out of schools would be helpful and essential. A survey shows that obesity can cut off twenty years of someone's life and schools should not be promoting this with unhealthy snacks and unhealthy soft drinks.

By the time one is in high school, these students are almost ready to go off to college and if healthy habits are not taught in high school and before someone is not making choices for them, college years will end with more than the freshman 15. A common medium should be used when considering what should be put into vending machines and the least they can do is offer their students with healthier alternatives like water and fruits. At least with fruits, there is a healthier sugar being consumed. Schools should always look out for their best interests and teach their students the good habits while they still have the opportunity. No matter what is sold in vending machines, just remember to keep obesity, type-two diabetes, and unhealthy habits in mind.

Sample Testimony Template

Senate Bill (SB) Number ~~SB~~ 288
Title:

Good afternoon, Senators. My name is Hannah Perry and I am a
7th grader (freshman/sophomore/junior/senior) at Sacred Hearts Academy
High School. I am testifying on SB No. 288, (Title of Bill) Relating to Schools
~~I am strongly opposed to this Bill~~ (OR I support this Bill) for the following reasons,...

Hawaii's kids obesity rate is twice the mainland rate. We have 20% of obese children, that is twice the national rate.

I think if we work together and create more exercise and health programs we can't stop this, but we can decrease the obesity rate greatly.

One policy, at some schools in the U.S. is no soda pop. This is a great policy because soda is very unhealthy and not at all nutritious. Without soda the children have to drink water, juice, or milk, which are healthier options.

With these kind of changes being made we can help decrease the amount of children who suffer from childhood obesity.