

## Nutrition & Physical Activity– Sugar Sweetened Beverage

### Applicability

This policy applies to all NT Health employees.

NT Health Food Services

NT Health Kiosk's/Café's and Vending Machine Businesses

### Policy statement

NT Health does not support the promotion or sale of sugar-sweetened beverages (SSB) and formulated caffeinated beverages (FCB) on NT Health premises. Whilst water and other unsweetened beverages are the preferred choice, limited promotion and sales of intensely sweetened beverages (ISB) are supported as an alternative for consumers, as per the Healthy Choices Made Easy policy and guidelines.

NT Health will actively work towards the reduction of sales of SSB, ISB and FCBs across the Northern Territory in alignment with key national strategies.

NT Health recognises the multiple negative health impacts of SSB, ISB and FCB and therefore:

- Encourages and supports all staff to promote the critical public health message to reduce consumption of these beverages;
- Is committed to reducing availability and promotion within workplaces and healthcare settings across the NTG, and
- Endorses implementation of this Policy Statement in conjunction with Healthy Choices Made Easy across NT Health and all NTG Departments to enable staff, patients and visitors to make healthier beverage choices in the workplace and in the community.

The purpose of this policy statement is to outline the position of NT Health:

- on SSB, ISB and FCB consumption and their health effects, and
- when interacting with other government Departments and Non- Government Organisations regarding provision or sale of these types of beverages.

This Policy Statement supports the Healthy Choices Made Easy policy and guidelines which do not permit the sale of SSBs on any NT Health premises.

### Rationale

Evidence shows that SSB, ISB and FCB can be harmful to health if consumed regularly or excessively. Free sugars in SSBs contribute to overweight, obesity and chronic disease such as diabetes, heart and kidney disease, particularly when paired with an energy-dense, nutrient-poor diet and a sedentary lifestyle.

Territorians are the most frequent consumers of SSB and ISB in Australia, with over 50% of adults drinking them at least weekly, almost 12% drinking them daily and 44% of children consuming soft drinks at once weekly.

Remote Aboriginal communities have high intakes of SSB and ISB. Over 30% of the NT population is Aboriginal, with 75% living in remote and very remote areas. Aboriginal and Torres Strait Islanders have higher rates of chronic disease and poorer health outcomes, highlighting a critical need to reduce SSB/ISB consumption across the NT.

Formulated caffeinated beverages contain sugar or intense sweeteners, and are unsuitable for consumption by children and adolescents due to their stimulatory effects. Youth consumption of FCB is increasing due to targeted marketing and poses particular risk when combined with alcohol.

Carbonated SSB, ISB and FCB can also negatively impact oral and dental health outcomes due to their cariogenic and acidogenic effects, even when consumed in moderation.

## Policy suite

The policy suite for this topic contains the following related documents:

- NT Health Physical activity Policy
- NT Health Advertising of food and beverages on NTG assets Policy
- NT Health Healthy Choices Made Easy Policy and Guidelines
- Northern Territory Social Outcomes Framework
- National Obesity Strategy 2022-2032: Enabling Australians to eat well and be active
- National Preventative Health Strategy 2021-2030

## Policy principles

NT Health's approach to sugar-sweetened beverages (SSB), intensely-sweetened beverages (ISB) and formulated caffeinated beverages (FCB) is founded upon the following principles:

- We use the best available evidence to inform our position
- We support taking action to promote the health and wellbeing of our population and will actively work towards the reduction of sales of SSB, ISB and FCB across the Northern Territory in alignment with key national strategies

## Policy requirements

- No sugar sweetened beverages or formulated caffeinated beverages are sold as per the Healthy Choices Made Easy policy at applicable NT Health sites

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This guideline has been developed for NT Health practice setting only. Clinical content is intended to guide clinical practice and does not replace clinical judgement. Modification will occur according to internal audit processes and literature review. The rationale for the variation from the guideline must be documented in the clinical record.

## Legislative or other Authority

- Not applicable

## Policy compliance

The Healthy Choices Made Easy Policy audit process will be used to monitor adherence to this policy.

Indicator	Description	Responsibility
Healthy Choices Made Easy Audit	% vendors adhering to Healthy Choices Made Easy Policy	NT Health Dietitians

## Definitions

The following definition(s) are relevant to this Policy.

Term	Definition
Acidogenic	Producing or promoting acid damage to dentition.
Cariogenic	Producing or promoting the development of tooth decay.
Formulated caffeinated beverage (FCB)	Non-alcoholic, water based, carbonated beverages containing caffeine, B complex vitamins and other additives to provide stimulatory effect. Can be sugar or intensely sweetened.
Free sugars	Free sugars refer to all sources of added sugar including sugars contained in fruit juice and honey.
Intensely-sweetened beverage (ISB)	Non-alcoholic, water based and artificially sweetened.
Sugar-sweetened beverage (SSB)	Non-alcoholic, water-based beverages containing added sugar, including (but not limited to) soft drinks, energy drinks, sports drinks, fruit drinks and cordials. Pure fruit juices are not included in SSBs (despite being a concentrated source of naturally occurring sugar) as they do not contain added sugar and are a source of nutrients.









## Document history

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## National Safety and Quality Health Standards

National Safety and Quality Health Service Standards							
							
Clinical Governance	Partnering with Consumers	Preventing and Controlling Healthcare Associated Infection	Medication Safety	Comprehensive Care	Communicating for Safety	Blood Management	Recognising & Responding to Acute Deterioration
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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