

COMMUNIQUE

In continuation of its public enlightenment programme, the National Sugar Development Council (NSDC) organised a Regional Sugar Sensitization Workshop for Sugar Stakeholders in the Southern Region of the country. The theme of the workshop was: “**Sugar and Health: The Myths....The Facts....**”. The workshop was held on Thursday 31stOctober, 2019 at Premier Hotel, Mokola Hill Ibadan, Oyo State.

2. The one day event was chaired by Dr. Sanusi R. Adegoke, Associate Professor, Department of Human Nutrition, University of Ibadan who was represented by Dr. Kehinde S. Akinlade, Consultant Endocrinologist, University College Hospital, Oyo State while the Special Guests of Honour were Mr. Niyi Adebisi, Honourable Commissioner Oyo State Ministry of Trade, Industry, Investment and Cooperatives, Ibadan Oyo State and Hon Dr. Enitan Dolapo Badru, Chairman House Committee on Industries, National Assembly Abuja. The welcome Address was delivered by the Chief Host, Dr. Latif D. Busari, Executive Secretary National Sugar Development Council, Abuja.

3. **GOODWILL MESSAGES**

Goodwill messages were delivered by the following Dignitaries:

1. Dr. Kehinde S. Akinlade, Consultant Endocrinologist, Metabolic Research Unit, Department of Chemical Pathology, University College Hospital, Ibadan.
2. Hon. Dr. Enitan Dolapo-Badru, Chairman House Committee on Industries, NASS, Abuja.
3. Hon. Prince Ukpong Udo Akpabio, Hon. Commissioner, Ministry of Trade and Investment, Akwa Ibom State.
4. Mr. Olusola Adepoju, Chairman and Promoter of Oyo State Sugar Processors Limited Iseyin, Oyo State;
5. Hon. Commissioner, Ministry of Trade, Industry, Investment and Cooperatives, Ibadan, Oyo State, able represented by Engr T. Raji.
6. Engr. Mansur Ahmed, President MAN, Lagos represented by Mr. Nanzing Rimdan Executive Secretary, representing Oyo, Osun, Ondo and Ekiti States.
7. The President of NACCIMA – Hajiya Saratu Iya Aliyu ably represented by Sir (Chief) Sola Aboderin, 1st Deputy President Chamber and Commerce, Ibadan.

5. Participants at the workshop were drawn from both private and public sectors in the Southern Region of the Country. Notably in attendance were Academia, Sugarcane Farmers/Outgrowers, Law Makers/Legislators, Technocrats, Sugar Marketers and Sugar Road Map Implementation Committee (SURMIC) members and Students etc.

6. Papers presented at the workshop were as follows:

- i. **Dietary Carbohydrate in Health and Diseases** by **Dr. Kola Olarinoye**, Consultant Endocrinologist, University of Ilorin Teaching Hospital, Kwara State.
- ii. **Sugar and Nutrition: What does evidence say?** by **Dr. (Mrs.) Aderigbibe Olaide**, PhD. Nutrition, National Horticultural Research Institute (NIHORT) Ibadan, Oyo State.

7. RESOLUTIONS

After a lively deliberation on the papers presented by the Resource Persons, the following resolutions were reached:

- i. Stakeholders noted that bad eating habits, heredity and sedentary lifestyle as well as dietary imbalance contribute a great deal to some of the ailments, we are witnessing today which are wrongfully associated with sugar consumption;
- ii. Stakeholders recognized sugar as one of the important ingredients required in food products for day to day life and it performs many essential functions both in processed foods and foods prepared in our homes for the body system;
- iii. Stakeholders noted that sugar metabolisms in the blood stimulate the pancreatic Islet cells to release a hormone called **insulin** which ensures glucose uptake by the muscles and liver where it is used for energy release. Absolute or relative deficiency of Insulin causes accumulation of glucose in the blood; a condition known as DIABETES!
- iv. High blood sugar does not necessarily come from added sugar alone but also from other food sources;
- v. Stakeholders also noted that some risk factors associated with diabetes to include; genetics, aging population, obesity sedentary lifestyle; calorie-dense diet as well as alcohol would cause diabetes;
- vi. Participants further noted that there is an association between excessive intake of sugar and obesity, diabetes and hypertension but there is no causal relationship;

vii. Dietary recommendation according to American Heart Association (AHA) is that Human does not need more than 14g of sugar in a day but other standard dietary recommendations were as follows:

Children < 2years	-	0grammes
Pre-school	-	16grammes
Children	-	12grammes
Pre-teens &Teens	-	20 – 32grammes
Women	-	25grammes
Men	-	37.5grammes

viii. Stakeholders noted that diabetes is the leading cause of blindness and limb amputation which could be prevented by prompt diagnosis, effective treatment and recognition of risk factors to deal with them, holistic dietary nutritional advice, exercise as well as healthy lifestyle;

ix. Stakeholder/Participants agreed that sugar is required for proper functioning of the body system especially the brain and nervous system that regulate performance of body activities in the area of metabolizing fats, reservoir of energy and maintenance of body temperature etc;

x. The bottom line is moderation and lifestyle modification – sedentary to aerobic.

National Sugar Development Council,

Abuja

31st October, 2019