



Community Health Commission (CHC)

COMMUNITY HEALTH COMMISSION MEETING AGENDA

Thursday, February 27, 2020 6:30 pm–9 pm
South Berkeley Senior Center
2939 Ellis St, Berkeley, CA 94703

Preliminary Matters

1. Roll Call
2. Announcements & Introductions of any new members
3. Approval of Minutes from the January 23rd Meeting (Attachment 1)
4. Confirm note taker
5. Public Comment (*Speakers will have up to 5 minutes each*)

Presentation Items

1. **City of Berkeley, Public Health Division—Dr. Lisa Hernandez:** Health Officer Updates
2. **Holly Scheider:** Healthy Checkout Ordinance (Attachment 7)

Discussion and Action Items:

1. Commission stance on Healthy Checkout Ordinance [Smart]
2. Appoint commissioners to speak on behalf of CHC at upcoming City Council meetings [Simpson].
3. Add/remove subcommittees/members (Attachment 4) [Simpson].
4. Election of Commission Officers—Chair and Vice-Chair [Simpson]

Subcommittee Break-Out Session

Subcommittee Reports

1. Acute Services Subcommittee
2. Basic Needs Security Subcommittee
3. Cannabis Subcommittee
4. Disease Prevention Subcommittee
5. Health Equity Subcommittee
6. Policy Tracking Subcommittee
7. Strategic Planning Subcommittee
8. Entheogenic Plants Subcommittee

Communication

1. None

Adjournment

A Vibrant and Healthy Berkeley for All

Attachments:

1. Draft minutes of January 23rd, 2020 CHC regular meeting
2. Approved minutes of November 21st, 2019 CHC regular meeting
3. Community Health Commission Work Plan
4. Community Health Commission Subcommittee Roster 2020
5. Community Health Commission Meeting Calendar 2020
6. City Council and Community Health Commission Timeline 2019

The next meeting of the Community Health Commission is scheduled for March 26th, 2020, with a deadline of March 16th, 2020 for the public's submission of agenda items and materials for the agenda packet. Dates are subject to change; please contact the Commission Secretary to confirm.

COMMUNICATION ACCESS INFORMATION



“This meeting is being held in a wheelchair-accessible location. To request a disability-related accommodation(s) to participate in the meeting, including auxiliary aids or services, please contact the Disability Services Specialist at 981-6418 (V) or 981-6347 (TDD) at least three business days before the meeting date. Please refrain from wearing scented products to this meeting.”

Communications to Berkeley boards, commissions or committees are public record and will become part of the City's electronic records, which are accessible through the City's website. Please note: e-mail addresses, names, addresses, and other contact information are not required, but if included in any communication to a City board, commission or committee, will become part of the public record. If you do not want your e-mail address or any other contact information to be made public, you may deliver communications via U.S. Postal Service or in person to the secretary of the relevant board, commission or committee. If you do not want your contact information included in the public record, please do not include that information in your communication. Please contact the commission secretary for further information.

Any writings or documents provided to a majority of the Commission regarding any item on this agenda will be made available for public inspection at the City of Berkeley Public Health Division located at 1947 Center Street, Second Floor, during regular business hours. The Commission Agenda and Minutes may be viewed on the City of Berkeley website: <http://www.cityofberkeley.info/commissions>.

Please refrain from wearing scented products to this meeting.

Secretary:

Roberto A. Terrones, MPH
Health, Housing & Community Services Department
1947 Center Street, 2nd Floor
(510) 981-5324
E-mail: RTerrones@cityofberkeley.info



Community Health Commission

Community Health Commission

South Berkeley Senior Center,
2939 Ellis St, Berkeley, CA 94703

DRAFT MINUTES

Regular Meeting, Thursday January 23rd, 2020

The meeting convened at 6:44 p.m. with Commission Chair Simpson presiding.

ROLL CALL

Present: Commissioners Engelman, Webber, Speich, Carter, Smart, Spigner, Rojas-Cheatham (6:45), Simpson, Imai, Rosales, Le (7:36), Katz (6:59)

Absent: Commissioner Spigner

Excused: Commissioner Gilman

Staff present: Lisa B. Hernandez, Roberto Terrones, Rebecca Day-Rodriguez

Community Members: None

COMMENTS FROM THE PUBLIC: None

PRESENTATIONS:

1. **City of Berkeley, Public Health Division—Dr. Lisa B. Hernandez:** Health Officer updates.
2. **City of Berkeley, Public Health Division—Rebecca Day-Rodriguez:** Update on Vaping and Electronic Cigarettes.

