

FW: I support CB17

Sigaty, Mary Kay

Sent: Thursday, July 30, 2015 3:07 PM**To:** Feldmark, Jessica; Sayers, Margery; councilrecords**Importance:** High

From: Lawrence Appel <lappel@jhmi.edu>**Date:** Thursday, July 30, 2015 at 1:46 PM**To:** Jon Weinstein <jweinstein@howardcountymd.gov>, Calvin Ball <cball@howardcountymd.gov>, Jen Terrasa <jterrasa@howardcountymd.gov>, Mary Kay Sigaty <mksigaty@howardcountymd.gov>**Subject:** I support CB17

As a researcher at Hopkins, as Chair of the Lifestyle Council of the American Heart Association, a citizen of Howard County for 20+ years, and a board member of the Horizon Foundation, I strongly urge you to vote in favor of CB 17. This bill is based on science, research evidence, and best practices from around the country.

As I stated during my testimony to the Howard County Council in June, we know that education alone will not help people change behavior, and that in order to do so, we must also change the environment. In this case, small changes to the food environment can lead to big changes in people's decision-making.

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