



LUCÍA LÓPEZ CLAVAÍN
ELE024 - MYTHBUSTERS:
FOOD FACT FADS AND
FICTION

Should we tax unhealthy food and drink?



Why is this a problem?

Evidence of success
(Backholer et al., 2016)



A poor diet can cause health problems



Mexico introduced unhealthy drinks tax in January 2014
(Ortun et al., 2016)



Figure 1, mexican flag
(Britannica, no date)



Tax impact

- New tax increase the price of certain products
- Companies can adapt to these changes
- Consequently, health will improve

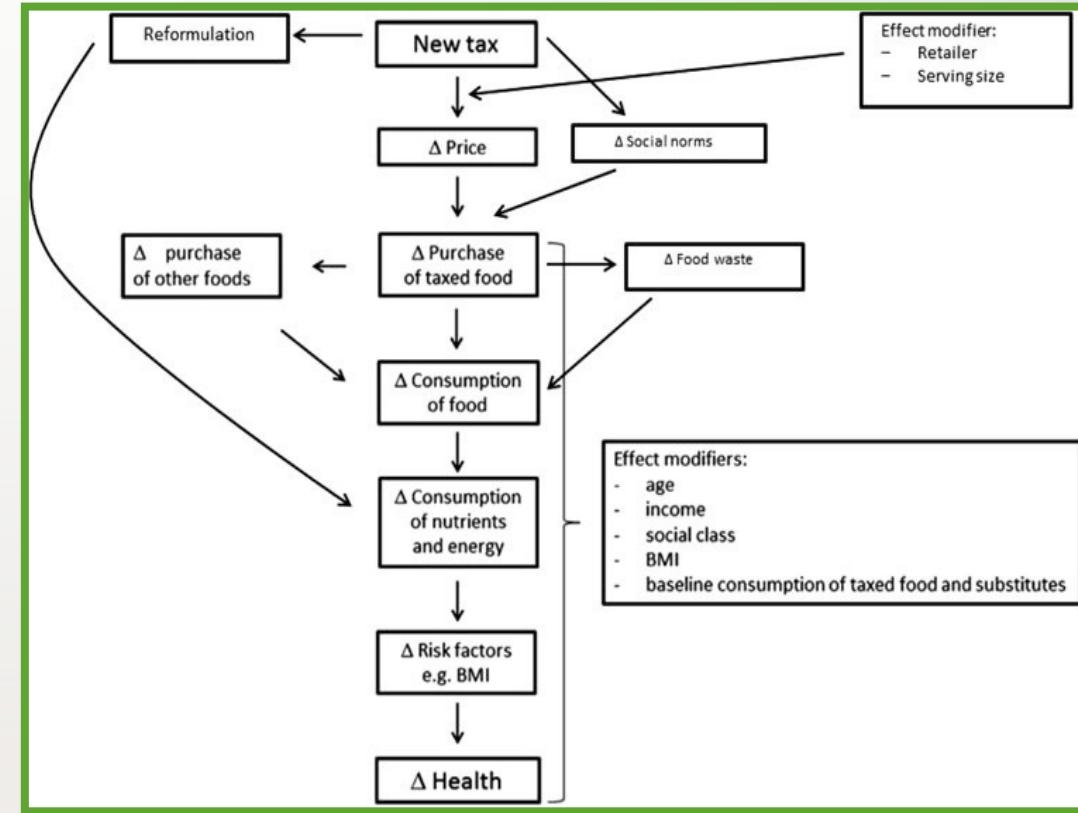


Figure 2, illustrating how a health-related food and drink tax might impact health (Smith et al., 2018).



Focus on sugary drinks (SD)

- SD are empty calories whereas other food high on sugar have other nutrients.
- Sugary drinks are any type of beverage with added sugar or other sweeteners containing $\geq 5\%$ sugar.
- Frequency of consumption.
- Sugars tend to be the highest intake of sugar in the diet (Young et al., 2021).



Figure 2, a group of bottles containing sugary drinks (Daily mail, 2021)

Health risks of sugary drinks

No calorie intake limit, weight gain consequently
• Risk to develop obesity

(The nutrition source, 2019)

High association between soft drinks consumption and the risk of developing type 2 diabetes

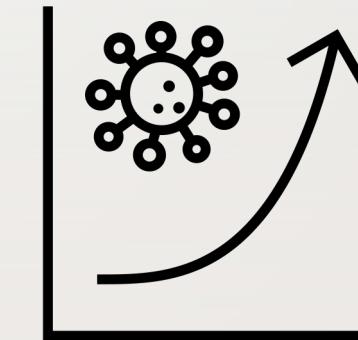
(Malik et al., 2010)

French NutriNet-Santé cohort studied the risk of cardiovascular disease
(Chazelas et al., 2020)

Lack of evidence regarding the increase of cancer risk.

