

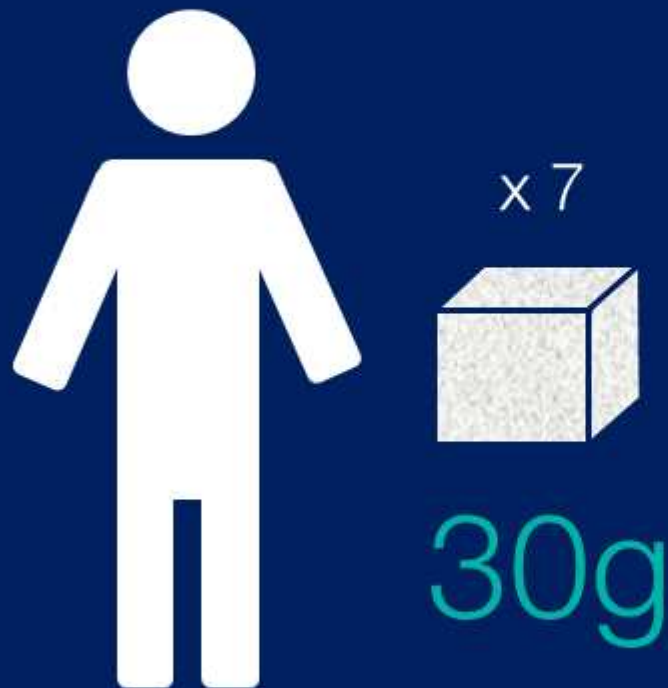
Sugar and what might be done about it

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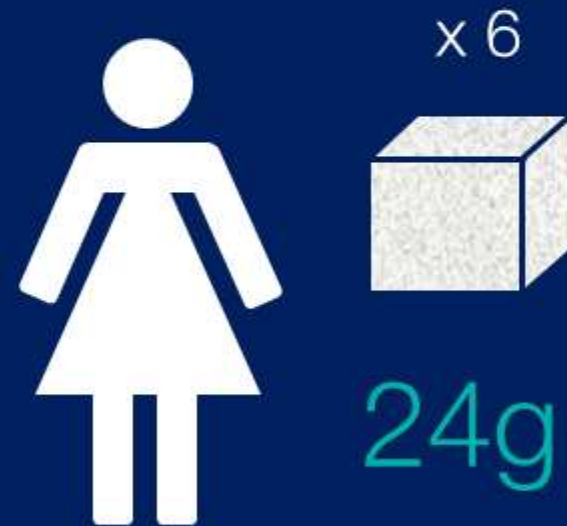
Background

- Scientific Advisory Committee on Nutrition (SACN) asked by Government to look at relationship between dietary carbohydrates and health
- Final report July 2015
- Sugar linked to tooth decay, obesity, type 2 diabetes
- Recommendations made

New recommended maximum daily sugar intake



Adults & 11+



7-10 years

*Scientific Advisory C

What does this mean in practice?

- Current sugar intake is approximately 3x higher than recommended in school-aged children and teenagers and twice that recommended in adults

What would reduction to 5% achieve?

- 4700 deaths, 242,000 dental caries per year
- The NHS £576m per year

Why Enfield

- 4th highest rate of excess weight in London (64.8%)
- Obesity doubles between Reception and Year 6 (12 – 24%)
- Xx highest rate of decayed, missing or filled teeth (DMFT) in London

So what could we do at a local level?

- Display the LBE sugar poster more widely (next slide)
- Work with the Local Authority workforce to reduce the amount of sugary food that is brought in (for example – only bring in celebratory food on a Friday)
- Improve the food and drinks on offer in public buildings and spaces
- Build good food and drinks offers into contacts with local authority venues such as leisure centres, parks and swimming pools
- Implement government buying standards for food and catering services
- Support local food businesses, such as takeaways, to promote healthier eating through training as well as incentives and reward schemes
- Brighton and Hove has introduced a voluntary 10p sugar tax on all sugary soft drinks with the proceeds going to a children's health and food education Trust
- Action on vending machines in Local Authority and health care settings to provide healthy options

LBE sugar poster / Over to you / Questions



Be part of a healthier Enfield:
Cut out sugary drinks

www.enfield.gov.uk/meds