

Senate Joint Resolution No. 28

RESOLUTION CHAPTER 107

Senate Joint Resolution No. 28—Relative to nutrition.

[Filed with Secretary of State August 7, 2008.]

LEGISLATIVE COUNSEL'S DIGEST

SJR 28, Calderon. Nutrition: sodium consumption.

This measure would urge the federal Food and Drug Administration to respond to the issue of sodium consumption by reclassifying sodium as an additive and would also urge the United States Department of Agriculture and the United States Department of Health and Human Services to respond to the issue of sodium consumption by setting new food guidelines addressing the amount of sodium in foods.

WHEREAS, Scientific studies have linked consuming too much sodium to high blood pressure, which is a major risk factor for heart disease and stroke; and

WHEREAS, The National Academy of Sciences recommends that adults consume no more than 2,300 milligrams of sodium each day, roughly the amount of a teaspoon of salt. However, for persons with a higher risk of having high blood pressure, including persons over 50 years of age and African Americans, the National Academy of Sciences recommends that no more than 1,500 milligrams of sodium be consumed each day; and

WHEREAS, Americans typically consume about 4,000 milligrams of sodium each day; and

WHEREAS, The American Medical Association cites estimates that 150,000 lives could be saved annually if Americans were to reduce their sodium consumption by 50 percent, which is a goal the American Medical Association states can be attained within a decade; and

WHEREAS, Other industrialized countries have already begun grappling with the problem of too much sodium consumption. For instance, according to the American Medical Association, in Finland, government and industry have collaborated to bring about a 40-percent decrease in sodium consumption since the late 1970s. In the United Kingdom, government has set voluntary sodium reduction targets for about 70 types of processed foods; and

WHEREAS, The majority of salt in our food is added by restaurants and food processors and not by individuals; now, therefore, be it

Resolved by the Senate and the Assembly of the State of California, jointly,
That the Legislature of the State of California urges the federal Food and Drug Administration to respond to the issue of sodium consumption by

revoking the “Generally Recognized as Safe” classification and reclassifying sodium as an additive; and be it further

Resolved, That the Legislature of the State of California urges the United States Department of Agriculture and the United States Department of Health and Human Services to respond to the issue of sodium consumption by setting new food guidelines addressing the amount of sodium in food; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the President of the United States, to each Senator and Representative from California in the Congress of the United States, to the Secretary of the United States Department of Agriculture, to the Secretary of the United States Department of Health and Human Services, and to the Commissioner of the federal Food and Drug Administration.