

Senate Community Affairs Committee

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Additional Estimates 13 & 15 February 2013

Question: E13-178

OUTCOME 1: Population Health

Topic: Dietary Guidelines – D Grade Evidence Statements

Type of Question: Written Question on Notice

Senator: Senator Fierravanti-Wells

Question:

In relation to the response to my previous question on sugars and 'D-grade' evidence E12-243, if no grade D evidence statements were used to draft the dietary guidelines, can the NHMRC clarify the grade of evidence that was used to amend the sugars guideline, specifically relating to added sugars in foods and drinks? We note that the evidence grade for added sugars was 'D' for association between sugars intake and body weight and/or body fat.

Answer:

The systematic literature review underpinning the revision of the Australian Dietary Guidelines found strengthened evidence for the association between sugar-sweetened drinks and increased risk of weight gain in adults and children (Grade B). Further information and evidence statements can be found from page 530 of the Evidence Report or page 77 of the Australian Dietary Guidelines available at www.eatforhealth.gov.au

Only evidence of significant strength (Graded C and above) was used to develop the recommendations within the Australian Dietary Guidelines.