



November 8, 2017

Honorable Mayor and City Council Members  
333 90th Street  
Daly City, CA 94015

RE: Support for a Healthy Default Drinks in Kids' Meals Ordinance

Dear Mayor Sylvester and Council Members Buenaventura, Christensen, and Guingona:

As a pediatrician, Daly City native, and mother of a toddler who frequents Daly City restaurants, I strongly support the proposed Healthy Default Drinks in Kids' Meals ordinance.

Consumption of sugary drinks, including soda, energy drinks, chocolate milk, and juice greatly increases a child's risk of obesity, diabetes, heart disease, high blood pressure, and dental decay infection. Furthermore, the two largest ethnic groups in Daly City, Filipino and Latino, suffer from higher rates of diabetes than the population at large.

This policy would make the healthy choice the easy choice for Daly City's families by requiring restaurants to replace sugary beverages with healthier options such as water and low-fat milk as the default offered with children's meals. Other beverages would remain available but only on request. This has been shown to lower the consumption of sugar-sweetened beverages (as was the experience at Disney resorts) by making it easier for parents to choose a healthy beverage for their children.

A Healthy by Default Ordinance is a common sense measure to support parents' efforts to protect their children's health. I ask for your wholehearted support.

Sincerely,

A handwritten signature in black ink that reads "Sharon DiPierro". The signature is fluid and cursive, with the first name "Sharon" and last name "DiPierro" clearly distinguishable.

Sharon DiPierro, MD, FAAP  
Ravenswood Family Health Center  
1885 Bay Rd  
East Palo Alto, CA 94303