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RESOLUTION NO. 08-49

A RESOLUTION OF THE ALBANY CITY COUNCIL SUPPORTING SB 1420 WHICH REQUIRES RESTAURANTS WITH 15 OR MORE LOCATIONS IN CALIFORNIA TO PROVIDE NUTRITION INFORMATION ON MENUS AND MENU BOARDS.

WHEREAS, obesity rates in adults doubled over the last twenty years currently, two-thirds of American adults (65%) are overweight or obese and the percentage of seriously overweight children tripled in the past two decades (from 4% to 15%); and

WHEREAS, obesity is a major risk factor for many health problems, including heart disease, which is the leading cause of death in the United States, diabetes and some cancers; and

WHEREAS, since 1994, pursuant to the Nutrition Labeling and Education Act (NLEA) food manufacturers have been required to provide nutritional information on nearly all packaged foods. However, the NLEA explicitly exempts restaurants; and

WHEREAS, in 1970 Americans spent just 26% of their food dollars on foods prepared outside the home, like restaurant meals; today the amount is 46%; and

WHEREAS, at most restaurants people can only guess the nutritional quality of the food. Larger portions, higher calories and fat and lack of nutritional information have become a huge problem for the health of today's Americans; and

WHEREAS, studies have found a positive association between eating out and higher caloric intakes and body weights. For example, children eat almost twice as many calories when they eat a meal at a restaurant (770 calories) as at home (420 calories); and

