

COUNCIL OF THE CITY OF PHILADELPHIA
COMMITTEE ON PUBLIC HEALTH AND
HUMAN SERVICES

Room 400, City Hall
Philadelphia, Pennsylvania
Monday, May 7, 2018
1:15 p.m.

PRESENT:

COUNCILWOMAN CINDY BASS, CHAIR
COUNCILMAN DEREK S. GREEN
COUNCILMAN WILLIAM K. GREENLEE
COUNCILWOMAN HELEN GYM
COUNCILWOMAN BLONDELL REYNOLDS BROWN
COUNCILMAN AL TAUBENBERGER

BILLS 171125 and 180001

- - -

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 COUNCILWOMAN BASS: Good
3 afternoon. This hearing is called to
4 order. This is the public hearing of the
5 City Council Committee on Public Health
6 and Human Services, and the purpose of
7 this public hearing is to hear testimony
8 on Bills No. 171125 and 180001.

9 I want to recognize the
10 presence of a quorum of Committee
11 members. In attendance are Councilwoman
12 Blondell Reynolds Brown, Councilman Bill
13 Greenlee, and Councilman Al Taubenberger.

14 And we'll now have the Clerk
15 read the title of the bill.

16 THE CLERK: Bill No. 171125,
17 amending Section 10-602 of The
18 Philadelphia Code, entitled "Smoking," by
19 adding smoking restrictions at certain
20 bus stops; all under certain terms and
21 conditions.

22 COUNCILWOMAN BASS: Thank you.

23 And I do want to ask the bill
24 sponsor and other Committee members if
25 they have any opening remarks regarding

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2 this bill.

3 Councilman Taubenberger.

4 COUNCILMAN TAUBENBERGER: I do,
5 Madam Chair. Thank you very, very much.

6 And before we get to the
7 hearing, there's a couple things about
8 this bill folks ought to know. Sometimes
9 when you visit schools, it's always a
10 great opportunity to learn and it's also
11 a great idea to see the future, and you
12 walk into any school, you'll see the
13 future, for good or for bad. In this
14 case it was really great.

15 In speaking to the social
16 studies class of Ms. Liz Taylor, I had
17 the opportunity to talk frankly to the
18 students and they with me, and a question
19 came up regarding smoking at bus stops,
20 and the question was asked by Anna
21 Nguyen, and she had asked what my
22 position was. I said after just a
23 second, I said, well, I'm opposed to it.
24 And I said, there must be legislation
25 about it. And I said, but I will check

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2 into it.

3 Well, there was none, and
4 hopefully that will change by the end of
5 this Committee hearing.

6 And she also later had an
7 opportunity to speak to me about how
8 smoking has played a negative impact in
9 her life, and she commutes to school
10 every day. We need to do something about
11 it, and that opportunity will come, but
12 it's also important -- two points also.
13 One, legislators, and I know my
14 colleagues are always very open-minded,
15 but also for the public at large to speak
16 to their legislators, whether they're in
17 City Council or the State House or even
18 the United States Congress, and let them
19 know of their ideas, because that is how
20 things move. And I'm very grateful to
21 Anna and her teachers and the support of
22 Masterman School letting her be available
23 to speak about this situation, and being
24 in a position to do something about it,
25 we plan to do so.

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2 So thank you, Madam Chair.

3 COUNCILWOMAN BASS: Thank you.

4 Thank you, Councilman.

5 Anyone else?

6 (No response.)

7 COUNCILWOMAN BASS: And if we
8 could have the Clerk call the first
9 witnesses to testify.

10 THE CLERK: Ryan Coffman,
11 Director for Tobacco Control of Chronic
12 Disease Prevention, Philadelphia
13 Department of Health, and Anna Vien
14 Nguyen, J.R. Masterman School.

15 (Witnesses approached witness
16 table.)

17 COUNCILWOMAN BASS: Good
18 afternoon. And you can state your name
19 for the record and begin your testimony.

20 MR. COFFMAN: Ryan Coffman,
21 Tobacco Policy and Control Program
22 Manager with the Department of Public
23 Health.

24 COUNCILWOMAN BASS: And begin
25 your testimony, sir.

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2 MR. COFFMAN: Good morning,
3 Chairwoman Bass and the members of the
4 Public Health and Human Services
5 Committee. I am Ryan Coffman, Tobacco
6 Policy and Control Program Manager for
7 the Department of Public Health. I'm
8 here on behalf of Dr. Thomas Farley, the
9 City's Health Commissioner. Thank you
10 for allowing me to present testimony on
11 Bill No. 171125, which, if enacted, adds
12 smoking restrictions at certain bus stops
13 that have a roof and at least one
14 enclosed sign. Thanks to Councilwoman
15 Taubenberger, President Clarke, and
16 Councilmember Johnson for sponsoring this
17 bill.

18 The scientific literature shows
19 strong and clear links between breathing
20 in secondhand smoke and a wide range of
21 adverse health outcomes, including
22 cancer, heart attacks, stroke, and
23 respiratory problems. Even short-term
24 exposure to secondhand smoke matters.
25 Just a few minutes is enough to cause

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2 airway constriction and changes in blood
3 flow to the heart. People with heart
4 disease and children, particularly
5 children with asthma, are at especially
6 high risk for adverse effects from
7 breathing secondhand smoke and should
8 avoid even brief exposures.

9 Fortunately, this Council
10 understands the risk of secondhand smoke
11 to Philadelphians and has passed laws and
12 supported policies to decrease secondhand
13 smoke exposure. But in city bus
14 shelters, thousands of Philadelphians
15 continue to breathe secondhand smoke
16 every day while they wait for the bus to
17 go to and from work and to school.

18 For someone standing outside
19 within a few feet of a person who is
20 smoking, the level of exposure to fine
21 particulates from secondhand smoke is
22 about the same level you would get if you
23 were near a smoker indoors. This risk
24 decreases as distance from the smoker
25 increases, but extends to approximately

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2 two meters from the smoker. In bad
3 weather, City residents face an
4 unfortunate choice for themselves and
5 their children, protecting their health
6 or standing in the rain or snow until the
7 bus arrives.

8 Our work offices are located at
9 11th and Market, and bus shelters at that
10 intersection had become de facto smoking
11 shelters. When we allow people to smoke
12 in bus shelters next to our city's young
13 children, we send a clear message - that
14 smoking is normal and the health of our
15 city's kids is less important than the
16 convenience of people who smoke.

17 Other cities as diverse as San
18 Antonio, Texas, Albany, New York, and
19 Gainesville, Florida have taken action to
20 protect the health of those using public
21 transit systems by passing laws banning
22 smoking in bus shelters. Ann Arbor went
23 further, banning smoking within 10 feet
24 of a bus stop. Philadelphia could join
25 these forward-thinking sister cities in

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2 moving to protect the rights of entire
3 people to clean and smoke-free air.

4 Thank you for the opportunity
5 to offer testimony on this bill. I will
6 now respond to any questions. Thank you.

7 COUNCILWOMAN BASS: Thank you
8 so much for your testimony. We're going
9 to hold questions for right now.

10 I want to acknowledge the
11 presence of Councilwoman Gym.

12 And next we'll hear testimony
13 from Miss Anna Nguyen from J.R. Masterman
14 School.

15 MISS NGUYEN: Good afternoon,
16 members of City Council. My name is Anna
17 Vien Nguyen and I am a senior at J.R.
18 Masterman High School. Thank you for
19 providing me with this incredible
20 opportunity to be here and express my
21 feelings for Councilman Taubenberger's
22 bill. I am excited that my voice was
23 valued enough to be possibly turned into
24 legislation. Thank you for caring, not
25 only about me but also about the public

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2 health of the entire City of Brotherly
3 Love.

4 I do not think it is fair that
5 the well-being of some citizens is
6 negatively affected by the habits of
7 others. Customers of the Southeastern
8 Pennsylvania Transportation Authority are
9 suffering from secondhand smoke when they
10 wait for a bus or a subway. Twenty-seven
11 percent of Philadelphians rely on SEPTA
12 to get to school, to get to work, to run
13 important errands. Another problem is
14 that riders cannot step away from a bus
15 stop or a train platform when there is a
16 smoker present because that is the exact
17 location at which the bus or subway will
18 stop. Some citizens, like me, suffer
19 from respiratory illnesses, such as
20 asthma, chronic obstructive pulmonary
21 disease or even lung cancer. Those
22 especially at risk are Philadelphia's
23 senior citizens and children.

24 I was born with a congenital
25 diaphragm hernia and have lived with

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2 asthma my entire life. I take the subway
3 and the bus to and from school every day
4 and I cough a lot, have trouble
5 breathing, and sometimes throw up because
6 of the looming cigarette smoke when I am
7 waiting.

8 In November of last year, I
9 ended up in the hospital for two days due
10 to a severe asthma attack. While in the
11 hospital, I was treated with steroid
12 medicine, which caused me to gain a
13 significant amount of weight, and I am
14 currently trying to maintain my current
15 state of health and not gain any more
16 weight. After being discharged, I was
17 not permitted to go to school for another
18 week. When I finally returned to school,
19 the doctors instructed me to take the
20 elevators instead of walking up the
21 stairs to get to class. I still have to
22 take the bus and subway to school every
23 day. Allowing people to smoke at
24 transportation centers and bus stops is
25 making my condition worse, not better.

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2 This is the current conspicuous problem,
3 but can you imagine what the long-term
4 detrimental effects on my lungs will be
5 when I get older if I continue to inhale
6 secondhand smoke day by day?

