



NEW YORK STATE SENATOR

Shelley B. Mayer

Senator Shelley B. Mayer and Assemblywoman Nily Rozic's Previously Enacted Bill to Limit Sale of Diet Pills and Weight Loss Supplements to Minors (S.5823C/A.5610D) Takes Effect Today

Senator Shelley B. Mayer

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ISSUE:

- [diet pills; body image; self esteem](#)

(Albany, New York) – Senator Shelley B. Mayer and Assemblymember Nily Rozic announce that their previously enacted legislation to ban the sale of over-the-counter diet pills and supplements for weight loss to children under 18, takes effect

today, April 22, 2024.

This first-in-the-nation new law will protect children under 18 from the risks of over-the-counter diet pills and supplements for weight loss or muscle building. It creates age verification guidelines for both retailers and delivery sellers while safeguarding minors' well-being by ensuring that they are not exposed to unhealthy weight control behaviors.

Senator Shelley B. Mayer said, "I am very pleased that starting today young people in New York will be better protected from falling victim to dangerous, under-regulated diet pills and supplements that can lead to adverse health outcomes and eating disorders. As Chair of the Senate Committee on Education, I am dedicated to improving the lives of children across the state, and have felt disheartened seeing generations of young people suffer from dangerous short-term solutions as they struggle to meet unrealistic societal expectations. Today we take a significant step forward in protecting the health and wellness of young people. I am grateful to my colleague Assembly Member Nily Rozic for being a champion for this legislation in the Assembly and for Governor Kathy Hochul for signing it into law."

"Today, as this new law goes into effect, New York is taking a significant step forward in combating diet culture and advocating for its kids," **said**

Assemblywoman Nily Rozic. "We are sending a clear message that their safety and development are non-negotiable—these products pose far too many risks and it's time to protect our youth from them."

"Senator Mayer, Assemblyperson Rozic, and Governor Hochul saw they had a choice: Let another year go by where sellers of these products continue to prey on New York's most vulnerable children to make a buck or champion a commonsense measure to put the health and mental health of young people first. These courageous women put New York's children first. Protecting young people from these predatory products is now the law of the land in New York, setting an inspiring example for lawmakers and youth advocates nationwide," **said Dr. S. Bryn Austin, Director of Harvard STRIPED (Strategic Training Initiative for the Prevention of Eating Disorders).**

"When I learned that this was the year that we finally persevered and our efforts did not go unnoticed, I was reminded once again why youth like me fought so hard for New York's bill. I knew that as a long-standing Youth Corps Member at Harvard

STRIPED, all my years advocating for change, standing my ground against lobbyists and power hungry industries, was for a valuable moment: to ensure that youth like me will not be put through danger again. I know that we are just getting started and I hope we set an inspiring example to lawmakers and youth nationwide,” **said Tasmia Afrin, Harvard STRIPED Youth Corps.**

Dietary supplements are dangerously under-regulated. Studies have found dietary supplements are laced with [unapproved pharmaceutical ingredients](#), illicit [anabolic steroids](#), [experimental](#) and [banned](#) stimulants, and other dangerous chemicals.

[More than 1.7 million](#), or nine percent of New Yorkers, will suffer from an eating disorder throughout their lifetime, and research [demonstrates](#) that the use of these products may be a warning sign for the presence or risk of an eating disorder. Eating disorders cause immense harm to individuals, communities, and our state, costing the state more than \$3.9B a year in direct medical care costs and lost productivity. Tragically, more than 10,000 lose their lives each year nationally as a direct result of an eating disorder.