

OUT OF KIDS' HANDS

HOW HOUSE BILL 0884 COULD SAVE OUR STATE MILLIONS

In Maryland, eating disorders cost the state

\$1.2
BILLION

every year.¹



Youth are at risk...

Nearly 1 in 10 adolescents have used misleading & potentially harmful over-the-counter (OTC) diet pills in their lifetimes,² while 19% of young men & 7% of young women³ report using muscle-building supplements.



These products are dangerous...

Due to weak federal oversight, these products have repeatedly been found to be laced with dangerous ingredients, including illegal steroids, pharmaceutical drugs, excessive stimulants & heavy metals,⁴ causing serious risks.⁵⁻¹¹ A rigorous review concluded “the use of natural supplements for weight loss are unlikely to contribute to meaningful weight loss and in some cases may contribute to harm”¹² - including liver & kidney failure.



The FDA's hands are tied...

By law, the FDA can act only after reports of serious risk or injury,¹¹ warning the public that they are “unable to test and identify all products marketed as dietary supplements” & that “consumers should exercise caution before purchasing any product,”¹³⁻¹⁴ but still no federal action has been taken!

Expert economists say implementation cost of legislation like HB 0884 likely to be minimal!¹⁵

- A study examining similar legislation from Massachusetts, a state with a nearly identical population size, aimed to evaluate the value of implementing a state-level ban on sale of over-the-counter diet pills and muscle-building supplements to minors.
- The study gathered data through key informant interviews and public data on state websites.
- The study considered minimum, best, and maximum values for state personnel time and salaries needed for all key provisions of the legislation.

What they found...

The one-time implementation opportunity cost was estimated to be only 0.0000823% of the FY25 state budget - so virtually nothing!^{15,16}

This legislation is likely to amount to a minimal 1-time implementation cost of virtually nothing!



Expert economists say legislation like HB 0884 could save state millions!¹⁷

- Health economists from The Heller School for Social Policy and Management at Brandeis University modeled cost-effectiveness of the age-restriction policy vs. current law using two closed cohorts of males & females aged 0-17 years in MA. Separate models were examined by race/ethnicity subgroups to assess for health equity.

What they found...¹⁷

- A second study estimated the cost-effectiveness of similar legislation in Massachusetts and likely effects on health equity.
 - They found similar legislation would prevent 57,034 eating disorder cases and more than 46,000 other adverse medical events over 30 years.
 - Also it would yield annual healthcare savings of \$14 million and societal savings of \$30 million
- Health equity analysis showed results were as beneficial or even more so for Latine & Black youth compared to their White counterparts.

This legislation is likely to annually yield \$14 million in healthcare & \$30 million in societal savings!

REFERENCES

1. Sonnevile KR, Lipson SK. Disparities In Eating Disorder Diagnosis and Treatment According to Weight Status, Race/Ethnicity, Socioeconomic Background, and Sex Among College Students. *International Journal of Eating Disorders* 2018; 1-9.
2. Hall NY, Hetti Pathirannahalage DM, Mihalopoulos C, Austin SB, Le L. Global Prevalence of Adolescent Use of Nonprescription Weight-Loss Products: A Systematic Review and Meta-Analysis. *JAMA Network Open*. 2024;7(1):e2350940.
3. Nagata JM, Hazzard VM, Ganson KT, Austin SB, Neumark-Sztainer D, Eisenberg ME. Muscle-Building Behaviors from Adolescence to Emerging Adulthood: A Prospective Cohort Study. *Preventative Medicine Reports*. 2022 Mar 22;27:101778. doi: 10.1016/j.pmedr.2022.101778.
4. Cohen PA. Hazards of Hindsight--Monitoring the Safety of Nutritional Supplements. *New England Journal of Medicine*. 2014 Apr 3;370(14):1277-80.
5. Abdel-Rahman A, Anyangwe N, Carlacci L, et al. The Safety and Regulation of Natural Products Used as Foods and Food Ingredients. *Toxicological Sciences*. 2011;123(2):333-348.
6. Fong TL, Klontz KC, Canas-Coto A, et al. Hepatotoxicity Due to Hydroxycut: A Case Series. *American Journal of Gastroenterology*. 2009;105(7):1561-1566.
7. Grundlingh J, Dargan PI, El-Zanfaly M, Wood DM. 2,4-Dinitrophenol (DNP): A Weight Loss Agent with Significant Acute Toxicity and Risk of Death. *Journal of Medical Toxicology*. 2011;7(3):205-212.
8. Guyda HJ. Use of Dietary Supplements and Hormones in Adolescents: A Cautionary Tale. *Pediatric Child Health*. 2005;10(10):587-590.
9. Golden NH, Schneider M, Wood C. Preventing Obesity and Eating Disorders in Adolescents. *Pediatrics*. 2016;138(3).
10. Labotz M, Griesemer B, Brenner J, LaBella C, Brooks M, Diamond A, Nementh B, Pengel B, Hennrikus W. Use of Performance-Enhancing Substances. *Pediatrics*, 2016; 138 (1).e20161300.
11. Pomeranz JL, Barbosa G, Killian C, Austin SB. The Dangerous Mix of Adolescents and Dietary Supplements for Weight Loss and Muscle Building. *Journal of Public Health Management and Practice*. 2015;21(5):496-503.
12. Wharton S, Bonder R, Jeffery A, Christensen RAG. The Safety and Effectiveness of Commonly-Marketed Natural Supplements for Weight Loss in Populations with Obesity: A Critical Review of the Literature from 2006 to 2016. *Critical Reviews in Food Science and Nutrition*. 2020;60(10):1614-1630.
13. U.S. Food and Drug Administration. (2023). Public Notification: Alfia Weight-Loss Capsules Contain Hidden Drug Ingredient. FDA. Retrieved October 21, 2024, from: <https://www.fda.gov/drugs/medication-health-fraud/public-notification-alfia-weight-loss-capsules-contain-hidden-drug-ingredient>
14. U.S. Food and Drug Administration. 2023. Tainted Weight-Loss Products. FDA. Retrieved October 21, 2024, from: <https://www.fda.gov/drugs/medication-health-fraud/tainted-weight-loss-products>
15. Tschampl CA, Lee MR, Raffoul A, Santoso M, Austin SB. Economic Value of Initial Implementation Activities for Proposed Ban on Sales of Over-the-Counter Diet Pills and Muscle-Building Supplements to Minors. *AJPM Focus*. 2023 Apr 29;2(3):100103.
16. Massachusetts Legislature. 2023. Final budget. Retrieved October 21, 2024, from: <https://malegislature.gov/Budget/FinalBudget>
17. Tschampl C, Tabata-Kelly M, Lee M, Soranno E, Barman U, Raffoul A, Austin SB. Economic and Equity Evaluation of Age Restrictions on Over-the-Counter Diet and Muscle-Building Supplements 2025; 3(1).