



New Global health

- Used to think it was alc/tob/junk food/air pollution spreading
- Its not trade any more
- Its import subs industrialisation
- Protectionism is rising
- McDonalds is scaling back
- US, China, and Inda have been pushing self-reliance
- Culture continues to spread
- Structural discrimination spreads
- Middle classes booming
- Diet/tob/alc/air/drugs – more for disadv groups
- Immune degredation exposes to covid expression, and for NCDs
- Common environmental antecedents
- “Syndemics are characterised by biological and social interactions between conditions and states, interactions that increase a person's susceptibility to harm or worsen their health outcomes”
- [Horton] The most important consequence of seeing COVID-19 as a syndemic is to underline its social origins.
- The vulnerability of older citizens; Black, Asian, and minority ethnic communities; and key workers who are commonly poorly paid with fewer welfare protections points to a truth so far barely acknowledged—namely, that no matter how effective a treatment or protective a vaccine, the pursuit of a purely biomedical solution to COVID-19 will fail. Unless governments devise policies and programmes to reverse profound disparities, our societies will never be truly COVID-19 secure.
- -[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)32000-6/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)32000-6/fulltext)



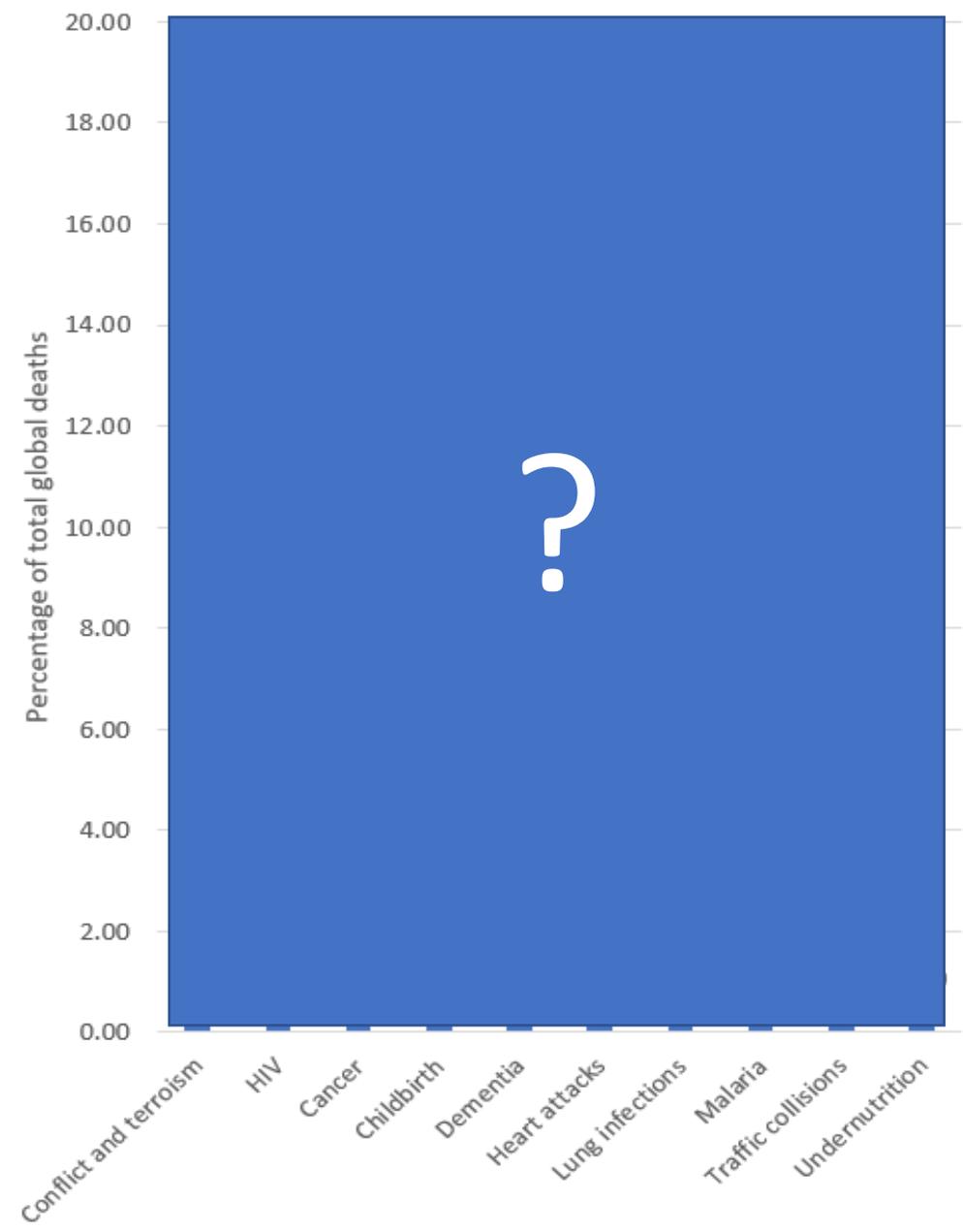
Death by chocolate: the political economy of global tobacco, alcohol, and junk food consumption

Dr Luke N Allen

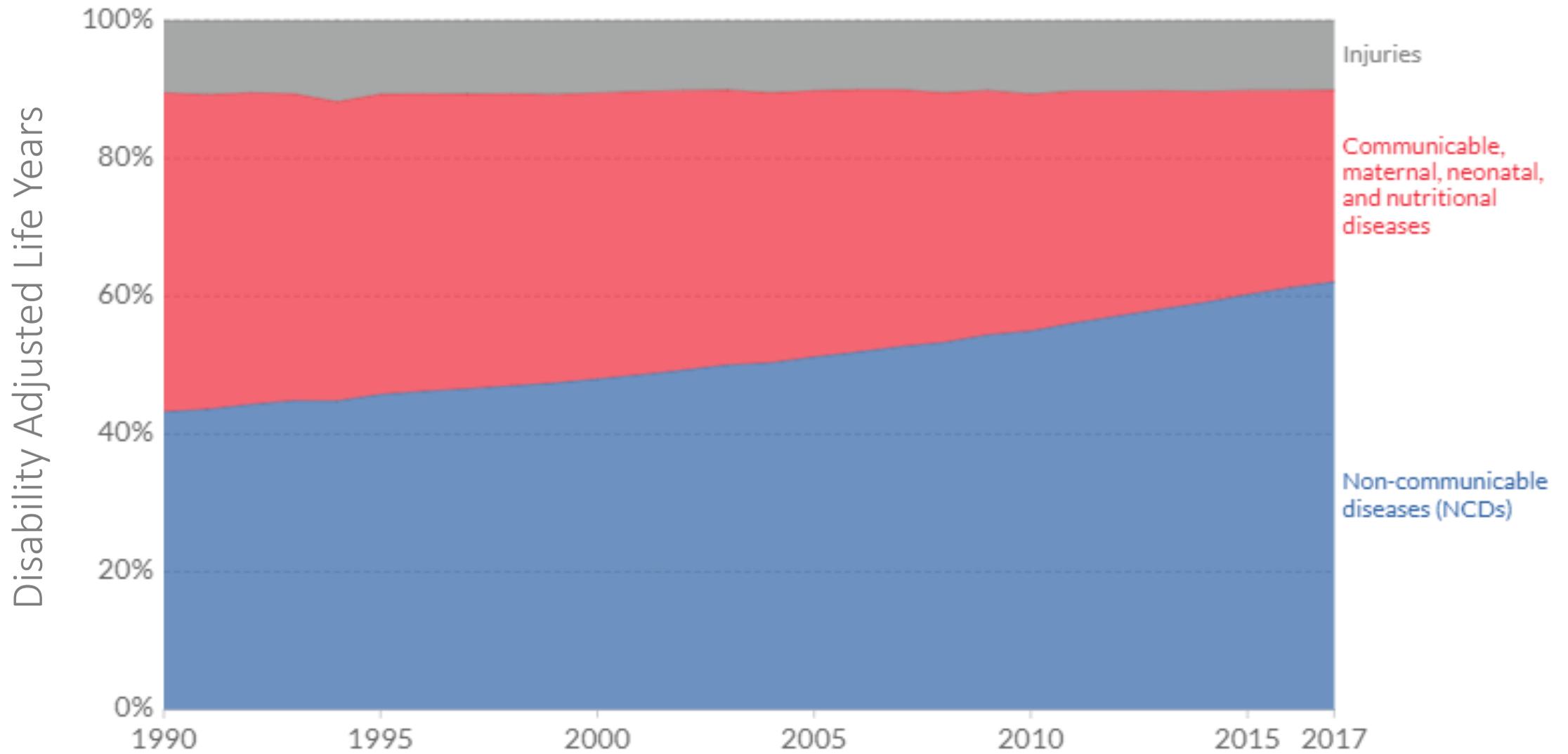
Overview

- What's killing us and why?
- What's happening with NCD deaths?
- What's happening with NCD risk factors?
- How can we stop overconsumption?
- Should we stop overconsumption?



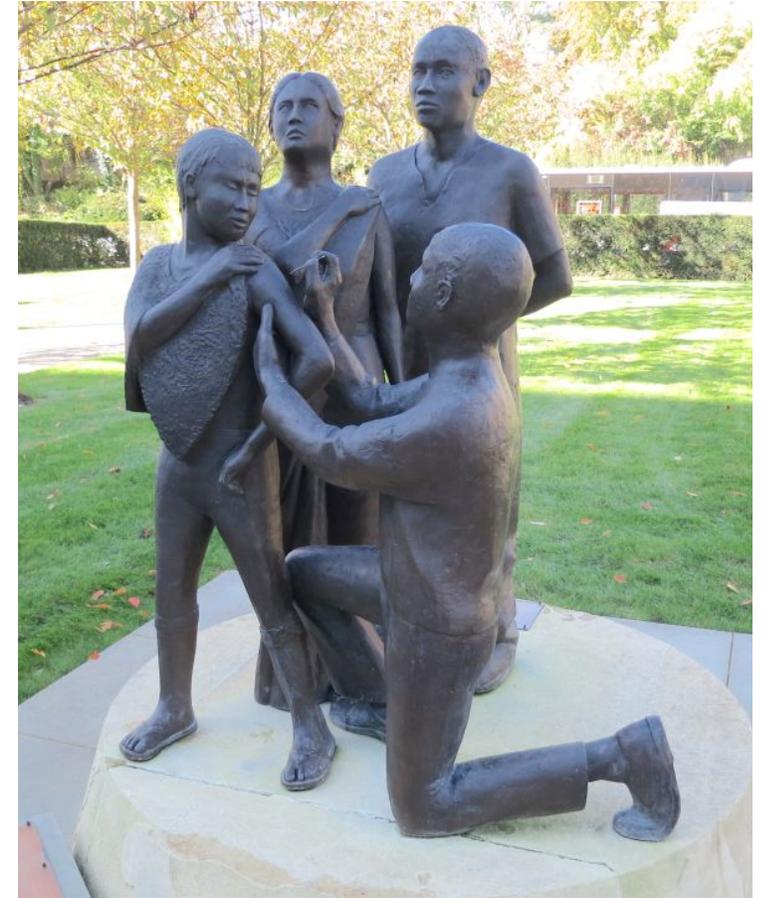


Source: Institute of Health Metrics and Evaluation





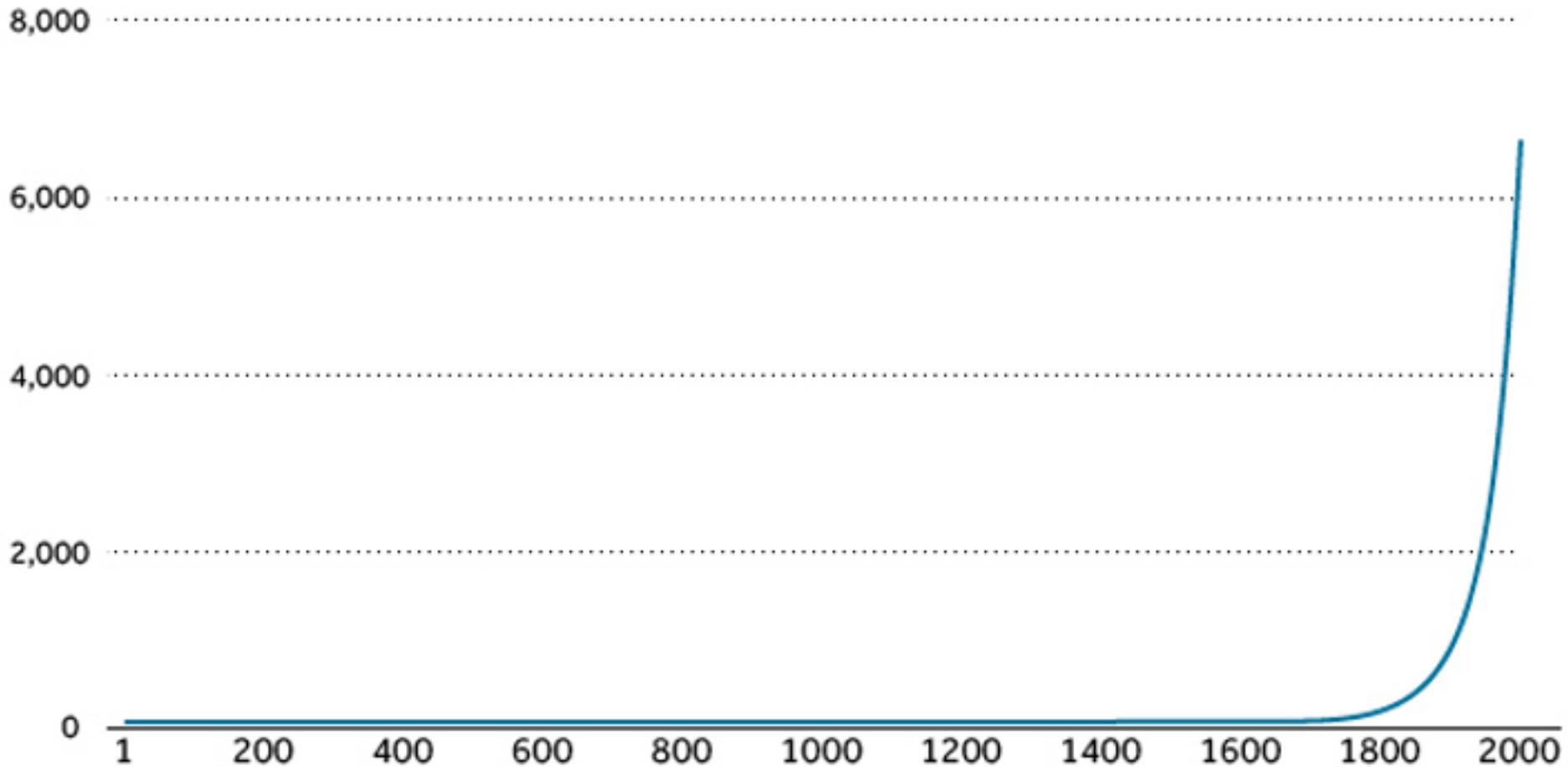
1. Advances in tackling infectious and maternal diseases



2. Development



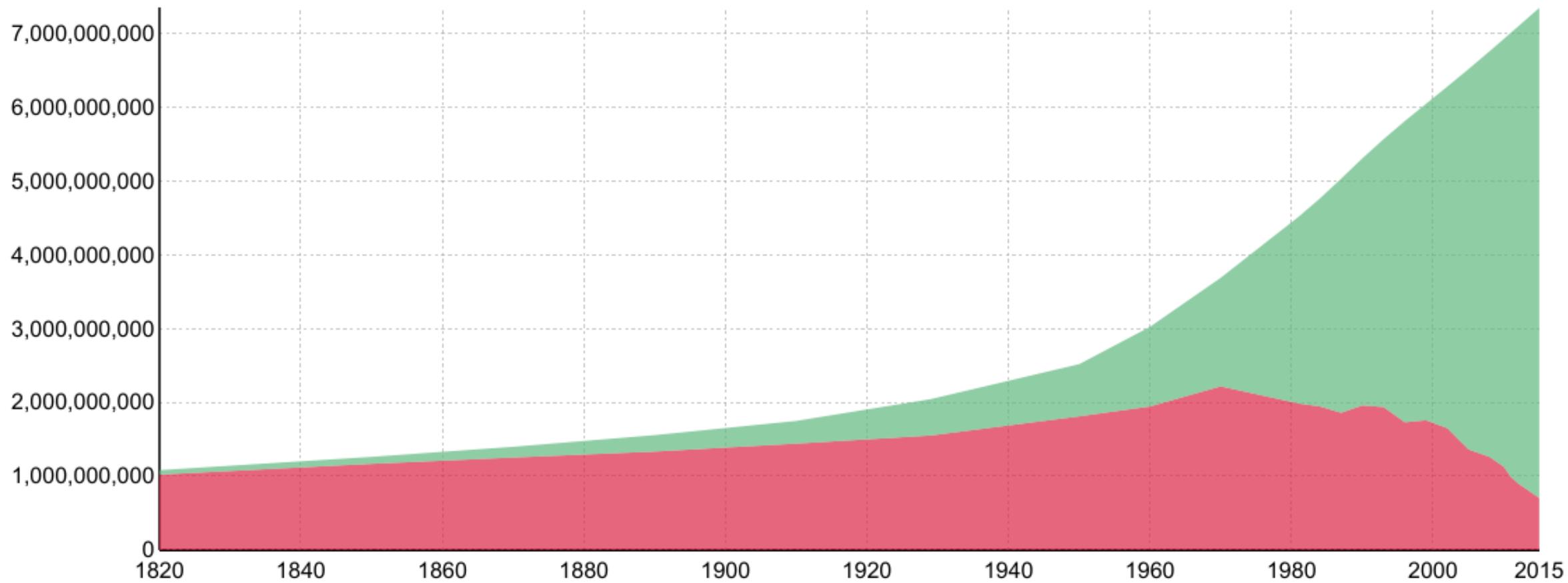
Global GDP/capita since the first Christmas



