



## Position Statement on Sugars Intake

July 2017

### Purpose

This document presents Te Rōpū Niho Ora's position on sugars intake. This Position Statement is evidence-based and supported by current literature (see Appendix); it will be reviewed annually and updated in light of new evidence.

### Te Rōpū Niho Ora

Te Rōpū Niho Ora is a board comprising oral health practitioners from the Māori oral health provider sector. It was established by the Ministry of Health to provide advice about improving the oral health sector and, ultimately, the oral health of Māori people.

### Position Statement

*Te Rōpū Niho Ora **supports** strategies, policies, and initiatives that will eliminate the harm of sugars on the oral health and well-being of Māori.*

### Te Rōpū Niho Ora:

**Acknowledges** that sugars<sup>1</sup>, also known as free sugars, is a key risk factor for dental caries and that reducing the consumption of sugars is one measure in a range of strategies to protect teeth and improve oral health.

**Endorses** the World Health Organization recommendations to reduce the intake of sugars to 10% of total energy intake, and for further reduction in risk of dental caries to less than 5% total energy intake, throughout the life course.

**Supports**, and **affirms** it will advocate for, strategies and policies that *reduce* the availability and access to, and promotion and consumption of, kai and beverages containing sugars, particularly sugar-sweetened beverages; and *encourages* the availability and access to, and promotion and consumption of, healthy kai and beverages.

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<sup>1</sup> all added sugars (added to foods by the manufacturer, cook or consumer) plus the sugars that are naturally present in honey, syrups, fruit juices and fruit juice concentrates, any drink that is has a sweet taste, including those that are artificially sweetened, as well as soft drinks, sports drinks, energy drinks, fruit drinks, flavoured milk and other beverages that contain added sugars.

**Reinforces** the oral health benefits of such strategies and policies by endorsing recommendations for community water fluoridation, and the appropriate use of other protective measures including fluoridated toothpastes, and where indicated, fluoridated mouth rinses and varnishes; continued effort on improving equity of access to oral health services for pēpi, tamariki, rangatahi, pakeke, and kaumatua Māori, and the promotion of regular dental check-ups and good oral health care practices in the home.

**Will** monitor and evaluate the impact of sugars, and strategies to reduce their consumption, on oral and general health.

**Adopted by Te Rōpū Niho Ora on 24 July 2017**

**Signed:**

A handwritten signature in black ink, consisting of a stylized, cursive letter 'J' followed by a vertical line and a diagonal stroke extending upwards and to the right.

**Name:** Justin Wall      **Position:** Chair, Te Rōpū Niho Ora

**Date for review of document:** July 2019