ACTION ITEM

1. M/S/C (Rosales/Webber): Motion to approve minutes from the November 21st, 2019 regular meeting.

Ayes: Commissioners Engelman, Webber, Speich, Carter, Smart, Spigner, Rojas-Cheatham, Simpson, Imai.

Noes: None.

Abstain: Commissioner Rosales.

Absent from vote: Commissioner Spigner, Le, Katz.

Excused: Commissioner Gilman.

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Motion Passed.

2. M/S/C (Webber/Smart): Motion to recommend that non-medicinal cannabis retailers continue to operate within the 9AM to 9PM and medicinal retailers be able to operate from 6PM to 10PM.

Ayes: Commissioners Engelman, Webber, Speich, Carter, Smart, Spigner, Rojas-Cheatham, Simpson, Imai, Rosales, Le.

Noes: None.

Abstain: Commissioner Katz.

Absent from vote: Commissioner Spigner.

Excused: Commissioner Gilman.

Motion Passed.

3. M/S/C (Webber/Imai): Motion to appoint Commissioners Katz, Rojas-Cheatham, and Smart to speak on behalf of the Community Health Commission at the upcoming City Council meeting. Commissioners will reiterate the stance of the Commission on not supporting the grandfathering of non-conforming logos nor the transfer of a non-conforming logo upon sale of a business. The Commission supports providing a 6-month transition period for businesses to conform their logos.

Ayes: Commissioners Engelman, Webber, Speich, Carter, Smart, Spigner, Rojas-Cheatham, Simpson, Imai, Rosales, Le, Katz.

Noes: None.

Abstain: None.

Absent from vote: Commissioner Spigner.

Excused: Commissioner Gilman.

Motion Passed.

NEXT MEETING

The next regular meeting will be on February 27th, 2020, at 6:30 p.m. at the South Berkeley Senior Center.

This meeting was adjourned at 9:00 p.m.

Respectfully Submitted, Roberto A. Terrones, Secretary.



Community Health Commission

Community Health Commission

South Berkeley Senior Center,
2939 Ellis St, Berkeley, CA 94703

APPROVED MINUTES

Regular Meeting, Thursday November 21st, 2019

The meeting convened at 6:42 p.m. with Commission Chair Simpson presiding.

ROLL CALL

Present: Commissioners Engelman, Webber, Speich, Futoran, Carter, Smart, Gilman, Spigner, Rojas-Cheatham (6:48), Simpson, Imai, Le, Katz

Absent: Commissioner Rosales

Excused: None

Staff present: Lisa B. Hernandez, Roberto Terrones

Community Members: Yishala Hoffman and an estimated 20 additional members that did not sign-in.

COMMENTS FROM THE PUBLIC: Yishala Hoffman, James Kleier, John-Paul Martin Shervin Rostan.

PRESENTATIONS:

1. **City of Berkeley, Public Health Division—Dr. Lisa B. Hernandez:** Health Officer updates.
2. **Decriminalize Nature Berkeley—Carlos Plazola, Julie Megler, MSN, NP-BC, Larry Norris, PhD candidate:** Restoring our Roots

ACTION ITEM

1. M/S/C (Gilman/Engelman): Motion to approve minutes from the October 24th, 2019 regular meeting.

Ayes: Commissioners Engelman, Speich, Carter, Smart, Gilman, Spigner, Rojas-Cheatham, Simpson, Imai, Le, Katz.

Noes: None.

Abstain: Commissioners Webber, Futoran.

Absent from vote: Commissioner Rosales.

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Excused: None.

Motion Passed.

2. M/S/C (Smart/Speich): Motion to create a subcommittee on entheogenic plants, and adding Commissioners Speich, Simpson, and Smart as members.

Ayes: Commissioners Webber, Speich, Futoran, Carter, Smart, Gilman, Spigner, Rojas-Cheatham, Simpson, Katz.

Noes: None.

Abstain: None.

