



Waitematā

District Health Board

Best Care for Everyone

## Hospital Services

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17 January 2020

[REDACTED]  
[REDACTED]  
[REDACTED]

Dear [REDACTED]

### Re: OIA request – Information provided by Auckland Regional Dental Service

Thank you for your Official Information Act request received 4 December 2019 seeking information from Waitematā District Health Board (DHB) about correspondence between the Auckland Regional Dental Service (ARDS) and schools about sugary drinks and food.

Before responding to your specific questions, it may be useful to provide some context about our services.

Waitematā DHB serves a population of more than 630,000 across the North Shore, Waitakere and Rodney areas, the largest and one of the most rapidly growing DHBs in the country. We are the largest employer in the district, employing around 7,500 people across more than 80 different locations.

In addition to providing services to our own population, we are also the metropolitan Auckland provider of forensic psychiatry, child disability services, child community dental services and community alcohol and drug services.

ARDS provides oral health and dental services to approximately 280,000 preschool and school aged children, up to and including school year eight students, living in the Auckland metropolitan area. The service is managed by Waitematā District Health Board on behalf of the three Auckland metropolitan DHBs (that is, Auckland DHB, Counties Manukau Health and Waitematā DHB) and is provided from 83 clinics.

In response to your request, we are able to provide the following information:

**Since January 1 2019, copies of any correspondence between the Auckland Regional Dental Service (ARDS) and schools or school representatives regarding the sale and provision of sugary drink or food within schools.**

While there has been no correspondence in this regard over this time period, ARDS recognises the importance of oral health promotion and disease prevention education. As we are not a health promotion agency but an assessment and treatment service, we do not undertake this directly with schools. Instead, ARDS provides advice directly to children and their parents/caregivers on oral hygiene, diet (including consumption of sugary foods and drinks), fluoridation and other factors affecting oral health.

Specifically, the service displays posters in all of its clinics and provides health promotion information sheets (please see examples attached) that have been developed by health promotion agencies:

**Attachment 1 – Sugar Fact Sheet**

**Attachment 2 – Sugary Drinks Infographics**

**Attachment 3 – Sugar Poster.**

Our oral health and dental therapists also routinely talk with children and/or their families about the relationship between sugar consumption and oral health when they are examining and/or treating a child.

I trust that this information is helpful.

Waitematā DHB supports the open disclosure of information to assist community understanding of how we are delivering publicly funded healthcare. This includes the proactive publication of anonymised Official Information Act responses on our website from 10 working days after they have been released.

If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider your views.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Debbie Holdsworth', written in a cursive style.

**Dr Debbie Holdsworth  
Acting Director Hospital Services  
Waitematā District Health Board**

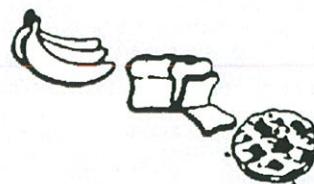
## How much sugar is in the foods we eat?

## How much sugar is in the foods we drink?

### FOODS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

#### *Yoghurt, milk, other dairy food and fruit:*

Have some sugar, but are an important part of our diet



#### *Bread and crackers:*

Less than one teaspoon of sugar

#### *Cereal and popcorn bars:*

2 teaspoons of sugar - Sticky!



#### *Muesli bars:*

3 teaspoons of sugar - Sticky!



#### *Fruit roll ups:*

5 teaspoons of sugar - Sticky!



#### *'Cookie Time' cookies:*

6 teaspoons of sugar



### DRINKS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

#### *Water:*

No sugar.



