

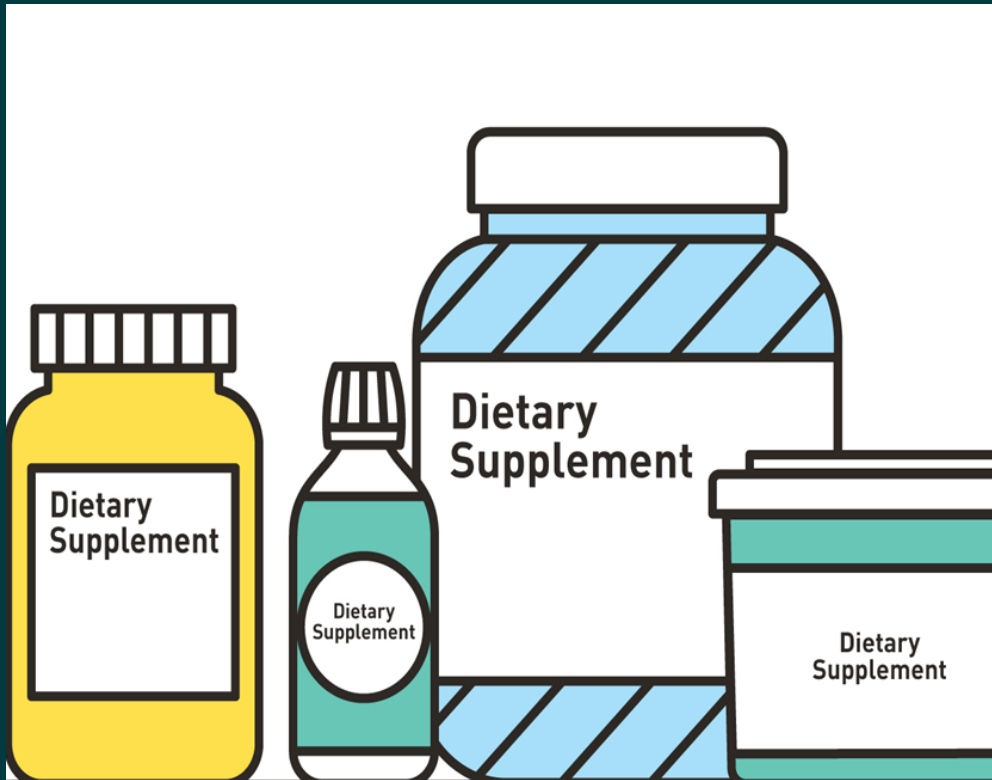
Presented by
Representative Galvin and
Staff Monica
Schwingendorf

HB 236 -SALE
OF DIETARY
SUPPLEMENTS

THE REALITY

- In 2023, 29% of Alaska youth reported restrictive eating. Eating disorders are one of the deadliest mental illnesses second to opioids (Beccia et al. 2023).
- Every 52 minutes, one person dies from an eating disorder in the United States (Deloitte Access Economics, 2020).
- An estimated 10,200 individuals in the US die as a direct result of eating disorders annually. In , this is approximately 23 people per year. (U.S. Census Bureau population statistics, 2018).

DIETARY/MUSCLE SUPPLEMENTS



- **Weight-loss / fat burner supplements** - sometimes marketed as “fat burners,” “thermogenics,” “metabolism boosters” that often contain stimulants + appetite suppressants.
- **Muscle-building / performance supplements** - sometimes marketed as “Pre-workout,” “cutting,” “shredding,” or “lean mass” products, and can include high-dose stimulants and unregulated compounds.
- **Appetite suppressants** - pills, gummies, powders marketed to “control hunger” or “reduce cravings”.
- **Detox / cleanse products** - Can include teas, juices, laxative-based products, often disguised as “wellness” or “gut health”.

DANGEROUS INGREDIENTS

- U.S Food and Drug Administration (FDA) - No Advanced Approval for Safety or Efficacy of Dietary Supplements
- **Ingredients Found:** Undeclared Pharmaceutical Drugs, Stimulants, Appetite Suppressants, Laxative Ingredients, Hormone-like Substances, and Contaminants.

