

What's Going on with Sugar Consumption?

Summary of Key Findings from the NDNS Report of Years 7 and 8 (combined)



16 March 2018

The National Diet and Nutrition Survey (NDNS) Report of Years 7 and 8 (combined) of the Rolling Programme (2014/2015-2015/2016) was published today by Public Health England. Below is a summary of the key findings from the report. A more detailed look at the key results can be found attached at the bottom of this page.

New developments

- For the first time in the Rolling Programme, intakes of free sugars and AOAC fibre are presented and compared with government recommendations arising from the 2015 Scientific Advisory Committee on Nutrition report on Carbohydrates and Health. There is evidence of a reduction in free sugars intakes in children aged 4-10 years, 11-18 years and in adult men when Years 7&8 are compared with Years 1&2 of the Rolling Programme (2008/2009-2009/2010), but fibre intakes have decreased in children.
- Overall, the findings of the report suggest that the UK population continues to consume too much sugars and saturated fat, and not enough fruit, vegetables, oily fish and fibre. Intakes of free sugars and fibre failed to meet the recommendations in all age groups. The report does not identify any new nutritional problems in the general population.
- In order to look at nutrient intakes of the older adult population (including the 'older old') in more detail, food consumption and nutrient intakes are further split for older adults into 65-74 years and 75 years and over age groups.

Sugars and sugars-sweetened beverages

- For the first time, the report presents intakes of free sugars for all paired years of the NDNS Rolling Programme (Years 1&2, Years 3&4, Years 5&6, Years 7&8).
 - In Years 7&8, mean intakes of free sugars were more than double the recommended maximum of 5% total energy in all age groups (11.3% in preschool children, 13.5% in 4-10 year-olds, 14.1% in 11-18 year-olds, 11.1% in adults aged 19-64 years, 11.2% in older adults aged 65 years and over, and 11.3% in adults aged 75 years and over).
- Mean intakes of free sugars in all children and in adult men aged 19-64 years were significantly lower in the current survey compared with Years 1&2. In children, the reduction in free sugars intakes is thought in part to be due to a decrease in consumption of sugars-sweetened beverages, which is significantly lower in children aged 4-10 years in the current survey compared to Years 1&2 (83 g/day vs. 130 g/day).

Focus here

Practice

Free sugars intake (% of total energy) in all age groups for all paired years of the NDNS Rolling Programme	Years 1&2	Years 3&4	Years 5&6	Years 7&8
	(2008/09 - 2009/10)	(2010/11 - 2011/12)	(2012/13 - 2013/14)	(2014/15 - 2015/16)
Children 1.5-3 years	12.1	13.0	12.8	11.3
Children 4-10 years	14.7	15.5*	14.0	13.5**
Children 11-18 years	15.9	15.8	15.8	14.1**
Adults 19-64 years	11.8	11.7	12.1	11.1*
Men 19-64 years	12.0	12.3	12.5	11.1*
Women 19-64 years	11.6	11.2	11.6	11.2
Adults 65 years and over	10.9	11.4	10.8	11.2
Men 65 years and over	9.7	11.0	11.6	11.8*
Women 65 years and over	10.1	11.3	9.5	10.4
Adults 65-74 years	9.9	11.2	10.5	11.0
Men 65-74 years	9.7	11.0	11.6	11.8*
Women 65-74 years	10.1	11.3	9.5	10.4
Adults 75 years and over	12.2	11.8	11.3	11.3
Men 75 years and over	11.8	12.3	[11.5]	12.5
Women 75 years and over	12.4	11.2	11.2	10.4*

*p<0.05 and **p<0.01

[] data and bases for a variable with a cell size between 30-49 are presented in square brackets

Sketch out a visualization to present the data.

1. What is your message?
2. What is the most important data to support your message?
3. What is the best visual attribute to use with that data?
4. Is there any other available data that will add context? How will you present that?
5. Create a sketch of what you think it might look like.