

Dear Senator Ayer I thought I had sent this material the other day, but found it in my draft box. Sorry for the late arrival.

After I testified on S.70 - Kids Meals, committee members had two questions:

- Are people on food stamps/SNAP prohibited from paying the sales tax on sugary beverages?
- Do low income families eat more fast foods?

Here from VT Tax information (attached) and from the American Heart Association 's research from numerous studies:

Thank You
Karen

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States and localities cannot apply a tax at point of sale to any SNAP purchases (including sugary drinks).

Higher income families do eat out more, but lower income consume more calories and sugary drinks when out. There are also more fast food restaurants in lower income neighborhoods.

Lower-Income Families Consume More Calories When Eating Out

On average, children from higher-income families eat out more frequently, but children from lower-income families consume more calories when eating out than children from higher-income families.

- A study analyzing 24-hour dietary recalls from nationally representative data from 2003-2004 through 2007-2008 found that children from high-income families are 59% more likely to consume fast food and nearly twice as likely to consume food from full-service restaurants, when compared to children from low-income families.[i]

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- In a 2012 study, children from low-income (160 calories) and middle-income (175 calories) families consumed more calories than high-income (70 calories) children at fast-food restaurants. Consumption of sugary drinks, such as soda, was also higher among children in low-income families. Adolescents from low-income (380 calories) families consumed more calories at fast-food restaurants than adolescents from middle-income (290 calories) and high-income (290 calories) families. Fast-food consumption also was associated with higher intakes of sugar, fat, and sodium among adolescents from low-income families.[ii]

Low-Income Neighborhoods Have More Fast-Food

Generally, low-income neighborhoods have a larger number of fast-food restaurants than middle- to higher-income areas and fast-food restaurants tend to be more prevalent in areas with a higher proportion of black and Latino residents.[iii]

- A nationally representative study using Census Bureau and restaurant outlet data from 2000 found that in comparison to high-income ZIP code areas, lower-income ZIP code areas have 20% more full-service restaurants and 30% more fast-food restaurants. Among urban neighborhoods, ZIP codes in predominantly black neighborhoods had a higher proportion of fast-food restaurants among all available restaurants than ZIP codes in predominantly white neighborhoods.[iv]
- A 2005 study found that schools in the lowest-income neighborhoods had three times the number of fast-food restaurants and two times the number of convenience stores within walking distance than highest-income neighborhoods.[v]

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Voices for Healthy Kids

Office of State Advocacy

[i] Powell LM, Nguyen BT, Han E. "Energy Intake from Restaurants: Demographics and Socioeconomics, 2003-2008," *American Journal of Preventative Medicine* 2012, vol. 43, pp. 498-504.

[ii] Powell LM, Nguyen BT. "Fast-Food and Full-Service Restaurant Consumption Among Children and Adolescents." *Archives of Pediatric and Adolescent Medicine*, published online Nov 5, 2012, E1-E7.

[iii] Fleischhacker SE, Evenson KR, Rodriguez DA, Ammerman AS. "A Systematic Review of Fast Food Access Studies." *Obesity Reviews* 2011; pp. e460-e471.

[iv] Powell L, Chaloupka F, Bao Y. "The Availability of Fast-Food and Full-Service Restaurants in the United States. Associations with Neighborhood Characteristics." *American Journal of Preventative Medicine* 2007; vol 33 pp S240-S245.

[v] Zenk S, Powell L. "U.S. Secondary Schools and Food Outlets." *Health Place* 2008; vol 14 pp 336-346.
