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## FOR IMMEDIATE RELEASE

### *Bay Areas' Daly City Approves Kids' Healthy Meals Ordinance*

**Daly City, CALIF., January 10th, 2018 ...** Daly City enacted an ordinance Monday requiring either water or milk to be offered as the default beverage in children's combination meals, becoming the seventh city in the state to do so – following the lead of Davis, Stockton, Perris, Berkeley, Cathedral City, Long Beach, and Santa Clara County. The passage of this public health measure will positively impact the 100,000 residents and visitors to Daly City. The "Healthy Beverages in Children's Combo Meals" rule, passed unanimously by the Daly City Council, aims to tackle the city's sizeable childhood obesity problem and worsening type 2 diabetes crisis.

Public Health Advocates worked with the Daly City Council, The Youth Leadership Institute, the American Heart Association, San Mateo County pediatricians, the County of San Mateo Public Health Department, Jefferson High School Key Club and community members to build momentum for this policy change.

"After two years of effort and leadership from Daly City Council, I am over-the-moon elated to see the City of Daly City, the first city in San Mateo County, adopt this policy and make the healthy choice the easy choice for young children," says Blythe Young, Project Manager at Public Health Advocates. "I hope this success in Daly City inspires other cities throughout the state to adopt a 'healthy-by-default' ordinance and continues to add momentum to the movement to put children's health first."

Daly City Mayor Juslyn C. Manalo was presented with the first hearing of the ordinance the night she became Mayor. Her response to the ordinance was one of enthusiasm and action, "It's really crucial to ensure that there are healthy options for the younger generation and [have] forethought towards the future...for me, it's kind of a no brainer to ensure that there are healthier choices for our young people," said Manalo.

"The crux of this [ordinance] is to support parents in making healthy choices for their children when eating out at Daly City restaurants. If milk or water are offered first it will encourage those choices and help parents enforce the same healthy choices that they provide at home and in today's exceedingly busy lives, families are eating out at restaurants more often" – Effie Verducci, former City Daly City staffer explained to Daly City Council during her presentation of the ordinance before the Council's unanimous vote in favor of adoption.

"I strongly believe that this local ordinance will positively impact our community," said San Mateo County Youth Commission member and Daly City resident Lester Gutierrez in his address to the council. "As youth, many of us do not take into account the health risks that come with consuming sugary drinks one after the other. ... This ordinance will...be a great foundation for other youth of Daly City to understand the importance and necessity of implementing practical, healthy habits in their lives from a young age"

In the upcoming months, restaurants that serve meals marketed for children will be required to provide milk, non-dairy milk, water or sparkling water with no natural or artificial sweeteners as the default beverage option. Customers will still be able to purchase sodas and other sugary drinks – upon request.

Studies have linked a daily sugary drink habit to a 26 percent higher risk of type 2 diabetes and a 55 percent greater risk of childhood obesity, as well as higher incidence of heart disease, liver disease and metabolic disorder. Today, 55 percent of California adults have prediabetes or diabetes, while 69 percent are overweight and at a higher risk of developing diabetes in the future. The Centers for Disease Control and Prevention (CDC) estimates that one-in-three children born today will have diabetes by 2050.

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**Public Health Advocates (PHAdvocates)** is an independent, nonpartisan, nonprofit organization at the forefront of solving the obesity and diabetes epidemics by advocating for groundbreaking policies that build a healthier California. PHAdvocates played a leading role in removing soda and junk food from public schools, passing California's landmark restaurant menu labeling law and advocating for a statewide soda warning label law. For more information visit: [www.phadvocates.org](http://www.phadvocates.org).