



KING COUNTY

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

Signature Report

May 23, 2011

Resolution 11-05

Proposed No. 11-05.1

Sponsors

1 A RESOLUTION encouraging King County residents to
2 join Soda-Free Sundays, a community-wide effort to not
3 drink soda and other sugary drinks for at least one day each
4 week for six weeks.

5 WHEREAS, in King County and across the nation, people have recognized that
6 sugary drinks are one of the major contributors to obesity, particularly among children
7 and

8 WHEREAS, the daily caloric intake from soda among children has nearly tripled
9 over the past thirty years, and

10 WHEREAS, children who drink two or more sodas a day are more likely to be
11 overweight than those who consume healthier alternatives such as low-fat milk or water,
12 and

13 WHEREAS, in King County, twenty-two percent of students in middle and high
14 school are overweight or obese, and

15 WHEREAS, being overweight or obese leads to many health problems, such as
16 Type 2 diabetes, high blood pressure and cholesterol in both adults and children;

17 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King
18 County:

19 The Board of Health encourages King County residents to participate in Soda-
20 Free Sundays, a community-wide effort to not drink soda and other sugary drinks at least
21 one day a week for six weeks.
22

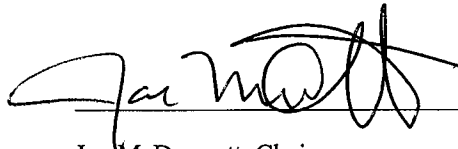
Resolution 11-05 was introduced on and passed by the Board of Health on 5/19/2011,
by the following vote:

Yes: 7 - Ms. Frisinger, Mr. Hutchinson, Mr. Conlin, Dr. Nicola, Dr.
Danielson and Mr. McDermott

No: 0

Excused: 6 - Ms. Patterson, Ms. Lambert, Mr. Licata and Ms. Clark

BOARD OF HEALTH
KING COUNTY, WASHINGTON



Joe McDermott, Chair

ATTEST:



Anne Noris, Clerk of the Board

Attachments: None