7 I plead you to pass this bill
8 to ban smoking at SEPTA public
9 transportation centers, including Olney,
10 Fern Rock, Frankford, and City Hall and
11 sheltered bus stops that have at least
12 one enclosed side.

13 Once again, thank you so much
14 for giving me your precious time and
15 hearing me speak. From one Philadelphia
16 native to another, I truly hope that my
17 voice and opinions will help others and
18 reach a higher level. But my voice needs
19 your yes vote to be successful and make
20 change happen, not only for me, not only
21 for you, but it is also for the public
22 health of the entire City. I hope that
23 you will make the right decision and
24 approve this bill.

25 Thank you.

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2 COUNCILWOMAN BASS: Well, thank
3 you so much for your testimony. I have
4 to say that I'm just so proud of you for
5 being able to come here today and to
6 articulate how you feel and your
7 experience. And so you should be very,
8 very proud that your ideas, your
9 suggestions have gone a long way to
10 changing something that is detrimental,
11 not just to you but to every citizen here
12 in the City of Philadelphia. So you
13 should be really, really proud.

14 MISS NGUYEN: Thank you.

15 COUNCILWOMAN BASS: Asthma
16 rates in the City of Philadelphia are
17 through the roof. That's not a secret.
18 And so this is something that we can do,
19 I believe we will do as a Council, and I
20 think something that SEPTA really should
21 do in terms of having a very robust
22 advertising of this new policy once it
23 comes into effect.

24 So we look forward to
25 continuing to work with you and hear from

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2 you about how to implement such a policy.

3 So the reward for hard work is more work.

4 So we're going to put you to work, and

5 look forward to working with you to

6 really see this change happen.

7 Councilman Taubenberger.

8 COUNCILMAN TAUBENBERGER: Yes.

9 Absolutely.

10 Mr. Coffman, thank you for your
11 expert testimony.

12 And, Anna, thank you for the
13 idea, your willingness to speak up. And
14 I hope you tell folks to speak to their
15 legislators to tell them what's on their
16 mind on any subject, but this is
17 particularly an important one, because
18 everyone assumed that everything was
19 okay. Well, it's not okay. And hearing
20 in your personal testimony about your
21 difficulty with this. Your freedoms to
22 do what you wish to do kind of end when
23 it starts affecting other people, and
24 that's clearly what has gone on with
25 secondhand smoke and particularly now

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2 when we know so much more about it as far
3 as medical histories and tests that have
4 been done and so on.

5 When I was your age or younger,
6 no one thought there was anything wrong
7 with secondhand smoke, and certainly
8 there was even a question whether smoking
9 was affecting you. Well, now we know all
10 the difference.

11 But thank you for speaking up,
12 for being here today. I also want to
13 thank your teachers at Masterman for
14 allowing you to come, because you are a
15 student, and it's greatly appreciated.
16 I'm so glad that you're here and you can
17 be a part of this, because it was really
18 because of you and many people like you
19 that have not had the chance to speak to
20 their legislators, their City Council
21 people to do something about it. So I
22 thank you very, very much.

23 COUNCILWOMAN BASS: Thank you,
24 Councilman.

25 Councilwoman Gym.

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2 COUNCILWOMAN GYM: Yes. Thank
3 you very much. I just want to add my
4 voice to the chorus here about
5 congratulating Anna on her initiative and
6 her passion for this issue.

7 I had a chance to meet you
8 earlier many years ago, and of course
9 that promise has certainly been
10 fulfilled, and it's really great for us
11 both to be in these Chambers talking
12 about a change in the City that will
13 benefit a huge section of our population.

14 So thank you, Anna.
15 Congratulations on your efforts and work
16 together, and we're looking forward on
17 moving forward on it.

18 Thank you.

19 MISS NGUYEN: Thank you.

20 COUNCILWOMAN BASS: Thank you.

21 Councilman Taubenberger.

22 COUNCILMAN TAUBENBERGER: Thank
23 you, Madam Chair.

24 I just want to allow the public
25 to know and particularly my colleagues we

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2 are circulating an amendment. The
3 amendment only strengthens this ordinance
4 because it then requires that the City of
5 Philadelphia post all the bus shelters,
6 make sure that people actually know the
7 rules and that they will be enforced. So
8 it's up to you whenever we do that,
9 though.

10 COUNCILWOMAN BASS: Very good.
11 Thank you, Councilman.

12 COUNCILMAN TAUBENBERGER: Thank
13 you, Madam Chair.

14 COUNCILWOMAN BASS: Are there
15 any other questions or comments from
16 members of this panel?

17 (No response.)

18 COUNCILWOMAN BASS: Seeing
19 none, thank you very much for being here
20 and for testifying today.

21 And is there anyone else here
22 to testify on this bill?

23 (No response.)

24 COUNCILWOMAN BASS: If not, the
25 Clerk will read the title of the next

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2 bill.

3 Thank you very much.

4 (Thank you.)

5 THE CLERK: Bill No. 180001, an
6 ordinance amending Title 6 of The
7 Philadelphia Code, entitled "Health
8 Code," by adding a new Chapter 6-310,
9 entitled "Sodium Safety Warning Labeling
10 for Chain Restaurants."

11 COUNCILWOMAN BASS: Can we have
12 the first panel called forward.

13 THE CLERK: Dr. Thomas Farley,
14 Health Commissioner, City of
15 Philadelphia; Dwayne Wharton, Food and
16 Health Subcommittee Chair, Philadelphia
17 Food Policy Advisory Council;
18 Dr. Christina Roberto, Assistant
19 Professor of Medical Ethics and Health
20 Policy, University of Pennsylvania; and
21 Dr. Bonita Falkner, Pediatric
22 Nephrologist, Thomas Jefferson University
23 Hospital.

24 COUNCILWOMAN BASS: Okay.

25 (Witnesses approached witness

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2 table.)

3 COUNCILWOMAN BASS: And good
4 afternoon, and we'd like to start with
5 Councilwoman Blondell Reynolds Brown, the
6 sponsor of the legislation, had an
7 opening comment.

8 Councilwoman.

9 COUNCILWOMAN BROWN: Please.
10 Thank you. Thank you, Madam Chairwoman.

11 Good afternoon, everyone.

12 Hello.

13 (Good afternoon.)

14 COUNCILWOMAN BROWN: This
15 brings us to a milestone of about six- to
16 eight-month robust discussion around the
17 issue of sodium and sodium labels. And
18 so I'm thrilled that we have reached this
19 juncture of our journey this morning.

20 I want to say good afternoon to
21 Chairwoman Bass and all the members of
22 the Committee on Public Health and Human
23 Services as well as the number of
24 stakeholders that are joining us today.
25 We are pleased that we have reached the

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2 day of hearing Bill No. 180001, which
3 seeks to tackle one of our nation's and
4 this city's biggest health crisis in our
5 cities and urban centers across America.

6 Fact: Hypertension is a major
7 health problem in the City of
8 Philadelphia. Also known as high blood
9 pressure, hypertension can lead to or
10 complicate a number of other serious
11 health challenges, including, but not
12 limited to, heart disease, stroke,
13 diabetes, metabolic syndrome, trouble
14 with memory and understanding, and so
15 many more.

16 Here is how big our
17 hypertension problem is in Philadelphia.
18 Fact: Approximately 466,000 adult
19 residents of the City of Philadelphia
20 indeed have hypertension. That's nearly
21 half a million people and almost four in
22 ten adults in our city.

23 Philadelphia has the highest
24 rate of premature death from heart
25 disease of the ten largest cities in the

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2 United States. Philadelphia has the
3 highest rate of premature deaths from
4 heart disease of the top ten largest
5 cities in the United States. We have
6 estimates that hypertension costs more
7 than \$696 million in healthcare costs in
8 the City of Philadelphia alone.

9 As my staff and I have been
10 reviewing this issue, we asked the Health
11 Department to produce a map showing the
12 councilmanic districts that have
13 hypertension rates above the national
14 average. That task is not unlike the
15 same request I made of the Health
16 Department in 2009 when I asked the
17 Health Department to map for me diabetes
18 and high blood pressure by councilmanic
19 district, because at the end of the day,
20 we can have our opinion, but data are the
21 facts. And so the map confirms that
22 hypertension rates are above the national
23 average in the following districts: the
24 Second Councilmanic District represented
25 by Councilman Johnson, the Third

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2 Councilmanic District represented by
3 Councilwoman Blackwell. Hypertension
4 rates are above the national average in
5 the Fourth Councilmanic District
6 represented by Councilman Jones, which
7 has the highest rates in the City. The
8 Fifth Councilmanic District represented
9 by Councilman Clarke, the Sixth
10 Councilmanic District represented by
11 Councilman Henon, the Seventh
12 Councilmanic District represented by
13 Councilwoman Maria Quinones-Sanchez, the
14 Eighth Councilmanic District represented
15 by our Madam Chair President, the Ninth
16 Councilmanic District represented by
17 Councilwoman Parker, and the Tenth
18 Councilmanic District represented by
19 Councilman O'Neill. That is every
20 councilmanic district in the City of
21 Philadelphia, with the exception of the
22 First Councilmanic District.

23 One of the most important steps
24 a person can take to avoid hypertension
25 is to reduce sodium intake. That's not

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2 opinion. That's science. Sodium menu
3 labeling has allowed consumers to be
4 warned if a menu item contains a
5 dangerous amount of sodium.

6 To be clear, the sodium label
7 applies only to chain restaurants. So
8 please understand that this is a
9 continuation of the work we did around
10 menu labeling, now almost seven, eight
11 years ago. And so this is our next step
12 in working with the Health Department and
13 other stakeholders to better inform and
14 enlighten consumers.

