

**ANCHORAGE, ALASKA**  
**AR No. 2023-\_\_\_\_\_**

**A RESOLUTION OF THE ANCHORAGE ASSEMBLY CALLING ON OUR  
STATE LEADERSHIP TO JOIN OTHER STATES IN CALLING ON  
RESTRICTIONS OF SALES OF UNREGULATED DIET PILLS AND MUSCLE  
BUILDING SUPPLEMENTS .....**

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

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

**WHEREAS**, *Diet pill use is prospectively linked with a higher risk of eating disorders diagnosis and illicit steroid use; and*

**WHEREAS**, *The American Academy of Pediatrics has released two reports strongly cautioning against teens using diet pills and muscle-building supplements for any reason; and*

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

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

**WHEREAS**, *Lawmakers from California, Maryland, Massachusetts, Missouri, New Jersey, and New York have introduced legislation to protect child health and keep these dangerous products #OutofKidsHands.; now, therefore*

**THE ANCHORAGE ASSEMBLY RESOLVES:**

**or**

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

**OR \_\_\_\_\_**

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**Section 1.**

**Section 2.**

**Section \*** This resolution shall be effective immediately upon passage and approval by the Assembly.

PASSED AND APPROVED by the Anchorage Assembly this \_\_\_\_\_ day of \_\_\_\_\_, 2023.

\_\_\_\_\_  
Chair of the Assembly

ATTEST:

\_\_\_\_\_  
Municipal Clerk