Month Date, Year

The Honorable [Name]

California State [Senate/Assembly]

State Capitol, Room [Room Number]

Sacramento, CA 95814

Dear [Councilmember/Supervisor] [Name]:

My name is \_\_\_\_\_\_\_\_\_,[MD/DO/MDM/etc] a [physician/dentist/provider] in your district. [On behalf of XX organization and its XX members], I am writing to express my strong [support/opposition] to [insert bill/action/policy], which [insert description of bill/action/policy].

California, and [county/district] face an emerging crisis that requires your leadership to address. An alarming 55% of the state’s adult population, and 1 out of every 3 children, have diabetes or prediabetes. Communities of color and low-income Californians also face a higher prevalence of diabetes and obesity, disproportionately impacting some of our most vulnerable patients and residents. This epidemic will only continue to worsen unless [insert ask].

As a [physician/dentist/provider] in your district, I see the direct consequences of sugar-sweetened beverages (SSBs) on children, families, and other patients in our community. SSBs are the largest contributor of added sugars and total calories in the diets of children and adolescents, leading to an increased prevalence of obesity, type 2 diabetes, heart disease, poor oral health, and many other health problems for children and adults. Roughly 2 out of every 3 adolescents will consume at least 1 SSB each day. For each additional SSB consumed daily, a child’s risk of obesity increases by 60%.

The negative impact on health from SSBs also comes at a high cost for the state. California has the highest obesity-related costs in the United States at $15.2 billion in public spending in 2012, 42% of which were financed through Medicare and Medi-Cal. Obesity-related hospital admissions in that same year accounted for $33.8 billion in hospital expenditures. Obesity and diabetes also result in higher average individual medical costs and chronic absences from work or school.

The physician community stands in strong [opposition/support] of [bill/policy] because we know that our patients’ health and well-being must come first. We urge the legislature to stand with us, and [insert ask (e.g. support/oppose a bill)].

Thank you in advance for your consideration.

Sincerely,

Dr. CMA