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SENATE RESOLUTION

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WHEREAS, Many Illinois citizens are experiencing high rates of illnesses such as heart disease, stroke, diabetes, and cancer; these conditions are often linked to excessive sugar consumption; and

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WHEREAS, It is predicted that by the year 2020, diabetes will increase in Illinois by an estimated 25%; and

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WHEREAS, Sugary drinks are a main source of empty, dangerous calories; a diet high in sugar contributes to weight gain, which increases the risk for developing type 2 diabetes; and

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WHEREAS, The American Heart Association promotes going sugarless for one day a week in order to promote a healthier lifestyle; and

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WHEREAS, Sugarless does not mean sugar-free; it means no sugary drinks such as soda and artificial fruit juice, and a reduction in the consumption of sugary desserts and snacks; and

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WHEREAS, The American Heart Association created "Sugarless Wednesdays" in order to inform and educate communities on healthy alternatives, the health risks associated with

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1 excessive consumption of sugary drinks, and the benefits of one
2 sugarless day per week; and

3 WHEREAS, The American Heart Association asks Illinois to
4 join them by participating in "Sugarless Wednesdays", and to
5 take the pledge to "Do My Best to Go Sugarless"; and

6 WHEREAS, The American Heart Association urges people to
7 tell friends, family, and loved ones about "Sugarless
8 Wednesdays" and the benefits that going sugarless one day a
9 week can have; therefore, be it

10 RESOLVED, BY THE SENATE OF THE ONE HUNDREDTH GENERAL
11 ASSEMBLY OF THE STATE OF ILLINOIS, that we designate each
12 Wednesday in the month of February of 2017 as a "Sugarless
13 Wednesday" in the State of Illinois; and be it further

14 RESOLVED, That a suitable copy of this resolution be
15 presented to the American Heart Association in appreciation of
16 its work to promote a healthier Illinois.