#### *Flavoured milk:*

4 teaspoons sugar in a carton



#### *Drink concentrate e.g. Raro and Refresh:*

4 teaspoons in a small cup



#### *Fruit juice:*

6 teaspoons of sugar in a carton



#### *Sports Drinks e.g. Gatorade & Powerade :*

8 teaspoons of sugar in a bottle

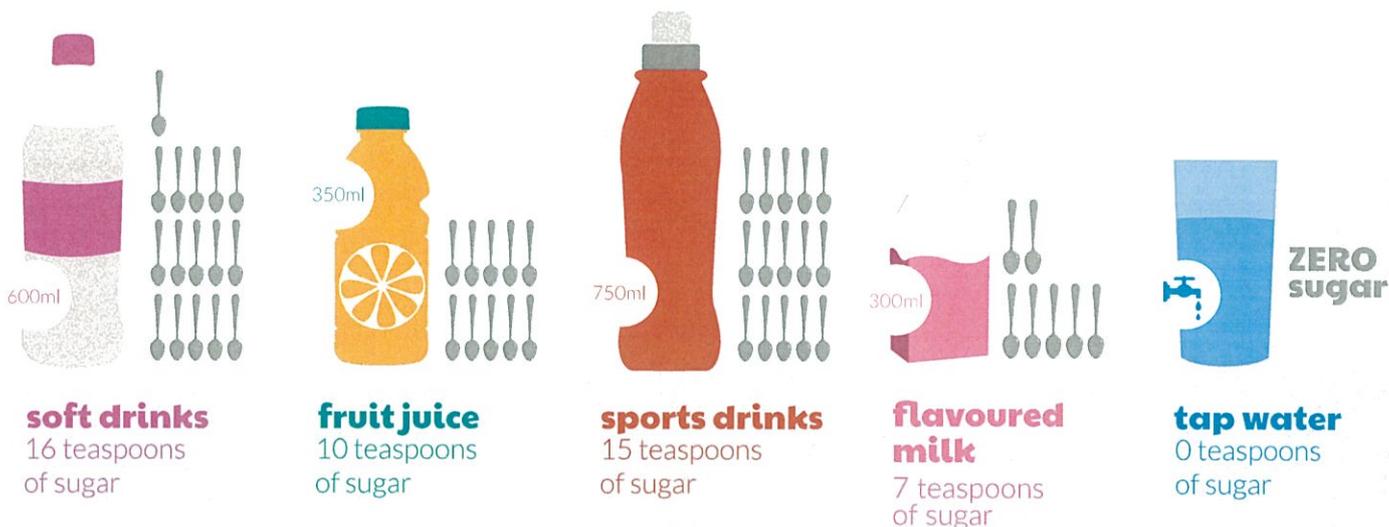


#### *Coca cola, Lemonade, Fizzy Drinks:*

10 teaspoons of sugar in a can



# HOW MUCH SUGAR DO YOU DRINK?

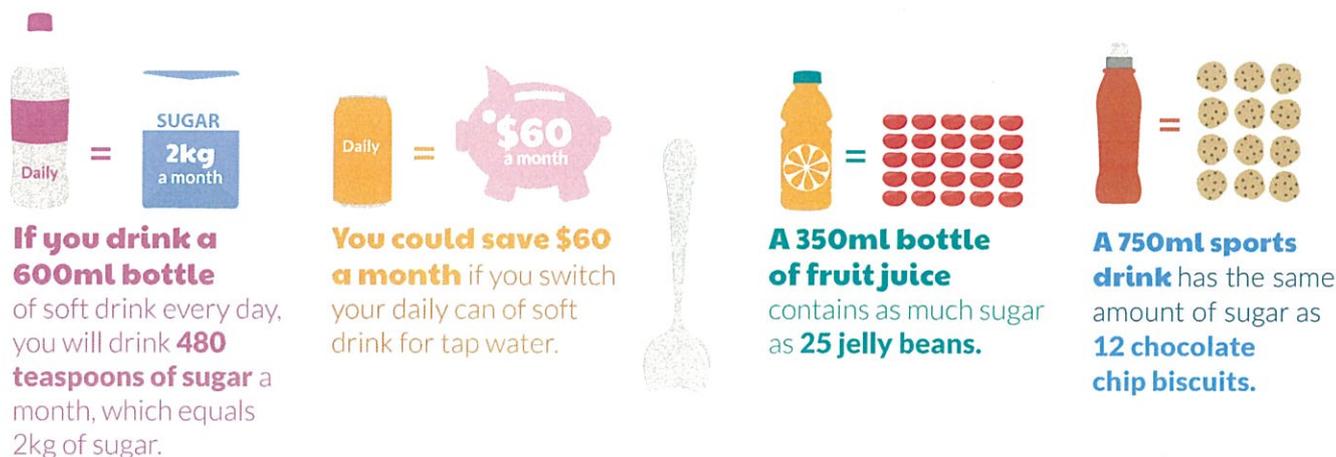


## DID YOU KNOW?

Soft drinks, fruit juice, sports drinks and flavoured milk can contain 5-7 teaspoons of sugar in a 250ml glass.

## water is the best choice

low or reduced-fat unflavoured milk is a good choice too



The figures are indicative only and are based on popular sugary drinks available as of January 2016.

# How much sugar is in drinks?

High sugar drinks contribute to tooth decay and overweight.  
Save for special occasions only.

## Fizzy Drinks

(600ml bottle)

cola drinks contain caffeine

### Sugar Content

16 - 20 teaspoons



## Sports Drinks

(600ml bottle)

may also contain caffeine

### Sugar Content

10 teaspoons



## Fruit Juice - (no added sugar)

(400ml bottle)

### Sugar Content

10 teaspoons



## Energy Drinks

(250ml can)

may also contain caffeine

### Sugar Content

7 teaspoons



## Powdered Drinks

(1 glass 250mls)

### Sugar Content

6 teaspoons



## Flavoured Milk

(250ml carton)

### Sugar Content

6 teaspoons



## Drinks for healthy kids



### Low Fat Milk

(light blue and green top).

A rich source of calcium.

Introduce low fat milk after 2 years of age.

Make your own flavoured milk.

Add 1 - 2 teaspoons of flavouring to a glass of low fat milk.



### Water - The best choice

Try chilled and flavoured with:

- lemon
- mint
- sliced fruit

**Water is cheap and easy!**

Children need plenty of water to drink everyday.

