



The Royal Australasian
College of Physicians

New Zealand

RACP supports action on availability of sugary drinks in NZ schools

Media Release

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The Royal Australian College of Physicians (RACP) welcomes the recent joint Health and Education Ministry directive urging New Zealand's 2500 schools to switch away from sugary drinks to water by the end of the year.

The directive is part of a broader Government push to prevent, and improve the health outcomes of, people with obesity.

Childhood obesity is a key issue for New Zealand. Ministry of Health figures indicate that one in nine children (aged two to 14 years) are obese (11 percent) and 22 percent are overweightⁱ.

RACP New Zealand President Mark Lane says the College has consulted and worked with the Ministry of Health to tackle childhood obesity in this country.

"The RACP strongly supports New Zealand schools removing drinks that are high in sugar because of their impact on child health," he says.

"Obesity and poor oral health are linked to the consumption of food and drinks that have high refined sugar content."

The RACP has been proactively advocating for the removal of sugar-sweetened beverages from New Zealand hospitals, schools and sporting clubs since August 2015.

Ends

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About The Royal Australasian College of Physicians (RACP): The RACP trains, educates and advocates on behalf of more than 15,000 physicians and 7,500 trainee physicians across Australia and New Zealand.

The College represents a broad range of medical specialties including general medicine, paediatrics and child health, cardiology, respiratory medicine, neurology, oncology, public health medicine, occupational and environmental medicine, palliative medicine, sexual health medicine, rehabilitation medicine, geriatric medicine and addiction medicine. Beyond the drive for medical excellence, the RACP is committed to developing health and social policies which bring vital improvements to the wellbeing of patients.

The College offers 60 training pathways. These lead to the award of one of seven qualifications that align with 45 specialist titles recognised by the Medical Board of Australia or allow for registration in nine vocational scopes with the Medical Council of New Zealand.

ⁱ Based on the [Annual Update of Key Results 2014/15: New Zealand Health Survey](#)