Source: IMF

Number of people living in extreme poverty

Number of people not in extreme poverty



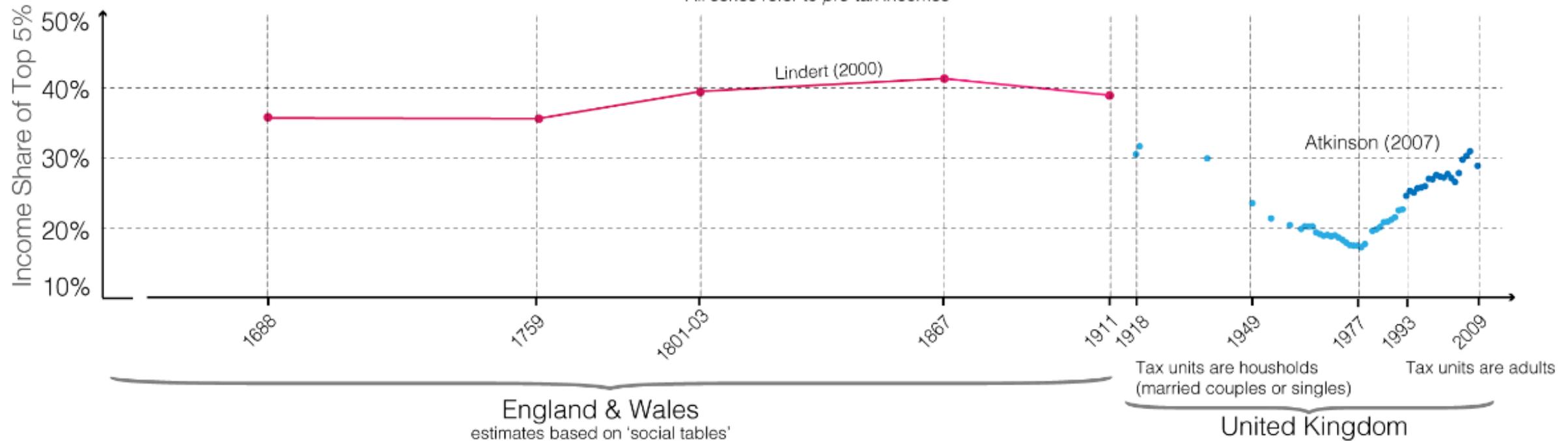
Source: Our World in Data: Poverty

@drlukeallen

Income inequality in the UK over 700 years (1290-2010)

Share of total income going to the top 5% of income earners

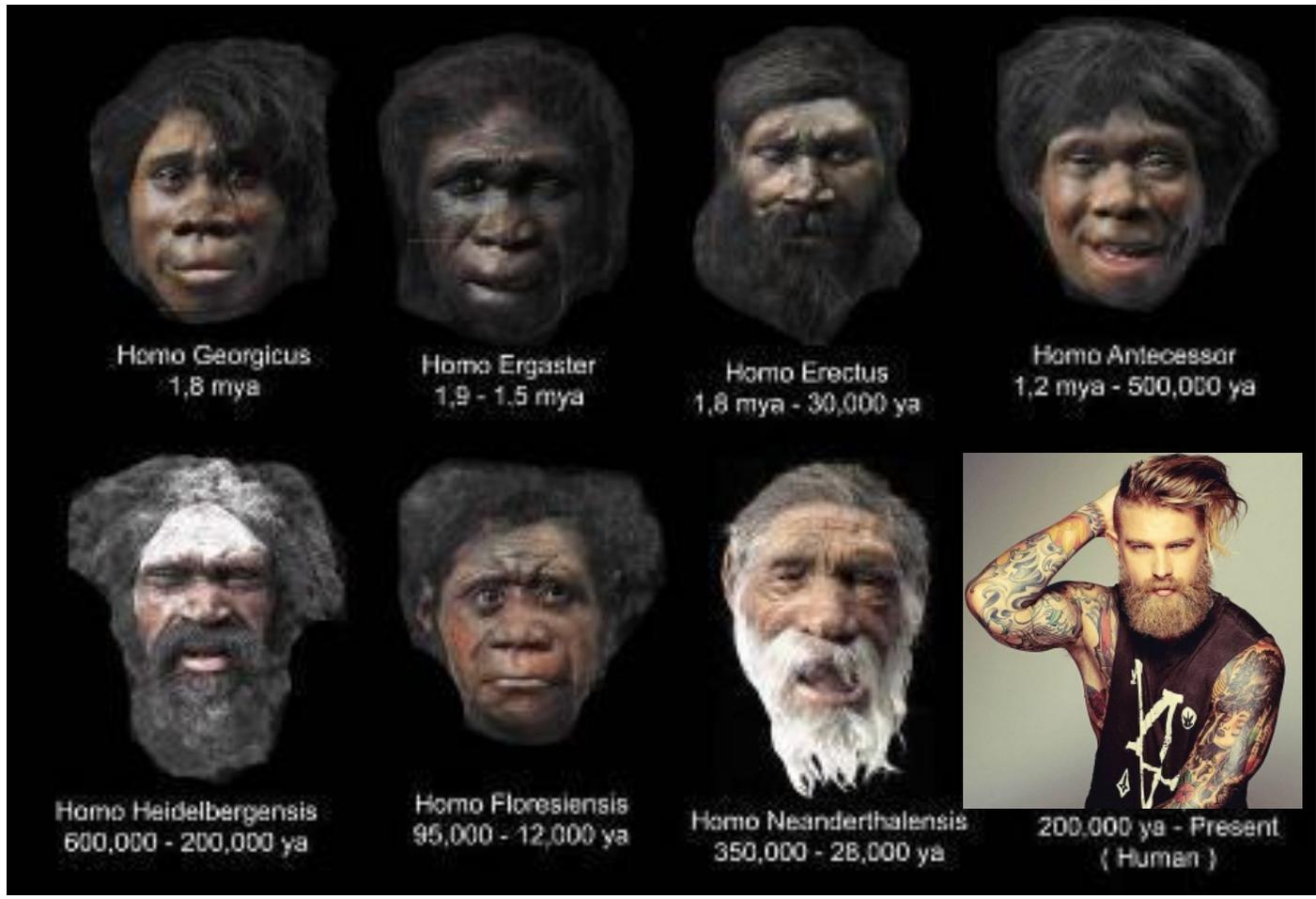
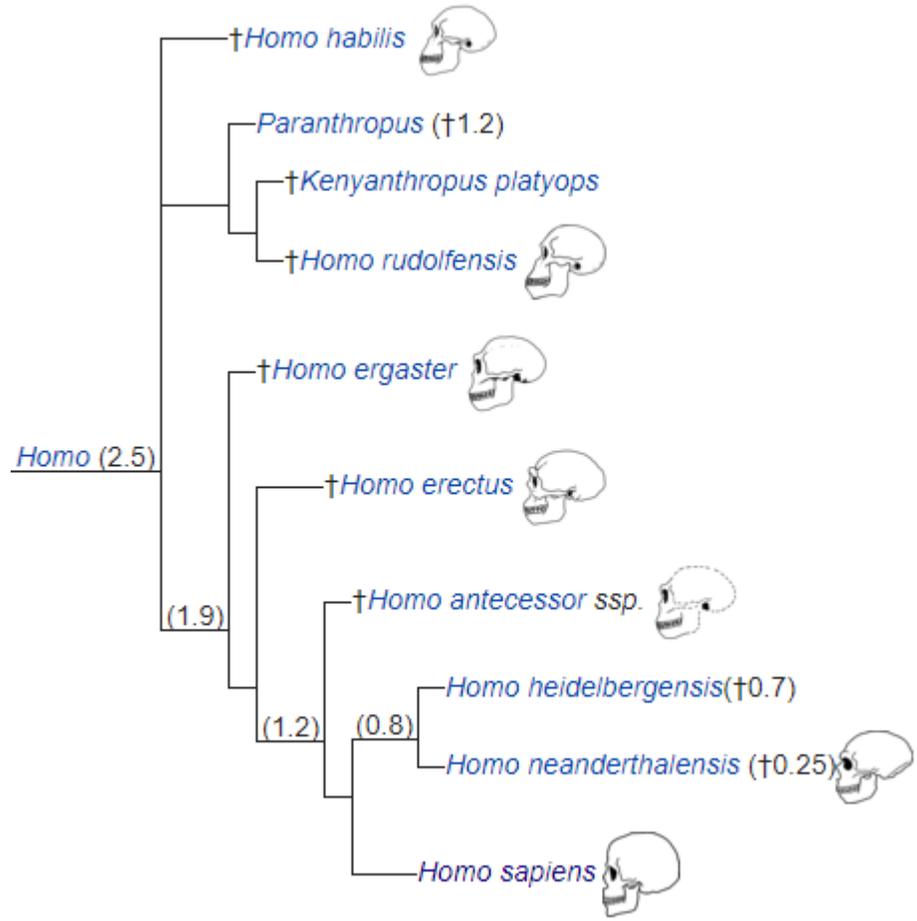
All series refer to *pre-tax* incomes



