

National No Sugar day (1st November)!

Sugar is a major threat to health! WHO (2015) Sugar Guideline has made recommendations for quantitative restriction on free sugar consumption. This, however, has not resulted in adequate sugar control, globally. Dr Ashwin Jawdekar proposed the national No Sugar Day at the joint workshop of Federation Dentaire Internationale (FDI) and Indian Dental Association (IDA) in June 2022. First November was declared as the 'National No Sugar Day' by in the Mumbai Declaration on Sugary Drinks and Healthy food (2022), an outcome of the workshop, and this was endorsed by FSSAI, PHFI, IAP, ISPPD, Tata Memorial Hospital, GCDFund (UK), and many other organizations. To the best of our knowledge, India is the only and first country to have a National No Sugar Day and this is India's exemplary leadership in public health, globally! This is also an example of leadership of dentistry among all health disciplines to have launched the National No Sugar Day successfully! Thus, this sets an example of a novel 'GLOCAL' approach; instead of the known "think globally, but act locally"... the new GLOCAL way, can be termed as "act locally and reach globally"!



Dr Ashwin Jawdekar proposing the National No Sugar day



Dr Ashwin Jawdekar with other speakers from FDI



India observes its first national No Sugar Day as a result of the Mumbai Declaration

Vision 2030
11/01/2022

India observes its first national No Sugar Day as a result of the Mumbai Declaration

FDI's Vision 2030 Capacity Building Workshops lead to inaugural No Sugar Day celebrations in India with the support of the Indian Dental Association and its government.

Earlier this year, the Indian Dental Association (IDA) and FDI held joint workshops to improve oral health in the country by tackling the sugar and tobacco epidemics. The outcome of these capacity building workshops was the development of the **Mumbai Declaration on Sugary Drinks and Healthy Food**, which was supported by several signatories including the Ministry of Health and Family Welfare, Government of India (MoHFW), and the Food Safety and Standards Authority of India (FSSAI). By signing the declaration, organizations committed to several key areas of action. One such area is the **observation of a national "No Sugar Day"**, which was held for the very first time this year on 1 November.



GLOBAL IMPACTS

FDI members drive efforts to address the impact of excessive sugar consumption on oral health and general well-being

The launch of FDI's Position on Free Sugars coincides with global celebrations and efforts by FDI members to address the issue of excessive sugar consumption.

As a result of FDI's capacity building workshops aimed at tackling the sugar and tobacco epidemics, a national No Sugar Day is being observed on 1 November in several countries around the world, including in Barbados, Jamaica, and India.

fdiworlddental.org

Department of Pediatric and Preventive Dentistry, BVDUDCH, Navi Mumbai



NATIONAL IMPACTS

WINNERS OF THE INTERDENTAL COLLEGIATE SWEETNESS REVOLUTION!

Upscaling the Whole Mouth Health Advocacy & Capacity-Building Project Based on Vision 2030 for Sugar Control in India

1st Prize

- Bharati Vidyapeeth Dental College and Hospital, Navi Mumbai
- Yenepoya Dental College, Mangaluru

2nd Prize

- A J Institute of Dental Sciences, Mangaluru

3rd Prize

- JSS Dental College and Hospital, Mysuru

Consolation:

- Anil Neerukonda Institute of Dental Sciences, AP
- Seema Dental College and Hospital, Rishikesh
- Sudha Rustagi College of Dental Sciences and Research, Haryana

Indian Society of Pedodontics and Preventive Dentistry
observes

NO SUGAR DAY

1st NOVEMBER

Pledge Practice Promote

Dr Parimala Kulkarni
President

Dr Nikhil Srivastava
Secretary General

SmileTimes.Pedo
The Official Newsletter of
Indian Society of Pedodontics and Preventive Dentistry
October-December 2023

BHARATI VIDYAPEETH (DEEMED TO BE) UNIVERSITY DENTAL COLLEGE AND HOSPITAL, NAVI MUMBAI

Dr. Anurag Bora, Dr. Anurag Shukla, Dr. Shilpa Chandra, Dr. Shreyas Heerakurhan, Dr. Sameer Cook, Dr. Anshul Tripathy, Dr. Saad ul-Sabir, Dr. Anil Kulkarni, Dr. Tegal Sankar (DSC Student), Dr. Ashish Jaiswal (Professor and Head, Dept. of Pediatric Dentistry, Vaid-Pragatya [Academy])

INTRODUCTION

With the rising problem of dental caries, obesity and diabetes in 2015, World Health Organization (WHO) introduced guidelines on the reduction of sugar consumption in both adults and children, WHO recommended reducing the intake of free sugar to less than 10% of total energy intake.

On 17th June 2022, IVD in association with ICA conducted ICDP, whole mouth health advocacy and capacity building workshop on sugar and tobacco. This led to an extensive discussion on the deleterious effects of sugar and its long-term ramifications, among the members, signatories and other delegates. Similarly "Mumbai Declaration on Sugary Drinks and Healthy Food" was signed on 24th June 2022. It was presented by Indian Dental Association (IDA) and Indian Dental Federation (IDF) in one of the several key areas of action, they decided to observe national No Sugar Day annually on 1st November.

