PROHIBITION OF SALE OR SERVING OF SUGAR SWEETENED BEVERAGES:

A Policy Option To Protect Childhood Futures From Chronic Diseases

Yvonne Lewis,
Director Health Education Division
Ministry of Health, 2019

Evidence to support policy development

Overweight And Obesity Rising in Children

1999/2000 (Gulliford and Mahabir)	2009/2010 (CFNI/MOH)	2011 (GSHS) 13-15 yr olds
Overweight/Obesity – 11%	Overweight/Obesity – 23%	Ov erweight /Obesity - 26.2 %
Obesity - 2.4%	Obesity - 12.5%	Obesity - 11.9

4 fold increase in obesity among primary school aged children over a 10 year period

Health Education Division, MOH, 2017

Evidence to support policy development

Overweight And Obesity Rising in Children

- Evaluation of a group of 72 primary school students in Trinidad, who were assessed as obese for biological risk factors of NCDs.
- Elevated Blood Pressure (42.9 %)
- Elevated Cholesterol (> 30%)
- Glycosylated Heamoglobin (Hb A1C)
- Acanthosis Nigricans (> 80 %)

Confirmation of the development of bio-medical conductions in children, usually associated with obese adults:

Balkaran BN, Ramcharan J, Singh VR, §Fernandes M, §Lynch R, Maharaj P; Child Health Unit, Faculty of Medical sciences, §Dept of Paediatrics, NCRHA (2012)

Unhealthy Food Consumption Patterns

High Sugar, High Salt, High Fat Foods …Low consumption of fruit and vegetables (Evaluation of School Food Options, MOH/CFNI, 2009)

DRINKS (Evaluation of School Meals Options 2010)

- Soft drinks – 24% of Sec and 13% of Prim children daily
- Juice drinks – 12% of sec and prim children daily
- Bottled water – 46 % of Sec and 34% of prim daily.

DRINKS (TTO GSHS 2011)

- 74% students usually drank carbonated soft drinks one or more times per day

FOODS

- Hot Dogs, Burgers
- Pizza
- Fries
- Roti
- Curry Chicken
- Pelau
- Chicken Sandwich
- Cheese Sandwich
- Bread and sausage
- Pholourie
- Plain/Vegetable rice
- Stew Chicken

SNACKS

- Potato Chips
- Tortilla chips
- Corn Curls
- Cakes
- Sweet Biscuits

Defining the Problem

Overweight and obesity doubled over 10 years

Obesity increased four fold

High consumption of sugar sweetened beverages and foods high in fat, and salt by school children;

Insufficient physical activity

Unhealthy Food Environment in Schools in TTO

Unfettered access to unhealthy foods, limited access to fruit and vegetables

Confirmation of the development of bio-medical conductions in children, usually associated with obese adults

POSD, PAHO/WHO, the UN, CARICOM, CARPHA have identify key policies and actions to create healthier food environments and contribute to reduction of obesity in children

NCD Risk Factors in Children a threat to Childhood Futures

Intersectoral Collaboration

Sharing What We Know… Getting Input From All Sectors

The New Approach

Dr. Fitzroy Henry. Director CFNI (2012)

