

**Republic of the Philippines
HOUSE OF REPRESENTATIVES**

Quezon City

FIFTEENTH CONGRESS

First Regular Session

House Bill No. 4268

Introduced by AKBAYAN Partylist Representatives

Hon. KAKA J. BAG-AO and Hon. WALDEN F. BELLO

EXPLANATORY NOTE

Many academic studies have shown that there is nothing healthy about carbonated soft drinks or soda.¹ Soft drinks contain sugar, artificial sweeteners, caffeine, phosphorus and carbon acids which have harmful effects on the body.² Scientific studies show that soda consumption is associated with increased fracture risk due to reduced bone mass.³ Soft drink intake also increases the incidence of dental caries or tooth decay and obesity especially among adolescents and young adults.⁴ Phosphorus, high fructose corn syrup, caffeine and the carbon acids impair the body's capacity to absorb calcium. Soft drink consumption of children was link to insufficient calcium in the body, impaired calcification of growing bones, and increased risk of bone fracture.⁵ The high levels of caffeine in soft drinks could "disrupt sleep and lead to anxiety and DNA damage and hyperactivity, especially among children."⁶ The World Health Organization recognized that consumption of

¹ Mahmood M, Saleh A, Al-Alawi F & Ahmed F. (2008). Health effects of soda drinking in adolescent girls in the United Arab Emirates. *Journal of Critical Care*, 23(3), 434-440.

² <http://www.helium.com/items/682701-the-effects-of-soda-on-your-body>

³ Wyshak, Grace, Frisch, Rose E., Albright, Tenley E., Albright, Nile L., Schiff, Isaac, & Witschi, Jelja. (1989). Nonalcoholic carbonated beverage consumption and bone fractures among women former college athletes. *Journal of Orthopaedic Research*, 7(1), 91-99.

⁴ Nestle, Marion. (2000). Soft drink "pouring rights" marketing empty calories. *Public Health Reports*, 115, 308-319.

⁵ Prentice, Ann, Schoenmakers, Inez, Laskey, M. Ann, Bono, Stephanie de, Ginty, Fiona, & Goldberg, Gail R. (2006). Symposium on nutrition and health in children and adolescents' Session 1: Nutrition in growth and development. *Proceedings of the Nutrition Society*, 65(4), 348-360.

in growth and development. Nutrition and bone growth and development. *Proc Nutr Soc* 2006;65(4):348-60.

⁶ Chua, Philip S. (2009). „Liquid candy: Unhealthy. *Philippine Daily Inquirer*, from <http://globalnation.inquirer.net/cebudailynews/opinion/view/20091012-229660/Liquid-candy-Unhealthy>

soft drinks contributes to the growing incidence of obesity.⁷ Soft drinks also increase the risk for heart disease.⁸

Coca cola is the most popular soft drinks in the country. In its 2005 report, it stated that the Philippines consumed 151 8-ounce servings of Coke beverages per capita annually. This is way above the global average consumption of Coca-cola soft drink at 77 servings.⁹ The report that Coca-cola is increasing its investment in the Philippines with an additional P1 billion pesos¹⁰ and the plan of the South Korean beverage company Lotte Chilsung of acquiring a 34.4% stake in Philippine Pepsi bottler Pepsi-Cola Products Philippines (PCPP) for US \$101.9mn¹¹ is evidence of expanding demand for soft drinks in the country.

Although this is great news in terms of investment, this is not good for public health especially the children. A study involving children aged 6-12 years old in La Trinidad, Benguet shows the prevalence of dental caries and high consumption of sugar. Soft drinks are one of the most common sources of dietary sugar (84%).¹² The 1998 National Monitoring and Evaluation Dental Survey reported the prevalence of dental caries among children aged 12 years was 91.7%.¹³

Dr. Tim Gill, the Regional Coordinator of the Asia-Pacific International Obesity Taskforce of Australia revealed that in the Philippines, 1% of young children (0-10 years) and 3% of adolescents (11-17 years) were overweight.

Overweight children are more likely to develop health problems and their complications. The greater the weight excess—the higher a child's body mass index (BMI)—the greater the risk of acquiring the so-called metabolic syndrome early in life, which includes type 2 diabetes, high blood pressure and other cardiovascular diseases. Obesity, in both children and adults, is a significant health danger.

The risk factors that characterize this syndrome are elevated triglycerides (blood fats), blood sugar, and blood pressure, low HDL (High Density Lipoproteins, the good cholesterol), and abdominal obesity. These precede the development of type 2 diabetes and cardiovascular diseases.

⁷ World Health Organization. (2003). Diet, Nutrition and Prevention of Chronic Diseases *WHO Technical Report Series* (pp. 148).

⁸ Chua, Philip S. (2009). „Liquid candy,: Unhealthy. *Philippine Daily Inquirer*, from <http://globalnation.inquirer.net/cebudailynews/opinion/view/20091012-229660/Liquid-candy-Unhealthy>

⁹ <http://www.suite101.com/content/coca-cola-global-sales-a8625>

¹⁰ <http://www.reuters.com/article/2010/09/28/coke-philippines-idUSN2816018120100928>

¹¹ <http://www.companiesandmarkets.com/Market-Report/philippines-food-and-drink-report-2011-470261.asp>

¹² Yabao, R. N., Duante, C. A., Velandria, F. V., Lucas, M., Kassu, A., Nakamori, M., & Yamamoto, S. (2005). Prevalence of dental caries and sugar consumption among 6-12-y-old schoolchildren in La Trinidad, Benguet, Philippines. *Eur J Clin Nutr*, 59(12), 1429-1438.

¹³ Department of Health. (1998). National Monitoring and Evaluation Dental Survey. Manila, Philippines: Dental Health Service, Department of Health.

The national nutrition survey conducted by the Food and Nutrition Research Institute (FNRI) revealed a steady increase in obesity cases from 5.7 percent in 1989 to 8 percent in 1993 and then to 8.8 percent in 1998.

It is the responsibility of the State to protect our children from exposure to harmful substance. The sale of beverages that pose serious health risks can be curbed under the State's police power.

Passage of this bill is urgently requested.



HON. KAKA J. BAG-AO
Akbayan Partylist



HON. WALDEN F. BELLO
Akbayan Partylist

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AN ACT REGULATING THE AVAILABILITY OF BEVERAGES TO CHILDREN
IN SCHOOLS AND FOR OTHER PURPOSES

1 *Be it enacted by the Senate and House of Representatives of the Philippines in Congress*
2 *assembled.*

3
4 **SECTION 1.** *Title.* - This Act shall be known as the "Healthy Beverage Options Act of 2011."

5 **SEC. 2.** *Declaration of Policy.* – Section 13, of Article II of the 1987 Constitution recognizes
6 the State policy to promote and protect the physical, moral, spiritual, intellectual, and social
7 well-being of the youth. Pursuant to this policy, Section 15, of Article II of the 1987
8 Constitution mandates the State to protect and promote the right to health of the people and
9 instill health consciousness among them. Furthermore, Section 11, Article XIII of the 1987
10 Constitution provides that the State shall prioritize the health needs of the children.
11 Consistent with the foregoing State policies, it is hereby declared the policy of the State to
12 take necessary steps to prevent serious health risks that can be brought on by the
13 consumption of soft drinks and ensure that children are provided with healthy choices when
14 purchasing beverages in schools.

15 **SEC. 3.** *Coverage.* This Act shall apply to all schools in the Philippines. For purposes of this
16 act, schools shall include preschools, grade schools, and high schools, whether public or
17 private.