These ingredients post serious health risks:

- Cardiovascular
- Liver Damage
- Hormone Disruption
- Kidney Injury
- Neurological Effects
- Cancer Risk
- In some cases: Death
- In Alaska, 63 people visited the emergency department due to adverse events linked with dietary supplements, which would result in approximately 5 hospitalizations due to dietary supplements proportional to the state population. (U.S. Census Bureau population statistics, 2018).

OTHER STATES TAKING ACTION



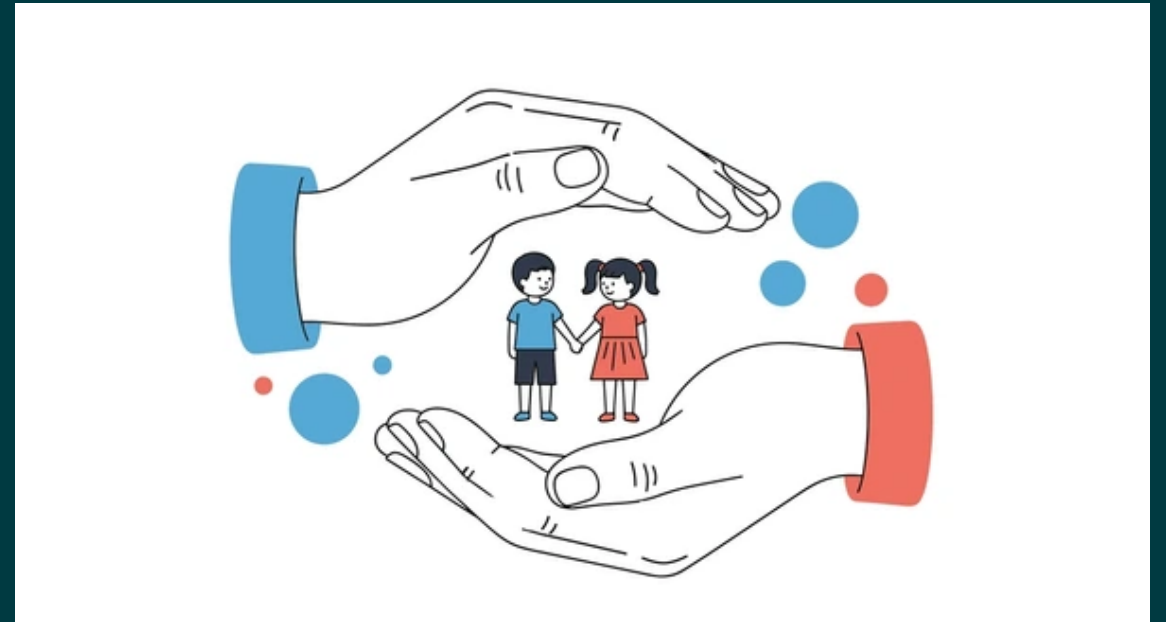
- In April 2024, New York was the first state to ban the sale of dietary supplements or muscle building drugs to minors.
- Massachusetts, New Jersey, California, Illinois, Maryland, Washington, Texas, Virginia, New Hampshire, and Michigan are all states that have introduced legislation which would regulate the sale of dietary supplement to minors.

HB 236: SECTIONAL ANALYSIS

- House Bill 236 would regulate the sale of over-the-counter dietary weight-loss and muscle-enhancing supplements to minors.
- Add definitions for dietary supplements and seller.
- Restrict a seller from selling weight-loss drug/dietary supplement for weight loss or muscle building to a person under 18 years of age through ID verification or proof of prescription.
- Establishes fines for sellers who intentionally sell dietary supplements/muscle building products to minors. The first fine is 250 and the second violation is 350, and each subsequent violation carries an increased penalty.
- Regulatory authority is reserved to the state.

CONCLUSION

- HB 236 is about prevention. It is about reducing avoidable harm, protecting vulnerable youth, and addressing a growing public health issue before it escalates further.



QUESTIONS?