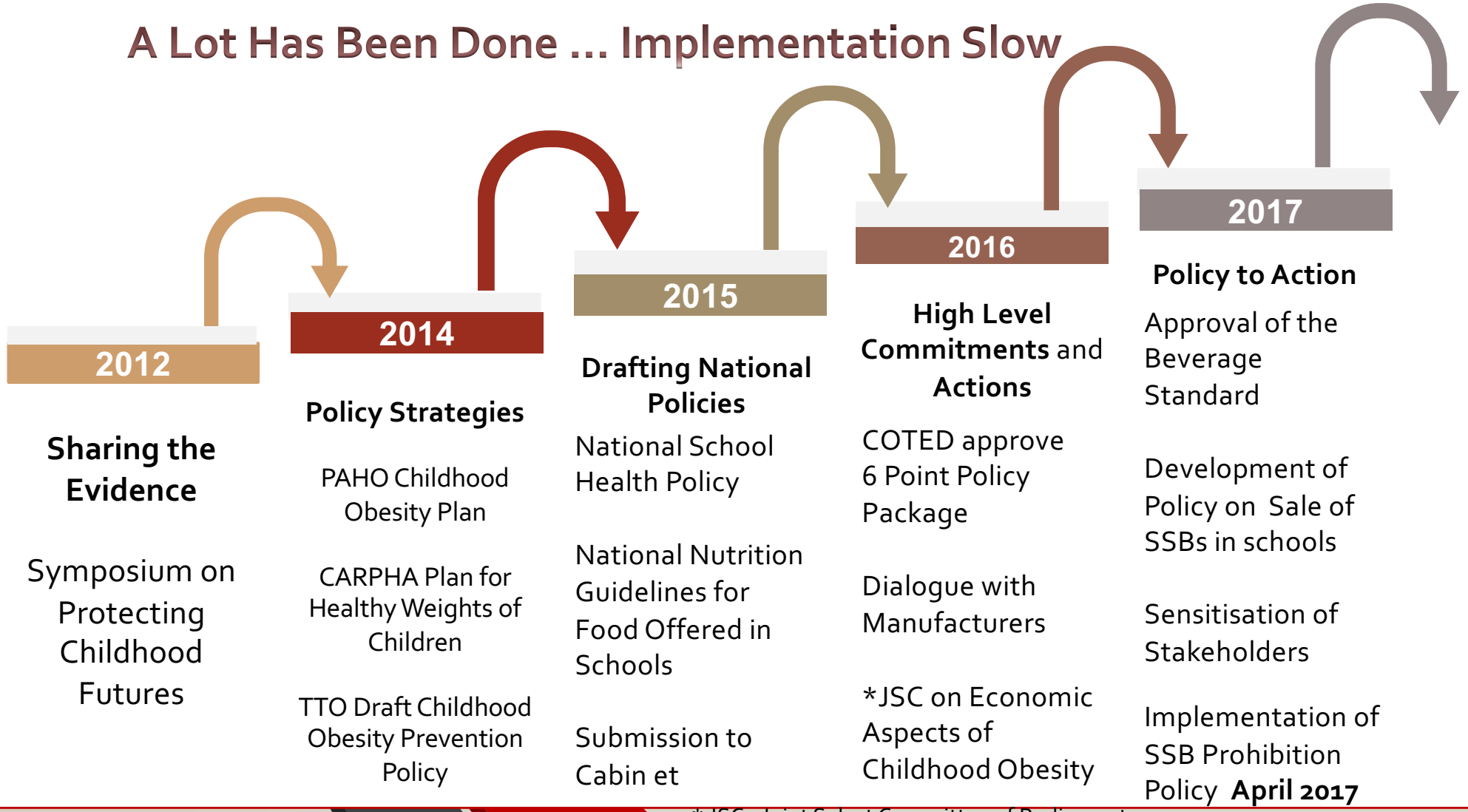
FROM

CHANGING BEHAVIOUR IN SETTINGS

TO

CHANGING THE ENVIRONMENT TO ENHANCE BEHAVIOUR

A Lot Has Been Done … Implementation Slow



* JSC - Joint Select Committee of Parliament

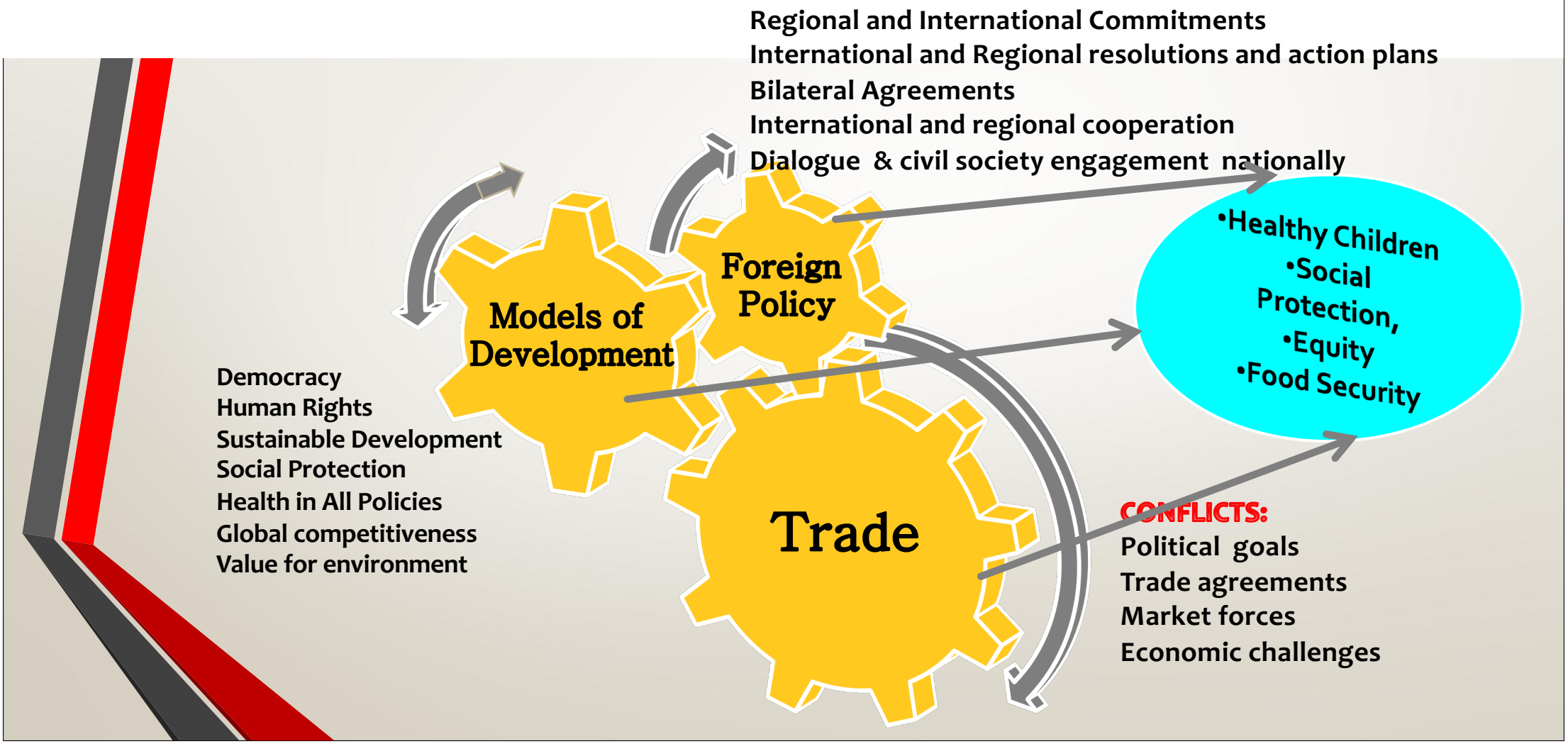
National Nutrition Standard - Based on Nutrients in Food (Added Sugar, Sodium, Total Fats)

