



## TIPPING THE SCALES: FOUR CORNERS Monday April 30, 2018

*Tipping the scales: Sugar, politics and what's making us fat.*

*"How did the entire world get this fat, this fast? Did everyone just become a bunch of gluttons and sloths?" Doctor*

The figures are startling. Today, 60% of Australian adults are classified as overweight or obese. By 2025 that figure is expected to rise to 80%.

*"It's the stuff of despair. Personally, when I see some of these young people, it's almost hard to imagine that we've got to this point." Surgeon*

Many point the finger at sugar - which we're consuming in enormous amounts – and the food and drink industry that makes and sells the products fuelled by it.

*"This isn't about, as the food industry put it, people making their own choices and therefore determining what their weight will be. It is not as simple as that, and the science is very clear." Surgeon*

Despite doctors' calls for urgent action, there's been fierce resistance by the industry to measures aimed at changing what we eat and drink, like the proposed introduction of a sugar tax.

*"We know about the health impact, but there's something that's restricting us, and it's industry." Public health advocate*

On Monday night *Four Corners* investigates the power of Big Sugar and its influence on public policy.

*"The reality is that industry is, by and large, making most of the policy. Public health is brought in, so that we can have the least worst solution." Public health advocate*

From its role in shutting down debate about a possible sugar tax to its involvement in the controversial health star rating system, the industry has been remarkably successful in getting its way.

*"We are encouraged by the government here in Australia, and indeed the opposition here in Australia, who continue to look to the evidence base and continue to reject this type of tax as some sort of silver bullet or whatnot to*



*solve what is a really complex problem, and that is our nation's collective expanding waistline.” Industry spokesperson*

We reveal the tactics employed by the industry and the access it enjoys at a time when health professionals say we are in a national obesity crisis.

*“We cannot leave it up to the food industry to solve this. They have an imperative to make a profit for their shareholders. They don't have an imperative to create a healthy, active Australia.” Health advocate*

**Tipping the scales, reported by Michael Brissenden and presented by Sarah Ferguson, goes to air on Monday 30th of April at 8.30pm. It is replayed on Tuesday 1st of May at 1.00pm and Wednesday 2nd at 11.20pm. It can also be seen on ABC NEWS channel on Saturday at 8.10pm AEST, ABC iview and at [abc.net.au/4corners](http://abc.net.au/4corners).**

---

**For more information or to request an interview:  
Peri Wilson, Marketing Communications Specialist, News  
02 8333 2263/0409 888 866  
[wilson.peri@abc.net.au](mailto:wilson.peri@abc.net.au)**