

Client: University of Hertfordshire
Source: Daily Express (Scotland)
Date: 06/06/2017

Keyword: University of Hertfordshire
Page: 16
Reach: 41318
Size: 210
Value: 6841.80



Scottish children
regularly consume
sugary fizzy drinks

By **David Scott**

FOUR in 10 Scots teens regularly consume fizzy drinks, new research has revealed.

The investigation has again sparked concern among health chiefs of the long-lasting impact of the country's poor diet.

The vast majority of those quizzed who admitted buying a carbonated drink did not eat lunch at their school canteen, where such products are banned.

But those who bought sugar-sweetened drinks were significantly more likely to eat foods high in fat, sugar and/or salt at lunchtime, as well as at mid-morning break, than those who did not consume fizzy drinks.

Researchers from the University of Hertford-

Fizzy drinks fear for teens

shire found some respondents who drank sugary drinks but did not eat at lunchtime at all.

Professor Wendy Wills said: "These findings are of major concern, as research has not only found an association between regular sugar-filled drink consumption and weight gain, metabolic syndrome and obesity, but also an increased risk of type-2 diabetes.

"While we need a strategy to reduce the

consumption of sugar-filled drinks by young people, simply removing access to soft drinks within schools is clearly not enough."

The government recently announced a tax, or levy, will come into effect in April 2018.

It is expected this will apply to drinks containing more than five grams of sugar per 100ml, with a higher rate for drinks containing more than eight grams per 100ml.