- Create healthy food environments in schools;

- Enable healthful choices of nutrient-dense foods to be made, whilst reducing the consumption and availability of foods high in fats, sugar, sodium, and those with little nutritional value
- Apply to food offered or sold in schools and expands to the School Nutrition Program

STANDARD	DESCRIPTION
Standard 1	Staples
Standard 2	Snack Foods
Standard 3	**Beverage/Drink**
Standard 4	Fruits And Vegetables
Standard 5	Milk And Other Dairy Products
Standard 6	Meat And Alternatives
Standard 7	Cooked Or Combination Dishes

Exploration of policy measures to create healthy food environments in schools and reduce childhood obesity in Trinidad and Tobago: 2017



PARLIAMENT
REPUBLIC OF TRINIDAD AND TOBAGO

JOINT SELECT COMMITTEE ON

FOREIGN AFFAIRS

The Public Examination of the Draft Summary of Recommendations and Conclusions of the Forty-First Meeting of the COTED

The Committee recommends that:

i. there be a ban or restriction on sugary drinks and unhealthy snacks in schools; and

ii. a programme is developed to educate parents on the implications of unhealthy food and provide easy solutions for the promotion of a healthy lifestyle.

What policy tool did we use to implement the decision of the JSC?

Cabinet has agreed to adopt the guidelines of the World Health Organisation (WHO) regarding sugar intake in adults and children which recommends that *"in both adults and children the intake of free sugars should be reduced by ten percent (10 %) of the total energy intake"*.

Further, Cabinet has taken a decision to prohibit the sale or serving of sugar sweetened beverages (added sugars by manufacturers and other producers) in all government and government assisted schools. These beverages include:

- Soft drinks
- Juice drinks
- Flavoured water
- Sports/energy drinks
- Tea, coffee and milk based drinks with added sugars and/or artificial sweeteners.

In this regard only water, 100 % fruit juices, low fat milk and blended vegetables or fruit drinks with no added sugars and/or artificial sweeteners are to be offered for sale.

CIRCULAR MEMORANDUM

TO: School Supervisors III, II, I
Principals – Primary and Secondary Schools

DATE : 5th May 2017

SUBJECT: **Prohibition on the Sale or Serving of Sugar Sweetened Beverages at School Cafeterias/Canteens**

Ministry of Education the implementing agency

Ministries of Education and Health monitoring role

Ministries of Education, Health, NSDSL, NPTA – Advocacy and education

HiAP approach to creating health food environment in schools through policy

Implementation of Prohibition of Sale of Sugar-Sweetened Beverages TTO

Dialogue with the Manufacturers

Presentations To Ministry Of Health By Beverage Companies

Sensitisation of key sectors and stakeholders –

Education, School Cafeteria Operators, School Boards, Trade Unions, NPTA

Development of Policy Instrument

- Cabinet Note Developed & Minute Issued; Memo to Principals

Monitoring mechanism

Monitoring Checklist; School Supervisor responsible;