3. A changing environment













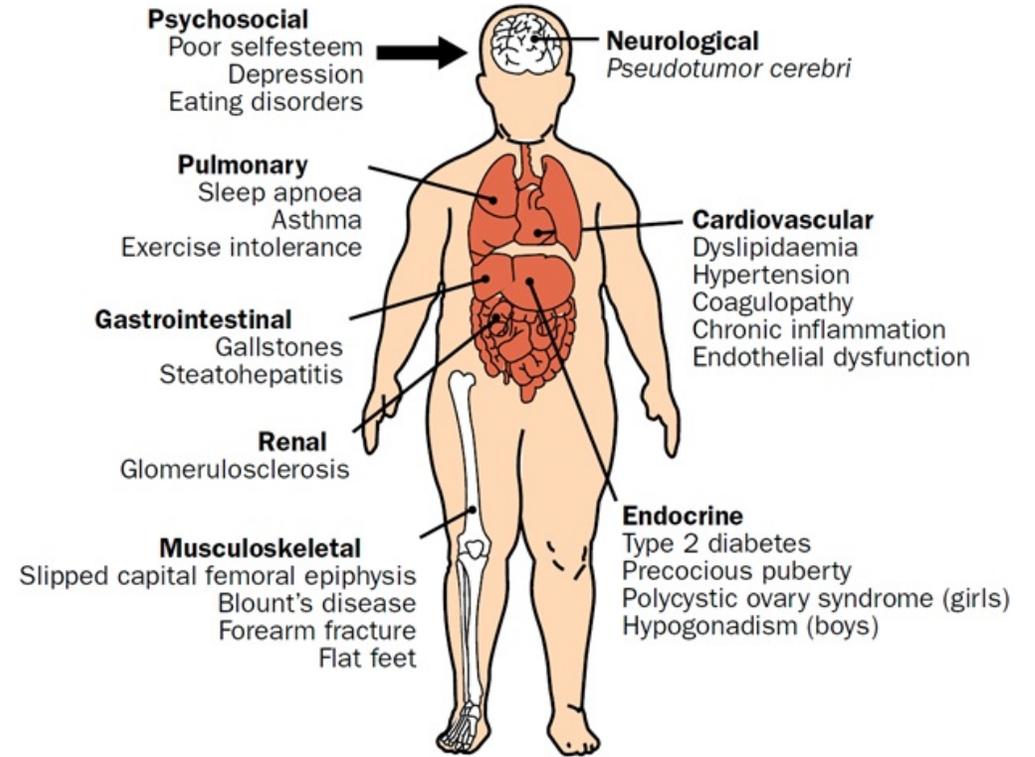


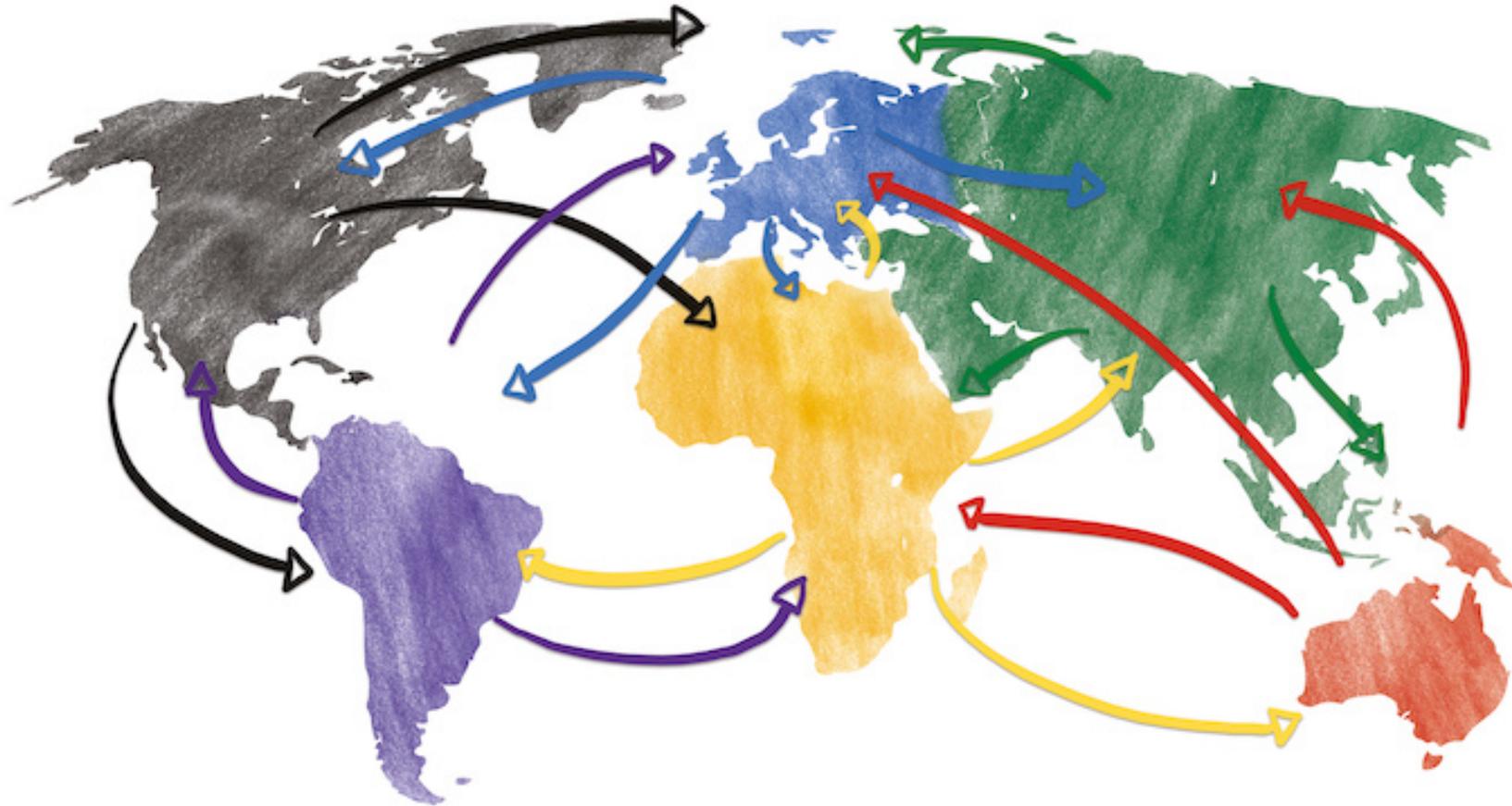






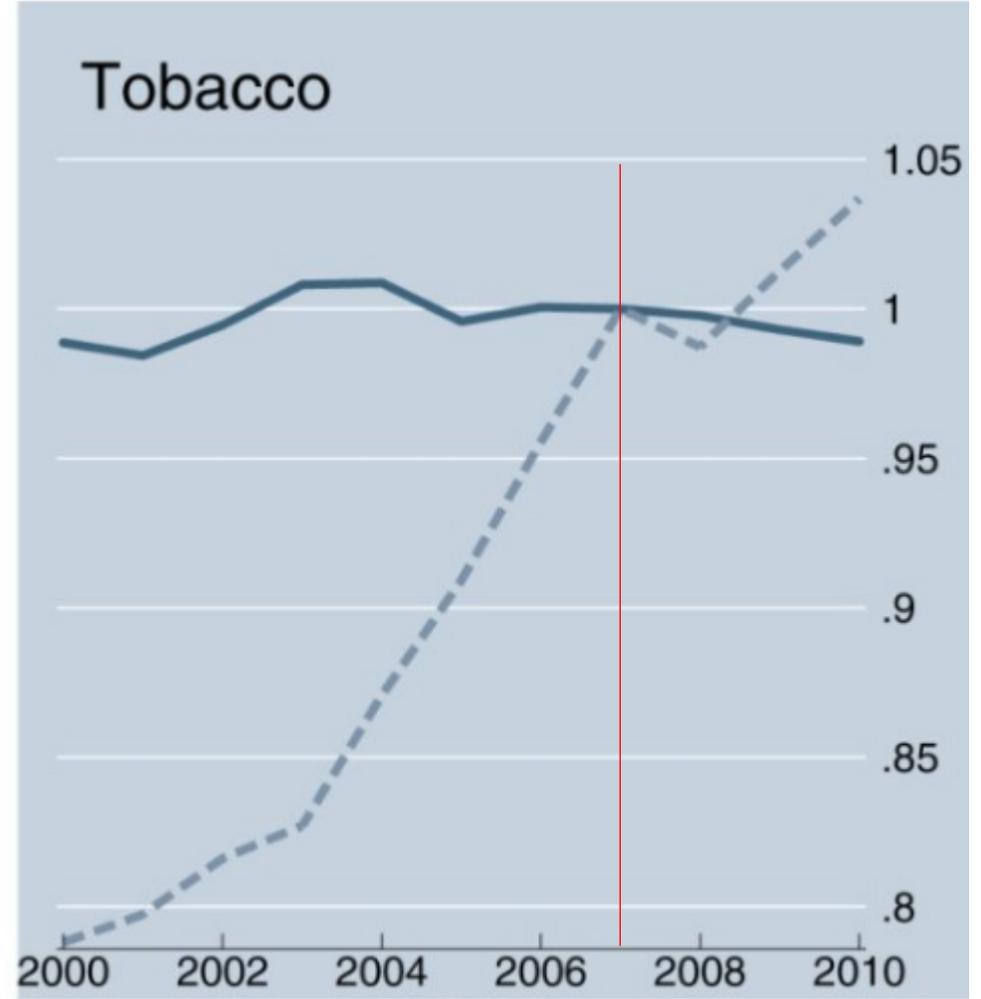
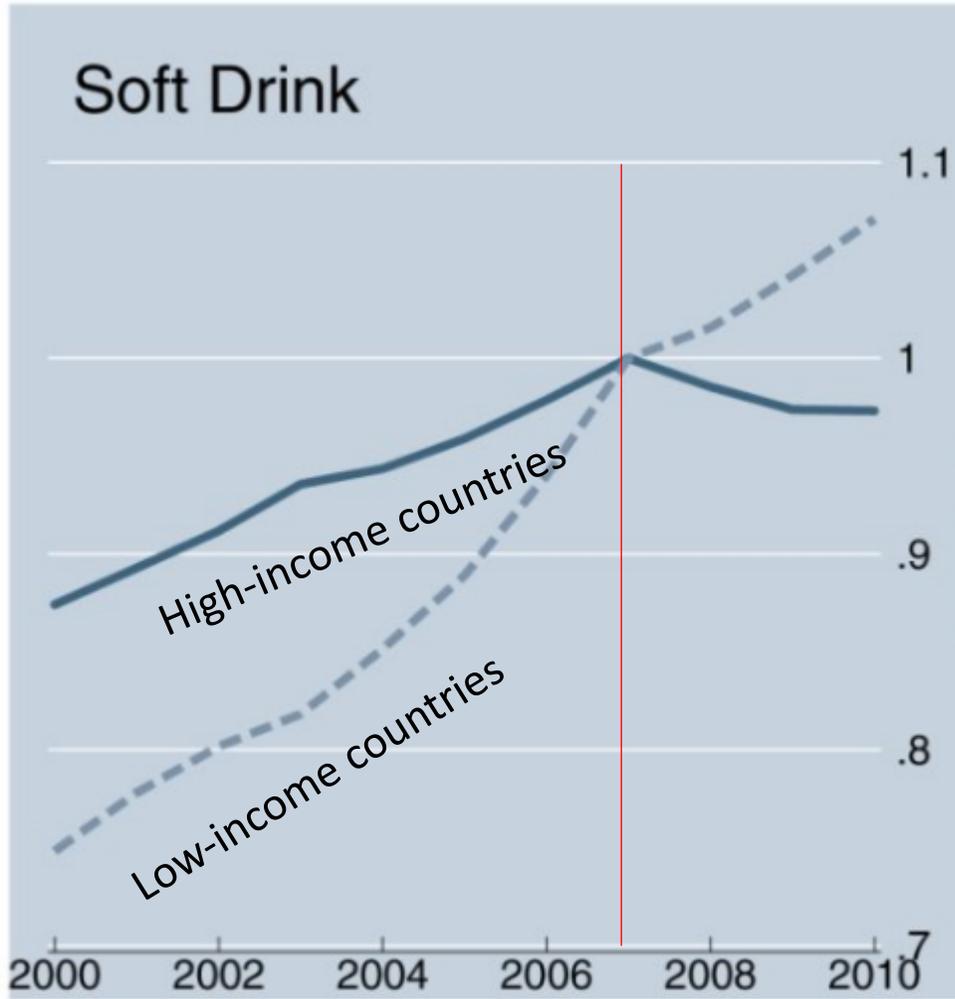
COMPLICATIONS OF CHILDHOOD OBESITY





“The movement of goods, people, and ideas across international borders at an increasing rate and with reducing friction”



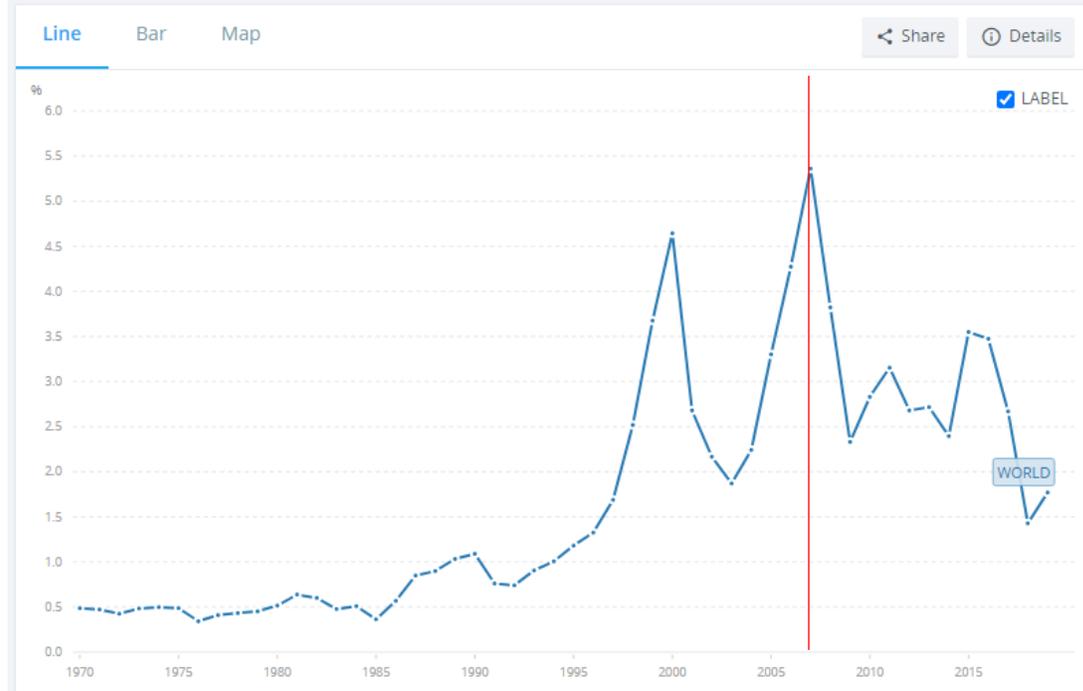


% change in sales

Foreign direct investment, net inflows (% of GDP)

International Monetary Fund, International Financial Statistics and Balance of Payments databases, World Bank, International Debt Statistics, and World Bank and OECD GDP estimates.

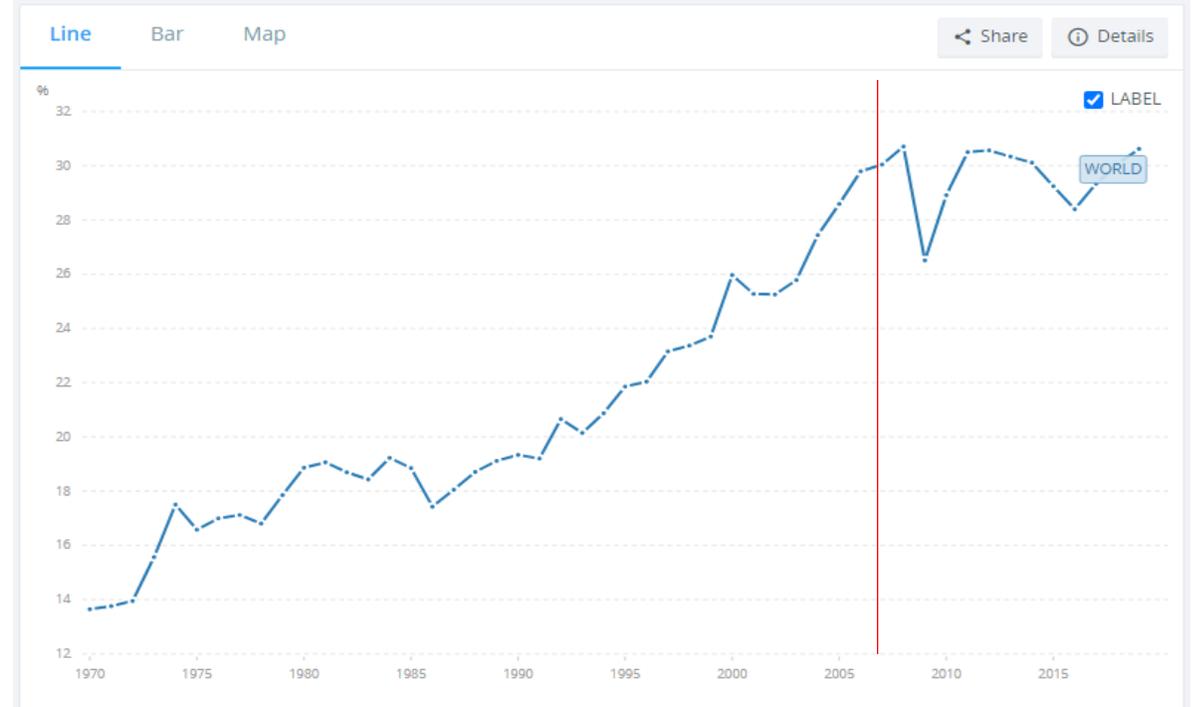
License : CC BY-4.0

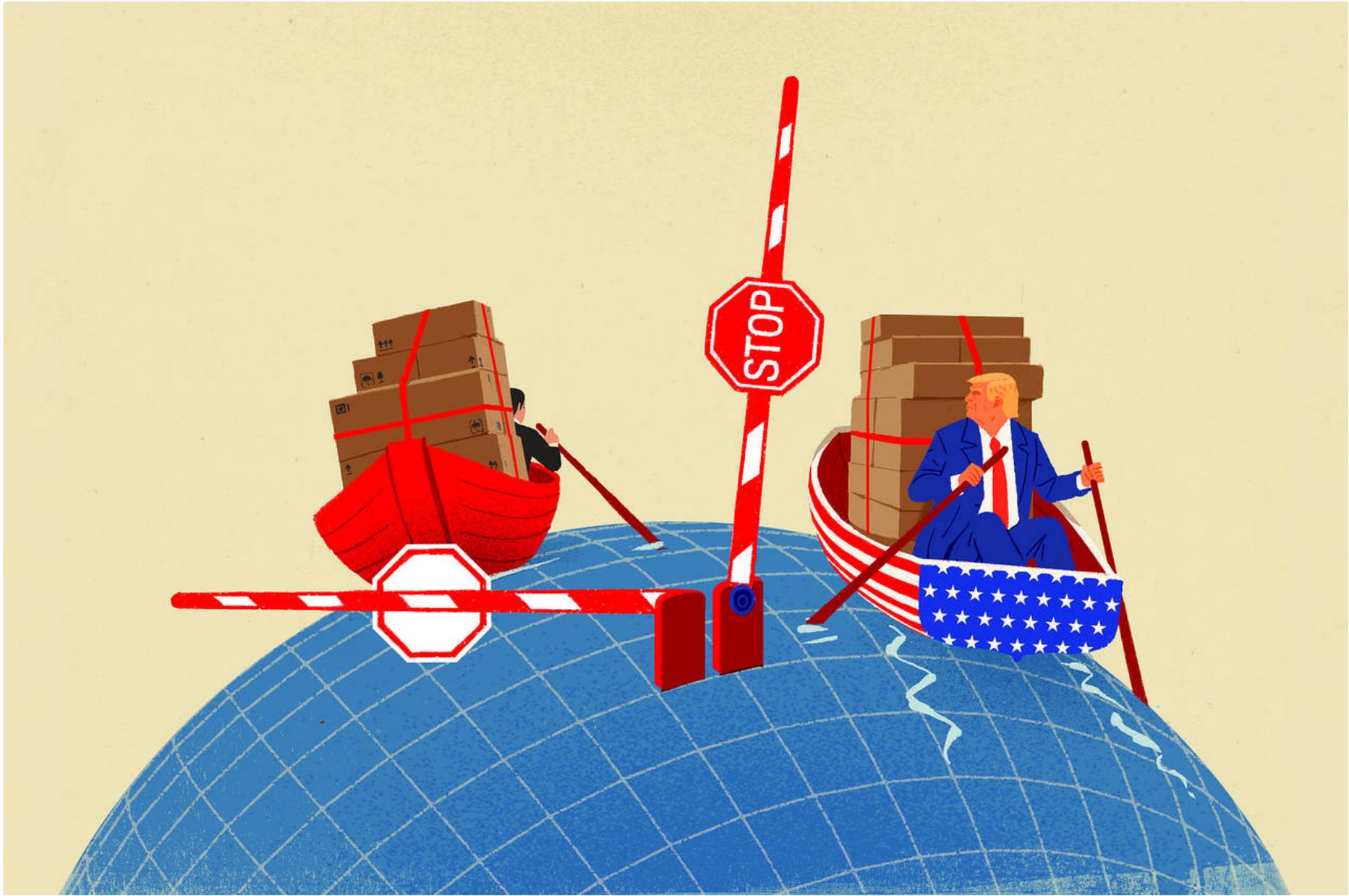


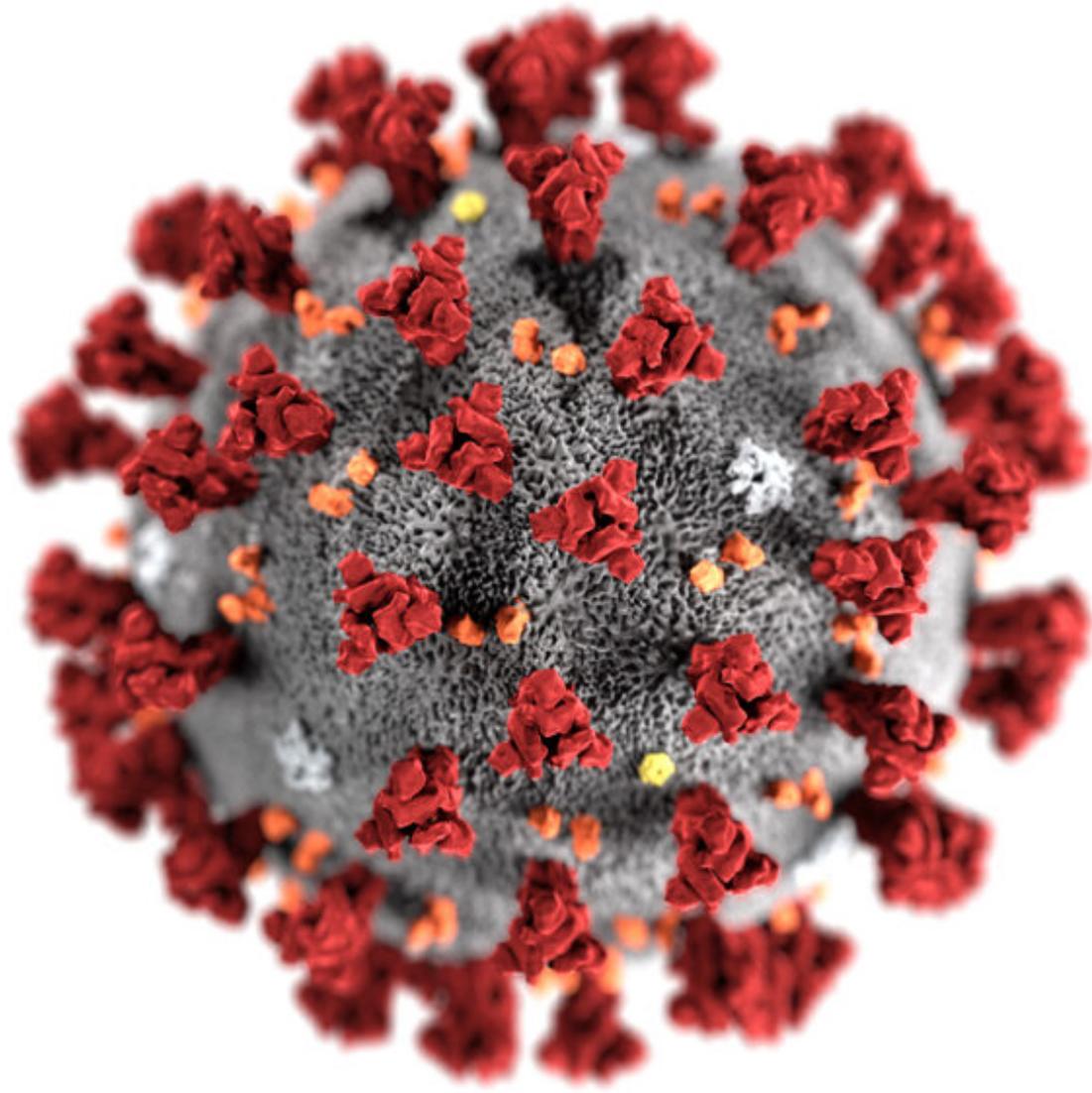
Exports of goods and services (% of GDP)

World Bank national accounts data, and OECD National Accounts data files.

License : CC BY-4.0







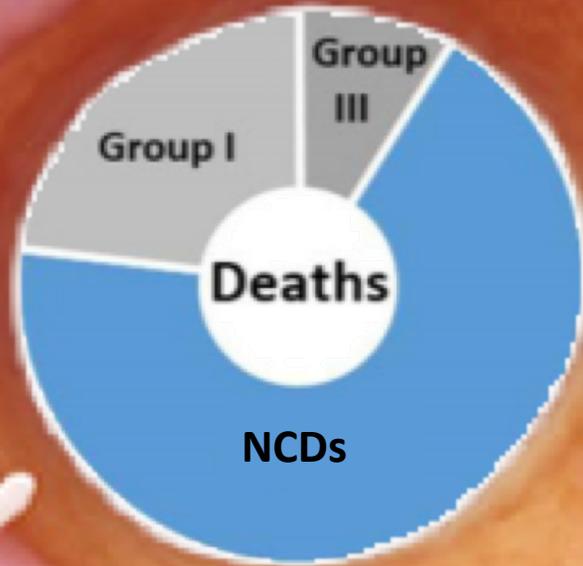


So what's happening with
NCD deaths?

