

Sugar tax: Symbolic policy with no effect

Many countries have already implemented a tax on sugary drinks. There is a lack of solid evidence regarding its health effects.



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Healthy eating cannot be regulated through taxes



If the price of a product goes up, people look for a cheaper alternative – but they don't cut back on sugar or calories

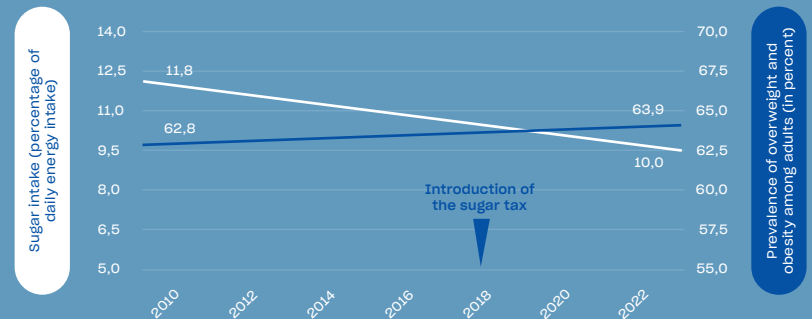


Many different factors contribute to obesity – they cannot be addressed by taxing a single nutrient



“Reduced sugar” sounds healthier – which often leads to people consuming more of it

Despite the sugar tax, the number of overweight adults and children in the United Kingdom is rising.



Sugar intake vs. combined prevalence of overweight and obesity using the United Kingdom (UK) as an example, 2008 - 2023, adults (ages 19–64)

Sweeteners shouldn't fill the gap

To avoid taxes, sugar is being replaced with artificial sweeteners. Sweeteners neither help with weight loss nor are they healthier.

Nutrition needs context

Nutrition must fit one's individual circumstances and be sustainable. Health is not achieved by taxing a nutrient like sugar - we must ensure nutritional literacy.

Water is the best choice

Healthy adults should drink about 1.5-2 liters of water a day. Soft drinks are not a substitute for water.

Sources:

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- NHS England: Health Survey for England 2022 Part 2: Adult overweight and obesity, 2024.
- NHS England: National Child Measurement Programme, England, 2023/24 School Year. Table 2: Prevalence and number of children by BMI category and NCMP collection year, 2006/07–2023/24, 2024.
- World Sugar Research Organisation: Effects of Sugars Tax on Public Health, 2026.