



REPRESENTATIVE ALYSE GALVIN

Serving Alaska House District 14
Anchorage: Roger's Park, Midtown, Tudor, and Spenard

HB236 Sponsor Statement 34-LS0969N

“An Act relating to the sale of weight-loss drugs and muscle-building supplements to minors and relating to the regulation of weight-loss drugs and muscle-building supplements by municipalities.”

In 2023, 29 percent of Alaska’s youth reported engaging in restrictive eating behaviors. Alaska already faces elevated risks when it comes to eating disorders, and the increasing promotion of weight-loss drugs and muscle-enhancing supplements, particularly on social media, has intensified these concerns. These products are often marketed directly to teens and young people, promoting unrealistic body standards and promises of rapid physical change.

Weight-loss drugs and muscle-enhancing supplements are designed to alter body composition. However, growing research shows that many dietary supplements can pose serious health risks to minors. These risks include triggering or worsening eating disorders, exposure to unregulated or harmful ingredients, and dangerous interactions with medications. Eating disorders are among the deadliest mental health conditions, making prevention and early intervention critically important.

House Bill 236 would prohibit the sale of over-the-counter dietary weight-loss and muscle-enhancing supplements to individuals under the age of 18.

The goal of this legislation is to protect Alaska’s youth from serious health risks associated with these products, particularly when they are used without medical guidance during critical stages of physical and mental development.

HB 236 takes an important step toward safeguarding the well-being of Alaska’s young people and supporting healthier, safer pathways to wellness.