The Healthy Drinks, Healthy Kids bill makes a healthy beverage—water, unflavored milk, or certain non-dairy milk alternatives—the default beverage on every kids’ menu instead of sugary drinks. This helps parents provide healthy drink options to their children when they eat out at restaurants or fast food establishments.

**Why is HB 2383/SB 6455 needed in Washington State?**
Each week, 85% of families nationwide report eating out an average of five times, with one-third of kids and teens eating fast food on any given day. When kids eat out at fast food or full-service restaurants, studies show they are more likely to have a higher daily intake of calories and consume more sugary drinks. Unfortunately, the science shows that the consumption of sugary drinks is associated with long-term health conditions that will impact a child’s health for their entire life such as type 2 diabetes, hypertension, fatty liver disease, depression, anxiety, sleep apnea, oral health and orthopedic problems. As Washington families live ever busier lives, we need to support our parents and guardians by ensuring healthy default beverage choices on kids’ menus in restaurants.

**What will HB 2383/SB 6455 do if adopted into law?**
As of 2019, 61% of the top 50 restaurant chains nationwide had sugary drinks available on their kids’ menus. HB 2383/SB 6455 will ensure that all kids’ menus in Washington offer only water, unflavored milk and certain non-dairy milk alternatives as the default choice. Restaurants may still choose to offer sugary drinks for sale to all customers, but only healthy options will be featured on menus.

“Sugary drinks are among the top contributors of calories from added sugars that kids consume when eating fast food. And we are seeing that families are not eating at home as often. That’s why I support making the default choice a healthy choice so that we can help support a healthy routine for kids when they are eating out and build a healthy foundation for the rest of their lives.” – Amy Reuter, Dietitian, Kirkland

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5. Center for Science in the Public Interest
kids’ menus. Making the default beverage on kids’ meals a healthy beverage—water, milk, or non-dairy milk alternatives—improves access to healthy drinks by helping parents make the healthy choice for their children. Hawaii, Delaware, California and multiple cities have already adopted this policy as law, showing that this is a simple method to help support the health of our state’s kids.

Who supports HB 2383/SB 6455?
Public health organizations, medical professionals, as well as parents and kids are volunteering their voices to support HB 2383/SB 6455. A full list of supporters may be found on the Childhood Obesity Prevention Coalition’s Facebook Page and our website, healthykidshealthydrinkswa.org.

Key facts
• Sugary drinks are among the top contributors of calories from added sugars that kids consume when eating fast food.6
• Kids consumption of sugary drinks is being linked with long term health conditions that will impact a child’s health and well-being for their entire life.7
  o Drinking sugary drinks regularly leads to a 26% increase in the risk of type II diabetes.8
  o 12-30 teaspoons of sugar per day increases the risk of dying from cardiovascular disease by 30%9 - a 12-oz can of coke has about 9 teaspoons of sugar.
  o Drinking sugary drinks regularly increases the risk of bad cholesterol by 20% in just two weeks.10
  o Drinking sugary drinks regularly increases the chances of obesity among children by 55%.11
• More than 20 percent of fast food restaurants located near public middle and high schools market food directly to kids.12
• Consuming sugary drinks increases young people’s chances of developing cavities.13

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