



# MULTNOMAH COUNTY AGENDA PLACEMENT REQUEST

(Revised: Feb. 2017)

## Board Clerk Use Only

Meeting Date: 12/5/17  
Agenda Item #: B.1  
Est. Start Time: 10:00 am  
Date Submitted: 11/21/17

**Agenda Title:** **Board Briefing on the Health Impacts of Sugar-Sweetened Beverages**

**Requested Meeting:** December 5, 2017 **Time Needed:** 45 minutes

**Department:** Health **Division:** Public Health

**Contact(s):** Rachael Banks

**Phone:** 503.988.3387 **Ext.:** 87778 **Email:** Rachael.m.banks@multco.us

**Presenters:** Rachael Banks, Dr. Paul Lewis, Dr. Frank Franklin

## General Information

### 1. What action are you requesting from the Board?

Nothing at this time. This is an informational briefing on chronic diseases, the health impacts of sugar-sweetened beverages, and strategies, including policy options, to address these health impacts.

### 2. Please provide sufficient background information for the Board and the public to understand this issue. Please note which Program Offer(s) this action affects and how it impacts the results.

Chronic Diseases are the leading causes of death in Multnomah County. Chronic diseases are largely caused by nutrition and activity levels. Increased sugar impacts nutrition and health. Sugar-sweetened beverages play a strong role in obesity and chronic disease. The number one source of added sugars in typical U.S. diets is sugar-sweetened beverages. Added sugars account for almost 270 calories (more than 13%) per day, exceeding the goal of no more than 10% of daily calories from added sugars. In addition to weight gain, higher consumption of sugar-sweetened beverages is associated with the development of metabolic syndrome and type 2 diabetes.

### 3. Explain the fiscal impact (current year and ongoing).

No fiscal impact. This is an informational briefing.

### 4. Explain any legal and/or policy issues involved.

None at this time. This is an informational briefing on chronic disease, and the health impacts of sugar sweetened beverages.

### 5. Explain any citizen and/or other government participation that has or will take place.

None at this time. This is an informational briefing.

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**Required Signature**

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**Elected  
Official or  
Department  
Director:**

Wendy Lear/s/

**Date:**

November 21, 2017