Absent from vote: Commissioner Rosales, Engelman, Imai, Le.

Excused: None.

Motion Passed.

3. M/S/C (Simpson/Speich): Motion to approve 2020 Community Health Commission meeting dates.

Ayes: Commissioners Webber, Speich, Carter, Smart, Gilman, Spigner, Rojas-Cheatham, Simpson, Katz.

Noes: None.

Abstain: Commissioner Futoran.

Absent from vote: Commissioner Rosales, Engelman, Imai, Le.

Excused: None.

Motion Passed.

4. M/S/C (Gilman/Webber): Motion to add Commissioner Gilman to the Policy Tracking Subcommittee and remove him from the Cannabis Subcommittee; remove Commissioner Simpson from the Policy Tracking Subcommittee.

Ayes: Commissioners Webber, Speich, Futoran, Carter, Smart, Gilman, Spigner, Rojas-Cheatham, Simpson, Katz.

Noes: None.

Abstain: None.

Absent from vote: Commissioner Rosales, Engelman, Imai, Le.

Excused: None.

Motion Passed.

5. M/S/C (Gilman/Webber): Motion to extend the Community Health Commission meeting to 9:10 p.m.

Ayes: Commissioners Webber, Speich, Carter, Smart, Gilman, Spigner, Simpson, Katz.

Noes: None.

Abstain: Commissioners Futoran, Rojas-Cheatham.

Absent from vote: Commissioner Rosales, Engelman, Imai, Le.

Excused: None.

Motion Passed.

NEXT MEETING

The next regular meeting will be on January 23rd, 2020, at 6:30 p.m. at the South Berkeley Senior Center.

This meeting was adjourned at 9:05 p.m.

Respectfully Submitted, Roberto A. Terrones, Secretary.

Meeting minutes were approved during the January 23rd, 2020 CHC regular meeting.

Community Health Commission Work Plan FY2019-2020

Guiding Philosophy: To look at health through the lens of equity, and to address, ameliorate, and abolish health inequities in Berkeley through our work while advancing other public health efforts.

Mission/Purpose:

1. Collaborate with the community and the Berkeley Public Health Division, and City of Berkeley to eliminate health inequity by:
 - a. Advocating for good policy to council that has the potential to improve the health of Berkeley residents that can be implemented, monitored, and evaluated.
 - b. Representing the community through the diversity of this commission
 - c. Increasing the public education/social marketing efforts, understanding, and awareness of issues
 - d. Advocating together with the residents of Berkeley most affected by institutional, social, organizational inequities/disparities
 - e. Providing a public forum for all community members to share concerns, ideas
2. Achieve general public health progress by being responsive to community needs and facilitating general health and safety.

Overall goals, issues & priorities: All issues can be addressed through a health equity lens.

- Increase healthy food security
- Advocate for the expansion of affordable housing
- Continue to urge that Alta Bates Berkeley Medical Campus remain open while also helping to suggest actions to address consequences of planned closure
- Be responsive in potential recommendations to help Berkeley residents, and care providers and clinics cope with potential federal disruption in healthcare policy and federal spending cuts
- Further address more social determinants of health
- Continue to be a community advocate to City Council to address structural, institutional, and health inequities impacting all underserved populations
- Work to have community health data measures documented in a timely manner and to promptly evaluate and act on novel data such as the Health Status Report
- Work to support policies and initiatives that advance UHC such as Medicare for all
- Advise the City Council as the Public Health Department develop their strategic plan

General steps and actions needed to meet priorities:

1. Better follow up with council implementations
2. Collaborate with other commissions to share resources and support recommendations
3. Focused/specialized ad-hoc subcommittees
4. Keep track of local, state, and federal policy and data flow

Specific steps and actions needed to meet priorities:

❖ Subcommittees

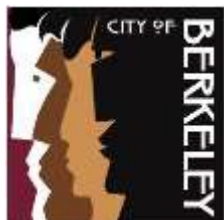
- **Strategic Planning subcommittee**
 - Serve as point of contact with Public Health Division for city's strategic plan and facilitate deliberation between full commission and division
 - Recommend structure of portion of agenda to educate commission on strategic plan development
- **Acute Services for Berkeley**
 - Continue to recommend actions to keep Alta Bates open
 - Consider ways to increase emergency care access in Berkeley
- **Basic Needs Security**

