

Sweet Truth

KESYON MOUN POZE SOUVAN (FAQS)

Kesyon: Kisa pwoblèm lan ye? Poukisa mwen ta dwe gen enkyetid konsènan sik ajoute ki gen nan chèn restoran nan NYC?

Repons: Si ou menm, manm fanmi w, zanmi w oswa vwazen ou yo ap goumen avèk dyabèt tip 2, maladi kè, maladi fwa, eksè pwa, oswa kansè, nou ta dwe gen enkyetid konsènan sik ajoute yo.¹ Lè yon moun konsome twòp sik ajoute li kapab lakòz li pran pwa, li kapab gen dyabèt tip 2, maladi kadyovaskilè, kari nan dan, ak lòt maladi kwonik.^{2,3}

Epitou, menm si pwoblèm sante sa yo pa konsène w pèsònèlman, ou ap toujou afekte akòz gwo kantite lajan maladi sa yo diminye nan bidjè⁴ vil la, epi li gen enpak negatif sou sante moun k ap travay nan NYC ak NYS.⁵

Kesyon: Kisa pwojè lwa sa a pral fè?

Repons: Pwojè lwa sa a pral egzije pou yo mete ikòn avètisman sou tablo ki gen meni yo ak nan afich ki nan chèn restoran yo pou atik ki gen plis pase 50 gram oswa plis sik ajoute,⁶ li sanble anpil ak ikòn avètisman pou sodyòm vil la te deside mete nan fen lane 2016.⁷

Kesyon: Poukisa se 50 gram li ye? Poukisa li pa pi plis oswa mwens?

Repons: Senkant (50) gram sik ajoute a se limit pou **chak jou** Administrasyon pou Manje ak Medikaman nan Etazini (Food and Drug Administration, FDA) rekòmande pou yon moun ki konsome 2,000 kalori pa jou.⁸ Nou dwe kenbe nan lespri nou li reprezante **douz ti kiyè kafe edmi sik** nan yon sèl fwa. Se anpil sik.



Kesyon: Poukisa se sik ajoute epi se pa sik total?

Repons: Li diferan ak sik natirèl nou jwenn nan fwi ak legim yo, ki vini ak fib ak nitriman ki bon pou sante a, sik ajoute yo se konsantre, kalori vid yo itilize pou fè moun achte plis manje ak bwason transfòme.⁹

Kesyon: Mwen te tande gen anpil restoran ki gen difikilte akòz konsekans pandemi COVID-19 la. Èske egzijans sa a p ap yon chay pou yo?

Repons: Mezi sa a aplike sèlman pou chèn restoran ki gen (15) lokal oswa plis nan senk (5) awondisman. Selon done ki fenk sòti sou endistri restoran an, gwo chèn restoran yo te yon jan byen rekanpe apre pandemi a. An reyalyte, lavant 500 pi gwo chèn restoran yo (kòm yon gwoup) te ogmante a 18% nan lane 2021, sa ki fè yo byen repanke apre frap pandemi a paske yo jenere santèn milya dola nan lavant.¹⁰

Gwo chèn restoran yo kapab kalkile byen fasil sik ajoute ki gen nan resèt estandadize yo. Selon nouvo lwa federal yo, moun ki ap fè pwodui alimantè yo gen egzijans sa a deja, sa ki fè yo te kòmanse mete enfòmasyon sou sik ajoute yo sou etikèt ki bay enfòmasyon sou manje a nan lane 2020.

An reyalyte, pi gwo chèn lan nan NYC ki se Dunkin' Donuts deja ap pibliye enfòmasyon sou sik ajoute yo nan meni anliy li yo.¹¹

Kesyon: Èske rezidan New York yo sipòte pwojè lwa sa a?

Repons: Wi. Gen yon sondaj ki te fèt nan lane 2021 ki montre gen yon gwo sipò nan de (2) pati yo pou sa a. Li te montre gen 85% rezidan k ap sipòte avètisman sou meni chèn restoran yo ki gen atik ki gen plis pase kantite sik ajoute¹² moun kapab pran nan yon jounen.

Kesyon: Kòman kanpay sa a ap sipòte ekite nan kesyon sante?

Repons: Kominote ki gen plis nwa ak ispanik yo ekspoze pi plis ak manje ki fèt rapid, se pwodui segregasyon rezidansyèl la ki pran rasin nan politik istorik tankou diskriminasyon nan kesyon lajan labank ap prete, dezangajman, ak maketing ki sible.¹³ Katye sa yo gen plis chans pou yo gen restoran ki fè manje rapid¹⁴ ak mwens opsyon manje ki bon pou sante a¹⁵ Anplis, gen anpil piblisite pou bwason sikre ak lòt aliman vid ki sible jèn timoun nwa ak latino yo. Nan lane 2019, chèn tankou McDonald's, Domino's, ak Taco Bell, te depanse plis pase 1.5 milya dola nan piblisite televizyon ki sible timoun ak adolesan nwa ak ispanik, epi prèske tout piblisite pou manje rapid sa yo t ap fè pwomosyon pou manje ki gen anpil kalori, ki nan gwosè manje adilt, atik ki nan meni regilye, ki pa manje timoun.¹⁶

Kesyon: Èske konsèy minisipal la pa t aksepte pwojè lwa ki te fèt sou sa a deja?

