

- TITLE** **Advocate for a comprehensive province-wide healthy eating approach integrating the recommendations in the Senate’s Report on Obesity and the Heart and Stroke Foundation Sugar, Heart Disease and Stroke Position Statement, including taxation of sugar-sweetened beverages.**
- SPONSOR** Middlesex-London Board of Health
- WHEREAS** In Ontario, between 1978 and 2004 the prevalence of overweight children aged 12-17 increased from 14% to 29% and obese from 3% to 9% (Shields, 2006) Youth who are overweight and obese are at higher risk of being overweight or obese in adulthood (Singh, Mulder, Twisk, van Mechelen & Chinapaw, 2008).
- WHEREAS** The etiology of obesity is complex and involves interactions between genetics, social and environmental factors.
- WHEREAS** A comprehensive approach has been found to be most effective to bring about social change in order to improve health and wellbeing and reflected in the five elements of the Ottawa Charter for Health Promotion, World Health Organization(WHO), 1986, building healthy public policy, reorienting the health services, creating supportive environments, strengthening community action, developing personal skill.
- WHEREAS** As part of a comprehensive approach, specific policy measures such as taxation can have a measurable impact, particularly when they are large enough to affect consumer behaviour, and revenues are redirected toward prevention efforts (Sturm et al, 2010).
- WHEREAS** The Senate’s Report on Obesity describes an innovative, whole-of-society approach to address this important issue — and urges bold but practical steps that can and must be taken to help Canadians achieve and maintain healthy weights (2016).
- WHEREAS** It is estimated that Canadians consume as much as 13% of their total calorie intake from added sugars (Brisbois et al, 2014).
- WHEREAS** In children higher intake of Sugar Sweetened Beverages has been associated with a 55% increased risk of being overweight or obese compared to children with lower intake (Te Morenga, Mallard & Mann, 2012).
- WHEREAS** WHO recommends the consumption of free sugar, both added and natural sugars be limited to 10% of total energy intake to reduce the risk of overweight, obesity and tooth decay (2015).
- WHEREAS** The position paper, Sugar, Heart Disease and Stroke by the Heart and Stroke Foundation identifies a comprehensive approach to address the overconsumption of sugar, sweetened (energy dense, nutrient poor) beverages which evidence shows is linked to overweight and obese children (2014).

NOW THEREFORE BE IT RESOLVED that the Association of Local Public Health Agencies (alPHa) petition the Ontario government to develop a province-wide comprehensive strategy to promote healthy eating taking into considerations the recommendations in the Senate’s Report on Obesity and the Heart and Stroke Foundation Sugar, Heart Disease and Stroke Position Statement, including taxation of sugar-sweetened beverages.

References:

Brisbois, TD, Marsden SL, Anderson GH, Sievenpiper JL. Estimated intakes and sources of total and added sugars in the Canadian diet. *Nutrients* 2014;6:1899-1912.

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Singh et al., Estimated Global, Regional, and National Disease Burdens Related to Sugar-Sweetened Beverage Consumption in 2010, available at <http://circ.ahajournals.org>.

Singh AS, Mulder C, Twisk JWR, van Mechelen W & Chinapaw MJM. Tracking of childhood overweight into adulthood: A systematic review of the literature. *2008 International Association for the Study of Obesity, obesity reviews* 9, 474–4882008.

Sturm, R Powell, L Chiqui, J & Chaloupka F. Soda Taxes, Soft Drink Consumption, And Children's Body Mass Index, : <http://content.healthaffairs.org/content/early/2010/04/01/hlthaff.2009.0061.full>

Te Morenga L, Mallard S, & Mann J, Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ* 2012; 345.

World Health Organization. Guideline: Sugars intake for adults and children. Draft guidelines on free sugars released for public consultation, 5 March 2014.