Focus on healthy food security and affordable/accessible housing

 - In terms of healthy food security:
 - Identify food recovery donation systems
 - Connect communities with healthy food resources (awareness)
 - Advocate for policies to mitigate unhealthy food consumption
 - Advocate for affordability and accessibility of healthy foods
 - In supporting programs like the Berkeley Food Institute, etc.,
 - In terms of accessible/affordable housing:
 - Identify areas of stark homelessness
 - Connect homeless communities with resources (awareness)
 - Advocate for affordable housing
 - Advocate for increased rent control
- **Policy tracking**
 - Track City Council minutes, state, and national legislative actions
 - Priority areas:
 - School lunch programs
 - Affordable housing in the Adeline area
- **Health Equity Subcommittee**
 - Engage Stakeholders on LGBT health equity issues to help complement findings of the Health Status Report
 - Follow up on status of the African American Holistic Resource Center
 - Work on cultural competency for health care providers--contact county health care providers and Kaiser
 - Review the Health Status Report- dialogues with staff and community to investigate the data and inequities, and recommend program interventions for the City Public Health Division
 - Implement efforts to improve immigrant access to health care
 - Investigate how health care providers are using technology to improve health
 - Meet with the public health officer to be informed
- **Chronic Disease Prevention**
 - Recommend presenters that can educate the commission on innovative approaches to chronic disease prevention
 - Consider the use of high profile figures in media campaigns to educate the community about chronic disease prevention.

- **Cannabis**
 - Decriminalizing and destigmatizing cannabis use throughout the Berkeley area
 - Advocating for holistic education of cannabis use throughout the community
 - Assessing holistically the risks and benefits of cannabis use in terms of community health
 - Assessing holistically how cannabis should be integrated within the local economy while maintaining the health of the community
 - .i.e. nurseries, dispensaries, etc.
 - Prioritizing community health following the legalization of cannabis with emphasis on holistically understanding the risk and benefits of cannabis
- Ad-hoc subcommittees as needed to quickly address City Council referrals
- Liaisons to other commissions
 - Housing Advisory Commission
 - Homeless Commission
 - Zero Waste Commission
 - Mental Health Commission
 - Human Welfare and Community Action Commission
 - Community Environmental Advisory Commission
 - Sugar Sweetened Beverage Panel

District	Last	First	Community Health Commission Subcommittees 2019							
			Acute Services for Berkeley	Health Equity	Policy Education	Basic Needs Security	Disease Prevention	Strategic Planning	Cannabis	Entheogenic
1	Engelman	Alina	X							
1	Webber	Sara			X	X				
2	Vacant	Vacant								
2	Speich	Pamela			X		X		X	x
3	Vacant	Vacant					X			
3	Carter	Donna	X		X					
4	Smart	Karma		X		X				x
4	Gilman	John	X						x	
5	Spigner	Tora		X	X					
5	Vacant	Vacant								
6	Rojas-Cheatham	Ann						X	X	
6	Vacant	Vacant								
7	Simpson	May			X		X		X	x
7	Imai	Derek				X				
8	Rosales	Ces		X				X		
8	Le	Carolyn						X		
M	Vacant	Vacant								
M	Katz	Andy	X	X				X		
			4	4	5	3	3	4	4	3



Community Health Commission 2020 Meeting Dates

Community Health Commission (CHC)

Month	Meeting Day and Date	Time
January 2020	Thursday 1/23/20	6:30-9PM
February 2020	Thursday 2/27/20	6:30-9PM
March 2020	Thursday 3/26/20	6:30-9PM
April 2020	Thursday 4/23/20	6:30-9PM
May 2020	Thursday 5/28/20	6:30-9PM
June 2020	Thursday 6/25/20	6:30-9PM
July 2020	Thursday 7/23/20	6:30-9PM
August 2020 THE CHC DOES NOT MEET IN AUGUST		
September 2020	Thursday 9/24/20	6:30-9PM
October 2020	Thursday 10/22/19	6:30-9PM
November 2020	Thursday 11/19/20*	6:30-9PM
*Meeting in November is scheduled on the 3rd Thursday due to the Thanksgiving Holiday		
December 2020 THE CHC DOES NOT MEET IN DECEMBER		