15 The daily amount of recommended
16 sodium is 2,300 milligrams. That is a
17 significant amount of sodium for one
18 individual in one meal. Someone would
19 have to tell me later how you measure
20 milligrams. I don't know the answer to
21 that.

22 So know that our office has
23 talked and worked and met extensively
24 with the Philadelphia Department of
25 Health -- thank you, Mr. Commissioner.

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2 Appreciate just who you are and what you
3 do on a daily basis -- the Law
4 Department, researchers from the
5 University of Pennsylvania, the American
6 Heart Association, the Center for Science
7 in the Public Interest, the Restaurant
8 Association, restaurant owners and
9 operators that have more than ten here in
10 the City of Philadelphia.

11 So while this is a bill in the
12 right direction, it is not a perfect
13 bill. While this is a bill that moves us
14 in the right direction, it is not a
15 perfect bill. However, it is an
16 important step to further educate and
17 enlighten citizens and do it in a way
18 that is not onerous to achieve our goal
19 of improving health outcomes and warn
20 citizens about the dangers of excess
21 sodium.

22 And parenthetically, it's
23 ironic that we're having this hearing
24 today on the same day that the FDA just
25 announced this morning -- I'm a CBS

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2 morning news watcher, and they announced
3 this morning where nationally the FDA is
4 requiring restaurants of 20 or more
5 chains across the country to provide menu
6 labeling. So it's really an incremental
7 step of our first menu labeling bill when
8 we were the one city in the country that
9 had the strongest menu labeling bill in
10 the United States.

11 So we want to thank everyone
12 who has been a part of this dialogue.

13 And I thank you, Madam
14 Chairwoman. We will now proceed with
15 testimony.

16 COUNCILWOMAN BASS: Well, I
17 want to thank you, Councilwoman, for this
18 piece of legislation, because I just
19 really wanted to say quickly before you
20 begin your testimony that menu labeling
21 really does matter and it does make a
22 difference. I think that I've always
23 tried to make good food choices, but now
24 that we have menu labeling in the City of
25 Philadelphia, I know that I'm making

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2 good -- I don't have to guess, I think
3 I'm doing the right thing. But as we all
4 know, you can think that you're eating
5 something that's really healthy and it
6 not be as healthy as you believe it to
7 be, and as someone who is in that
8 category who suffers from high blood
9 pressure, yes, that is very, very
10 important. So kudos to you on going
11 after the sodium labeling. We appreciate
12 that, and sugar snacks.

13 But please state your name for
14 the record, Commissioner, and begin your
15 testimony.

16 DR. FARLEY: Good morning,
17 Chairwoman Bass and members of the Public
18 Health and Human Services Committee. I'm
19 Dr. Thomas Farley, Health Commissioner
20 for the City of Philadelphia. Thank you
21 for the opportunity to give testimony on
22 Bill No. 180001, which, if enacted, would
23 require chain restaurants to place sodium
24 warning labels on all menu items that
25 contain 2,300 milligrams or more of

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2 sodium. My thanks to Councilwoman
3 Reynolds Brown for sponsoring this bill.

4 Strong evidence supports the
5 existence of a direct relationship
6 between how much sodium people consume
7 and their blood pressure. If people
8 reduce their sodium intake, they are less
9 likely to have high blood pressure. And
10 if they have lower blood pressure, they
11 are less likely to die of a stroke or a
12 heart attack. This matters immensely
13 here in Philadelphia, because our
14 hypertension rate and our rate of early
15 death from heart disease are both the
16 highest of the ten largest U.S. cities.
17 Hypertension, or high blood pressure,
18 affects more than one in three
19 Philadelphians and nearly one in two
20 African Americans in our city. This
21 difference is a major contributor to
22 disparities in life expectancy.

23 We know that 89 percent of
24 Americans consume too much sodium. The
25 average daily sodium intake is 3,400

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2 milligrams while the recommended upper
3 limit is 2,300 milligrams daily.
4 Decreasing sodium intake has the
5 potential to lower high blood pressure
6 rates by 25 percent, preventing hundreds
7 of deaths per year from heart disease and
8 stroke in Philadelphia.

9 Many people want to eat less
10 sodium, but it is not easy. The major
11 source of sodium in our diets is not the
12 salt we shake on our food, but instead
13 the sodium that food companies and
14 restaurants put into food. Seventy-seven
15 percent of the sodium the average person
16 eats comes from processed and restaurant
17 foods. When people eat at restaurants,
18 if they want to reduce their sodium
19 intake, they find it particularly
20 difficult. Some restaurant items contain
21 more sodium than the maximum recommended
22 for an entire day, as much as 5,000
23 milligrams or more in a single menu item.
24 Right now there is nothing that warns
25 people about these extremely high sodium

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2 levels before they make their menu
3 choices.

4 The Public Health Department is
5 taking action in multiple ways to help
6 make it easier for Philadelphians to make
7 healthy choices on sodium. We are
8 working with City departments to
9 implement Philadelphia's nutrition
10 guidelines for foods purchased and served
11 by any City agency. We have partnered
12 with Temple University's Center for Asian
13 Health and the Chinese Restaurant
14 Association on our Healthy Chinese
15 Take-Out initiative. And we work with 16
16 area hospitals on our Good Food, Healthy
17 Hospitals initiative in which area
18 hospitals have committed to following
19 nutrition guidelines for the food served
20 to patients, staff, and visitors. We
21 strongly believe that Philadelphia should
22 also help consumers by having a warning
23 label on food items that have
24 extraordinarily high levels of sodium.

25 New York City passed and

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2 implemented a sodium warning label that
3 withstood court challenge, with the judge
4 ruling that requiring provision of this
5 important public health information is
6 permissible. Thanks to Dr. Christina
7 Robert's research, we know that a label
8 that includes only an icon without the
9 words "sodium warning" would be less
10 effective than a label proposed by
11 Councilwoman Reynolds Brown and might
12 even confuse some diners, leading them to
13 think that the items were more flavorful.

14 I urge the Committee to approve
15 the sodium warning label bill with the
16 proposed amendments as a measure that
17 will give Philadelphians who seek to
18 improve their health the information they
19 need to make healthier choices.

20 Thank you for the opportunity
21 to offer testimony on this bill. I'll be
22 happy to answer any of your questions.

23 COUNCILWOMAN BASS: Thank you,
24 Commissioner. We're going to hold
25 questions until the end.

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2 And if we could have the next
3 person state their name for the record
4 and begin their testimony.

5 DR. ROBERTO: Good afternoon,
6 members of the Committee on Public Health
7 and Human Services. I am Dr. Christina
8 Roberto, Assistant Professor of Medical
9 Ethics and Health Policy at the Perelman
10 School of Medicine at the University of
11 Pennsylvania, where I direct the PEACH
12 Lab, the Psychology of Eating and
13 Consumer Health Lab. Thank you for
14 allowing me to testify on Bill No.
15 180001, which, if enacted, would require
16 chain restaurants to put warning labels
17 alongside menu items or meals containing
18 at least an entire day's worth of sodium.
19 Thanks to Councilmember Blondell Reynolds
20 Brown for introducing this bill.

21 If you live in Philadelphia
22 right now, you are more likely to die
23 prematurely than if you live in any other
24 of the 11 largest counties in the U.S.
25 This is predominantly because of

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2 illnesses we can prevent. Salt has been
3 aptly called the silent killer because
4 excessive sodium intake contributes to
5 high blood pressure, and high blood
6 pressure, which isn't seen or felt, puts
7 people at risk of suffering a stroke or
8 developing heart disease, two of the
9 nation's leading causes of death. For
10 this reason, reducing sodium intake is
11 critically important for our health.

12 The proposed sodium warning
13 label bill will arm Philadelphians with
14 the information they need to make the
15 choices that are right for them. The
16 dietary guidelines for Americans
17 recommend that we eat no more than 2,300
18 milligrams of sodium per day, but 89
19 percent of Americans exceed that daily
20 amount. But it's not because people are
21 adding too much salt at home. Research
22 has demonstrated that one quarter of our
23 sodium intake comes from restaurant
24 foods, many of which have shockingly high
25 amounts of sodium.

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2 For example, the TGI Friday's
3 southern fried Buffalo chicken
4 sandwich -- sorry if I'm making you
5 hungry -- has over 4,000 milligrams of
6 sodium. And Chili's full rack of dry rub
7 ribs has a whopping 5,000 milligrams of
8 sodium. That's over two days' worth.
9 Undoubtedly, many consumers order these
10 meals without knowing that they contain
11 so much sodium.

12 Food labeling helps support
13 healthy choices because it provides
14 people with an easy and quick way to
15 identify the food they want based on
16 their own dietary needs. Food labeling
17 can also encourage companies to offer
18 healthier choices. This happened when
19 the Food and Drug Administration required
20 trans fats, a harmful type of fat in
21 foods, to be included on the nutrition
22 facts label. Over time the food
23 companies removed trans fats from their
24 products so that they could proudly
25 display 0 grams of trans fat on their

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2 labels. And this mass removal of trans
3 fat from the food supply has been saving
4 lives. Sodium warning labels could do
5 the same.

6 In my lab, we have conducted
7 three online experiments with more than
8 6,000 people to study the potential
9 effects of Philadelphia's proposed sodium
10 warning labels. In these studies, we
11 randomly assigned people to see different
12 types of sodium warning labels when
13 selecting a meal from a Dairy Queen and a
14 TGI Friday's menu. Then they made
15 judgments about restaurant foods. We
16 found that exposing people to sodium
17 warning labels improved their
18 understanding of the sodium content in
19 restaurant meals. We also found that the
20 design of the label mattered. Including
21 the words "sodium warning" alongside a
22 warning symbol like a stop sign was more
23 helpful to consumers than showing a
24 warning symbol without these words, like
25 the current New York City label. We also

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2 compared language such as "high salt"
3 versus "high sodium" versus "sodium
4 warning" and found that the word
5 "warning" was more effective at
6 encouraging lower sodium choices.

7 There are many reasons why
8 Americans overconsume sodium, but one
9 major reason is that we have no idea how
10 much sodium is in our food when we eat
11 out. Studies show that on average,
12 consumers underestimate the sodium in
13 restaurant foods by 1,000 milligrams per
14 meal.

15 It's really hard for restaurant
16 goers to control their sodium intake if
17 they don't know which foods are high in
18 sodium. We want to make it easy, not
19 hard, for people to access key nutrition
20 information that can support their
21 health. This legislation will help
22 Philadelphians make choices that are
23 right for them.

24 Thank you for the opportunity
25 to testify. I'll now respond to any

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2 questions.

3 COUNCILWOMAN BASS: Thank you
4 so much for your testimony.

5 Mr. Wharton.

6 MR. WHARTON: Good afternoon,
7 Chairwoman Bass, Councilwoman Reynolds
8 Brown, and members of the Committee on
9 Public Health and Human Services. My
10 name is Dwayne Wharton and I am an
11 appointed member of the Philadelphia Food
12 Policy Advisory Council, FPAC. Thank you
13 for opportunity to testify today on
14 behalf of FPAC in support of Bill No.
15 180001.

16 FPAC's Food and Health
17 Subcommittee advises the City on policies
18 and practices that influence food and
19 beverage choices with the aim of
20 improving overall well-being and reducing
21 health disparities for all
22 Philadelphians. FPAC envisions that all
23 Philadelphians can access and afford
24 healthy, sustainable, culturally
25 appropriate, local, and fair food. The

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2 widespread availability of high sodium
3 content meals at many chain restaurants
4 is in direct conflict with that vision.

5 Cardiovascular disease is the
6 leading cause of death in the United
7 States and in Philadelphia. Of the ten
8 largest cities in the U.S., Philadelphia
9 has the highest rates of hypertension and
10 premature death. Countless studies have
11 shown that excessive sodium is associated
12 with elevated rates of hypertension,
13 leading to an increased risk of stroke,
14 heart disease, and premature mortality.
15 Almost every American consumes more
16 sodium than guidelines recommend, and an
17 estimated 25 percent of sodium intake
18 comes from foods served by restaurants.

19 In 2017, Harvard University
20 published results from a study that
21 investigated fast food customers'
22 knowledge regarding sodium intake. To
23 your point, Councilwoman Bass, the study
24 found that 90 percent of adults and 88
25 percent of adolescents underestimated

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2 sodium in their meals, with respondents
3 underestimating sodium content more for
4 meals with greater sodium content. The
5 study concluded that education about
6 sodium at point of purchase, such as
7 sodium warning labels, may help correct
8 consumer underestimation, particularly
9 for meals with high sodium content.

10 Consumer education is one way
11 to inform the public about healthier
12 options. Warning labels can help to
13 reduce sodium intake, hypertension rates,
14 and ultimately make our City healthier
15 and save lives. We ask for your support
16 in amending the City of Philadelphia
17 Health Code to require sodium safety
18 warning labels for chain restaurants.

19 Thank you for this opportunity
20 to testify today.

21 COUNCILWOMAN BASS: Well, thank
22 you so much for your testimony. We
23 really appreciate that.

24 Before we go to questions from
25 the panel, one of the things I just

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2 wanted to ask -- and, Commissioner,
3 you're probably most able to answer this
4 question -- was when it comes to
5 hypertension within the African American
6 community, I do think we haven't
7 acknowledged the role of this being a
8 hereditary condition, and certainly salt
9 or sodium exacerbates what is already
10 something that is happening significantly
11 in our communities. And I'll just speak
12 bluntly, that my high blood pressure came
13 as a result of preeclampsia, which is a
14 condition during pregnancy and which is
15 common in women after a certain age when
16 you give birth. And so once it came, it
17 never left. And how do we educate women,
18 mothers, folks from the African American
19 community about even though you may
20 monitor your salt intake, if it's in the
21 blood, it's in the blood, and you have to
22 be very, very careful about that. How do
23 we go about acknowledging that and
24 promoting and talking about that to
25 at-risk populations?

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2 DR. FARLEY: So you're right,
3 Councilwoman. African Americans are
4 definitely at higher risk for high blood
5 pressure than other racial groups. It
6 makes a big difference, and as a result
7 of that, there have been recommendations
8 in the past that African Americans
9 consume less sodium even than other
10 racial groups, so a maximum of 1,500
11 milligrams for African Americans.
12 Different groups have different
13 recommendations. But that's a widely
14 recognized problem, but it is not
15 necessarily known by consumers. And that
16 happens -- sodium increases your risk of
17 high blood pressure, not just what you
18 consume today but what you consume over
19 your entire lifetime. So we need people
20 to consume less sodium every day from the
21 moment they're born until they're adults,
22 and cumulatively that will benefit them.

23 This bill addresses just one
24 aspect of the problem, just the
25 extraordinarily high levels of sodium in

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2 restaurants, and which we hope will
3 prompt change to reduce the sodium levels
4 in that food. There's plenty of other
5 work we need to do, including educating
6 consumers about sodium, educating
7 consumers about this label. If this bill
8 goes through, this gives us an
9 opportunity to do that.

10 COUNCILWOMAN BASS: That would
11 be great. But I never knew that it was a
12 cumulative effect from the time you're a
13 child --

14 DR. FARLEY: Yes.

15 COUNCILWOMAN BASS: -- until
16 you're well into adulthood that the
17 sodium that you take in has -- there's
18 going to be an effect over all those
19 years.

20 DR. FARLEY: Right. So we
21 assume that getting high blood pressure
22 is something that's a natural part of the
23 aging process, but if you look at
24 populations that don't eat a western
25 diet, that are more hunter-gatherers,

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2 their blood pressure does not rise with
3 age. It's not a normal part of the aging
4 process. It's a matter of constantly
5 taking in too much sodium as well as
6 other things that aren't healthy across
7 the course of a lifetime. So we all need
8 to consume less sodium every day.

9 COUNCILWOMAN BASS: Very good.
10 Good to know.

11 And Dwayne.

12 MR. WHARTON: May I add, my
13 colleague, Jordan Muse, will be speaking
14 on behalf of The Food Trust, and as you
15 know, part of the work that we do is a
16 comprehensive approach to these issues.
17 So nutrition education, increasing food
18 access, and healthier options at
19 communities are all a part of it, as well
20 as speaking about cultural relevance to
21 education for certain populations.

22 COUNCILWOMAN BASS: Okay.

23 MR. WHARTON: Thank you for
24 that.

25 COUNCILWOMAN BASS: Very good.

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2 Very good.

3 Also, Dr. Falkner is on this
4 first panel. I'm sorry. I did not
5 realize.

6 Doctor, can we have you state
7 your name for the record and begin your
8 testimony once you're seated.

9 DR. FALKNER: My name is
10 Dr. Bonita Falkner and I'm an Emeritus
11 Professor of Medicine in Pediatrics at
12 Thomas Jefferson University and I have
13 spent many years studying blood pressure,
14 the evolution of hypertension, racial
15 disparities of hypertension, and the
16 causative -- the contributors to
17 hypertension, and it's been very well
18 established that salt intake, sodium
19 intake is a major contributor to
20 hypertension and cardiovascular disease,
21 and the American Heart Association
22 recommends for all adults no more than
23 2,300 milligrams per day. An optimal
24 amount, particularly for people with
25 pre-conditions, is 1,500 milligrams, and

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2 the consumption, the average consumption,
3 is well above those numbers, and it's
4 largely from the hidden salt that we
5 can't see, we can't taste and really
6 recognize. We need other ways of
7 recognizing it.

8 But I want to add to what has
9 been previously said about children and
10 current evidence on the consumption and
11 potential disease burden of dietary
12 sodium as concerned with regard to
13 children. The childhood obesity epidemic
14 is well recognized, and concurrent with
15 the childhood obesity epidemic has been
16 an increase in blood pressure level and
17 the prevalence of elevated blood pressure
18 in children and adolescents. And its
19 current estimates are that 17 percent of
20 boys and 12 percent of girls have
21 elevated blood pressure or hypertension.
22 This is something that was previously not
23 even recognized. We now know that blood
24 pressure is increasing in childhood, and
25 children are increasingly having the

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2 diagnosis of hypertension.

3 And in addition to overweight
4 and obesity, we know that dietary salt
5 adds to the increase in blood pressure,
6 particularly among children who are both
7 either overweight or obese. And a recent
8 analysis of sodium consumption by the CDC
9 determined that the average sodium intake
10 in young children, these are 6- to
11 11-year-olds, is 2,900 milligrams per
12 day. That's already well above what's
13 recommended for adults. And the average
14 sodium intake increases with age, and in
15 adolescents, 14 to 18 years of age, it's
16 about above 3,600 milligrams per day. So
17 these numbers represent an average intake
18 among children, and many are consuming
19 far more than the average.

20 So the summary CDC finding is
21 that over 90 percent of children consume
22 more than recommended sodium, and the
23 food sources contributing to the high
24 sodium intake are processed and
25 commercially prepared foods.

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2 So for families, including
3 children, parents, and grandparents,
4 dietary consumption is high, and it's not
5 easy for families to lower their sodium
6 in their diets. So tools that would help
7 families recognize the hidden salt in
8 food products would be beneficial in
9 making -- helping them make healthy food
10 choices.

11 So thank you. I appreciate the
12 opportunity to speak to you about this
13 issue.

14 COUNCILWOMAN BASS: Thank you
15 very much for your testimony.

16 And one of the things I just
17 wanted to acknowledge that you pointed
18 out is around childhood obesity, because
19 one of the things that I find
20 particularly troubling is that the number
21 of children who are having strokes in
22 recent years has just -- it's really,
23 really high, and it's very surprising.
24 When I was coming up, it was just
25 absolutely unheard of. I never heard of

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2 a child having a stroke. I didn't know
3 of any children who had strokes and I
4 didn't know of anybody who knew of
5 anybody who had strokes at a young age,
6 but now I don't want to say it's common,
7 but I hear about it more and more. So
8 clearly there's a problem.

9 DR. FALKNER: That's true. And
10 it's also of concern to think about
11 adolescent girls who are becoming young
12 women, they're pregnant, they just go
13 into a pregnancy with high blood
14 pressure. That adds adverse effects on
15 the fetus, the baby, and children. So
16 this can just escalate.

17 COUNCILWOMAN BASS: Yes. Thank
18 you so much for your comments.

19 Councilwoman Brown.

20 COUNCILWOMAN BROWN: Thank you.

21 Two observations based on your
22 testimony. Dwayne Wharton, you mentioned
23 in your testimony at the point of
24 purchase, and that's important. That was
25 actually one of our sticking points with

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2 our menu labeling many, many years ago.

3 There was an argument put forth that

4 folks could read it on the kiosk, on the

5 computer or you could look for it in the

6 back of a menu. And so what we learned

7 is that when folks have the information

8 on the front end, when consumers have the

9 information on the front end, we indeed

10 make different nutritional decisions. So

11 I appreciate you raising that.

12 And then, secondly, just a

13 matter for context, it was actually the

14 National Institutes of Health report in

15 2007 that looked at obesity as a crisis

16 in the country and an alarming crisis for

17 African American children that triggered

18 my interest on so what can we do as a

19 government around this issue. And it was

20 at that time that Seattle and, I believe,

21 New York were tackling menu labeling and

22 that became a possible answer for even

23 the issue around childhood obesity.

24 So context is important, and

25 the issue of childhood obesity still

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2 haunts us as a city. So know that my
3 staff and I thank you for your testimony.

4 COUNCILWOMAN BASS: Thank you
5 very much, Council Lady.

6 Councilman Greenlee and then
7 Councilman Taubenberger.

8 And we've been joined by
9 Councilman Green also.

10 COUNCILMAN GREENLEE: Thank
11 you, Madam Chair.

12 Just a question. Maybe I
13 should know this. The difference between
14 regular table salt and sea salt, what's
15 the difference in that?

16 DR. FARLEY: There's no real
17 difference. They're both sodium
18 chloride. There may be a few other trace
19 elements there, and it maybe tastes
20 slightly different, but as far as its
21 sodium load and health impact, no
22 difference.

23 COUNCILMAN GREENLEE: So sea
24 salt might sound better because it comes
25 from the sea.

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2 DR. FARLEY: Yeah.

3 MR. WHARTON: It tastes better
4 on brussel sprouts with olive oil.

5 COUNCILMAN GREENLEE: Pardon
6 me? I'm sorry.

7 MR. WHARTON: It tastes better
8 with brussel sprouts and olive oil.

9 COUNCILMAN GREENLEE: Okay.
10 There you go.

11 DR. FARLEY: One of the ways I
12 think the food industry is trying to hide
13 the high levels of sodium they're putting
14 in food.

15 COUNCILMAN GREENLEE: All
16 right. Thank you.

17 Thank you, Madam Chair.

18 COUNCILWOMAN BASS: Thank you.
19 Councilman Taubenberger.

20 COUNCILMAN TAUBENBERGER: Yes.
21 I want to first thank my colleague
22 Councilwoman Blondell Reynolds Brown for
23 the leadership on this issue. I'm
24 someone who has hypertension, so I take
25 medication, but I really think this is a

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2 very, very good bill.

3 But I want to ask the question
4 to Dr. Farley, Commissioner Farley and
5 Dr. Farley. Basically I don't want it
6 interpreted that I'm not for this bill.
7 I'm enthusiastically for the bill, but
8 I'd like to know a little bit of the
9 mechanics.

10 We are depending kind of on the
11 industry like to do self-reporting or is
12 that not the case? How is that going to
13 work?

14 DR. FARLEY: Restaurant chains
15 are already --

16 COUNCILMAN TAUBENBERGER:
17 Chains.

18 DR. FARLEY: Chain restaurants
19 already test their food for calorie
20 content, fat, sodium, that sort thing,
21 and they make that information available
22 on websites, and under the new national
23 FDA rule, they are required to put the
24 calorie counts on the menu and they're
25 also required to provide the additional

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2 information on websites and other places
3 like that. So the chain restaurants
4 already know the sodium levels in their
5 food. We know that non-chain restaurants
6 don't have standardized food preparation,
7 so they can't do this. So the chain
8 restaurants already have this
9 information.

10 COUNCILMAN TAUBENBERGER: Okay.
11 And is there ever a dispute among who
12 tested what, that maybe it doesn't meet a
13 certain threshold or they're incorrect?

14 DR. FARLEY: Basically it's
15 left up to them as far as the testing of
16 their food items. There can be some
17 testing done, sort of auditing, to see if
18 their testing is accurate. I don't know
19 of any studies that are showing that
20 they're wildly off as far as their sodium
21 levels. Some of the other experts here
22 may know, but I'm not aware of that.

23 COUNCILMAN TAUBENBERGER: Just
24 for conversation purpose, and of course a
25 law is what it's worth because of the

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2 ability to enforce, not that -- it has to
3 be enforced. People have to say what is
4 actually in the food. But you don't see
5 the Philadelphia Health Department
6 needing to test anything at this point?

7 DR. FARLEY: I don't see that
8 at this point. I should also point out
9 New York City, which has a warning label,
10 they review menus and then they identify
11 those items that are more than 2,300
12 milligrams and communicate that back to
13 restaurants and say these are what we
14 expect that you should have labels on.
15 And we can take advantage of that
16 information likewise, and our inspectors
17 do restaurant inspections.

18 COUNCILMAN TAUBENBERGER: And
19 we have access to the New York?

20 DR. FARLEY: Yes.

21 COUNCILMAN TAUBENBERGER:
22 Commissioner, thank you very much.

23 Madam Chair, thank you.

24 COUNCILWOMAN BASS: Thank you,
25 Councilman.

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2 Councilman Green.

3 COUNCILMAN GREEN: Thank you,
4 Madam Chair.

5 I would like to thank
6 Councilwoman Brown for her leadership on
7 this legislation. This to me is an
8 extension of the menu labeling
9 legislation that she did some years ago,
10 which I knew I personally benefited from
11 because I have a better understanding of
12 the calories in food. I am a very
13 religious person in reference to counting
14 all calories that I eat, and a lot of
15 those goes back to Councilwoman Brown's
16 legislation.

17 But I did have a question in
18 reference to this legislation
19 regarding -- I guess looking at the
20 legislation and it talks about not so
21 much the menu labels, but the other type
22 of display or display boards or menu
23 boards that restaurants have. From a
24 technology perspective, there are certain
25 restaurants that allow you to customize

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2 your food, and so is there ways that that
3 could be incorporated in the electronic
4 menu board for a restaurant?

5 So, for example, certain
6 establishments allow you to mix certain
7 things and depending on your mixing of
8 food products, that definitely can get
9 you to a 2,300 or higher level threshold
10 versus something else. If you think of
11 certain sandwiches, if you change the
12 bread or the condiments or extra of
13 anything, that automatically is going to
14 trigger a more likelihood that you're
15 going to be over a certain calorie point.

16 So is there a way that can be
17 incorporated into the legislation?

18 Because for an entity that has any type
19 of computer technology, trying to come up
20 with that 2,300 designation for each
21 product may be more challenging, but if
22 there's a way you can incorporate that in
23 the beginning, say, if you select extra
24 whatever, you're more likely not going to
25 have a higher calorie count, and that's

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2 really where you want people to make that
3 decision-making. Going back to me with
4 menu labeling, you want people to make
5 that decision or decide not to make a
6 decision early on in the process
7 regarding the steps they may be taking
8 could have a high sodium count.

9 DR. FARLEY: The way that the
10 bill is written, if there is an item that
11 has some options available within it,
12 like you can have comes with fries or
13 salad, for example, then if either -- if
14 any of those options brings you above
15 2,300 milligrams, it has to be labeled
16 the sodium warning. And so that's erring
17 on the safe side essentially for
18 consumers.

19 Now, if there's many different
20 choices and there's an electronic menu,
21 as I've seen at some places, restaurants
22 could have the salad combination
23 presented as one item and the French
24 fries as another item, in which case then
25 the only French fries one would have the

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2 warning and the salad one wouldn't, for
3 example. But the way it stands right
4 now, if any of the combinations get you
5 over 2,300 milligrams, thus the warning.

6 COUNCILMAN GREEN: And then
7 also I guess the other question is that
8 looking at the legislation and my
9 understanding that the sodium warning
10 label would be a stop sign?