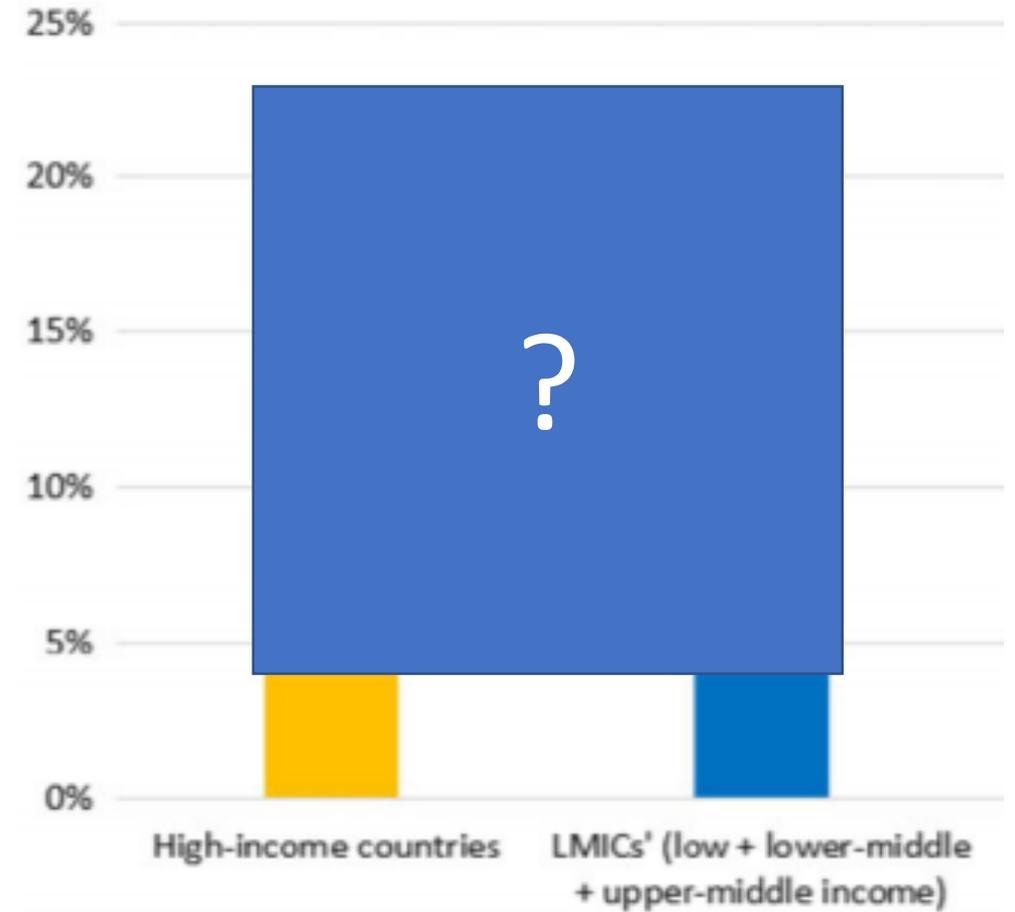
Quantifying from non-r

Luke Allen, I

British Heart Found
Oxford OX3 7DQ, U
Address correspon

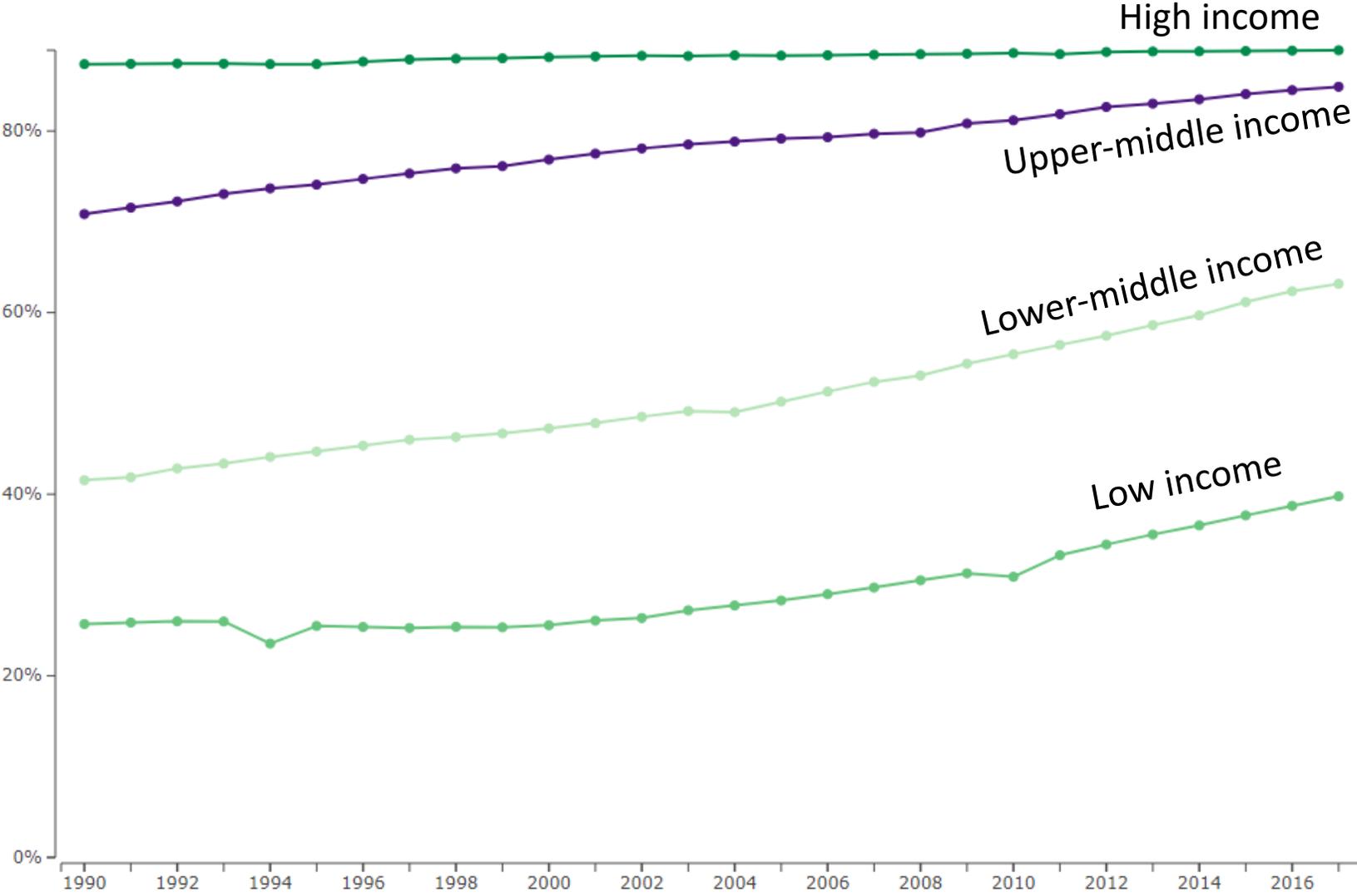


Probability of premature death from an NCD



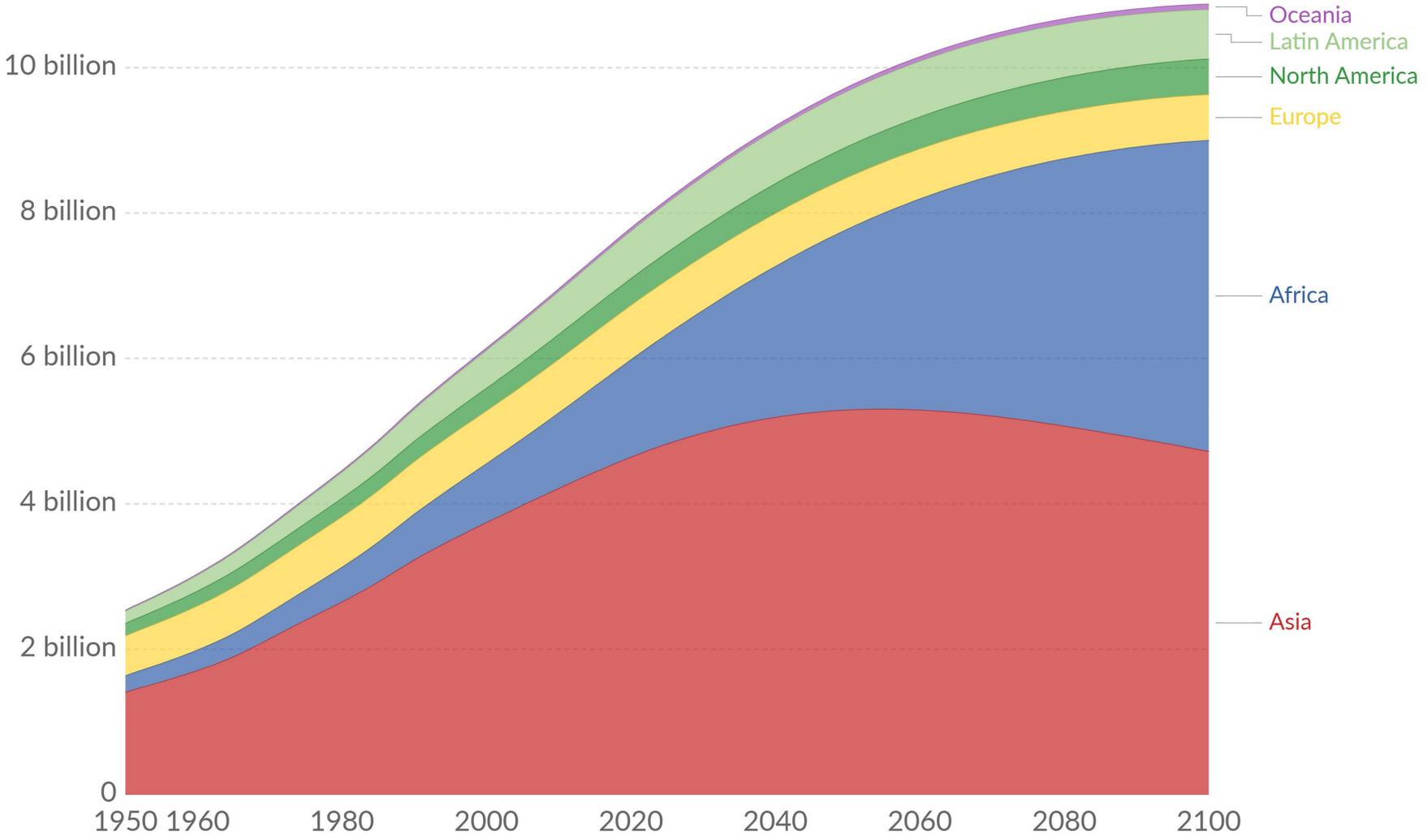
Source: Allen LN, Cobiac L, Townsend N. Quantifying the global distribution of premature mortality from non-communicable diseases. Journal of Public Health. 2017

Percentage of global deaths attributable to NCDs



Source: IHME data viz hub

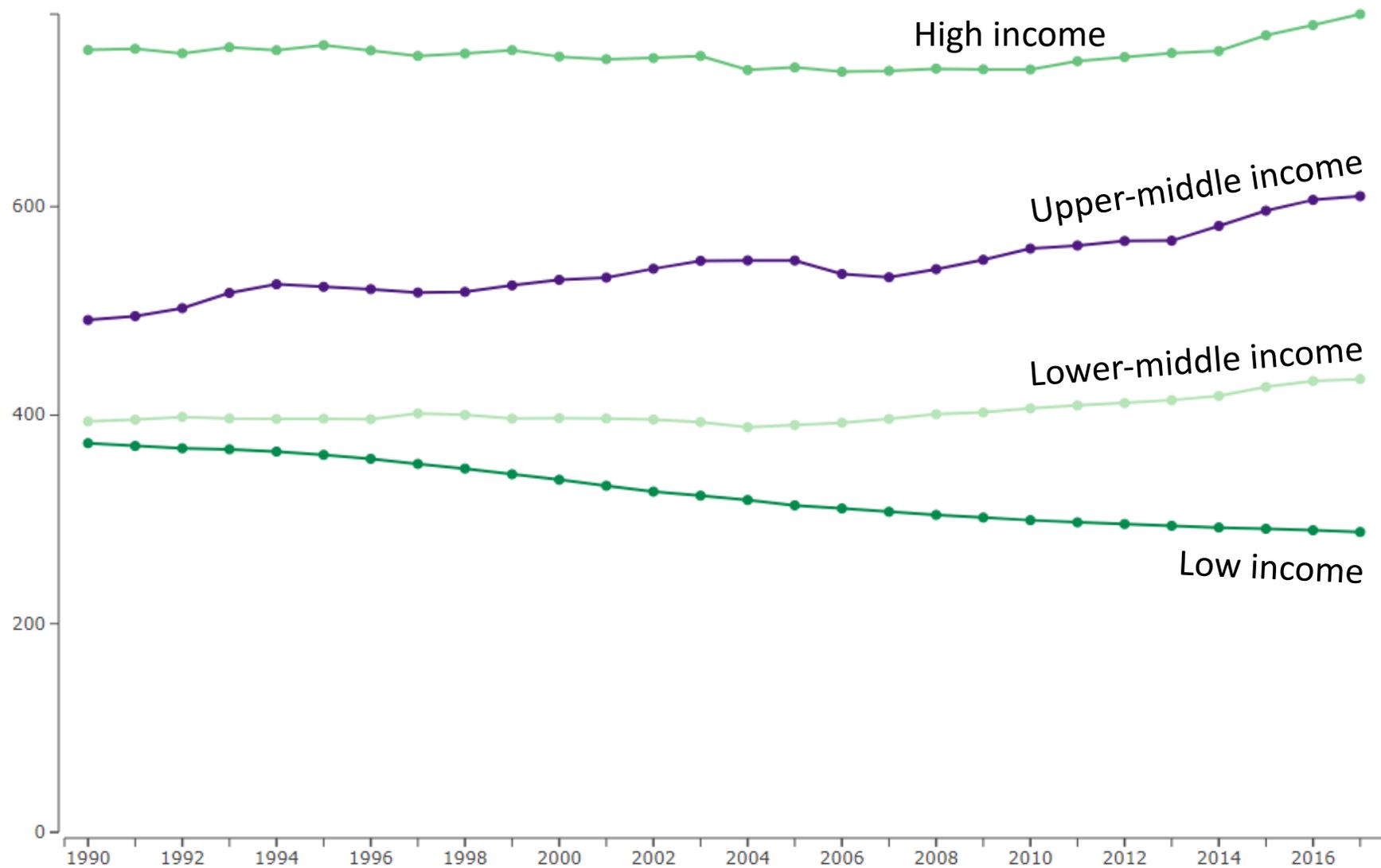
Population by world region



Source: HYDE (2016) & UN, WPP (2019)

OurWorldInData.org/world-population-growth • CC BY

NCD death rate by income group

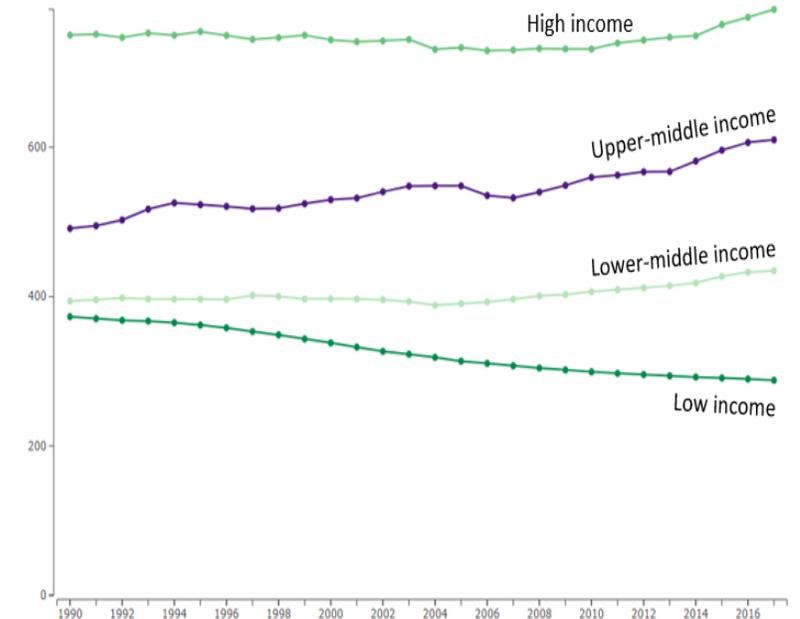


Source: IHME data viz hub

@drlukeallen

So...

