Cutting Sugar Consumption

Our researchers inform global nutrition policy for reducing sugars in the diet. They also tackle problems of sugar consumption within communities in the developing world, such as in schools. Our work includes research on the food supply chain, consumer perception, monitoring levels of sugar consumption and implementing interventions to reduce sugar intake.

Global Challenge

Sugar consumption must be reduced globally to prevent non-communicable diseases, such as obesity, diabetes and tooth decay. Over consumption of sugar has created a massive challenge for population health in low and middle-income countries. Many of which are experiencing an economic and nutrition transition resulting in an increase of sugars in the diet. Reducing sugars in the diet at a global scale could be done through a concerted effort from regulators, communities and individuals working together to reduce and control sugar intake.

How we are making a difference

- Systematic reviews of evidence to inform WHO nutrition policy.
- Evidence synthesis to inform a forthcoming WHO toolkit for prevention of early childhood caries.
- Investigating the potential impact of tooth decay on undernutrition in low and middle income countries.
- Innovative solutions to measuring sugar intake in individuals and populations.
- Understanding solutions to implement strategies to lower sugars consumption from high level policy to public health and education.
- Large scale studies on how taxing food products high in sugars alters consumer behaviour.

Cutting Sugar Consumption Projects

- Cutting Global Sugar Consumption for Better Health

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