Enforce Existing Policies to Soft Drink Products Being Sold and Offered as Promotional Giveaways in Schools and Encourage Additional Governance Regarding Access.

Whereas, schools are an increasing source of access to soft drinks through foodservice, vending and promotional giveaways;\(^1\)\(^2\)\(^3\)\(^4\)

Whereas, soft drinks contain sugar and/or caffeine;\(^5\)\(^6\)\(^7\)

Whereas, excess energy intake results in obesity and soft drinks result in excess energy intake;\(^8\)

Whereas, the USDA recommends people eating 1600 calories/day not eat more than 6 tsp/day of refined sugar, 12 tsp/day for those eating 2200 calories and 18 tsp for those eating 2800 calories;\(^9\)

Whereas, there has been an increase in children and adolescent soft drink intake;\(^2\)\(^10\)

Whereas, a major source of added sugars in the United States is soft drinks;\(^11\)

Whereas, teenage boys consume 34 tsp. of sugar/day with 44% from soft drinks and teenage girls consume 24 tsp of sugar/day with 40% from soft drinks;\(^12\)

Whereas, for every additional serving of sugar sweetened drinks consumed, there was up to a 60% increase in children’s risk of becoming overweight;\(^8\)

Whereas, calcium is important for building strong bones and teeth;\(^2\)\(^13\)

Whereas, milk is the main source of calcium in children’s diets and soft drinks have been displacing milk, with the potential long term impact of low bone density;\(^2\)\(^13\)\(^14\)

Whereas, the risk of osteoporosis depends in part on how much bone mass is built in early life (92% by age 18 for girls);\(^15\)

Whereas, among frequent consumers, regular soft drink consumption promotes tooth decay because it bathes the teeth in sugar water for long periods of time;\(^16\)

Whereas, caffeine can cause nervousness, irritability and sleeplessness, which can impact a child’s ability to learn;\(^11\)\(^17\)

Whereas, caffeine’s addictiveness may keep people hooked on soft drinks;\(^11\)

Whereas, schools are banned from selling soda in the school cafeteria during lunchtime;\(^18\)
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Whereas, when children are surrounded by unhealthy foods at school, the effect of nutrition education is diminished; 4

Whereas schools are signing exclusive beverage contracts that include soft drink vending and giveaways; 1, 3, 20

Whereas, schools are placing vending machines within access of cafeterias and providing access at all times, including lunchtime; 1, 3, 21, 22

Be it resolved that SNE will send letters to Congress to support ways to reduce consumption of soft drinks in school settings by:

1) Enforcing current regulations regarding hours of soda availability in schools and applying these regulations to other federal food programs, such as CACFP;

2) Eliminating vending machines in preschools and elementary schools;

3) Requiring healthy choices be available and actively promoted when vending machines are in place;

4) Allocate funds to further research the effectiveness of making environmental changes in schools.

In addition SNE will urge the Secretaries of Agriculture and Health and Human Services to draft policies that could be adapted by state and local districts.

SNE will also encourage its members to work with local students, parents, schools and other community partners to help them identify and secure appropriate funding sources and promote a healthier school environment.

Cost: Composing and mailing petition. The following would be willing to draft the letter and submit it to the Board for their consideration.

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8 Ludwig DS, Peterson KE, Gortmaker SL. Relations between consumption of sugar-sweetened drinks and childhood obesity; a prospective, observational analysis. Lancet 2001; 357;505-508.

Recommended Resource: