WHEREAS, over the past thirty years, the obesity rate in the United States has substantially increased. The prevalence of adult obesity has more than doubled during that time; and,

WHEREAS, for children, the increase in obesity has been even more dramatic, with the obesity rate among children age 6-11 more than quadrupling over the last four decades; and,

WHEREAS, obese children are at least twice as likely as non-obese children to become obese adults. Research indicates that the likelihood of an obese child becoming an obese adult increases with age; adolescents who are obese have a greater likelihood of being obese in adulthood, as compared to younger children; and,

WHEREAS, the obesity epidemic has led to a dramatic increase in obesity-related health conditions, such as Type 2 diabetes, asthma, and heart disease. These health conditions costs the nation billions of dollars in health care costs and lost productivity; and,

WHEREAS, numerous studies have established a link between obesity and consumption of sweetened beverages such as soft drinks, energy drinks, sweet teas and sports drinks; and,

WHEREAS, sugar-sweetened beverages are the number one source of added sugar in the American diet (46% of added sugars). A study between 1999 and 2004 showed that children and adolescents consumed 10-15% of their daily caloric intake from sweetened beverages; and,

WHEREAS, the American Heart Association recommends that women consume no more than 5 teaspoons of added sugar per day and men consume no more than 9 teaspoons of added sugar per day; and,

WHEREAS, research has found that consumption of sugar-sweetened beverages increases adults’ risk of becoming obese by 27% and risk of developing type 2 diabetes by 26%. One study found that the chance of a child becoming obese was increased by 60% with each additional 12-ounce serving of soda each day; and,

THEREFORE, I, Pat Quinn, Governor of the State of Illinois, do hereby declare February 2014 as RE THINK YOUR DRINK MONTH in Illinois to encourage Illinoisans to limit their sugary beverage consumption and choose healthier options, like water throughout the month.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.

Done at the Capitol in the City of Springfield, this TWENTY-NINTH day of JANUARY, in the Year of Our Lord, two thousand and FOURTEEN, and of the State of Illinois, one hundred and NINETY-SIXTH.

[Signature]
SECRETARY OF STATE

[Signature]
GOVERNOR