

**Kentucky Public Health Association
RESOLUTION #1 - 2010**

Require Menu Labeling at Chain Restaurants

WHEREAS the proportion of U.S. adults who are obese was 26.1 percent in 2008, according to Behavior Risk Factor Surveillance System, (BRFSS) data.

WHEREAS fast food intake is associated with increased body weight.

WHEREAS Americans spent \$16.8 billion dollars on fast food in 2008.

WHEREAS the 1994 Nutrition Labeling and Education Act requires that packaged foods have nutrition information on the label. Currently there are no requirements that chain restaurants provide any nutrition information to consumers.

WHEREAS consumers have a right to information and nutrition information is not easily accessible. In a study of 300 largest chain restaurants, 46% did not make nutrition information available to customers.

WHEREAS menu labeling affects ordering. Nine out of ten people underestimate calories in fast food menus by an average of more than 600 calories.

WHEREAS providing calorie information at the point of purchase helps consumers take personal responsibility for their food choices and health.

WHEREAS menu labeling provides chain restaurants with an incentive to add a wider variety of healthy choices for their customers.

WHEREAS after menu labeling requirements were implemented in New York City, Dunkin Donuts reduced the calories in a *Glazed Cake Stick* from 490 to 360 calories; KFC reduced their *Fiery Buffalo Wings* by 110 calories and McDonalds cut 70 calories in a large order of French Fries; hence product reformulation by the food industry is another way menu labeling works.

NOW THEREFORE BE IT RESOLVED that the Kentucky Public Health Association supports proposed legislation requiring fast food and chain restaurants that have 20 or more stores in the country to list calorie information on menus, inside menu boards and at drive through windows. In addition, information be made available upon request to consumers at the cash registers regarding content of: saturated and trans fat, sodium and carbohydrate per menu item and:

BE IT FURTHER RESOLVED, a copy of this resolution be forwarded to the Governor, the Secretary of Cabinet for Health Services, the Commissioner of the Department for Public Health and to all members of the Kentucky General Assembly.

This resolution was approved by the Board of Directors of the Kentucky Public Health Association this 13th day of January 2010.

Sarah Wilding, RN, MPA
President, Kentucky Public Health Association