- The proportion of deaths attributable to NCDs is rising
- Especially in Africa and Asia
- This is partly because other causes are falling
- Absolute numbers of NCD deaths are genuinely rising
- But once we adjust for population growth, NCD death rates are pretty static, and falling in Sub-Saharan Africa
- NCD death rates are growing fastest in upper-middle income countries



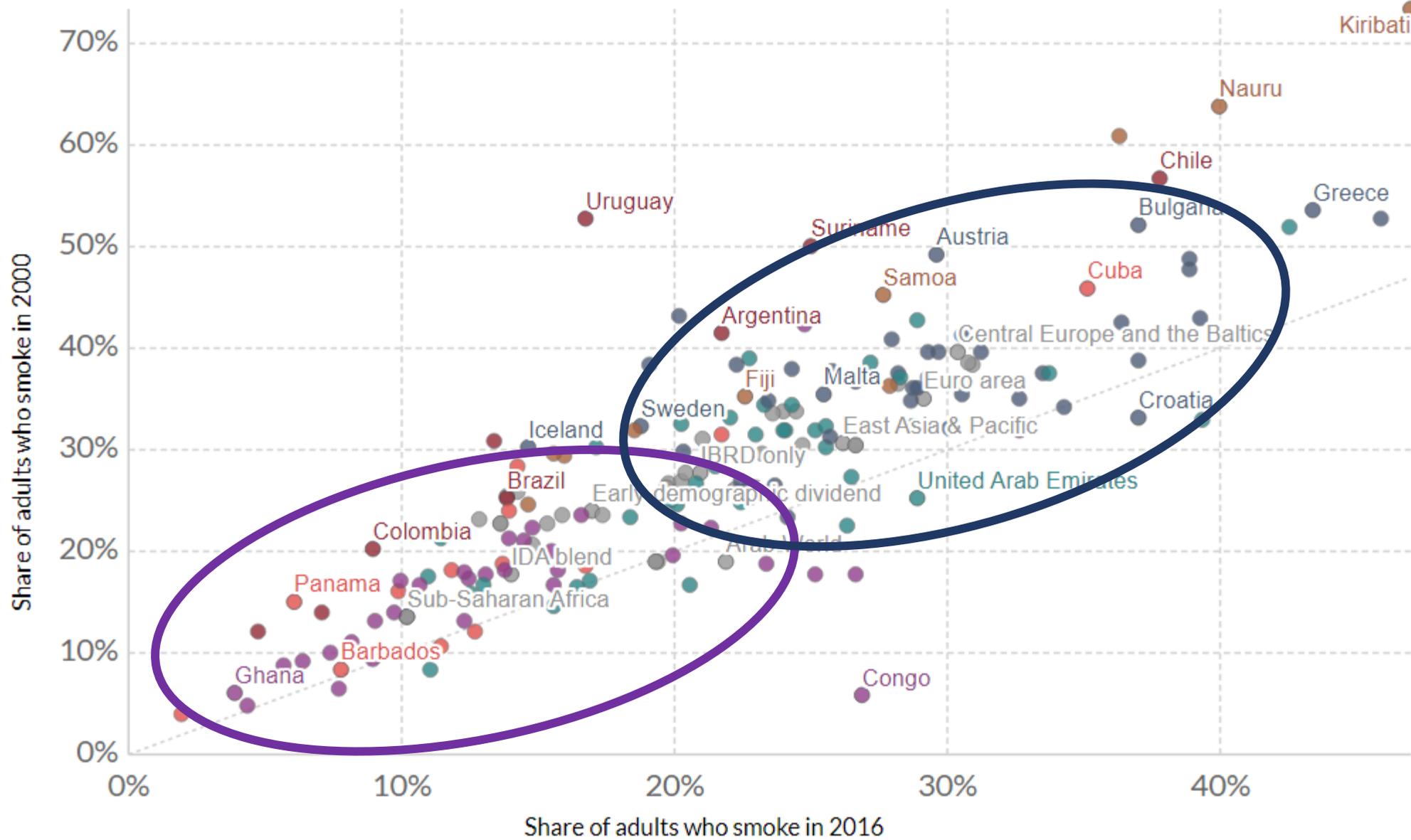
Source: IHME data viz hub

What's happening with NCD
risk factors?

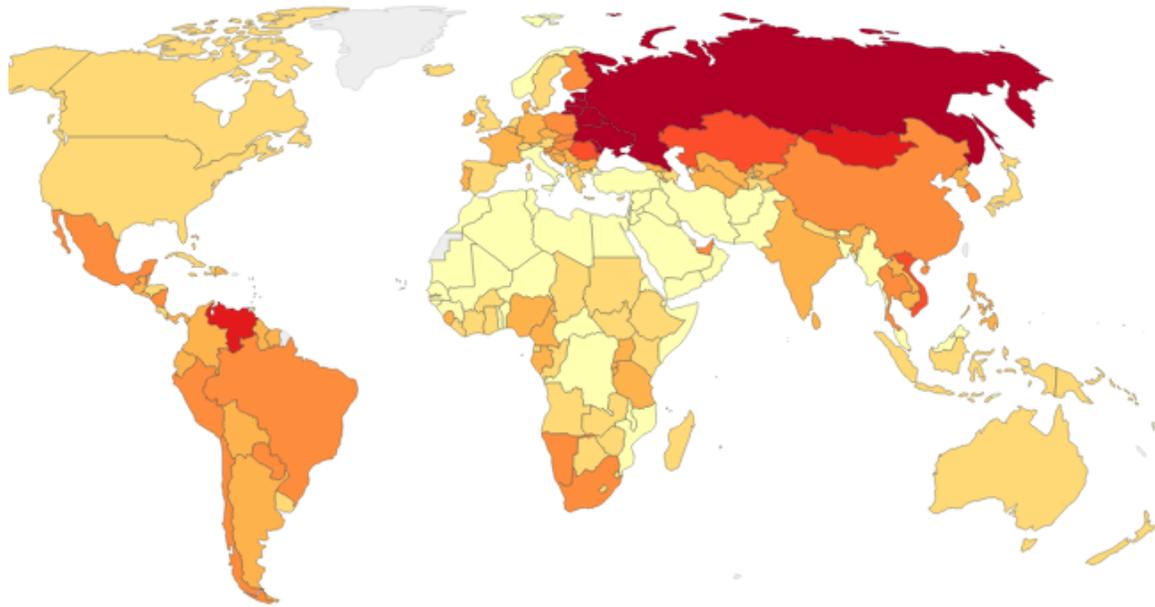
Global deaths from different risk factors



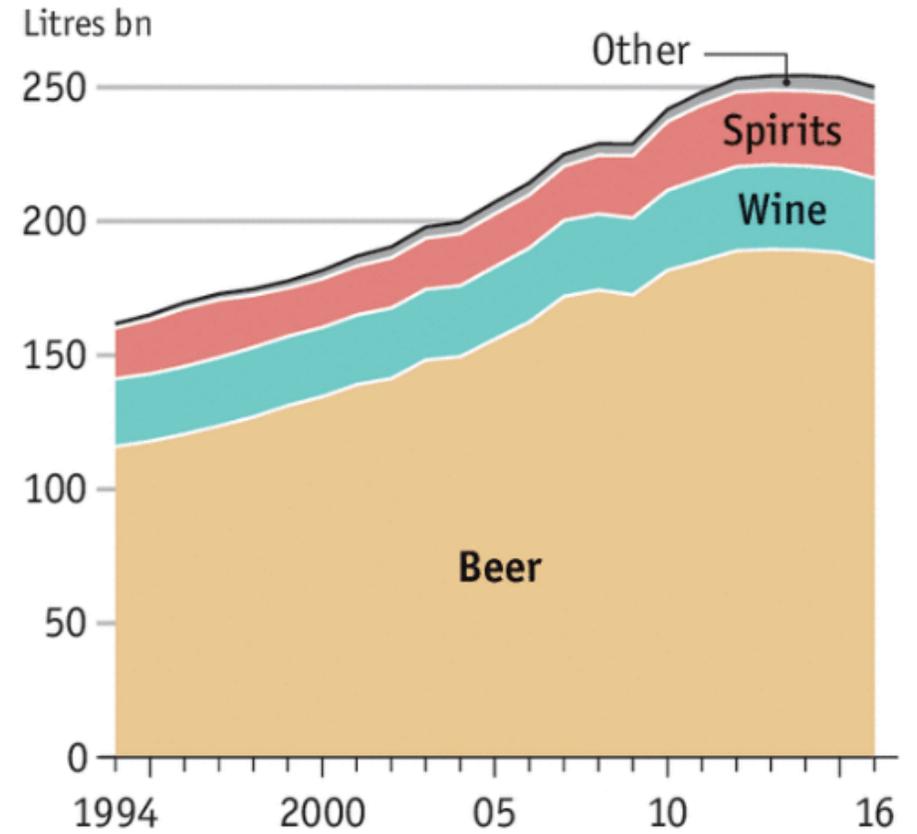
Smoking rates are falling



We have reached peak booze

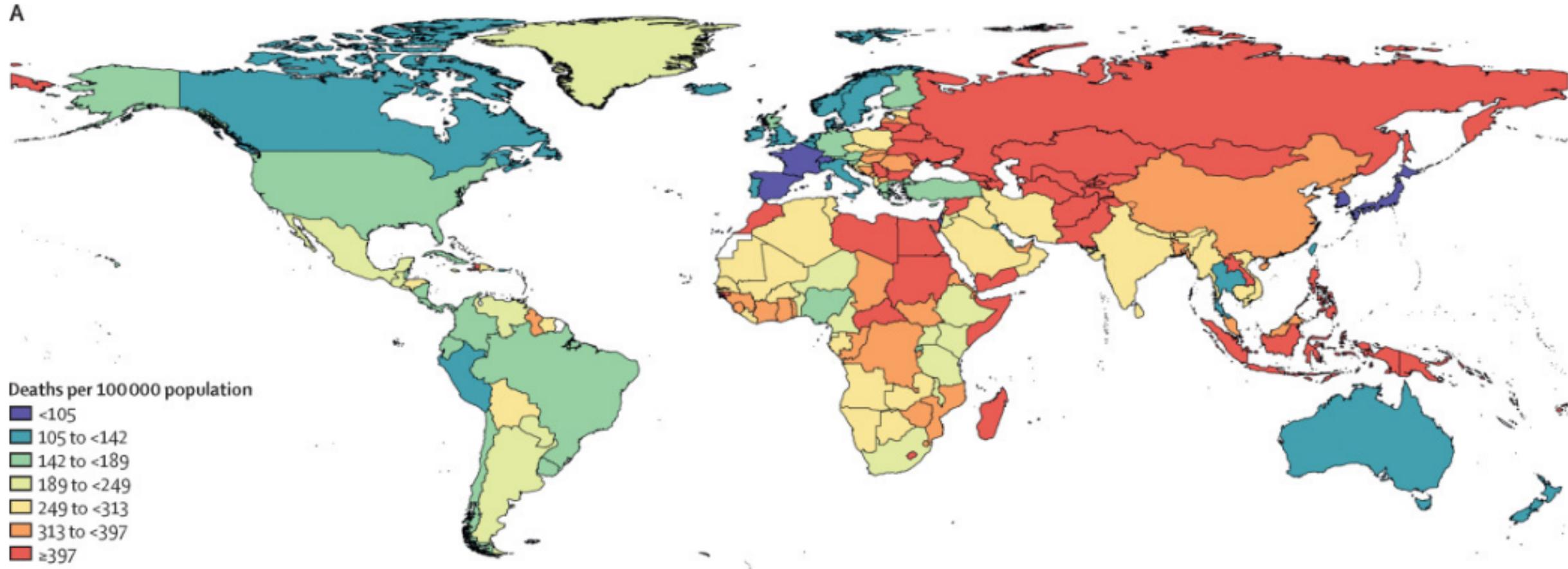


Source: WHO



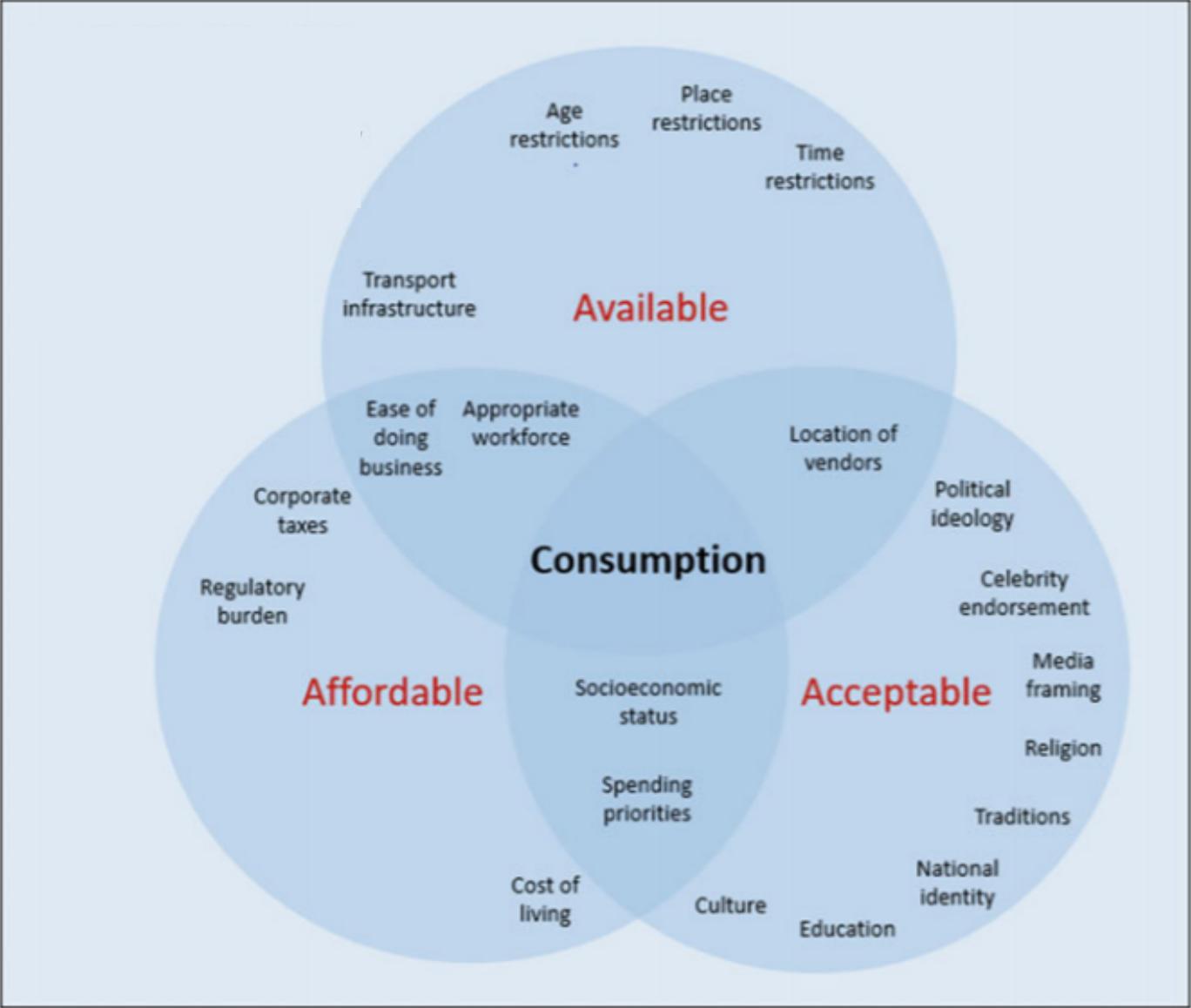
Source: IWSR

Poor diet is a major problem



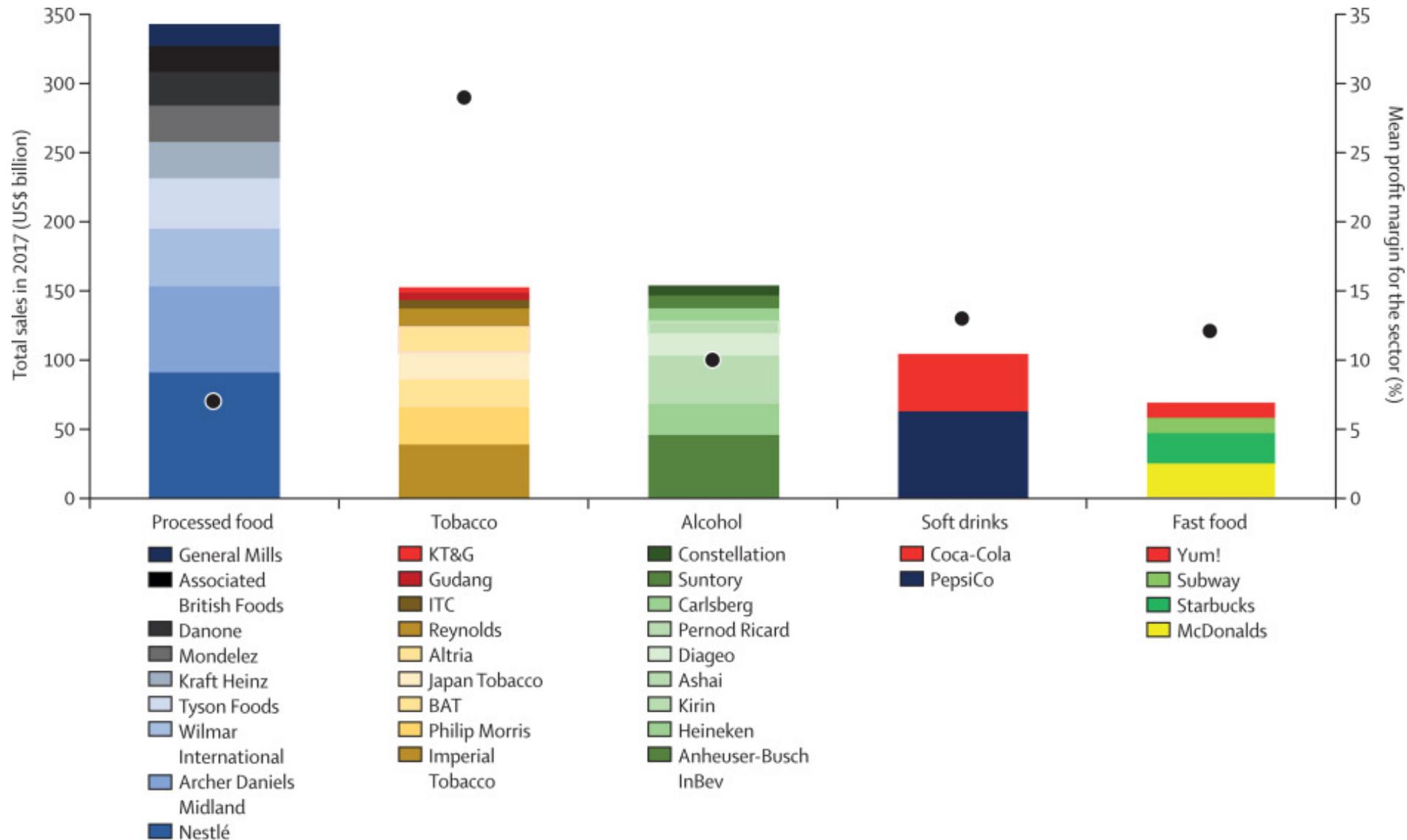
Source: Afshin et al. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*. 2019 May 11;393(10184):1958-72.

What drives consumption of NCD vectors?



Source: Allen L. Commercial determinants of Global Health. Springer Global Health Handbook. 2020

What drives consumption of NCD vectors?



How can we stop
overconsumption?

WHO 'Best Buys'



REDUCE TOBACCO USE

- Increase excise **taxes and prices** on tobacco products
- Implement **plain packaging** and/or large graphic health warnings on tobacco packages
- **Ban tobacco advertising, promotion and sponsorship**
- **Ban smoking** in all indoor workplaces, public places, and on public transport
- **Warn about the harms** of smoking/tobacco use and second hand smoke through mass media campaigns
- Provide tobacco **cessation programs**



REDUCE HARMFUL USE OF ALCOHOL

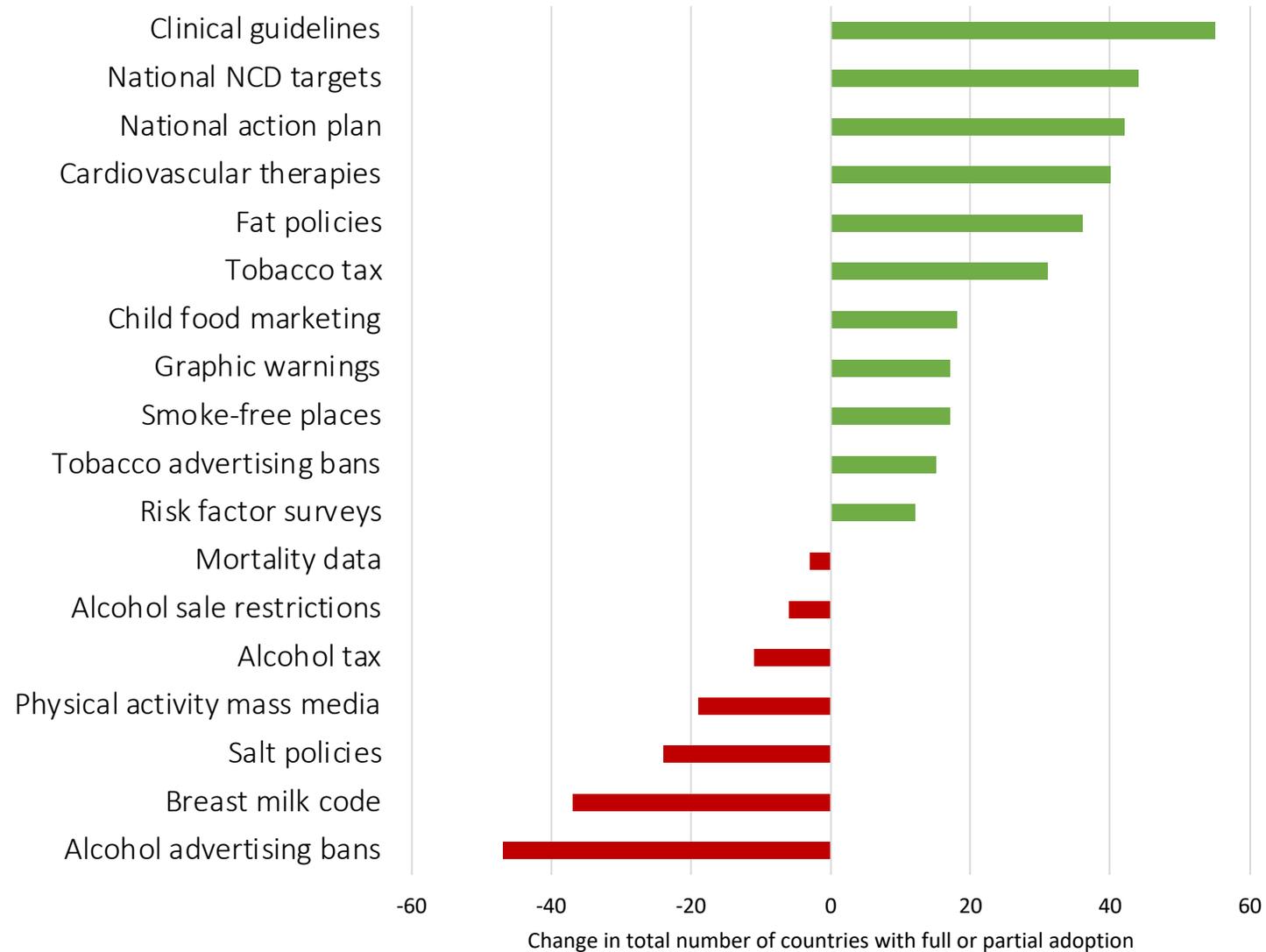
- Increase excise **taxes** on alcoholic beverages
- **Ban or restrict alcohol advertising.**
- **Restrict the physical availability** of retailed alcohol
- Enact and enforce **drink-driving laws** and blood alcohol concentration limits
- Provide **psychosocial intervention** for persons with hazardous and harmful alcohol use



PROMOTE HEALTHY DIET

- **Reduce salt intake** by:
 - product reformulation and setting targets for the amount of salt in foods and meals
 - providing lower sodium options in public institutions
 - promoting behavior change through mass media campaigns
 - implementing front-of-pack labeling
- **Ban trans-fats** in the food chain
- Raise **taxes on sugar-sweetened beverages** to reduce sugar consumption

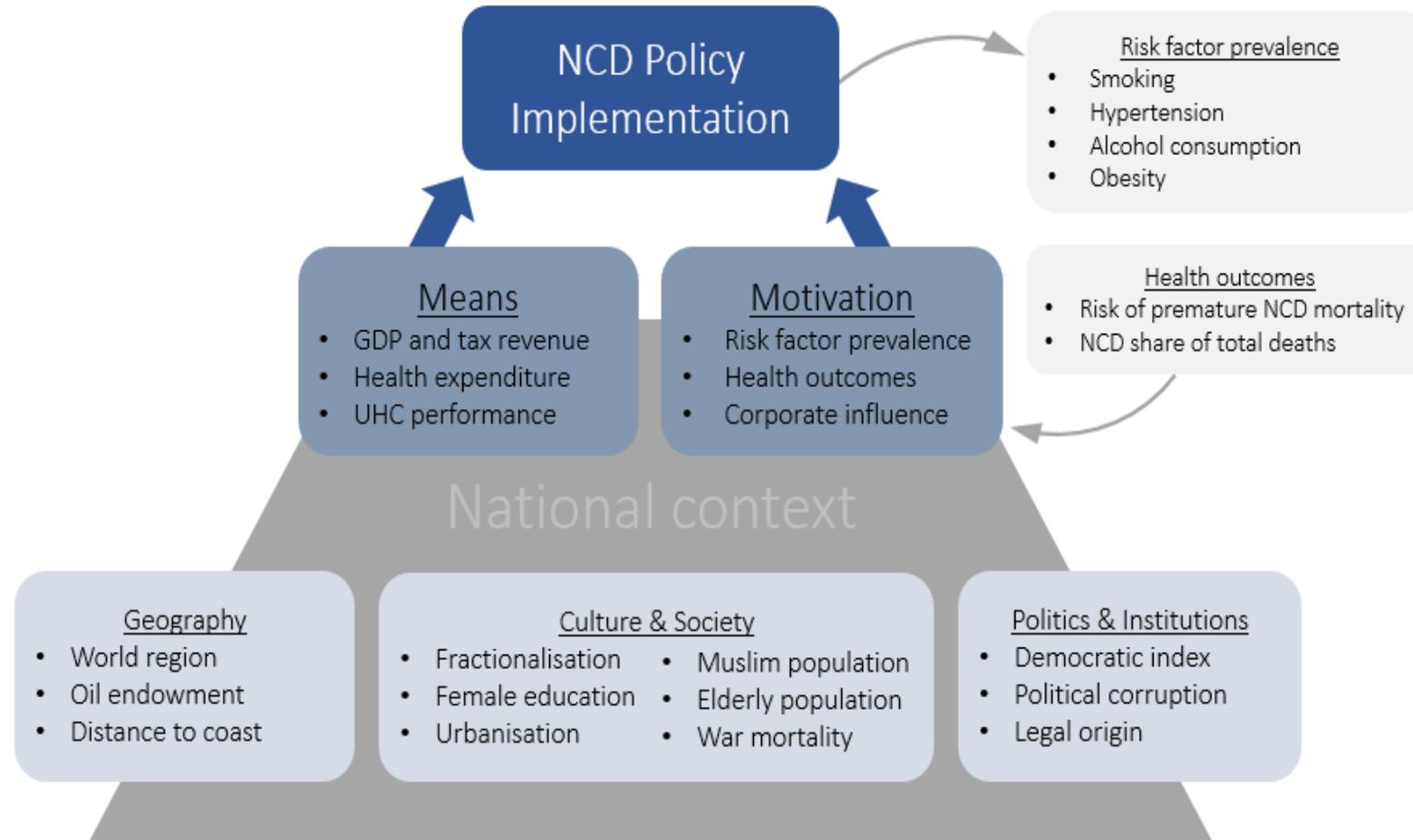
Change in policy implementation from 2015-2020

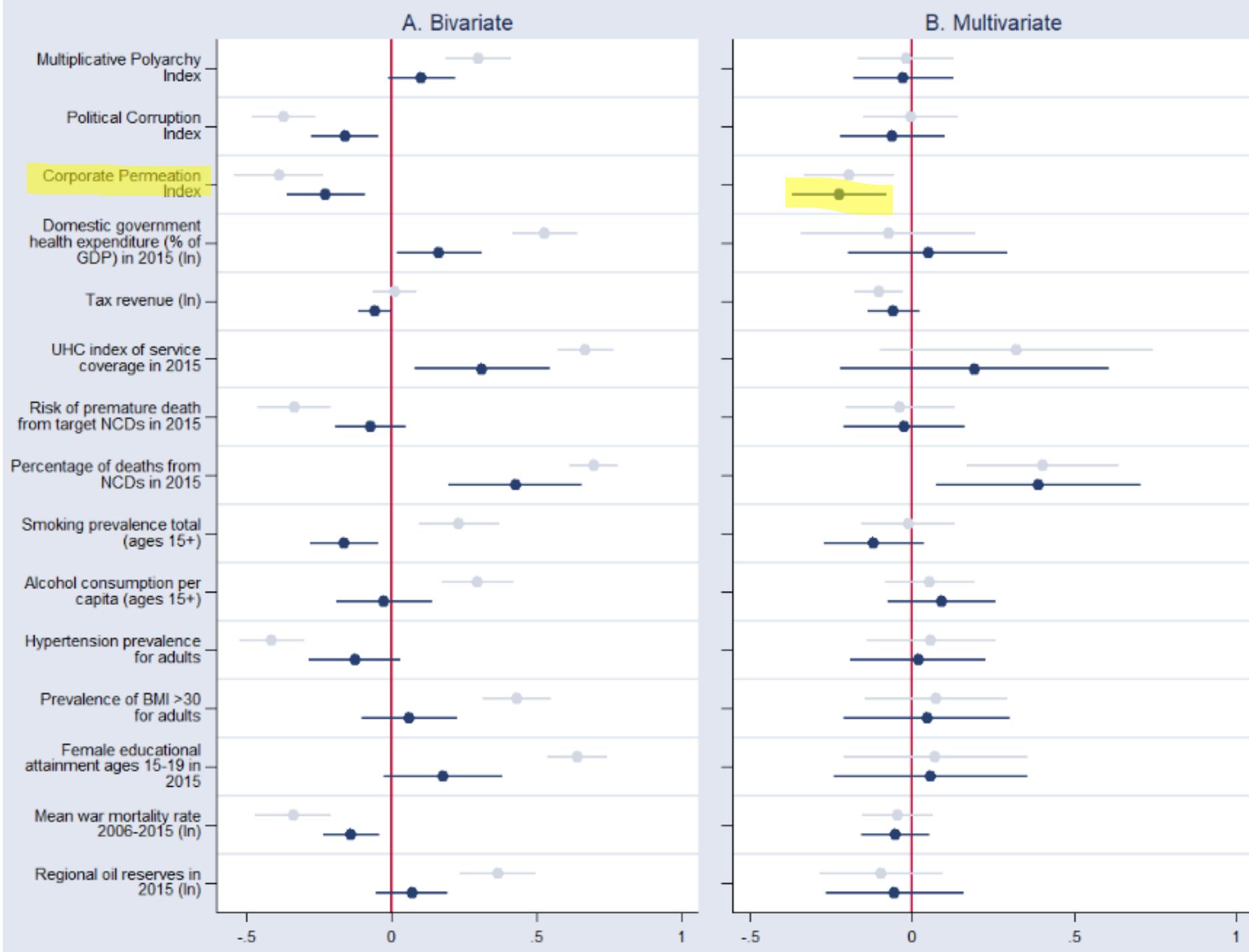


NCD policy implementation heat map

	Former-Soviet						World Bank Income Category				WHO Region					
	OECD	EU	G20	Gulf states	SIDS	High	Upper middle	Lower middle	Low	AFRO	WPRO	PAHO	EMRO	SEARO	EURO	
n	15	36	27	43	6	38	57	60	46	31	46	27	35	22	11	53
National NCD targets	93%	49%	44%	59%	100%	63%	55%	68%	70%	55%	58%	67%	70%	64%	100%	52%
Mortality data	90%	100%	98%	93%	50%	50%	89%	61%	23%	2%	8%	41%	80%	27%	14%	91%
Risk factor surveys	83%	68%	61%	67%	58%	45%	59%	61%	57%	42%	39%	69%	51%	55%	68%	66%
National action plan	93%	58%	57%	63%	100%	59%	63%	64%	64%	52%	47%	65%	60%	59%	100%	68%
Tobacco tax	37%	76%	81%	74%	25%	18%	59%	39%	18%	8%	12%	33%	26%	27%	32%	66%
Smoke-free places	50%	49%	48%	52%	25%	46%	51%	62%	46%	45%	38%	59%	66%	48%	59%	52%
Graphic warnings	90%	92%	100%	92%	58%	50%	79%	63%	61%	37%	40%	70%	66%	45%	68%	83%
Tobacco ad bans	57%	46%	54%	51%	92%	42%	50%	49%	52%	55%	54%	54%	33%	68%	50%	52%
Tobacco mass media	40%	53%	41%	48%	33%	21%	44%	27%	32%	13%	18%	39%	24%	34%	41%	38%
Alc sale restrictions	53%	44%	44%	47%	58%	49%	47%	54%	54%	52%	50%	43%	54%	70%	64%	46%
Alcohol ad bans	83%	49%	44%	41%	42%	12%	35%	33%	35%	26%	21%	13%	11%	57%	55%	54%
Alcohol tax	63%	43%	35%	37%	33%	45%	40%	47%	47%	48%	45%	41%	46%	59%	41%	42%
Salt policies	50%	68%	67%	64%	92%	13%	59%	33%	17%	0%	1%	28%	27%	43%	32%	58%
Fat policies	77%	92%	100%	88%	100%	11%	75%	29%	16%	0%	2%	11%	27%	43%	23%	79%
Child food marketing	67%	86%	78%	70%	33%	11%	60%	32%	13%	3%	0%	33%	23%	18%	36%	66%
Breast milk code	53%	42%	50%	49%	58%	24%	42%	43%	47%	47%	46%	26%	37%	52%	59%	50%
PA campaigns	87%	94%	100%	95%	75%	63%	88%	70%	33%	18%	21%	54%	77%	36%	50%	91%
Clinical guidelines	93%	82%	78%	81%	92%	51%	72%	66%	62%	45%	47%	61%	69%	52%	86%	75%
CVD therapies	60%	76%	76%	69%	83%	37%	69%	43%	13%	2%	5%	44%	26%	36%	36%	69%
Total	69%	67%	66%	65%	64%	37%	60%	50%	40%	29%	29%	45%	46%	47%	53%	63%

