

### **City of Youngstown–Healthy Default Beverage Policy (October 2021):**

Between juggling work schedules, school and activities, busy families are ordering out more than ever. But we know that an 8 oz 'child-size' soda has about 6 teaspoons of sugar. In fact, the average child in the U.S. consumes over 30 gallons of sugary drinks every year--that's enough to fill a bathtub! Our kids are sweet enough and deserve a healthy start in life.

The American Heart Association worked with the Youngstown City Council to introduce an ordinance that ensures water, milk and 100% juice are the default drink options in kids' meals. During the October Council meeting, the Youngstown City Council unanimously approved the passage of a healthy default beverage ordinance. At the hearing, Dr. Nicolette Powe, NE Ohio AHA board member and member of the State Advocacy Committee, testified in support of the proposal – sponsored by Councilwoman Samantha Turner. In addition, Erin Bishop, Youngstown Health Commissioner and NE Ohio board member, also played an integral role in getting this ordinance off the ground. The American Heart Association was joined by coalition members American Diabetes Assoc, Ohio Beverage Assoc, Ohio Restaurant Assoc, and the Children's Hunger Alliance in our attempt to enact this ordinance.

Currently, Youngstown is second in the nation for childhood poverty. Policies like this will certainly be helpful in providing children with the chance to live longer, healthier lives and improve health outcomes around obesity and related health conditions.