11 DR. FARLEY: The current
12 version of the bill, as I understand it,
13 it's a triangle with a salt shaker in it,
14 but then the word "sodium warning"
15 appeared next to it, and this was --

16 COUNCILMAN GREEN: So you're
17 going to have the sodium salt shaker?

18 COUNCILWOMAN BROWN: Point of
19 information. Yes. So the red stop sign
20 we felt was onerous in the way it's
21 presented, and that's based on feedback
22 and discussions with New York City. And
23 putting my educator hat on, we did not
24 want to assume that if someone saw the
25 salt shaker, that they would know what

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2 that meant. So we added "sodium warning"
3 coupled with a triangle with a salt
4 shaker and the words "sodium warning," so
5 we make it explicit with both the symbol
6 and the actual words "sodium warning"
7 that we need you to have an alert button,
8 if you will.

9 COUNCILMAN GREEN: So it's not
10 a stop sign. It's more of a salt shaker
11 as well as the language "sodium warning."

12 COUNCILWOMAN BROWN: Yes, yes,
13 yes. And that's a part of our amended
14 language, if I'm not mistaken.

15 COUNCILMAN GREEN: Okay.
16 Because I see the sodium warning. I just
17 still see the -- it looks like an
18 octagon, which looks almost like a stop
19 sign, and I guess my concern was that
20 some people are very visual and so having
21 a salt shaker with a line through it or
22 something like that would then identify
23 to someone, okay, this is -- I mean, it
24 indicates salt piece, but sometimes
25 people are multi-tasking and they're

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2 doing 5,000 different things and they see
3 a stop sign, that they may just ignore
4 that, but if they -- oh, okay. I see.

5 COUNCILWOMAN BROWN: Yes. And
6 after conferring with a number of the
7 different stakeholders and actually doing
8 an informal survey, this rose to be an
9 even informed compromise.

10 COUNCILMAN GREEN: Okay.

11 Thank you, Madam Chair.

12 COUNCILWOMAN BASS: Thank you.
13 Maybe we could make a skull and
14 crossbones or something.

15 Okay. So thank you so much.

16 Oh, Councilwoman Brown.

17 COUNCILWOMAN BROWN: No. I'm
18 good. Thanks.

19 COUNCILWOMAN BASS: Thank you
20 so much for your testimony. Thank you
21 for being here.

22 If we could have the Clerk now
23 call the next panel to testify.

24 THE CLERK: Panel No. 2, Tamika
25 Quinn, National Spokesperson for Go Red

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2 for Women; Steven Zhu, President, Greater
3 Philadelphia Chinese Restaurant
4 Association; and Carolyn Martin, Nurse
5 Practitioner, participant in the sodium
6 reduction effort with the Center for
7 Asian Health, Temple University.

8 (Witnesses approached witness
9 table.)

10 COUNCILWOMAN BASS: Thank you.
11 And please state your name for the record
12 and begin your testimony.

13 MS. QUINN: My name is Tamika
14 Quinn.

15 Good afternoon. My name is
16 Tamika Quinn. I am a veteran, business
17 owner, and a mother. I am also a
18 two-time stroke survivor. I am here
19 today to ask Philadelphia City Council to
20 pass the sodium warning label bill, which
21 is the subject of this hearing, of
22 course.

23 Every day I cautiously
24 contemplate my sodium intake. I am very,
25 very meticulous when it comes to what I

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2 eat. I speak personally for myself and
3 thousands of Philadelphians who must also
4 carefully monitor the amount of salt that
5 we eat and track blood pressure levels to
6 ensure we can continue healthy and
7 fulfilling lives. We all stand to
8 benefit enormously from the proposal
9 before you, as this legislation will
10 alert me and everyone across the City
11 about dangerous levels of sodium in our
12 food.

13 I grew up in this city. I
14 started a family in this city, and this
15 is my story: When I was little, I lived
16 in North Philly. I remember going with
17 my grandmother on two buses up to Bala
18 Cynwyd to grocery stores, because those
19 stores had fresh fruits, fresh
20 vegetables, and just a better quality of
21 food. We enjoyed and served fresh fruit
22 and vegetables at our table and made it a
23 priority.

24 Many of my family members had
25 high blood pressure, but no one talked

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2 about it. I myself had always struggled
3 with my weight. I was the heaviest
4 cheerleader on the squad. When I was 27,
5 I developed high blood pressure, also
6 while pregnant. It was called
7 preeclampsia. This was with my third
8 child. Ten days after my daughter
9 Sequoia was born, I woke up with an
10 excruciating headache. My regular doctor
11 wasn't available, so I went to an urgent
12 care clinic where I was given painkillers
13 and medication for my high blood
14 pressure. The pain intensified, so I
15 went to the ER. Everything came to a
16 screeching halt when I was diagnosed with
17 a hemorrhagic stroke. Three days later,
18 I had a second stroke. And I was only 27
19 years old, a mom, a wife, a business
20 owner, and never in a million years would
21 I have thought that I would have a
22 stroke.

23 It took me months to recover my
24 ability to walk and speak. These strokes
25 were a frightening wake-up call, and

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2 today I maintain a healthy lifestyle.

3 Over the years, there have been times

4 when I would eat unhealthy foods or not

5 take my blood pressure medication like I

6 was supposed to. My doctor once said to

7 me I was literally heading down a path

8 for a stroke again. And I can tell you

9 that in my community, it wasn't abnormal

10 to be a little overweight and it wasn't

11 abnormal in our family to have high blood

12 pressure, but until I had those strokes,

13 I didn't even take my health seriously.

14 After we went through that as a

15 family, I signed up all of us for a

16 nutrition program through CHKD Hospital

17 to overhaul our eating habits. Exercise

18 also became a priority.

19 Now today we make healthy

20 choices in our home every day. But when

21 it comes to having meals at restaurants

22 or ordering online for pickup, it's

23 difficult to enjoy and ensure the healthy

24 option when we don't know what's in the

25 food. It is critical to know what is in

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2 our food, especially the amount of salt,
3 to take control of our diets. A warning
4 label that is easy to interpret and read
5 will give consumers like me the
6 information we need to make healthier
7 choices and stay alive.

8 My story doesn't define me, but
9 it has shaped who I am today. I am
10 stronger because of my life experiences,
11 and I am now a fierce advocate for heart
12 and brain health. There are countless
13 other stories like mine throughout this
14 city, and we have the opportunity today
15 with this proposal to make a huge impact.
16 I need to watch my sodium intake, and I
17 am not alone. A sodium warning label has
18 the potential to save Philadelphians'
19 lives.

20 I want to thank you for moving
21 this important piece of legislation
22 forward. On behalf of myself and the
23 American Heart Association and American
24 Stroke Association and the people of
25 Philadelphia, we thank you for this

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 opportunity to share my story and to

3 present support for Council Bill

4 18000100.

5 And I want to end with sharing

6 a photo of myself and my daughter, who

7 has benefited from our lifestyle change.

8 This is my daughter who at 8 years old

9 was diagnosed with high cholesterol, and

10 cardiologists wanted to put her on statin

11 medications. I refused. However, the

12 doctors told me that with her cholesterol

13 level being so high and her weight being

14 so high, she could have a stroke just

15 like I did. And so that was what pushed

16 us to make this drastic lifestyle change

17 in our family. I did not want my

18 daughter going through the same things

19 that I had gone through. And as a

20 result, not just have I lost close to 80

21 pounds, my daughter has lost 40 pounds.

22 We have changed our lifestyle within our

23 immediate family, but we have seen our

24 extended family now changing their

25 lifestyle as well and eating less salt,

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 eating less fried foods, drinking more
3 water, and just making a healthy
4 lifestyle change to have a better life.

5 COUNCILWOMAN BASS: Thank you
6 so much for your testimony.

7 I have to leave the Chamber,
8 but Councilman Bill Greenlee is going to
9 continue the hearing going forward as the
10 Chair, but I did want to just comment on
11 your story, because it really resonates
12 with me as well, as I said earlier. My
13 preeclampsia really came on during --
14 well, the high blood pressure came on
15 with preeclampsia during pregnancy. And
16 so I'm not going to go into the details,
17 but my story very much resonates with
18 what you just said. And I think that
19 people don't take it seriously. Well,
20 I'll just say I didn't take it seriously
21 until I took a blood pressure reading
22 shortly just days after my daughter was
23 born and it was 2 something over 1
24 something. And so I certainly do
25 recognize and resonate the importance of

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 doing something about sodium, about the
3 intake, and about recognizing how
4 dangerous it really is. And so, again, I
5 just wanted to thank you for your story.

6 I do have to excuse myself from
7 Chambers, but Councilman Greenlee will
8 continue from here. Thank you.

9 COUNCILMAN GREENLEE: Thank
10 you, Madam Chair.

11 Whoever would like to go next,
12 please. Identify yourself and proceed.

13 MS. MARTIN: My name is Carolyn
14 Martin. Good afternoon first. My name
15 is Carolyn Martin. I am here today also
16 in support of the sodium warning label.
17 I am a registered nurse. I'm retired. I
18 am a mother, I'm a grandmother, and I'm a
19 great-grandmother. And I know the
20 importance of eating healthy and the
21 impact it can have on your health.

22 I have been married for 60
23 years. I have 14 grandchildren and two
24 great-grandchildren. I try to influence
25 them to eat healthy, not so much by what

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2 I say but what I do, because I have found
3 that they will follow what they see me
4 do.