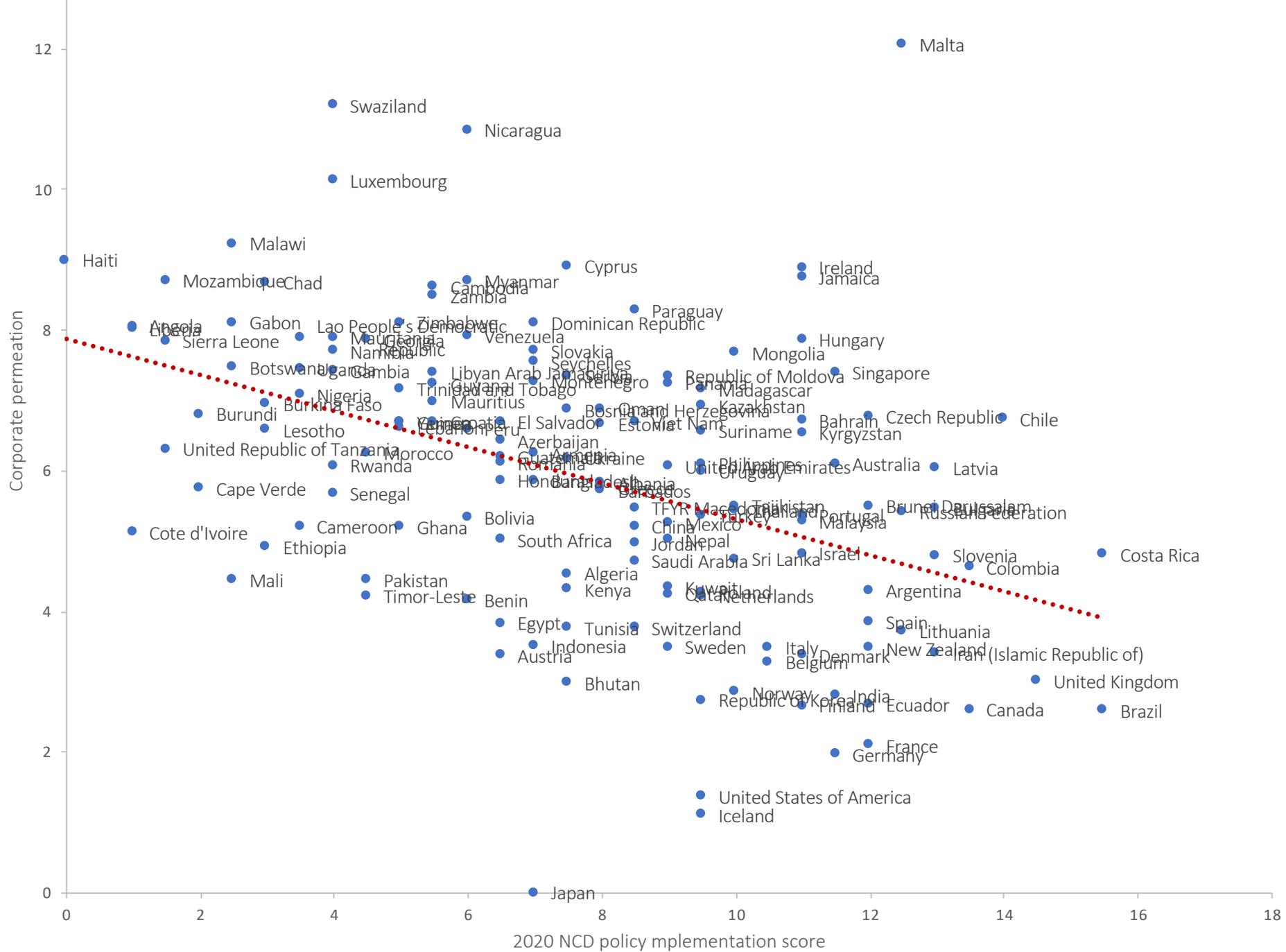
Conceptual framework for NCD policy implementation





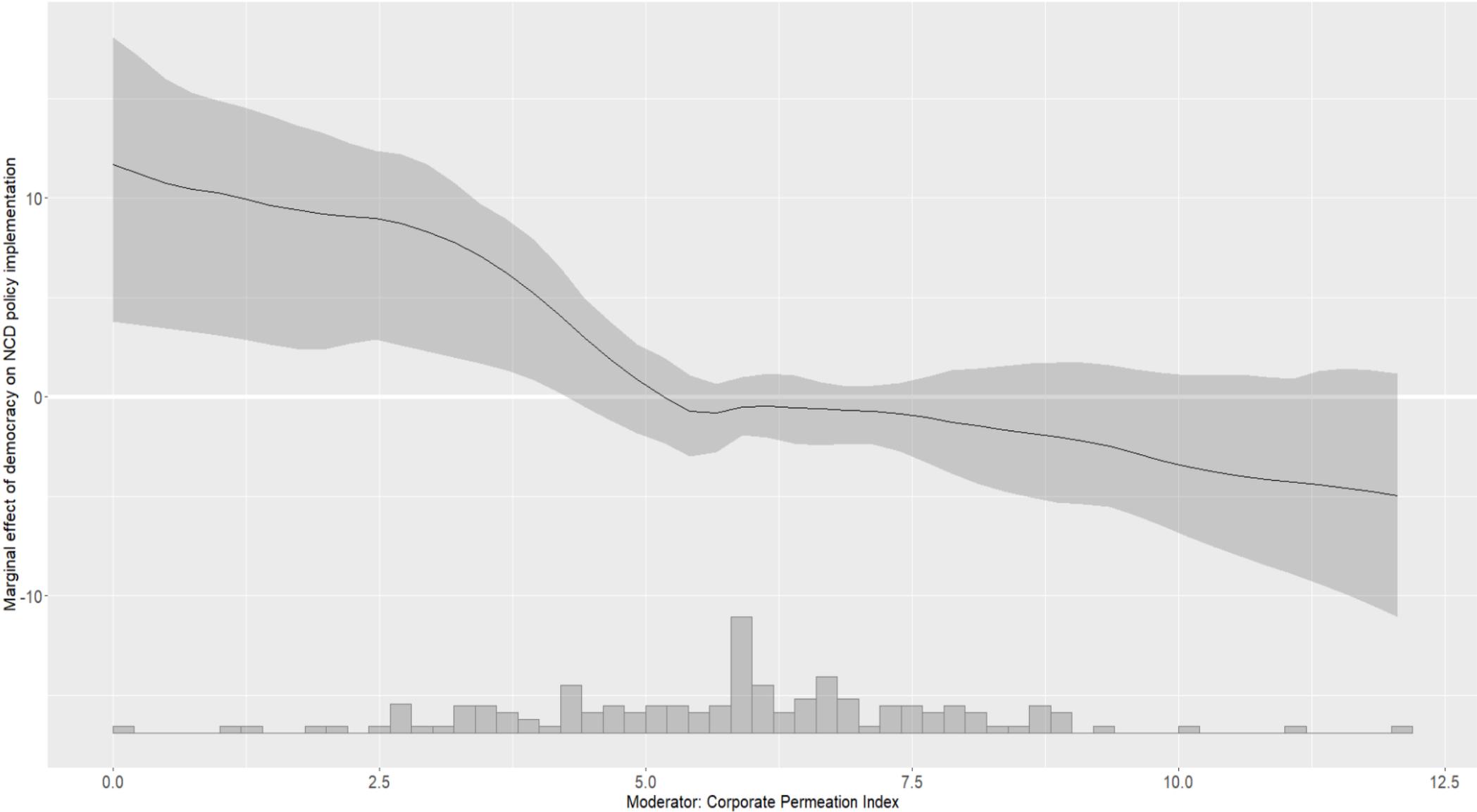
“The extent to which corporations are embedded in the political, legal, social, economic and cultural fabric of a country”

Madureira Lima J, Galea S. The Corporate Permeation Index:
A tool to study the macrosocial determinants of Non-Communicable Disease.
Soc Sci Med-Popul Heal. 2019.

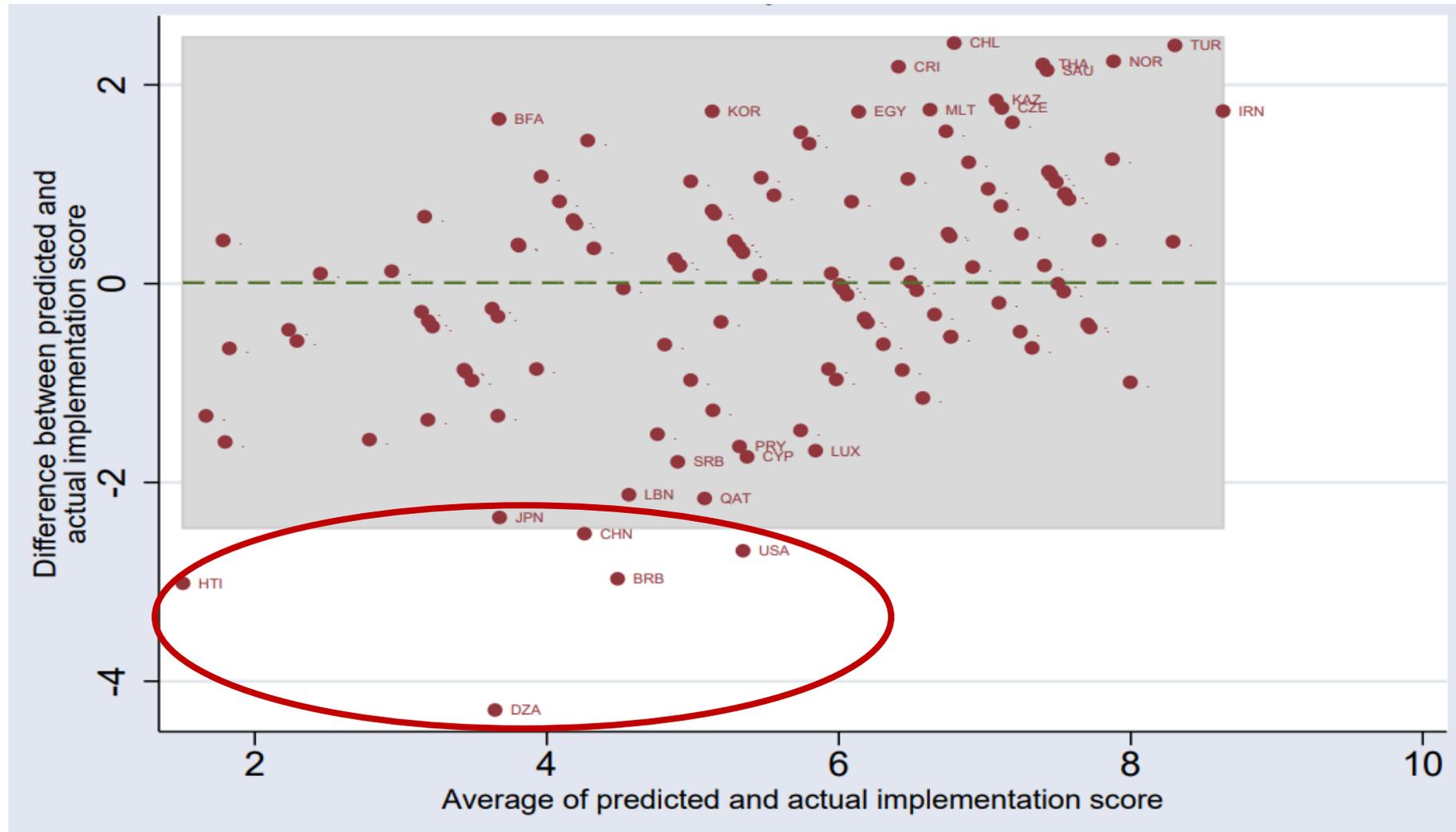




Democracy and corporate permeation



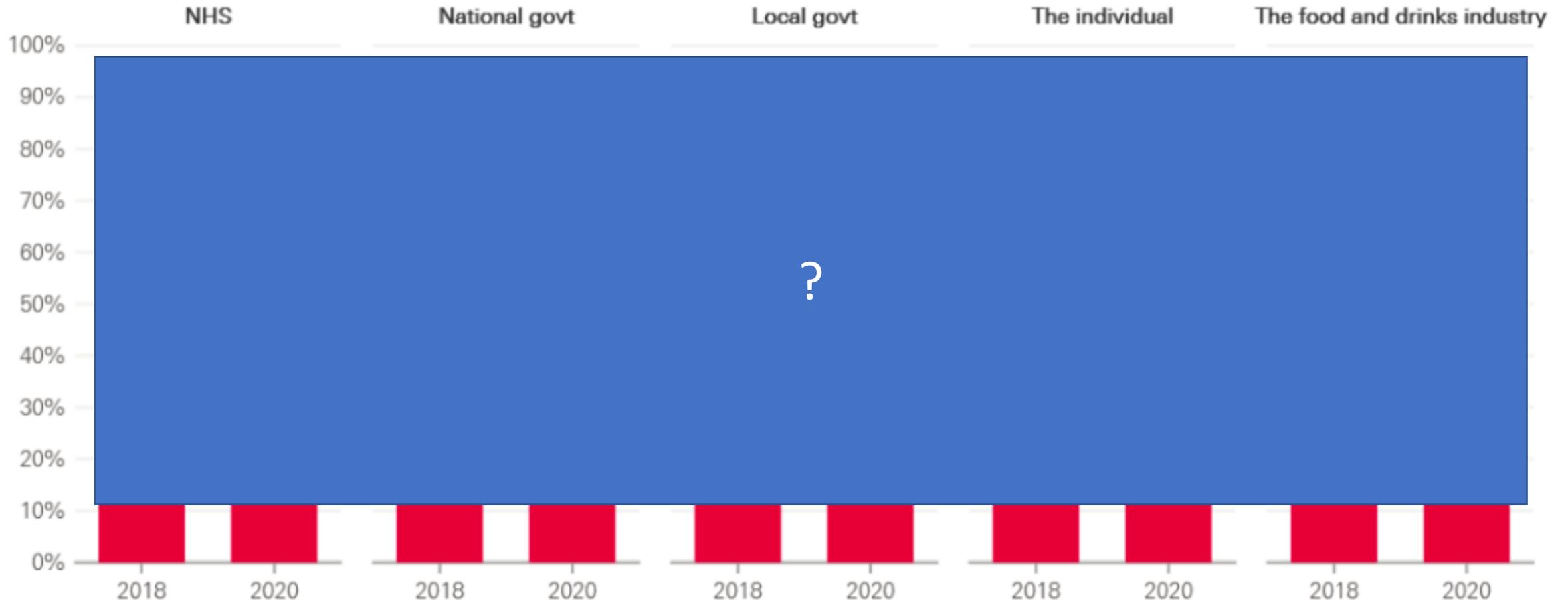
Policy action against tobacco, alcohol, and poor diet

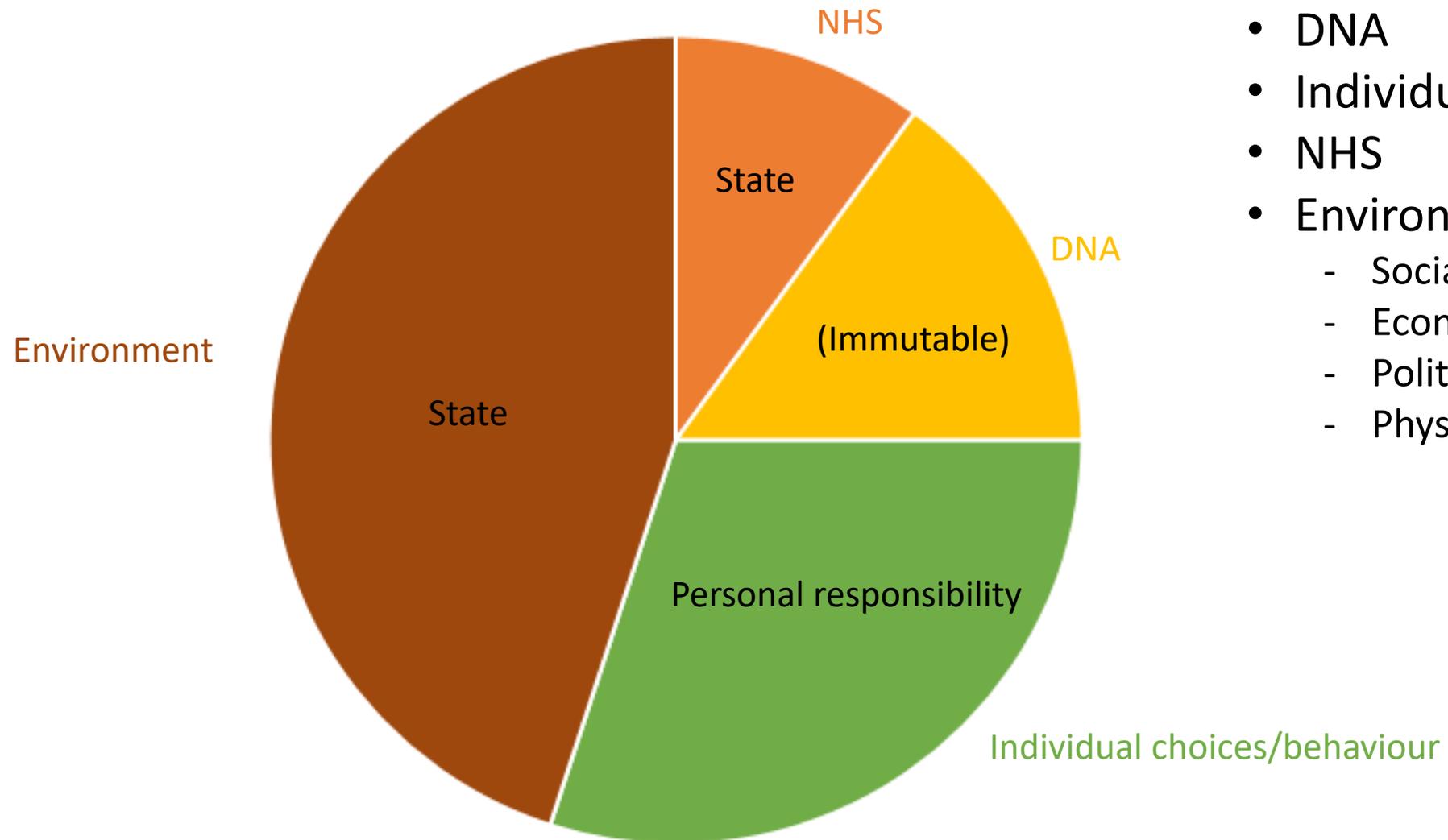


Should we stop
overconsumption?