- Conflict of interest
- Other health problems may increase the risk of cancer development

(de Lorgeril et al., 2020)



Sugar tax in the uk

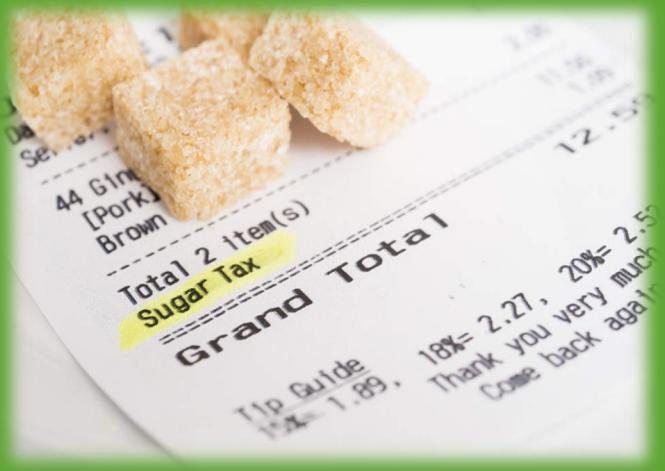


Figure 3, a receipt showing the sugar tax
(Verdict, 2022)

- Soft Drinks Industry Levy in April 2018

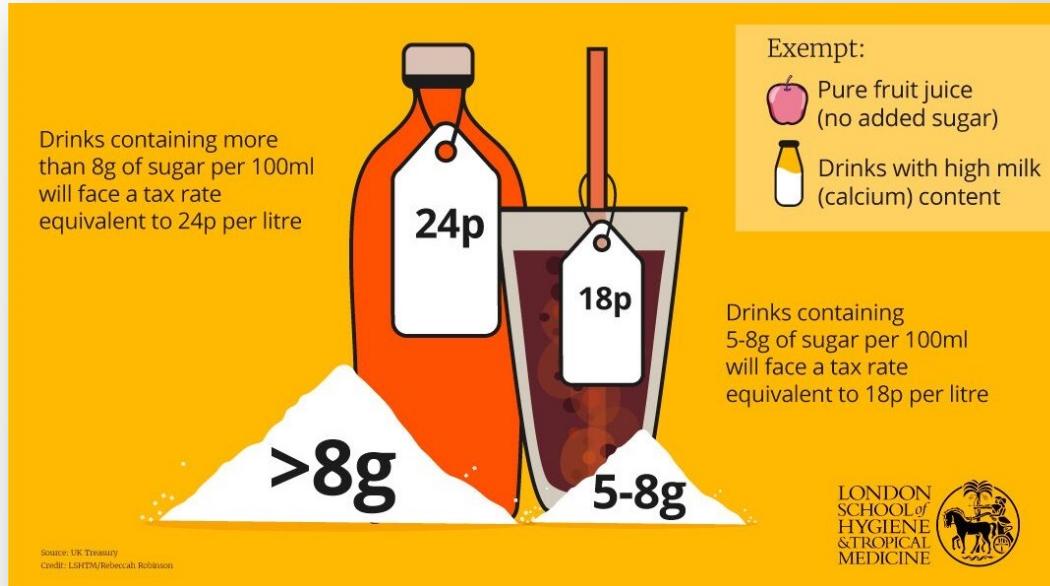


Figure 4, it shows the actual soft drinks industry Levy put in place in April 2018. The picture describes how much money manufacturers must pay according to the sugar levels of their recipes (London school of hygiene and tropical medicine, 2018)

- 50% manufacturers reduced their sugar content in the drinks (Treasury, 2018).
- High-tier sugary drinks dropped by 44% by March 2019 (University of Cambridge, 2021)
- The levy raises £240 million each year destined to fund healthy school breakfast and new sports facilities (Treasury, 2018).

Conclusion

Sugar tax can be a very good strategy to improve human health



The cost saving to the NHS is estimated to be about £500M per annum by year 10.

This is due to reductions in the costs associated with dental caries and consequences of obesity.

(Tedstone et al., 2015)



If the saved money funds new health campaigns or new sports facilities, the development of health diseases risk will decrease and less sugar will be consumed when drinking beverages



The end

THANK YOU FOR YOUR TIME

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