A Vibrant and Healthy Berkeley for All

1947 Center Street, 2nd Floor, Berkeley, CA 94704 Tel: 510. 981.5300 TDD:
510.981.6903 Fax: 510. 981.5395 E-mail: publichealth@ci.berkeley.ca.us -
<http://www.cityofberkeley.info/health/>

COUNCIL MEETING TIMELINE - COMMISSIONS
HEALTH, HOUSING & COMMUNITY SERVICES DEPARTMENT
Created September 10, 2019

2020				Thursday 12:00 PM	Thursday 12:00 PM	Monday 2:30 PM	Wednesday 11:00 AM	Thursday 5:00 PM
COUNCIL MEETING DATE	Commission needs to take action by	Reports Due to Dept. Director	Reports Due to CAO	Dept. Reports Due to Clerk Day 33	Agenda Committee Packet to Print Day 19	Agenda Committee Meeting Day 15	Final Agenda Meeting - (Print Agenda on wed.) Day 13	Council Agenda Delivery Day 12
Winter Recess [December 11, 2019 – January 20, 2020]								
Jan 21	11/21	11/28	12/5	12/19	1/2	1/6	1/8	1/9
Jan 28	11/28	12/5	12/12	12/26	1/9	1/13	1/15	1/16
Feb 11	12/12	12/19	12/26	1/9	1/23	1/27	1/29	1/30
Feb 25	12/26	1/2	1/9	1/23	2/6	2/10	2/11 (Tue)	2/13
Mar 10	1/9	1/16	1/23	2/6	2/20	2/24	2/26	2/27
Mar 24	1/23	1/30	2/6	2/20	3/5	3/9	3/11	3/12
Mar 31	2/2	2/9	2/16	2/27	3/12	3/16	3/18	3/19
Spring Recess [April 1 through April 20]								
Apr 21	2/20	2/27	3/5	3/19	4/2	4/6	4/8	4/9
Apr 28	2/27	3/5	3/12	3/26	4/9	4/13	4/15	4/16
May 12	3/12	3/19	3/26	4/9	4/23	4/27	4/29	4/30
May 26	3/26	4/2	4/9	4/23	5/7	5/11	5/13	5/14
Jun 2	4/2	4/9	4/16	4/30	5/14	5/19 (Tue)	5/20	5/21
Jun 16	4/16	4/23	4/30	5/14	5/28	6/1	6/3	6/4
Jun 30	4/30	5/7	5/14	5/28	6/11	6/15	6/17	6/18
Jul 14	5/14	5/21	5/28	6/11	6/25	6/29	7/1	7/2
Jul 28	5/28	6/4	6/11	6/25	7/9	7/13	7/15	7/16
Summer Recess [July 29 through September 14]								
15-Sep	7/16	7/23	7/30	8/13	8/27	8/31	9/2	9/3
22-Sep	7/23	7/30	8/6	8/20	9/3	9/8 (Tue)	9/9	9/10
13-Oct	8/13	8/20	8/27	9/10	9/24	9/28	9/30	10/1
27-Oct	8/27	9/3	9/10	9/24	10/8	10/13 (Tue)	10/14	10/15
10-Nov	9/10	9/17	9/24	10/8	10/22	10/26	10/28	10/29
17-Nov	9/17	9/24	10/1	10/15	10/29	11/2	11/4	11/5
1-Dec	10/1	10/8	10/15	10/29	11/12	11/16	11/18	11/19
15-Dec	10/15	10/22	10/29	11/12	11/25 (Wed)	11/30	12/2	12/3
Winter Recess [December 16, 2020 – January 18, 2021]								

VTO Affected
Dates

Holiday Affected
Dates

Reports not submitted by the deadlines listed will not be included on the agenda.

ORDINANCE NO. -N.S.

