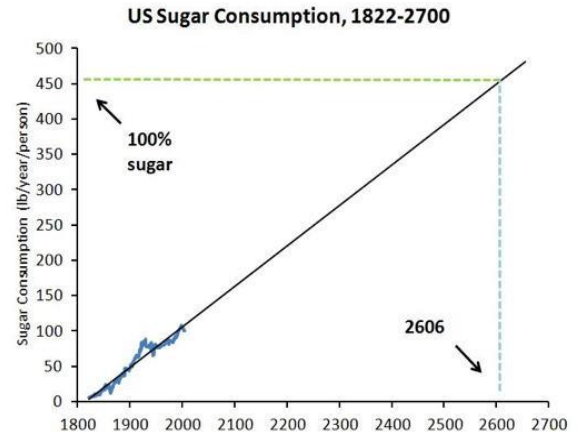


**Issue:**

Americans tend to have worse health than Europe and the rest of the world. Each year, more than a million Americans die from diet-related diseases like cardiovascular disease, diabetes, and certain forms of cancers. In 2020, an estimated 800,000 people died from cardiovascular disease, an even greater number than the horrific toll of COVID-19 during that same year, while 34.2 million people, or 10.5% of the U.S. population, have diabetes. **A leading cause for this is additives to the food in the United States that chemically change its nutritional value.** Additives include anything added to the food's natural state including sugars, chemicals, and food dye. Added sugars and dyes increases the likelihood that people either become obese or have other serious health problems. Research shows, for example, that additives like High Fructose Corn Syrup (HFCS) are linked with obesity. According to the Colin Campbell Center for Nutrition Studies, U.S. citizens consume between 40 and 60 pounds of HFCS per person, per year, a rate that is (1) much higher than in Europe and (2) steadily increasing. Other studies show that additives contribute to obesity and type 2 diabetes. While the Food and Drug Association (FDA) aims to protect us with its testing of food and chemicals, adding hidden sugars, food dye (e.g., Yellow #6 and Red #40), and chemicals the majority of US citizens cannot reasonably comprehend is harmful to the US population and healthcare system. The FDA has made some changes to increase awareness of these things. For example, manufacturers must now label all added sugars separately on nutrition panel. **Unfortunately, the FDA is up against the big food companies who pay lobbyists to go to Congress and lobby against the banning of these harmful ingredients.** This allows them to make money and push back the FDA from banning additives.



U.S. Version 	U.K. Version 
 <b>Ingredients:</b> Whole Grain Rolled Oats, Sugar, Creaming Agent (Maltodextrin, Sunflower And Palm Oils, Whey, Sodium Caseinate), Flavored And Colored Fruit Pieces (Dehydrated Apples [Treated With Sodium Sulfite], Artificial Strawberry Flavor, Citric Acid, Red 40), Salt, Guar Gum, Artificial Flavor, Citric Acid, Niacinamide, Vitamin A, Palmitate, Reduced Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid.	 <b>Ingredients:</b> Quaker Wholegrain Rolled Oats, Sugar, Freeze Dried Raspberry Pieces, Freeze Dried Strawberry Pieces, Natural Flavouring.

**Challenges:**

The use of food additives like sugar to give food more flavor and to last longer on grocery store shelves has led to these health risks. With the increase of these diseases, there will be a higher rate of people joining Medicare. The U.S. provides federal health care programs such as Medicaid which offers coverage to low-income families; and Medicare which provides coverage for individuals with disabilities and those aged 65 and older. With the increase in spending on Medicare and Medicaid, more people joining would lead to even more spending. This would cause the U.S. to spend way more than \$580 trillion by 2028. **Recognizing that healthcare issues begin with food is paramount to reducing health care costs. If we reduced the number of additives in food by 50% this would lead to lowering heart disease to 30%.**

**A call to action:**

With the FDA having rules in place but with lobbyists getting in the way of food bans, the amount of money that would be saved is too big to be ignored. Instead of relying on the cost of spending on Medicare being the only way to get their attention. With the rate at which the FDA is currently handling additives our spending debt and our health as a whole will decrease faster than any of us could imagine. Seeing it now in young adults and children's health conditions that shouldn't appear until well into their adult years should be enough to notice this issue. New members of the workforce have the ability to see the issue with these additives such as sugars, dyes, and chemicals in our food and make that change. These additives lead to the ultimate cost spent each year by the government on health care alone. This is why we propose to have additives either be taxed heavily by the government or eventually have additives to be cut out. **Cutting out any unnecessary ingredients in our food can cause the United States to save lives and money.**