

Statement in Support of OEHHA Proposed Adoption of Coffee Posing No Significant Risk Levels.

My name is John Hornung: I am a coffee drinker, a coffee lover, and I work in a coffee business. I am writing today from the perspective of a Californian who supports the intention of Prop 65.

I was born in Oakland, California, raised in Contra Costa County, and have lived in various other counties in California for most of my life. I am a 5th generation Californian on both sides of my family.

Thirty some-odd years ago, I happily voted for Prop 65: The Safe Drinking Water and Toxic Enforcement Act. As Californians, we were always in the forefront of living healthy lifestyles, consuming healthy foods, of wanting to know if the foods we consumed were healthy for us, or not. That's why we overwhelmingly supported Prop 65.

I am submitting this testimony to say to the members of OEHHA (Organization of Environmental Health and Hazard Assessment): Thank You! I applaud you for your proposed regulation. It reinforces and supports the original intent of Californians like myself who voted for it.

You have obviously done your homework. As we were informed at the hearing, and read in your Initial Statement of Reasons, coffee is overwhelmingly considered a healthy beverage by respected US and International scientific bodies.

In fact, numerous reports from respected scientific organizations around the world, evaluating a large number of scientific studies, have concluded that "Coffee drinkers live longer!" According to these studies, people who drink coffee have a statistically significant chance of living longer.*

Coffee drinkers live longer...

But not only do they live longer, they live a higher quality of life. Coffee has been shown to significantly reduce incidences of Diabetes, Alzheimer's and Parkinson's diseases, as well as Dementia. Studies have shown increased cognitive abilities for us as we age if we continue to drink coffee. These are significant lifestyle issues for Californians. As one report so nicely put it: "So... not only does coffee add years to your life, but it may also add life to your years." **

As Californians, all we want to know is if something we eat, drink, or are exposed to is good for us or bad for us. We now know, through many years of over a thousand studies, that coffee is good for us. I do not want to see a Prop 65 label warning us from drinking a beverage that is actually healthy for us. I urge you to codify this proposal into a regulation.

*, ** <https://www.healthline.com/nutrition/how-coffee-makes-you-live-longer#section2>

* <https://www.nejm.org/doi/full/10.1056/NEJMoa1112010>

* <https://www.sciencedaily.com/releases/2017/08/170827101750.htm>

* <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2686145>

* <https://www.nytimes.com/2018/07/02/well/coffee-drinkers-may-live-longer.html>

* https://www.huffingtonpost.ca/2012/05/16/coffee-drinkers-live-longer_n_1522446.html