



# MUNICIPALITY OF CHATHAM-KENT

435 GRAND AVENUE WEST • P.O. BOX 1136 • CHATHAM, ONTARIO • N7M 5L8

## HEALTH & FAMILY SERVICES

### PUBLIC HEALTH UNIT

TELEPHONE: (519) 352-7270 FAX: (519) 352-2166

May 19, 2010

The Honourable Leona Aglukkaq, P.C., M.P.  
Health Canada  
Brooke Claxton Building, Tunney's Pasture  
Postal Locator: 0906C  
Ottawa, Ontario K1A 0K9

Dear Minister Aglukkaq:

On behalf of the Board of Health for the Chatham-Kent Public Health Unit, I am writing to you to advocate for a coordinated national policy for key food and nutrition issues.

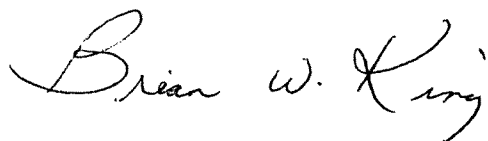
The recent concern of adding caffeine and caffeine citrate to non-cola carbonated soft-drink beverages is one example of current nutrition concerns that Canadians are dealing with each day. Food nutrient awareness and the nutritional content in prepared foods extend far beyond caffeine. To address healthy eating as the overall goal for all Canadians, it is important to focus on messaging and awareness of other nutritional issues such as the sodium content in processed foods, trans fats, commercial food advertising to children, excessive caloric intakes due to large serving sizes in both packaged and commercially prepared foods and limitations in the current food labelling system.

While it is important to help consumers to be aware of the nutritional content of the foods they are choosing to consume, it is equally important to recognize the need for legislation and regulations from relevant provincial and federal agencies to ensure that supportive environments and healthy public policies create opportunities for consumers to ensure that the healthiest choices are also the easiest ones to make.

As these individual nutrition issues continue to arise, there is a strong need for a comprehensive and coordinated national food and nutrition policy which would emphasize these key food and nutrition issues that continue to be of concern to the health of Canadians.

Thank-you for considering these comments and suggestions.

Sincerely,

A handwritten signature in black ink that reads "Brian W. King". The signature is written in a cursive style with a large initial 'B' and a distinct 'W' and 'K'.

Brian King  
Chair, Board of Health

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*Working together to build a healthy community.*



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May 19, 2010

Health Canada  
Bureau of Chemical Safety  
Tunney's Pasture  
Postal Locator: 2203B  
251 Sir Frederick Banting Driveway  
Ottawa, ON K1A 0L2

To Whom It May Concern

On behalf of the Board of Health for the Chatham-Kent Public Health Unit, I am writing to the Food Directorate to oppose the introduction of caffeine and caffeine citrate in non-cola carbonate beverages (i.e. carbonated soft drinks).

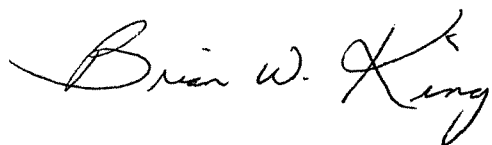
Currently Canadian adults consume the majority of their caffeine in coffee (60%), tea (30%), and carbonated beverages, chocolate products and medicines (10%). Canadian children consume their caffeine from cola drinks (55%), tea (30%), chocolate (14%) and the rest from sources such as medications. Including caffeine in all carbonated beverages (cola and non-cola varieties) creates the opportunity for Canadians to increase their consumption of a stimulant that can lead to insomnia, headaches, irritability, dehydration and nervousness.

The recent announcement made by Health Canada allowing the use of caffeine and caffeine citrate to be added to in all carbonated soft drinks, not just to cola beverages, is of particular concern. Currently, there is no regulatory provision for mandatory quantitative labelling of caffeine, such as a well defined statement identifying the specific amount of milligrams of caffeine per stated serving size (i.e. caffeine content: \_\_\_\_ mg per stated serving size). Additionally, there is no requirement to identify the quantitative amount of caffeine in composite food containing ingredients that are natural sources of caffeine. Quantitative labelling of caffeine from all sources in foods would allow consumers to have all of the information they require to make accurate decisions regarding the amount of caffeine they are consuming.

On behalf of our Board of Health, we feel that stronger action such as regulatory change to caffeine labelling on food labels is necessary to help Canadians make informed decisions about their caffeine consumption.

Thank you for considering these comments and suggestions.

Sincerely,

A handwritten signature in black ink that reads "Brian W. King". The signature is written in a cursive style with a large, prominent "K" at the end.

Brian King  
Chair, Board of Health