

ANCHORAGE, ALASKA
AR No. 2024-_____

1 **A RESOLUTION OF THE ANCHORAGE ASSEMBLY CALLING ON OUR**
2 **STATE LEADERSHIP TO JOIN OTHER STATES IN CALLING ON**
3 **RESTRICTIONS OF SALES OF UNREGULATED DIET PILLS AND MUSCLE**
4 **BUILDING SUPPLEMENTS TO YOUTH**
5

6
7 **WHEREAS**, over-the-counter diet pills and muscle-building supplements are
8 common and widely available without restrictions to consumers of all ages, with one
9 in five women and one in 10 men reporting ever using these products¹; and

10
11 **WHEREAS**, these dietary supplements often claim to promote weight loss or muscle
12 building, but many of these products are sold without any scientific evidence of their
13 safety or effectiveness, and are inadequately regulated by the U.S. Food and Drug
14 Administration (FDA)²; and

15
16 **WHEREAS**, the lack of regulation of these products has allowed some to end up on
17 retail shelves mislabeled, having unclear dosing recommendations and some are
18 adulterated with prescription pharmaceutical compounds or illegal substances such
19 as steroids. These adulterated products have been tied to significant adverse health
20 effects including gastrointestinal impairment, tachycardia, hypertension, myocardial
21 infarction, stroke and severe liver injury³; and

22
23 **WHEREAS**, diet pill use is prospectively linked with a higher risk of eating disorders
24 diagnosis⁴ and illicit steroid use⁵; and

25
26 **WHEREAS**, the American Academy of Pediatrics has released two reports strongly
27 cautioning against teens using diet pills⁶ and muscle-building supplements⁷ for any
28 reason; and
29

¹ Blanck HM, Serdula MK, Gillespie C, et al. Use of nonprescription dietary supplements for weight loss is common among Americans. *J Am Diet Assoc.* 2007;107:441-447.

² Tucker J, Fischer T, Upjohn L, Mazzera D, Kumar M. Unapproved Pharmaceutical Ingredients Included in Dietary Supplements Associated With US Food and Drug Administration Warnings. *JAMA Netw Open.* 2018;1(6):e183337. doi: 10.1001/jamanetworkopen.2018.3337. Erratum in: *JAMA Netw Open.* 2018;1(7):e185765.

³ Cohen PA. Hazards of hindsight- monitoring the safety of nutritional supplements. *N Engl J Med.* 2014;33(2): 176-182

⁴ Levinson JA, Sarda V, Sonnevile K, Calzo JP, Ambwani S, Austin SB. Diet pill and laxative use for weight control and subsequent incident eating disorder in US young women: 2001-2016. *Am J Public Health.* 2020;110(1):109-111.

⁵ Hildebrandt T, Harty S, Langenbucher JW. Fitness supplements as a gateway substance for anabolic-androgenic steroid use. *Psychol Addict Behav.* 2012;26(4):955-962.

⁶ Golden NH, Schneider M, Wood C. Preventing Obesity and Eating Disorders in Adolescents. *Pediatrics.* 2016;138(3)

⁷ Gomez J, Washington RL, Bernhardt DT, et al. Use of Performance-Enhancing Substances. *Pediatrics.* 2005;115(4): 1103-1106

1 **WHEREAS**, Alaskan youth are at high risk for eating disorders, with 28% of Alaskan
2 teens reporting binge eating behaviors in the last 30 days, and 29% reporting
3 restrictive eating on the 2023 Youth Risk Behavior Survey⁸; and
4

5 **WHEREAS**, eating disorders are among the deadliest mental illnesses, second only
6 to opioid abuse, with somebody dying from an eating disorder every 52 minutes⁹;
7 and
8

9 **WHEREAS**, lawmakers from California¹⁰, Maryland¹¹, Massachusetts¹², Missouri¹³,
10 New Jersey¹⁴, and New York¹⁵ have introduced legislation to protect child health
11 and keep these dangerous products #OutofKidsHands;
12

13 **NOW, THEREFORE, THE ANCHORAGE ASSEMBLY RESOLVES: to protect**
14 **our youth through asking our state representatives to champion bills to limit**
15 **access to dangerous weight loss and muscle-building supplements in the**
16 **state of Alaska.**
17

18 **Section 1.** This resolution shall be effective immediately upon passage and
19 approval by the Assembly.
20

21
22
23 PASSED AND APPROVED by the Anchorage Assembly this _____ day
24 of _____, 2024.
25

26
27
28 _____
Chair of the Assembly

29 ATTEST:
30

31
32
33 _____
34 Municipal Clerk
35

⁸ State of Alaska. "YRBS Data Results Dashboard: 2011 to 2023." Tableau.com, 2024, public.tableau.com/app/profile/yrbs.alaska/viz/yrbs/LandingPage. Accessed 4 Oct. 2024

⁹ Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>

¹⁰Plural." Pluralpolicy.com, 2024, pluralpolicy.com/app/legislative-tracking/bill/details/state-ca-20232024-ab82. Accessed 4 Oct. 2024

¹¹ "Legislation - HB0739." Maryland.gov, 2024, mgaleg.maryland.gov/mgawebbsite/Legislation/Details/hb0739?ys=2024RS. Accessed 4 Oct. 2024

¹² "Bill H.2215." Malegislature.gov, malegislature.gov/Bills/193/H2215

¹³ "SB922 - Regulates the Sale of Dietary Supplements in Missouri." Mo.gov, 2022

¹⁴ "NJ Legislature." New Jersey Legislature, 2024, www.njleg.state.nj.us/bill-search/2024/A1848. Accessed 4 Oct. 2024

¹⁵ "NY State Assembly Bill 2023-A5610D." Wwww.nysenate.gov, www.nysenate.gov/legislation/bills/2023/A5610/amendment/D