ADDING CHAPTER 9.82 TO THE BERKELEY MUNICIPAL CODE "HEALTHY CHECKOUT"

BE IT ORDAINED by the Council of the City of Berkeley as follows:

Section 1. That the Berkeley Municipal Code is amended to read as follows:

9.82.010. Findings and Purpose.

The City of Berkeley hereby finds and declares as follows:

- A. Diets with an excess of added sugars and sodium are correlated to chronic health issues including diabetes, high blood pressure, and stroke.
- B. Grocery stores are Americans' top source for food and beverages, contributing an average of 60% of caloric intake.
- C. Food choices are strongly affected by the environments in which they are made. The placement of unhealthy snacks near a register increases the likelihood that consumers will purchase those foods and drinks, thus undermining consumer health choices and public health initiatives.
- D. It is in the interest of the health, safety, and welfare of all who live, work, and do business in the City that large stores offer healthy options and do not actively encourage the purchase of unhealthy foods.
- E. This Chapter is consistent with the General Provisions of Environmental Health of the City (Berkeley Municipal Code 11.04).

9.82.020. Definitions.

- A. Added Sugars shall mean sugars added during the processing of food and beverages, or are packaged as such, and include sugars (free, mono and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type, as defined in Section [101.9](#) of Title 21 of the Code of Federal Regulations.
- B. Artificial Sweetener shall mean sweeteners with few to no calories that have a higher intensity of sweetness per gram than sucrose.
- C. Category List shall mean the list of foods and beverages which meet the standards of BMC 9.82.030.
- D. Checkout Area shall mean any area that is accessible to a customer of the Large Retail Store that is either:
 - i. at a minimum within a 3-foot distance of any Register; or
 - ii. designated primarily for or utilized primarily by customers to wait in line to make a purchase at a Register.

- E. "Register" shall mean a device used for monetary transactions that calculates the sales of goods and displays the amount of sales for the customer.
- F. "Large Retail Store" shall mean a commercial establishment selling goods to the public with a total floor area over 2,500 square feet and selling 25 linear feet or more of food.

9.82.030. Healthy Checkout Areas.

Each Large Retail Store shall, at all hours during which the Large Retail Store is open to the public, ensure that all foods and beverages available in all checkout areas meet the standards in Sec 9.82.030 A-D and comply with the list of qualifying food and beverage categories:

- A. Beverages with no added sugars and no artificial sweeteners.
- B. Food items with no more than 5 grams of added sugars, and 230 milligrams of sodium per labeled serving.
- C. ~~Food items must be in the following categories: chewing gum and mints with no added sugars, fruit, vegetables, nuts, seeds, legumes, yogurt or cheese and whole grains. Chips of any kind, including fried, baked, or puffed chips may not be included.~~

City staff will provide technical assistance for implementation. The City Manager will maintain a list of qualifying food and beverage categories and will review the list for potential updates every (at least a year and possible longer). There will be a 120 day phase-in period if any changes are made.

9.82.040. Enforcement.

- A. The City is hereby authorized to issue all rules and regulations consistent with this ordinance, including, but not limited to, fees for re-inspection.
- B. Compliance with this Chapter shall be administered by the City during regular inspections of qualifying Large Retail Stores. The City may require a Large Retail Store to provide such information as may be necessary to determine the Large Retail Store's compliance with this Chapter.

9.82.050. Violation--Penalty.

- A. A Large Retail Store that violates any provision of this chapter may be subject to administrative citations pursuant to Chapter [1.28](#) of this Code.
- B. This section shall not limit the City from recovering all costs associated with implementing this chapter or investigating complaints pursuant to fee resolution.
- C. Remedies and penalties under this chapter are cumulative and not exclusive.

9.82.060. Effective Date.

This ordinance and the legal requirements set forth herein shall take effect and be in force **XX**.

Section 2. Copies of this Ordinance shall be posted for two days prior to adoption in the display case located near the walkway in front of the Maudelle Shirek Building, 2134 Martin Luther King Jr. Way. Within 15 days of adoption, copies of this Ordinance shall be filed at each branch of the Berkeley Public Library and the title shall be published in a newspaper of general circulation.

Rethinking Retail in California: The Healthy Checkout, Healthy Families Act

California Is Facing a Public Health Crisis

With high rates of diabetes and tooth decay, California is facing a public health crisis which disproportionately impacts youth and communities of color.

