

Societal determinants of high sugars consumption

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Measuring 'High Sugars Intake'

Free sugars

WHO 2015

Sugar-sweetened beverages (SSB)

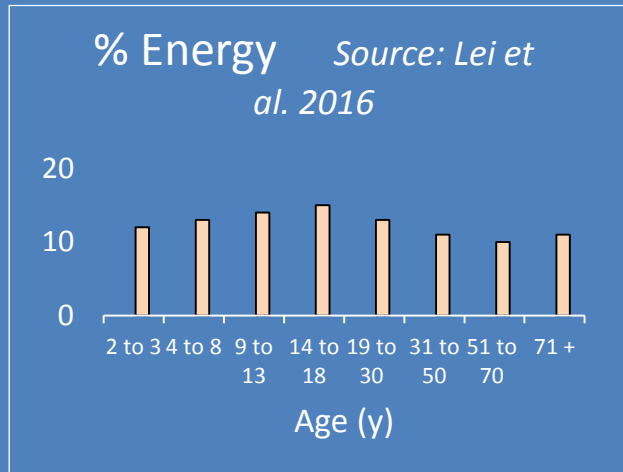
'Unhealthy foods/drinks', 'junk foods'

Fruit & vegetables (F&V)

Inverse relation between 'sugars' consumption and F&V consumption Maliderou (2006), Barton (2015), Terry (2017).

How does free sugars intake vary in the population? either as g/d or as % food energy provided by free sugars

Age



Socio-economic position (SEP)

Ntouva et al 2013

Maguire et al 2015

UK national surveillance data

Intake of NMES increased in lower income, occupational class and education groups

Societal determinants

Inter- and intra-personal influences

Community influences

National policies

Intra- and inter-personal influences

Socio-economic position (SEP)

Education

Occupation

Income

Review: Paes 2015

Intra- and inter-personal influences

Socio-economic position (SEP)

Education

Occupation

Income

Review: Paes 2015

Ethnicity

Intra- and inter-personal influences

Home environment

Reviews: Bjelland 2011, Totland 2013, van Ansem 2014, Stark 2016

Important as diet habits track from adolescent to adulthood

Clifton 2011 (national Australian data): SSB – SEP and TV

TV – pester-power for purchase of high sugar products

Niven 2014 High SSB – frequent snacking, TV

Lack of meals

Peer pressure

Family and society traditions

Community influences

Food policy

Child care (Gerritsen 2015)

School

Meals provided

Drinks

Food brought into school

Sponsorship within school

Food sources near to school (Coffee 2016)

Community influences

Social networking sites (Sampasa-Kanyinga 2015)

Food providers

Cafés (Bucher 2016)

Order of presentation
proximity

Supermarkets

Display

Can work with PH (Cawley 2014)

Pricing

2-for-1

Products at Check-out

Food deserts

National policies

Agricultural policies

Tax Backholer 2016, Waterlander 2015, 2016, Lewis 2016, Mchiza 2016

Advertising/Marketing (Kelly 2016)

Labelling

War Jamel 2004

Carey 2015

Cullerton 2016

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Summary

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Advertising

Labelling

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% Energy *Source: Lei et al. 2016*

