

STATE SENATOR • MICKEY SWITALSKI • 10TH DISTRICT

Switalski Press Release

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Switalski Targets Steroid Abuse and Super Caffeinated Kids' Drinks

Roseville Democrat unveils Children's Health Initiative that also expands dental coverage for children

(Lansing)--State Senator Mickey Switalski (D-Roseville) today unveiled his Children's Health Initiative, a series of bills that would help protect the health and safety of Michigan's children. The package includes legislation that would require random steroid testing for student athletes, calls for the elimination of a junk-food tax break for vending machine products to fund increased access to dental care, and requires a listing of the amount of caffeine in drinks such as 5-Hour Energy and Red Bull, among others.

"I believe the bills contained in my Children's Health Initiative are absolutely necessary to protect the health and safety of our children," said Switalski. "The huge pressure to perform well in high school athletics and the desire to gain a performance advantage over opponents has led to an increase in steroid abuse among high school athletes, numerous studies have shown. A random drug testing program with consequences, combined with an increased educational awareness, would serve as an effective deterrent to young athletes putting their health at risk."

Among the bills contained in the Switalski Children's Health Initiative includes:

- Senate Bill 228 would eliminate the tax exemption for junk food sold in vending machines with the funds redirected to dental services for underprivileged children;
- Senate Bill 229 would require school districts to adopt and implement a policy that requires random steroid testing for all student athletes who participate in statewide tournaments. Funding for the tests would come from a \$1 surcharge on tournament games and penalties would include prohibitions from participating in athletic events to counseling and additional testing;
- Senate Bill 230 would require the amount of caffeine in all bottled, canned or packaged drinks to be listed clearly on the label;
- Senate Bill 231 would require school districts to adopt a steroid education component as part of the health/physical education instruction;
- Senate Bill 232 would require school districts to adopt and implement a local school nutrition policy and would limit the sale of food and drinks that are determined by the FDA to have "minimal nutritional value" on school grounds;
- Senate Bill 233 would require school districts to create a policy that addresses the concerns of pupils with serious food allergies;
- A final bill, yet to be introduced, would require screening for performance-enhancing

substances when student-athletes take a physical.

“Energy drinks are a big money business and are marketed directly to our youth, promising a sudden rush of energy,” said Switalski. “There appears to be a proliferating java race among the makers of these drinks to come up with the hippest, coolest name and the most amount of zing for the buck. Senate Bill 230 would provide consumers, especially parents of children, with the ability to better manage their caffeine intake and its potential negative health effects.”

To view a YouTube clip of State Senator Switalski discussing the need for the labeling of caffeine content on beverages, please log on to http://www.youtube.com/watch?v=R3UZ9KUZMek&feature=channel_page and see the chart attached below.

Caffeine Contents of Selected Beverages

Drink: Caffeine per 8 oz. serving:

Monster (green): 80mg
180 Blue with Acai Energy Drink: 82mg
Go Fast: 76mg
Hype Energy (Original): 76mg
Hype Energy (MFP): 76mg
Vitamin Water (orange-orange): 0mg
Vitamin Water (Rescue Green Tea): 11mg
Vitamin Water (Tropical Citrus): 20mg
Pepsi: 25mg
5 hour: 500mg
Coca-Cola: 23mg
Diet Coke: 31mg
Red Bull: 76mg
Wired: 172mg
Fixx: 200mg
Folgers Coffee: 90mg
Folgers Decaf: 5mg

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