PURPOSE

Herein, on 1st November 2023, No Sugar Day was celebrated in Bharati Vidyapeeth campus, Navi Mumbai in affiliation to "Mumbai Declaration on Sugary Drinks and Healthy Food" and sensitize people on the ill effects of sugar.

Bharati Vidyapeeth Dental College and Hospital, Navi Mumbai bagged the first prize for the Interdental Collegiate Sweetness Revolution organized by Indian Dental Association (IDA) and Indian Dental Federation (IDF) in one of the several key areas of action, they decided to observe national No Sugar Day annually on 1st November. The No Sugar Day poster was also presented by the president of IDP, Dr. Parimala Kulkarni and the Secretary General of IDP, Dr. Nikhil Srivastava. We convey our hearty gratitude to the IVD.

Mumbai Declaration on Sugary Drinks and Healthy Food

24 June 2022

The Mumbai Declaration on Sugary Drinks is supported by the organizations:

- Food Safety and Standards Authority of India (FSSAI)
- Tata Memorial Centre
- Central Council for Research in Ayurvedic Sciences (CCRAS)
- Public Health Foundation of India (PHFI)
- Indian Society of Pedodontics and Preventive Dentistry (ISPPD)
- Indian Academy of Paediatrics
- Indian Dietetic Association
- Vital Strategies
- Queen Mary University



LEADING THE WORLD TO OPTIMAL ORAL HEALTH

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The Mumbai Declaration on Sugary Drinks calls for seven key areas of action:

1. [Introduction of evidence-based nationwide social marketing campaigns](#)^{12,13} such as "Switch to Water" and "Shift to fibrous diet" to improve dietary practices
2. Observation of a national "No Sugar Day" to be held on the 1st September annually*
3. Encouragement of "only healthy food and water" policies for all hospitals and health care facilities
4. Ban or limit schools from selling sugary drinks and junk food through school canteens
5. Working with educational institutes to introduce 'more water' policies for schools' children.
6. Creating an environment to adopt WHO Guidelines on Sugar
7. Stringent compliance norms and better-informed consumers of sugary drinks Through the implementation of bans or limits on the marketing of unhealthy foods and sugary drinks to children.

* It was later changed to 1st November

Supporting quotes

Dr L Swasticharan, Directorate General of Health Services, India said, "We remain committed to address the Common Risk Factors for Non-communicable diseases".

Indian Dental Association's President Dr Puneet Girdhar said, "The Declaration signifies the desire of the IDA to inform the public about the negative health impacts of sugary drinks, and to advocate for a comprehensive approach to reduce sugary drink consumption."

Dr Ashok Dhoble, Secretary General IDA along with Dr Rajiv Chugh President Elect, Dr Sanjay Joshi Joint-Secretary IDA, Dr Deepak Muchhala Treasurer IDA, said "Sugary drinks are a public health crisis. By working collaboratively and acting with urgency, we can help prevent not only tooth decay, but also obesity, type 2 diabetes, cardiovascular disease and some forms of cancers."

Ms Pritee Chaudhary, Regional Director of western region for FSSAI said, "It is time we start motivating people to drink water and advise them to replace it with sugary beverages".

Dr Govind Reddy, Asst. Director (Ayu) In charge, CCRAS, Ministry of Ayush said, "There is a need for an integrative approach to target the common risk factors to tackle the non-communicable diseases."

Dr Sharad Kapoor, workshop chairman IDA said, "Sugary drink advertisements directly affect the choices of children and attracts them to consume it".

Ms Rachael England, workshop contributor remarked, "A strong advocacy focus on sugar can enable better general health including oral health".

* Dr. Ashwin Jawdekar, suggested, "An observation of National No Sugar Day to create future awareness on health risks of sugar consumption".



Supported by:

Dr L Swasticharan
Directorate General of Health Services

Ms Pritee Chaudhary
Regional Director (Western region), FSSAI

Dr Ashok Dhoble
Hon'ble Secretary General, IDA

Dr Puneet Girdhar
President, IDA

Dr Rajiv Chugh
President Elect, IDA

Dr Deepak Mucchala
Hon. Treasurer IDA

Dr Sanjay Joshi
Joint-Secretary IDA

Mrs. Sumona Mondal
Hon. Sec. General, Indian Dietetic Association

Dr Pankaj Chaturvedi

Dep. Director, Center for Cancer Epidemiology,
Tata Memorial Center

Mr LM Singh
Managing Director India
Global Head – Partnerships and Innovative Finance
Vital Strategies

Ms Sumona Mondal
General Secretary, Indian Dietetic Association

Dr Nikhil Shrivastava
Hon. Secretary General
Indian Society of Pediatric and Preventive Dentistry

Dr Vineet K Saxena
Hon'ble Secretary General, Indian Academy of Pediatrics

Dr Ashwin Jawdekar
Pediatric and Preventive Dentistry Specialist

Dr Ravinder Singh
Past President IDA

Dr Govind Reddy
Asst. Director (Ayu) Incharge, CARI – Ayurveda

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Research Officer, CCRAS

Dr Manu Mathur
Key Speaker, FDI

Prof Ihsane Ben Yahya
President, FDI

Dr Rob Beaglehole
Key Speaker, FDI

Dr Sharad Kapoor
IDA Workshop Chairman

Dr Kunal Oswal
Public Health Consultant, IDA

Dr Dharti Chopda
Research Officer, IDA

