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FISCAL IMPACT REPORT



SPONSOR: Godbey DATE TYPED: 02/04/02 HB HJM 78

SHORT TITLE: Soft Drink Alternatives SB _____

ANALYST: Wilson

APPROPRIATION

Appropriation Contained		Estimated Additional Impact		Recurring or Non-Rec	Fund Affected
FY02	FY03	FY02	FY03		
	NFI				

Duplicates SJM55

SOURCES OF INFORMATION

State Department of Education (SDE)
Department of Health (DOH)

SUMMARY

Synopsis of Bill

House Joint Memorial 78 requests the DOH and the SDE to lead a study to identify the health and education benefits of replacing carbonated soft drink machines in elementary schools with machines offering healthy, nutritious alternatives. The Health Sciences Center of the University of New Mexico, statewide nutrition organizations and other interested parties are listed as participants in the study. A report from the study must be presented and delivered to the Health and Human Services Committee and the Legislative Education Study Committee by the October 2002 meetings.

Significant Issues

The purpose of HJM 78 is to examine the potential benefit of replacing carbonated soft drink vending machines in elementary schools with machines that sell healthy alternatives, such as flavored milk, 100% fruit juice and water.

Carbonated soft drinks are currently available for sale in many New Mexico elementary schools. Elementary school students are typically between the ages of six and twelve. Many school districts in New Mexico have contracts with soda distributors and the districts receive reimbursement for allowing the vending machines on campus. In some cases, these contracts include incentives for the

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schools to sell more soda. School districts currently report that they rely on the funding from soda contracts to support services and to fill in the gaps in their budgets.

There are a number of reasons for concern about the amount of carbonated soft drinks consumed by children and youth including:

- Soda consumption is associated with an increased risk for obesity.
- As soda consumption has increased, milk consumption has decreased.
- Soda consumption impacts dental health.

HJM 78 would promote collaboration among health and education agencies and other professional organizations on the issue of student nutrition.

FISCAL IMPLICATIONS

NFI

ADMINISTRATIVE IMPLICATIONS

The DOH and the SDE will have to dedicate the staff resources to lead the study. This should be possible within existing resources since the study is consistent with the missions of both departments.

DUPLICATION

Duplicates SJM55, Soft Drink Alternatives

OTHER SUBSTANTIVE ISSUES

Soda consumption is associated with an increased risk for obesity. In a recent study, the average U.S. teen ingests an extra 15-20 teaspoons of sugar per day in soda. For each sugar drink consumed per day, a child's risk for obesity increases by 60%. Obese children ages 5-10 already demonstrate cardiac risk factors. For many children obesity starts in the preschool years. Children who are obese are at greater risk for being obese adults and for suffering from many of the associated medical risks, including diabetes, cancer and heart disease. Only smoking exceeds obesity as a cause for mortality in the United States. In addition to the medical risks, obesity is also an important predictor of psychosocial adjustment. In a study of elementary school children ages 10-11, the children preferred friendships with children with handicaps to children who were overweight.

The consumption of soda has increased significantly in the last thirty years. In 1994 only half of teens reported drinking milk. Meals with non-milk beverages fail to achieve the Recommended Daily Allowance for calcium. Consequences of this shift away from milk and towards soda include:

- Increased risk of bone fractures in adolescent girls
 - Decrease in bone density and calcium absorption during the key period of bone development (adolescence) putting many at risk for the development of osteoporosis later in life.
 - Loss of vitamin A and E When soda replaces milk during a meal. These vitamins are difficult to acquire without consumption of dairy products.
- Soda consumption also affects dental health. The low pH of many soft drinks contributes to erosion of dental enamel and the development of caries.

DW/njw:ar