Repons: Wi ak non. Vèsyon pou pwojè lwa ki te pase nan fen lane 2021 a te vin fèb pou kèk rezon, epi li te kouvri sèlman atik yo mete nan pakè alavans (tankou bwason fre yo). Nouvo pwojè lwa a kouvri tout atik ki nan meni a, li gen ladan l bwason ki nan distribitè bwason yo.¹⁷

¹ Per the World Cancer Research Fund/American Institute for Cancer Research “being overweight or obese throughout adulthood increases the risk of cancers of the mouth, pharynx and larynx; esophagus (adenocarcinoma); stomach (cardia); pancreas; gallbladder; liver; colorectum; breast (postmenopause); ovary; endometrium; prostate (advanced); and kidney.” World Cancer Research Fund/American Institute for Cancer Research (2018). Continuous Update Project Expert Report 2018. “Body fatness and weight gain and the risk of cancer.” Available at HYPERLINK “<http://www.dietandcancerreport.org/>” dietandcancerreport.org

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² Malik, V. S., Schulze, M. B., & Hu, F. B. (2006). Intake of sugar-sweetened beverages and weight gain: a systematic review. *The American journal of clinical nutrition*, 84(2), 274–288. <https://doi.org/10.1093/ajcn/84.1.274>

³ Hu F. B. (2013). Resolved: there is sufficient scientific evidence that decreasing sugar-sweetened beverage consumption will reduce the prevalence of obesity and obesity-related diseases. *Obesity reviews : an official journal of the International Association for the Study of Obesity*, 14(8), 606–619. <https://doi.org/10.1111/obr.12040>

⁴ Waters, H., & Graf, M. (2018). The costs of chronic disease in the US. Santa Monica, CA: The Milken Institute. Available at https://milkeninstitute.org/sites/default/files/reports-pdf/ChronicDiseases-HighRes-FINAL_0_1.pdf

⁵ Chronic illness hinders workforce productivity by increasing absenteeism, reducing the focused energy of workers, and depleting critical workplace skills.” Singh, M., James, P. S., & Ganguli, S. (2018). Managing employees with chronic illness. *Human Resource Management International Digest* 26(1), 7-10.

⁶ CSPI (2021). “New York City passes the Sweet Truth Act, requiring warnings on chain restaurants’ prepackaged foods and drinks that are high in added sugars.” Available at <https://www.cspinet.org/press-release/new-york-city-passes-sweet-truth-act-requiring-warnings-chain-restaurants-prepackaged>

⁷ New York City Department of Health and Mental Hygiene (2016). “New sodium (salt) warning rule: What food service establishments need to know.” Available at: <https://www1.nyc.gov/assets/doh/downloads/pdf/cardio/sodium-warning-rule.pdf>

⁸ U.S. Food and Drug Administration (2022). “Added sugars on the new nutrition facts label.” [webpage]. Available at <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label>

⁹ Lee, A. K., Chowdhury, R., & Welsh, J. A. (2015). Sugars and adiposity: The long-term effects of consuming added and naturally occurring sugars in foods and in beverages. *Obesity Science & Practice*, 1(1), 41-49.

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¹⁰ Restaurant Business (2022). “A look at which chains stood out in 2021.” Available at: <https://www.restaurantbusinessonline.com/financing/look-which-chains-stood-out-2021>

¹¹ Dunkin’ Donuts (n.d.) “Nutrition.” Available at: <https://www.dunkindonuts.com/en/menu/nutrition>

¹² Center for Science in the Public Interest (2021). “New York added sugars warning label poll.” Available at <https://www.cspinet.org/resource/new-york-added-sugars-warning-label-poll>

¹³ New York Law School Racial Justice Project., “Unshared Bounty: How Structural Racism Contributes to the Creation and Persistence of Food Deserts. (with American Civil Liberties Union).” (2012). Racial Justice Project. Book 3.

¹⁴ Kwate, N. O. A., Yau, C. Y., Loh, J. M., & Williams, D. (2009). Inequality in obesogenic environments: Fast food density in New York City. *Health & Place*, 15(1), 364-373.

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¹⁵ Johnson, N., Vazquez, A., Pond, C., Rivera, C. & Popa, L. (2019). Growing food equity in New York City: A City Council agenda. New York City Council. Available at: <http://council.nyc.gov/data/wp-content/uploads/sites/73/2019/08/growing-food-equity-1.pdf>

¹⁶ Harris, J.L., Fleming-Milici, F., Phaneuf, L., Jensen, M., Choi, Y.Y., McCann, M., et al. (2021). Fast food facts 2021: Fast food advertising: Billions in spending, continued high exposure by youth. UConn Rudd Center for Food Policy & Obesity. Available at <https://media.ruddcenter.uconn.edu/PDFs/FACTS2021.pdf>

¹⁷ CSPI (2021)