

Senator Alex Padilla

Fact Sheet



SB 1255 - Padilla

Eliminating Electrolyte Replacement Beverages from schools

Summary

This bill would restrict the sale of electrolyte replacement beverages (sports drinks) from being sold at schools during regular school hours. This bill would take effect on July 1, 2011.

Background

Childhood obesity has become an epidemic in the United States and is the primary cause of type 2 diabetes and other long-term health problems. Since 1980, the number of obese children in our nation has tripled, and obesity now rivals smoking as the largest cause of preventable death and disease. According to the Center for Disease Control the prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1% from 1980-2008.

California has one of the fastest growing rates of obesity of any state in the nation. Nearly 16 million Californians are obese or overweight. One third of California's kids ages 9 -11 are overweight or at risk of becoming overweight and are increasingly suffering from nutrition-related illnesses that normally occur in adulthood, diseases such as type-2 diabetes and pre-hypertension.

Today's children will be the first generation that will have a shorter life expectancy than their parents.

A number of studies have found that greater consumption of sweetened beverages is associated with overweight and obesity among both adults

and children. Furthermore, drinking sweetened beverages has increased, and it is now more common than ever, particularly among adolescents.

In an effort to address childhood obesity, SB 19 was signed into law in 2001 and restricted the sale of carbonated beverages from being sold in vending machines at elementary and middle schools during school breaks. This bill took effect January on 1, 2004. SB 965 expanded the scope of the previous bill from elementary schools and middle schools to include high schools. This bill took effect on July 1, 2007.

Existing Law

Existing law bans the sale of soda from K-12 schools from one half hour before the start of school to one half hour after the end of the school day. Existing law does not restrict the sale of soft drinks at sporting events and other school-sponsored activities held at least a half hour after the end of the school day.

Existing law permits the sale of:

- Fruit-based drinks with 50% or more fruit juice with no added sweetener.
- Vegetable-based drinks with 50% or more vegetable juice with no added sweetener.
- Drinking water with no added sweetener.
- 2% fat milk, 1% fat milk, non fat milk, soy milk, rice milk, and other similar non-dairy milk.
- Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20 ounce serving.

This Bill

SB 1255 would restrict the sale of electrolyte replacement beverages (sports drinks) in K-12 schools. Sport drinks shall not be sold to a student from one-half hour before the start of the school day to one-half hour after the end of the school day. This restriction will go into effect July 1, 2011.

Support

California Governor Arnold Schwarzenegger
(Sponsor)
California Department of Public Health
Children's Hospital of Los Angeles
California Medical Association (on their
agenda/support)
Harvard School of Public Health
American Diabetes Association