Compliance strategy

Compliance linked to Contract renewal; Compliance Report to track progress

Continued Sensitising other civil society partners

Continued Dialogue with the Manufacturers

Presentations To Ministry Of Health By Beverage Companies

A Work in Progress

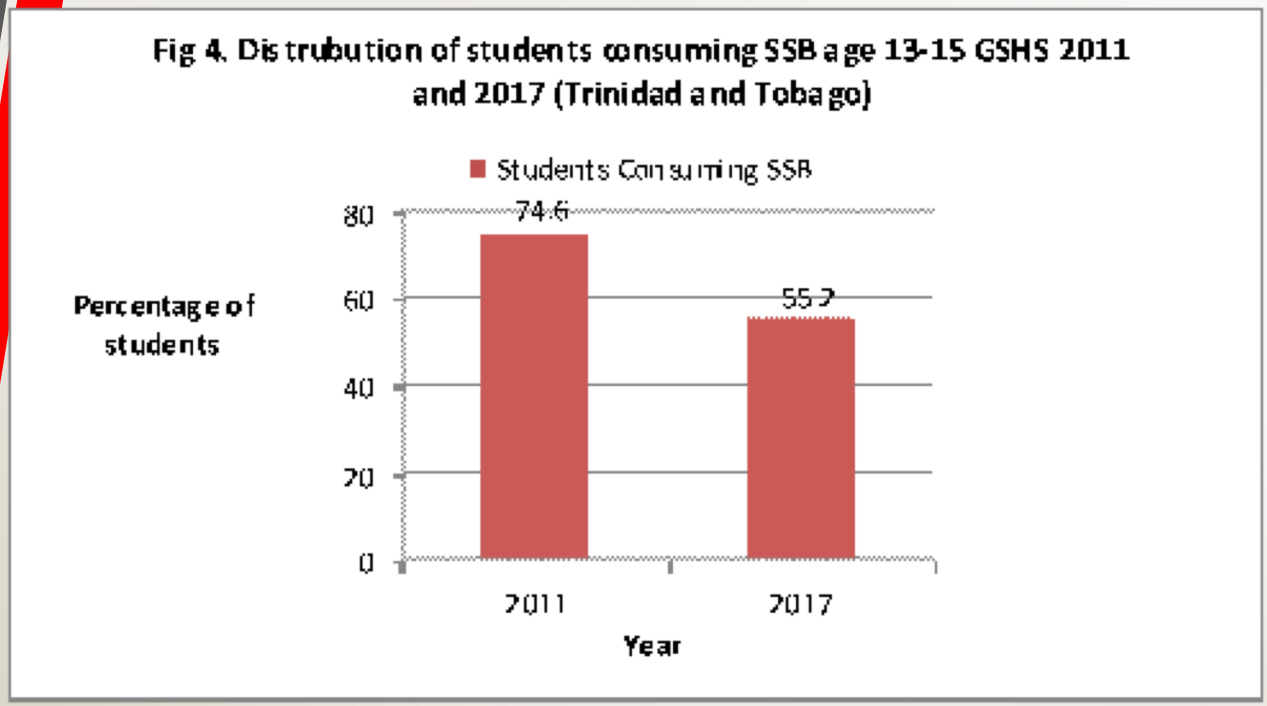
Challenges .....

- Policy applies to Gov't and Gov't Assisted School
  95% of Student population
- Monitoring and Evaluation mechanisms need strengthening
- Policy does not cover foods brought into schools from homes and Vendors outside the fence
- Only addresses one aspect of the food environment

.....Future Opportunities

- School Health Education Program including Nutrition and Healthy Lifestyle Quizes implemented
- Healthy School Physical Activity Project initiated
- School Health Policy and Childhood Obesity Policy revised
- Working with manufacturers for a healthy children

Monitoring Implementation of Ban on Sugar-Sweetened Beverages TTO



- The total percent of students consuming sugar sweetened beverages (SSBs) decreased by 25.3% from 74.6% in 2011 to 49.4% in 2017.

Compliance Summary Primary Level

No sale of Soft Drink - 96.7%
No sale of Juice Drinks (added sugar) - 86% (Prim)
No sale of Sports/Energy Drinks - 96%

Compliance Summary Secondary Level

No sale of Soft Drink - 100%
No sale of Juice Drinks (added sugar) - 65.6%
No sale of Sports/Energy Drinks - 95%

QUESTIONS?

SHAPE
Healthy
Active
Supporting
Loving Me
Healthy Me
A Project of the Health Education Division, MOH
Government of Trinidad and Tobago
MINISTRY OF HEALTH
HEALTHY LIFESTYLE
READER for
Primary Schools
Ministry of Health
FOR
STANDARD 3
STUDENTS
Healthy
Me
CARAVAN