



For Immediate Release

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Citizens' Committee for Children Supports Proposals to Phase-Out the Use of Trans Fats in Restaurants and Provide Calorie Labeling in Menus

Proposals will Improve Child Health Outcomes

(September 26, 2006, New York, NY) – Today Citizens' Committee for Children of New York (CCC) announced its support for two proposals that would amend the city's Health Code to phase-out trans fatty acids in restaurants and mandate calorie labeling in menus.

"For too many children and families, access to affordable, nutritious food is an impossible challenge. By phasing-out trans fats from restaurants, we will reduce heart risks and improve health outcomes for children across New York City," said Gail B. Nayowith, Executive Director of Citizens' Committee for Children.

"Disclosure of caloric information on restaurant menus will allow parents to make better food choices that will improve their children's nutrition, reduce obesity and promote life-long healthy diets and lifestyles," continued Nayowith.

"Eating habits today determine children's health tomorrow," continued Nayowith. "With obesity rates in the city more than double the national average – it is critical that the Board of Health adopt these proposals."

CCC, a 62 year-old child advocacy organization with a mission of ensuring that every child is healthy, housed, educated and safe believes that the proposals will go a long way in helping children, adolescents and families live healthier lives. Close to a quarter or 470,000 New York City children are obese, increasing the likelihood that they will develop diabetes and heart disease as adults. The two proposals will control both the obesity epidemic and rates of cardiovascular disease in New York City.

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