- 55% of California adults have prediabetes or diabetes. Rates are particularly high among Latinos, Pacific Islanders, American Indians, and African-Americans.¹
- 71% of California children ages 6-9 have had tooth decay. Latino children are more likely than white children to experience tooth decay.²

Sugary drinks exacerbate diet-related diseases. Daily consumption increases the risk of type 2 diabetes and doubles the risk of tooth decay in children.^{3,4,5}

Public health experts are calling on policymakers to support necessary next steps to decrease sugary drink marketing and consumption, particularly among youth.⁶

Grocery Stores are a Prime Place for Policy Change

Grocery stores are Americans' top source for food and beverages, providing more than 60% of calories.⁷ Though grocery stores sell a wide range of healthy products, they are also the largest contributor of unhealthy food and beverages to the diet. **Seventy percent of the sugary beverages children consume come from food retail.**⁸

Sugary drinks are promoted repeatedly throughout stores; appearing in as many as 25 different places in groceries.⁹ **At checkout, these drinks make up 60% of beverage offerings.**¹⁰

Checkout lanes stocked high with sugary drinks can be especially frustrating for parents, who must resist nagging children.¹¹ **This is especially true for low-income parents, where saying “yes” to inexpensive candy at checkout may be one of few opportunities to oblige children’s requests.**¹² Getting high-calorie, low-nutrient, sugar-sweetened beverages out of checkout “makes it easy for parents to say ‘Yes’ to something healthy, rather than forcing them to say ‘No’ to something unhealthy.”¹³

Parents aren't the only ones who want changes at checkout. A 2016 poll found that:

- 76% of shoppers who purchased a food or beverage at checkout regretted doing so;
- 79% felt supermarkets should make it easier for people to eat healthfully; and
- 79% said stores should stock soda in the soda aisle, rather than sell it at checkout.¹⁴



Sugary drinks at a Berkeley store checkout

Californians Want Healthier Checkout Options

Californians are leading the charge, demanding checkout changes. In 2018, a Berkeley-based youth group assessed grocery store checkouts across the city and found that 67% of the beverages sold in these lanes contained added sugar. In focus groups, adults and adolescents unanimously supported removing high-calorie, low-nutrient food and beverages from grocery store checkout lanes and requiring stores to have healthy checkout aisles. Participants suggested retailers stock checkout with water, 100% fruit juice, and unsweetened coffee and tea.

Retailers Across the State Are Already Taking Steps to Support Health

California retailers are starting to stock healthier items at checkout. In 2016, Raley's eliminated sugar-sweetened soda from checkout in its Bel Air Market, Nob Hill Foods, Food Source, Market 5-ONE-5, and Raley's stores. In 2018, they removed 25% of candy from checkout.¹⁵



"I care for the health of my people, my community. As a manager at a local grocery store, I believe healthy checkout is good for both the clients and our business"
-Javier, Mi Tierra Foods

Southern California chain Northgate Gonzalez has healthy checkout lanes in 10 stores and plans to expand to all 41 stores.¹⁶ And smaller stores like Berkeley's Mi Terra Foods also support the changes at checkout.

California retailers want to do more to support shoppers' health, and many would welcome a level playing field where all retailers are required to do the same.

The Healthy Checkout, Healthy Families Act (AB 765) is good for California retailers and residents, providing consumers the opportunity to make better choices for themselves and their families.

¹ Babey SH, Wolstein J, Diamant AL, Goldstein H. *Prediabetes in California: Nearly Half of California Adults on Path to Diabetes*. Los Angeles, CA: UCLA Center for Health Policy Research; 2016.

² Gadgil M, Jackson R, Rosenblatt N, Aleemuddin A, Peck C, Bates J. *Status of Oral Health in California: Oral Disease Burden and Prevention*. Sacramento, CA: California Department of Public Health; 2017.

³ Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res*. 2006;85(3): 262-266.

⁴ Morenga LT, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ*. 2012;346: e7492.

⁵ Malik VS, Popkin BM, Bray GA, Després JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care*. 2010;33(11): 2477-2483.

⁶ Muth ND, Dietz WH, Magge SN, Johnson RK. *Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents*. Itasca, IL: American Academy of Pediatrics; 2019.

⁷ Mancino L, Guthrie J. *Supermarkets, Schools, and Social Gatherings: Where Supplemental Nutrition Assistance Program and other U.S. Households Acquire their Foods Correlates with Nutritional Quality*. Washington, DC: U.S. Department of Agriculture Economic Research Center; 2018.

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