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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Ein cyf/Our ref: TO
Eich cyf/Your ref:
Gofynnwch am/Please ask for: Teresa Owen

Swyddfeydd Corfforaethol, Adeilad Ystwyth
Hafan Derwen, Parc Dewi Sant,
Heol Ffynnon Job
Caerfyrddin, Sir Gaerfyrddin,

Corporate Offices, Ystwyth Building
Hafan Derwen, St Davids Park, Job's Well
Road, Carmarthen, Carmarthenshire,

Date: 01 September 2014

Dear SACN colleagues.

Thank you for the opportunity to respond to the SACN review of evidence: Draft Carbohydrate and Health report.

I am keen to comment as both the Director of Public Health for the Hywel Dda University Health Board, and as a Registered Dietitian. As context, I should highlight that the overweight and obesity rate for our adult population here in Hywel Dda University Health Board is currently 57%. (Ceredigion: 53%, Pembrokeshire: 55% and Carmarthenshire: 61%) and as a University Health Board we have pledged to tackle obesity.

Therefore I wish to record that I agree with the recommendations summarised in section 12 of the report:

12.25. *It is recommended that:*

- *The dietary reference value for total carbohydrate should be maintained at a population average of approximately 50% of dietary energy.*

12.26. *It is recommended that:*

- *The definition for 'free sugars' be adopted in the UK. This comprises all monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. Under this definition lactose when naturally present in milk and milk products is excluded.*
- *The dietary reference value for free sugars should be set at a population average of around 5% of dietary energy for age-groups from 2.0 years upwards. This is based on the need to limit free sugars to no more than 10% of total energy intake at an individual level, which is likely to lead to a population average free sugars intake of around 5% of total energy.*

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Caerfyrddin, Sir Gaerfyrddin, SA31 3BB

Hywel Dda University Health Board
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Carmarthen, Carmarthenshire, SA31 3BB

Cadeirydd / Chairman
Mrs Bernardine Rees OBE

Prif Weithredwr / Chief Executive
Mrs Karen Howell

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- *With the proposed reduction in the population reference intake of free sugars, the energy should be replaced with starches, sugars contained within the cellular structure of foods and in milk and milk products.*
- *The consumption of sugars-sweetened beverages should be minimised in both children and adults.'*

I welcome the comprehensive report and look forward to reading the final version in due course.

Yours faithfully

Teresa Owen
Director of Public Health

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