



Background to our response

As the Health Associates, we serve to support healthcare professionals and organisations in translating research findings into practical organisational and managerial policies and processes. We foster professionalism by: promoting and introducing best practice to both theory and operational techniques; undertaking research and data analysis; maintaining a body of up to date knowledge and conducting, encouraging and assisting in education and research.

This paper is presented in response to the Scientific Advisory Committee on Nutrition consultation on its draft Carbohydrates and Health report.

The Health Associates welcome the launch of the consultation on the Scientific Advisory Committee on Nutrition's review of the evidence on carbohydrates and health. We acknowledge that, internationally, it is the most comprehensive review to have been completed for a number of years. Oral disease remains an important public health issue and it is therefore vital that we understand more about the development of such conditions so that we can improve population based strategies for prevention and treatment. We particularly welcome the use of systematic reviews to explore the evidence base, as these have the potential to provide a high quality basis for public health recommendations.

The systematic review used as the basis of this report makes a welcome contribution to the body of evidence on the effect of sugars on oral health, which remains inconsistent in strength and to some extent, conflicting. Alongside this, the review highlights a lack of evidence to assess the impact of sugar intake on oral health in adults, as all included studies and trials were conducted in children and adolescents. This may have implications for future research initiatives.

Contact details

For further information contact the Health Associates on info@thehealthassociates.co.uk or go to <http://www.thehealthassociates.co.uk>