5 I walk every morning for three
6 miles or for an hour every morning at
7 least five to six days a week and have
8 been doing it for 20-some years, and they
9 have seen me do that. But I also take
10 time in what I eat and in reading labels.
11 I don't push them, but I just continue to
12 do what's right myself, and as they see
13 me do those things, they seem to follow.

14 I have two granddaughters
15 approaching 30 years old that live in the
16 house with me, so they see more closely
17 my habits, and they too take on some of
18 those habits, especially those in eating
19 and in shopping, but we have found the
20 importance of reading labels so much for
21 the sodium content.

22 I also have -- because my
23 husband is a pastor, I have the influence
24 over a congregation, but also we have a
25 feeding program at our site, and I find

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2 that it has an influence -- we can
3 influence many people in that way, just
4 in subtle ways. Often I'm asked for a
5 salt shaker when they are eating, and
6 that gives me just the open door to tell
7 them the importance of not eating salt
8 and that we don't even have salt shakers
9 in our home or at the church when we're
10 feeding the community.

11 I would like to continue by
12 saying that in restaurants, I don't eat
13 out that much, but in those that I eat,
14 it's very important to me how much sodium
15 is in the food, and I have found that in
16 some of the fast food places, they will
17 not even tell you that or do not list
18 that unless you request it. Having done
19 that on one occasion, I found that there
20 was such high sodium content in the food
21 and it was in a healthy salad, that I
22 thought I was eating a healthy salad and
23 had my family requesting that same salad
24 until I requested the labeling for that
25 salad and found that I had to discontinue

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2 using that salad as a healthy option.

3 We know that too much sodium
4 can cause high blood pressure, stroke,
5 and heart disease, and so this labeling
6 is very important to me, to my family, to
7 our congregation, to those whom we feed
8 from the community.

9 Thank you for considering this
10 important legislation and for allowing me
11 to speak today and share in support.

12 COUNCILMAN GREENLEE: Thank you
13 very much, Ms. Martin.

14 Sir, please identify yourself
15 and proceed.

16 MR. ZHU: Okay. Good
17 afternoon, Councilmember. My name is
18 Steven Zhu. I'm the President of Greater
19 Philadelphia Chinese Restaurant. Thank
20 you for the opportunity to testify in
21 support of Bill No. 180001, which would
22 require sodium safety warning labeling
23 for chain restaurants.

24 The sodium warning labeling
25 bill is very important, as it will help

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2 to reduce sodium consumption and improve
3 the health of Philadelphia residents. In
4 Philadelphia, about 40 percent of the
5 City residents have high blood pressure,
6 and in the African American population,
7 the number jumps to 47 percent, which
8 increases the risk of stroke and heart
9 disease.

10 There are more than 400 Chinese
11 take-out restaurants in Philadelphia, the
12 majority of which are in the low-income
13 African American and Hispanic
14 communities. Many of these neighborhood
15 doesn't have easy access to fresh,
16 healthy food in the grocery store, the
17 corner store. So these take-out
18 restaurants become a major point of food
19 access.

20 Starting in 2012, in
21 collaboration with the Philadelphia
22 Department of Public Health and Temple
23 University Center for Asian Health, we
24 have worked with 206 Chinese take-out
25 restaurant business owners and chefs to

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2 reduce the sodium content in food.

3 Chinese take-out business owners and

4 chefs receive education and training to

5 prepare low-sodium food. This was a

6 unique citywide effort to prevent

7 hypertension and heart disease among the

8 racial ethnic minority groups in

9 Philadelphia by decreasing the sodium

10 content in meal service at these Chinese

11 take-out restaurants.

12 The neighborhood residents

13 served by those Chinese take-out

14 restaurants are very happy with

15 low-sodium food in the restaurant in

16 their community. Restaurants post signs

17 informing customers about efforts to

18 reduce the sodium in their food and the

19 impact sodium has on health and how

20 intake can cause high blood pressure and

21 increase risk for a stroke and heart

22 disease. Many residents told take-out

23 business owners we appreciate your

24 healthier low-sodium food and for

25 educating us about over-sodium and our

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2 health. Some of them also told owners,
3 you take care of my health, you are a
4 good business in our community, we thank
5 you for your efforts. And while the
6 Chinese take-out restaurants would not be
7 affected by this legislation, this
8 initiative is a good example of how
9 sodium reduction efforts in the City have
10 had a positive impact on both business
11 owners and the community. If small
12 independently owned restaurants can take
13 steps to address sodium reduction, it is
14 imperative that chain restaurants do so
15 as well.

16 Thank you again for considering
17 this legislation and providing the
18 opportunity for the Greater Philadelphia
19 Chinese Restaurant Association to share
20 our support. Thank you, all of you.

21 COUNCILMAN GREENLEE: Thank
22 you. Thank you, sir.

23 Thank you all three.

24 Councilwoman Reynolds Brown.

25 COUNCILWOMAN BROWN: Yes.

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2 Thank you all very, very much. Personal
3 stores and personal testimonies have
4 purpose and remind us of why we're in the
5 business that we're in on this side of
6 the table.

7 I am completely appreciative of
8 the, I want to be clear, the Greater
9 Philadelphia Chinese Restaurant
10 Association for bringing your voice to
11 the table. It matters. It goes a mighty
12 long way, and it's a clear signal that
13 your community is paying close attention.
14 So we thank you for being a voice and
15 registering the voice of your association
16 this afternoon. It's much appreciated.

17 MR. ZHU: Thank you.

18 COUNCILWOMAN BROWN: Thank you
19 all.

20 COUNCILMAN GREENLEE: Thank
21 you.

22 Councilman Taubenberger.

23 COUNCILMAN TAUBENBERGER: Yes.

24 Mr. Chairman, thank you very much.

25 Dr. Zhu, I also want to echo

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2 what my colleague Councilwoman Brown had
3 said. Councilwoman Brown is once again
4 taking a lead on this, but your
5 association being here I think is very,
6 very important.

7 Mr. Zhu, approximately how many
8 members do you have of your association?

9 MR. ZHU: Currently we have
10 over 300 members, but take-out
11 restaurants in the citywide, about more
12 than 400.

13 COUNCILMAN TAUBENBERGER: Is
14 that limited -- I see by the title. It's
15 not just limited to the City itself,
16 which is great. I mean, I think anything
17 that binds us together. Coming from the
18 perspective of being the former Executive
19 Director of the Northeast Philadelphia
20 Chamber of Commerce, having input from
21 all around I think is very helpful. The
22 fact that you're here speaks volumes that
23 you want your clients, your restaurant
24 goers, those that are in love with
25 Chinese food, and I am one of them, that

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2 you're here actively participating in the
3 health of our city. So I thank you.

4 MR. ZHU: Thank you.

5 COUNCILMAN GREENLEE: Thank
6 you, Councilman.

7 Again, thank you, all three of
8 you, for your time. We appreciate your
9 testimony. Thank you.

10 Do we have the final panel you
11 want to call.

12 THE CLERK: Jordan Muse,
13 External Affairs Associate, The Food
14 Trust; and Dr. Lawrence J. Appel,
15 Director of the Welch Center for
16 Prevention, Epidemiology and Clinical
17 Research, Johns Hopkins University.

18 (Witnesses approached witness
19 table.)

20 COUNCILMAN GREENLEE: Let me
21 just double check. Anyone else here to
22 testify on this bill?

23 (No response.)

24 COUNCILMAN GREENLEE: No?
25 Okay. And for the record, we also have

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2 written testimony from Hillary Caron, if
3 I'm pronouncing that right, Senior Policy
4 Associate for Center for Science in the
5 Public Interest. Written testimony will
6 be made part of the record.

7 And whoever would like to go.
8 Ms. Muse, I think you were called first,
9 so why don't you go first. Identify
10 yourself and proceed.

11 MS. MUSE: Jordan Muse, The
12 Food Trust.

13 Good afternoon, Councilwoman
14 Reynolds Brown and members of the
15 Committee on Public Health and Human
16 Services. My name is Jordan Muse, an
17 External Affairs Associate for The Food
18 Trust. Thank you for the opportunity to
19 testify today on behalf of The Food Trust
20 in support of Bill No. 180001, which
21 would amend the City of Philadelphia
22 Health Code to require sodium safety
23 warning labeling for chain restaurants to
24 educate consumers about menu items that
25 contain at least 2,300 milligrams of

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2 sodium, the amount in one teaspoon of
3 salt.

4 The Food Trust's mission is to
5 ensure everyone has access to healthy and
6 affordable foods and the education they
7 need to make healthy decisions for them
8 and their families. As part of our
9 comprehensive approach, school and
10 community-based nutrition education aims
11 to teach people how to make healthier
12 choices for themselves and their
13 families.

14 You've heard quite a bit of
15 stats, so I won't belabor all the
16 statistics that you heard. However, I do
17 want to emphasize that 77 percent of the
18 sodium we consume comes from processed
19 foods as well as restaurant foods, and
20 many of the menu items of fast food
21 restaurants contain a day's worth of
22 sodium, and we need to find ways to
23 decrease sodium intake across the board.

24 Sodium warning labels present
25 an opportunity to educate our communities

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2 about what they are consuming so that
3 they can make an informed decision. The
4 sodium warning label is a key tool in
5 efforts to reduce chronic disease and
6 close the health gap. We believe this
7 can have a positive health impact by
8 reducing sodium intake, thus reducing
9 hypertension rates, heart disease, and
10 strokes in our city.

11 For these reasons, The Food
12 Trust supports amending the City of
13 Philadelphia Health Code to require
14 sodium safety warning labels for chain
15 restaurants.

16 Thank you.

17 COUNCILMAN GREENLEE: Thank you
18 very much.

19 Doctor, we have your written
20 testimony. If you'd like to just
21 summarize, we'd appreciate it, because
22 we're running out a little timeframe
23 here.

24 DR. APPEL: Sure. I'll avoid
25 being redundant.

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2 COUNCILMAN GREENLEE: Okay.

3 Thank you.

4 DR. APPEL: My name is Larry
5 Appel and I'm an internist by training.
6 I'm a Professor of Medicine at Johns
7 Hopkins, and I spent a good part of my
8 life conducting research on how to
9 control blood pressure ideally through
10 diet and lifestyle modification. I'm,
11 like everybody else here, gravely
12 concerned about hypertension in
13 Philadelphia, our communities, our
14 nation, and these efforts that you have
15 are really important to improve
16 transparency.

17 It is a massive public health
18 problem, elevated blood pressure. It's
19 been linked to excess heart disease,
20 stroke, and kidney disease. I think one
21 thing that hasn't been emphasized is that
22 90 percent of adults will develop
23 hypertension over life. So if you don't
24 have hypertension already, you will
25 develop it, and most of your family will

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2 develop hypertension.

3 I also want to emphasize the
4 point that Dr. Farley and Dr. Falkner
5 mentioned. It is a lifelong problem
6 starting probably at birth, and that
7 blood pressure rises more steeply in
8 individuals who develop hypertension to
9 the point that it becomes elevated where
10 individuals need treatment. But it is a
11 lifelong problem, and this is why we want
12 to start early in life, including our
13 children.

14 America today, and Philadelphia
15 is no exception, average adults consume
16 3,400 milligrams. The hypertension
17 epidemic is worse in some communities,
18 and there are, as several people have
19 mentioned, substantial health
20 disparities. Forty-eight percent of
21 black Philadelphians have hypertension in
22 comparison to 31 percent of whites.

23 I would also like to mention at
24 this point one of our major studies that
25 actually informed dietary guidelines.

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2 Sodium reduction lowers blood pressure in
3 blacks and whites, but the effects in
4 blacks are greater than the effects in
5 whites, and it is a proven means to
6 reduce racial disparities in health, and
7 I don't think that's been emphasized as
8 much.

9 As individuals have already
10 pointed out, 70 percent of sodium comes
11 from packaged, prepared, and restaurant
12 foods, and yet many, if not most,
13 Americans are unaware of the sources of
14 sodium.

15 So I applaud the ongoing
16 efforts, including the research done by
17 the Philadelphia Department of Health, on
18 this issue and on the most effective type
19 of warning icon. A warning label must be
20 clear, easy to interpret by consumers,
21 including those of all literacy levels
22 and those who cannot speak languages --
23 do not speak English.

24 I want to emphasize, and this
25 is to reiterate research done by

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2 Dr. Roberto, the octagon is a universal
3 and internationally understood symbol
4 that means something to everyone who sees
5 it.

6 In addition to having a
7 transparent and effective label, a
8 warning label should be placed where
9 individuals can see it either in person,
10 on printed menus or online via the web.
11 Warning labels should be included on any
12 menu item that exceeds 2,300 milligrams
13 regardless of whether it is offered as a
14 specialty item or promotional item or as
15 a limited-time item. It's incredibly
16 important for transparency, and it will
17 allow consumers to make decisions that
18 affect their health.

19 I would like to also take this
20 moment to express some concern from the
21 American Heart Association around the
22 exemption of specialty menu items in the
23 bill language and that exemption that is
24 going to be applied to items offered up
25 to a 60-day period, and this will include

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2 many items and, more importantly,
3 consumers will unknowingly be consuming
4 high amounts of sodium. The American
5 Heart Association is not in favor of this
6 amendment.

7 As a result of my -- in
8 summary, as a result of my extensive
9 experience and as a researcher and as a
10 clinician, I do support the Philadelphia
11 City Council's efforts around this piece
12 of legislation. It will encourage better
13 dietary habits in Philadelphians and is a
14 pivotal step to improve the health and
15 lives of people in your community.

16 I thank you for the opportunity
17 to speak today, and I applaud you for
18 your efforts. And, by the way, in
19 addition to the research, I chaired the
20 committee that set the 2,300 milligrams
21 as the upper limit and I served on two
22 dietary guidelines committees.

23 COUNCILMAN GREENLEE: Thank
24 you. Thank you, Doctor. I appreciate it
25 very much.

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2 Thank you both.

3 Councilwoman Reynolds Brown.

4 COUNCILWOMAN BROWN: We just

5 learned that the New York Health

6 Department did submit written testimony.

7 So we deeply appreciate them weighing in

8 and paying attention to what the national

9 trends are. And further I should

10 stipulate that this bill just received

11 the support of Mary T. Bassett, who is

12 our Commissioner's counterpart in New

13 York City. She's the Commissioner of

14 Health for the New York City Department

15 of Health. So we don't take those type

16 of endorsements lightly. In fact, we

17 appreciate it very much.

18 Thank you.

19 COUNCILMAN GREENLEE: Thank

20 you, Councilwoman.

21 No other questions. Thank you

22 all very much.

23 That concludes the hearing of

24 the Committee on Public Health and Human

25 Services. We'll now go into our public

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 meeting, and the Chair recognizes

3 Councilman Taubenberger.

4 COUNCILMAN TAUBENBERGER: Thank
5 you, Mr. Chairman. I have circulated an
6 amendment to all members of this
7 Committee and I ask for that amendment to
8 be moved forward.

9 (Duly seconded.)

10 COUNCILMAN GREENLEE: It's been
11 moved and seconded the amendment to Bill
12 No. 171125 be approved.

13 All in favor?

14 (Aye.)

15 COUNCILMAN GREENLEE: Opposed?

16 (No response.)

17 COUNCILMAN GREENLEE: Hearing
18 none, the amendment is approved.

19 Councilman Taubenberger.

20 COUNCILMAN TAUBENBERGER: I
21 move the bill, as amended, with a
22 suspension of the rules.

23 COUNCILMAN GREENLEE: Is there
24 a second?

25 (Duly seconded.)

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2 COUNCILMAN GREENLEE: It's been
3 moved and seconded that Bill No. 171125,
4 as amended, be reported favorably with a
5 rules suspension.

6 All in favor?

7 (Aye.)

8 COUNCILMAN GREENLEE: Opposed?

9 (No response.)

10 COUNCILMAN GREENLEE: Hearing
11 none, that motion is approved.

12 The Chair now recognizes
13 Councilwoman Reynolds Brown.

14 COUNCILWOMAN BROWN: Yes.
15 Mr. Chairman, I do offer an amendment,
16 which has been circulated to all members
17 and to our stakeholders for their
18 information as well, and in short, the
19 amendments do the following: They allow
20 for a one-year implementation date. Our
21 goal is never to be onerous with
22 businesses of any type. And so in
23 talking with the business community, we
24 thought it appropriate and fair to give
25 them time to rework their menu documents.

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2 This also includes a label
3 change, which was based on an informal
4 survey, and we've ended up at the place
5 where we have.

6 This amendment also clarifies
7 that the label is for menu items. It is
8 not for menu items and customer add-ons,
9 which goes to Councilman Green's
10 excellent observation. That too was
11 heavily discussed, and it will clarify a
12 label for menu items, but as customers
13 add on, it will not capture those of us
14 who want to add pickles and chips and
15 mayonnaise and, et cetera, to our menu
16 choices.

17 And, lastly, it will allow for
18 a 60-day seasonal menu item exemption.
19 In the interest of full transparency,
20 this is not universally accepted.
21 However, it was a compromise, if you
22 will. And I want to offer this amendment
23 with no suspension of the rules, but to
24 allow for a subsequent conversation and
25 discussion between now and the second

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 reading and final passage, Mr. Chairman.

3 COUNCILMAN GREENLEE: So
4 there's a motion on the floor for the
5 amendment to Bill No. 180001. Is there a
6 second?

7 (Duly seconded.)

8 COUNCILMAN GREENLEE: It's been
9 moved and seconded for the approval of
10 that amendment.

11 All in favor?

12 (Aye.)

13 COUNCILMAN GREENLEE: Opposed?

14 (No response.)

15 COUNCILMAN GREENLEE: Hearing
16 none, Councilwoman Reynolds Brown on the
17 bill, as amended.

18 COUNCILWOMAN BROWN: Yes,
19 Mr. Chairman. I move that Bill No.
20 180001, as amended, be moved out of
21 Committee with a favorable
22 recommendation.

23 COUNCILMAN GREENLEE: Second?

24 (Duly seconded.)

25 COUNCILMAN GREENLEE: It's been

1 5/7/18 - PUBLIC HEALTH - BILL 171125, ETC.

2 moved and seconded that Bill No. 180001,
3 as amended, be reported out of this
4 Committee with a favorable
5 recommendation.

6 All in favor?

7 (Aye.)

8 COUNCILMAN GREENLEE: Opposed?

9 (No response.)

10 COUNCILMAN GREENLEE: Hearing
11 none, the motion carries.

12 And that concludes the meeting
13 of the Committee on Public Health and
14 Human Services.

15 Thank you all very much.

16 (Committee on Public Health and
17 Human Services concluded at 2:35 p.m.)

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CERTIFICATE

I HEREBY CERTIFY that the
proceedings, evidence and objections are
contained fully and accurately in the
stenographic notes taken by me upon the
foregoing matter, and that this is a true and
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MICHELE L. MURPHY
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Committee on Public Health and Human Services
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