■ A great deal of responsibility ■ A fair amount of responsibility





- DNA
- Individual choices
- NHS
- Environment
 - Social
 - Economic
 - Political
 - Physical



THE LANCET Global Health



Log in

ARTICLES | [VOLUME 5, ISSUE 3, E277-E289, MARCH 01, 2017](#)

Socioeconomic status and non-communicable disease behavioural risk factors in low-income and lower-middle-income countries: a systematic review

[Luke Allen, MPH](#) • [Julianne Williams, MSC](#) • [Dr Nick Townsend, PhD](#)   • [Bente Mikkelsen, MD](#) • [Nia Roberts, PhD](#)

[Charlie Foster, PhD](#) • [Kremlin Wickramasinghe, PhD](#) • [Show less](#)

4247 records identified through
database searching

@drlukeallen

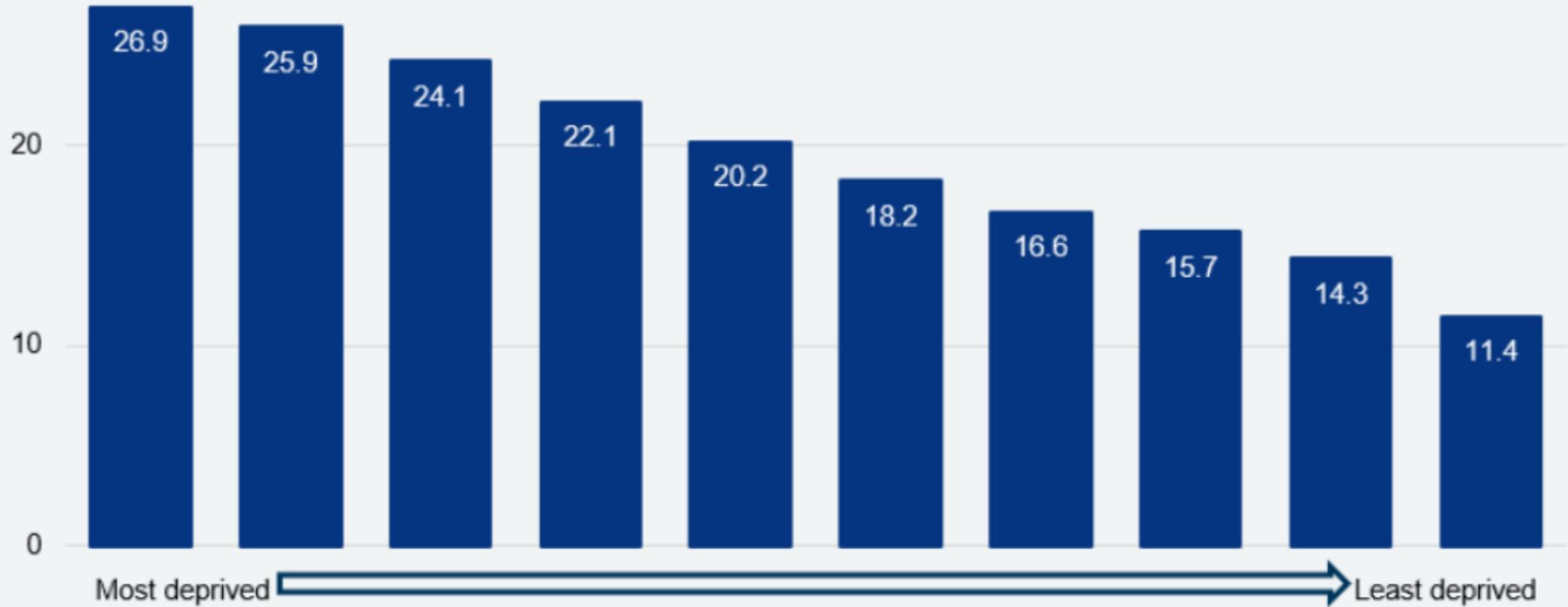
The Chief Medical Officer's Ten Tips for Better Health

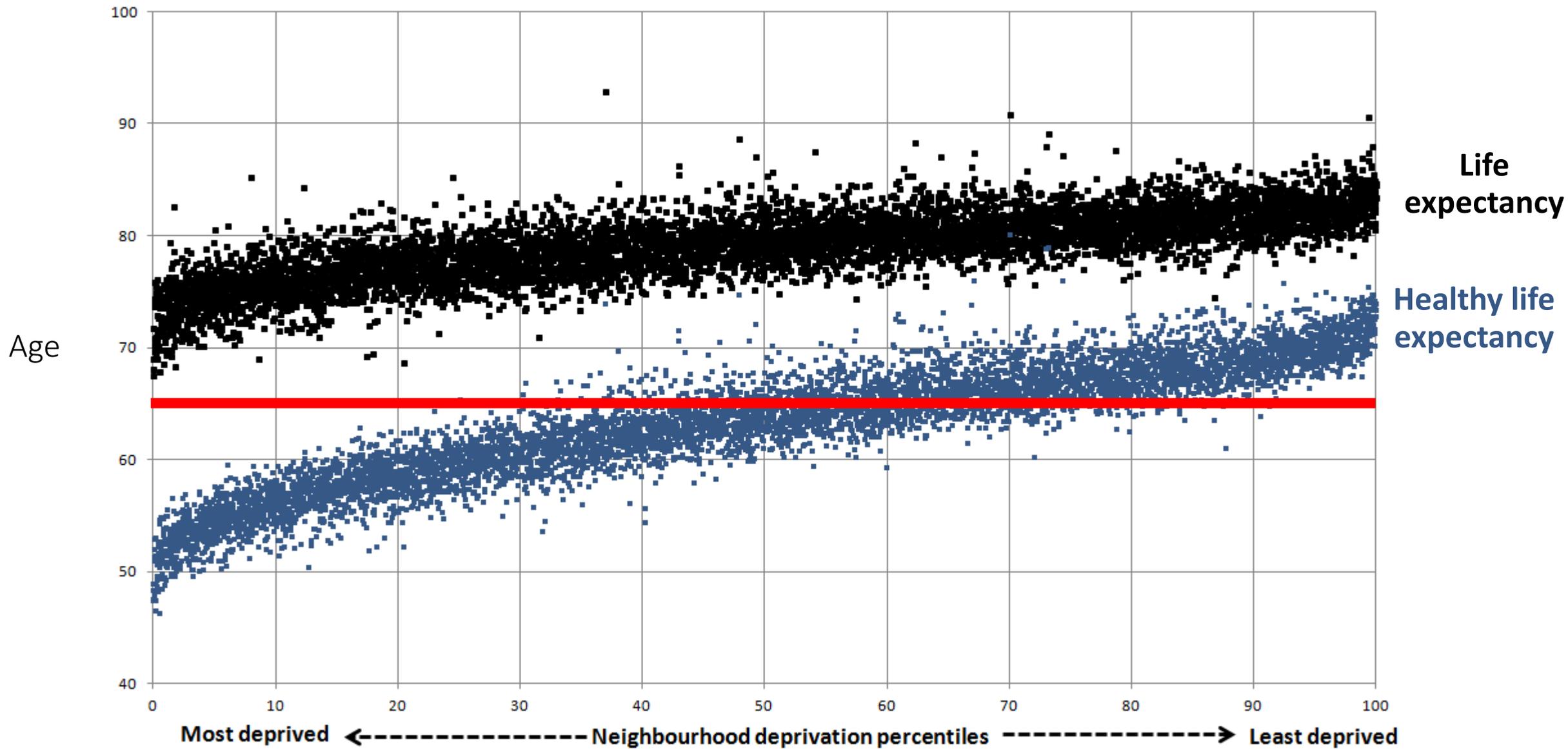
- 1 Don't smoke. If you can, stop. If you can't, cut down.
- 2 Follow a balanced diet with plenty of fruit and vegetables.
- 3 Keep physically active
- 4 Manage stress by, for example, talking things through and making time to relax.
- 5 If you drink alcohol, do so in moderation.
- 6 Cover up in the sun, and protect children from sunburn.
- 7 Practise safer sex.
- 8 Take up cancer screening opportunities.
- 9 Be safe on the roads: follow the Highway Code.
- 10 Learn the First Aid ABC: airways, breathing and circulation.

Source: DoH (1999) Saving Lives: Our Healthier Nation. London: The Stationery Office

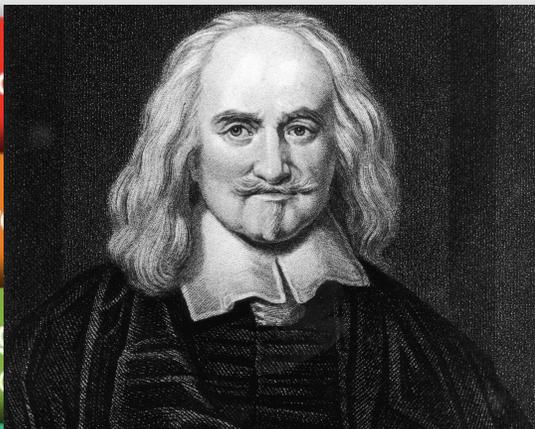
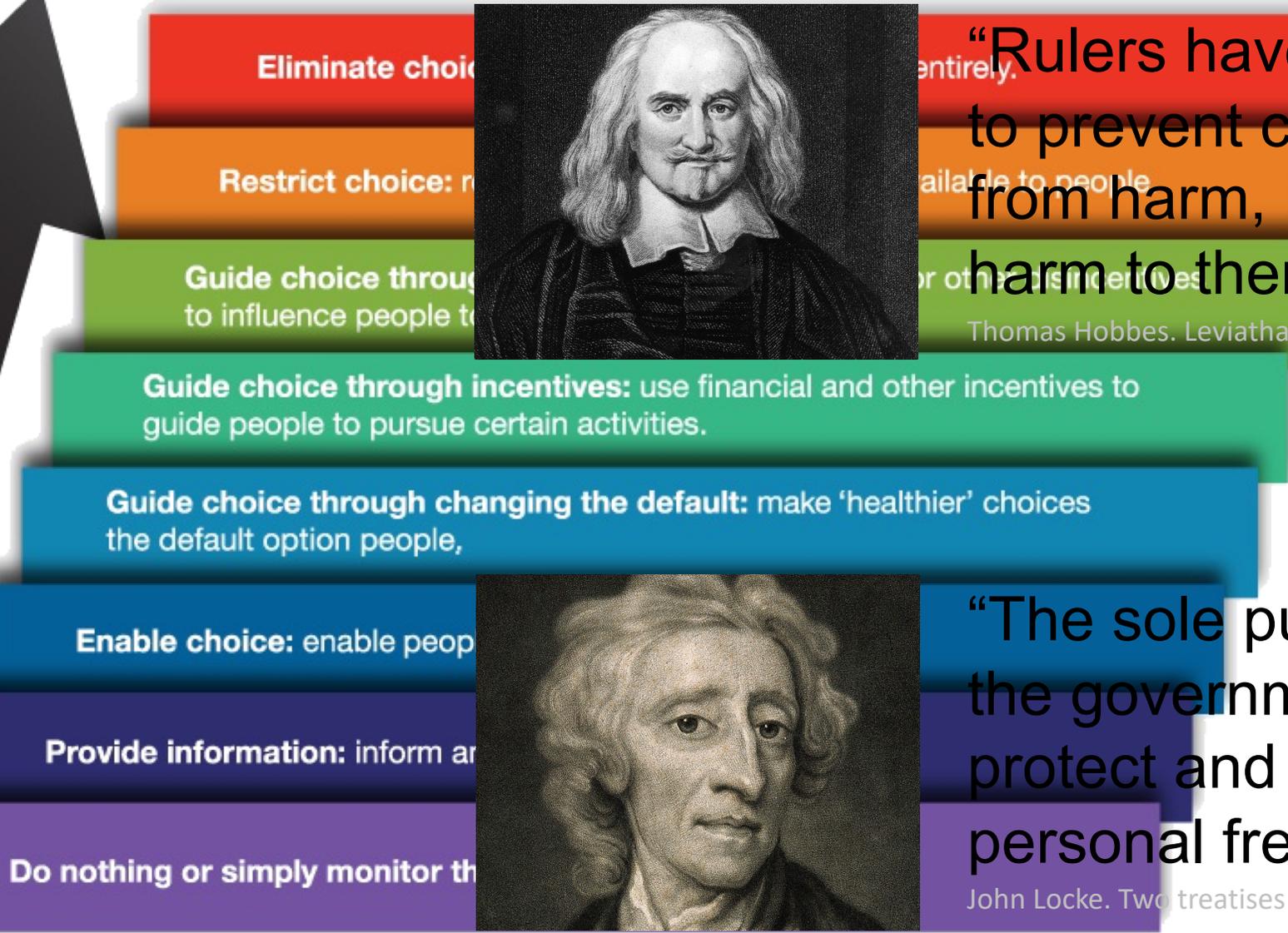
Year 6 English schoolchildren

% Obese
30



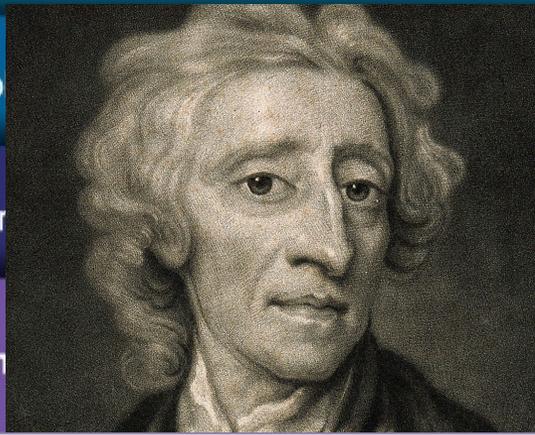


Greater levels of intervention



“Rulers have a duty to prevent citizens from harm, including harm to themselves”

Thomas Hobbes. Leviathan. 1651.

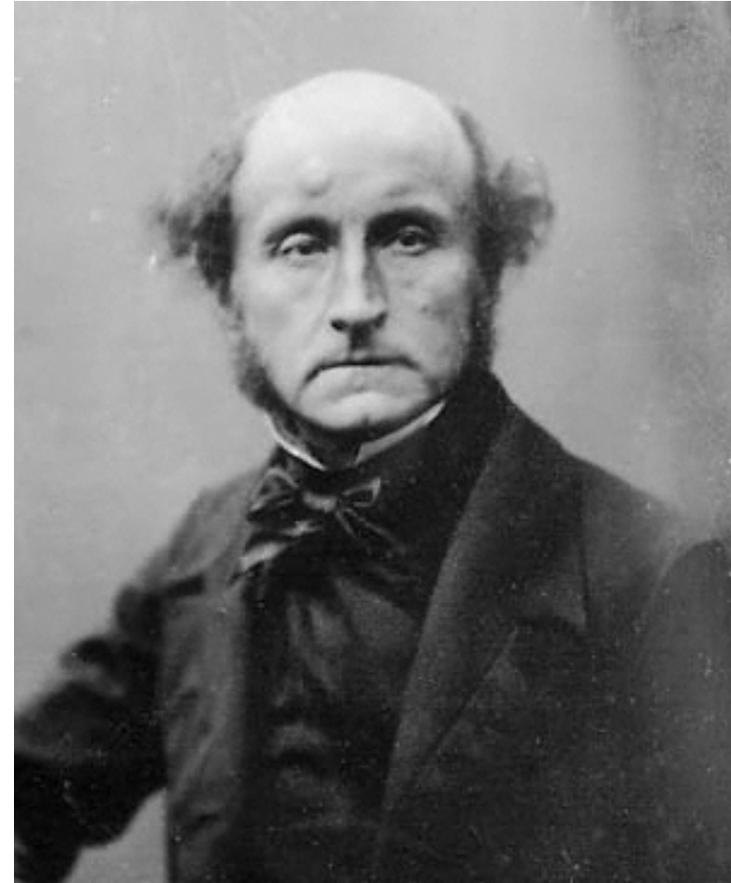


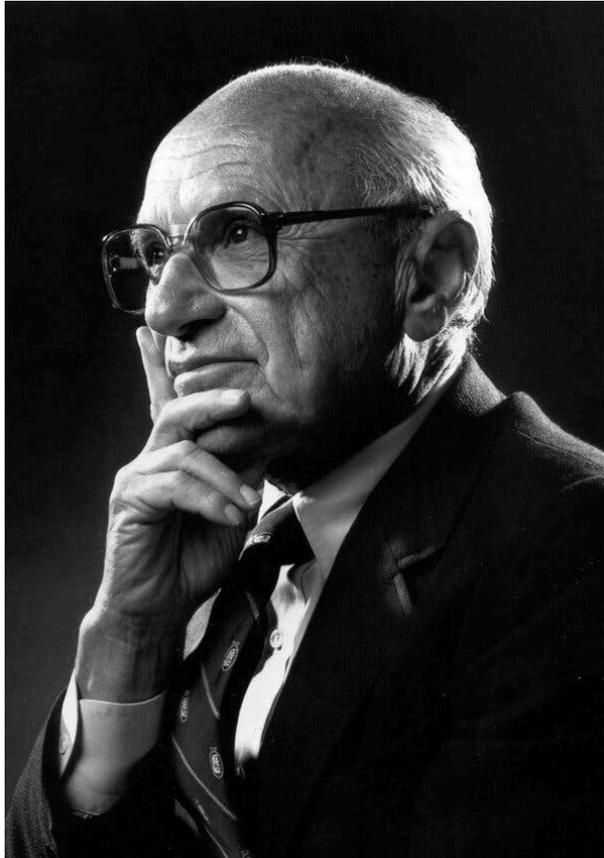
“The sole purpose of the government is to protect and enlarge personal freedoms”

John Locke. Two treatises of government. 1689.

“The only purpose for which power can be rightfully exercised over any member of a civilized community, against his will, is to prevent harm to others. His own good, either physical or moral, is not a sufficient warrant”

John Stewart Mill. On liberty. 1859.

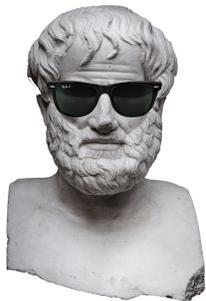




“The government solution to a problem is usually as bad as the problem”

“If you put the federal government in charge of the Sahara Desert, in 5 years there'd be a shortage of sand”

Milton Friedman



“Everything in moderation”

Hesiod, Aristotle, Plautus

“Everything in moderation,
including moderation”

Oscar Wilde



“I have the right to do anything – but I
will not be mastered by anything”

St Paul, 1 Corinthians 6v12



Summary



- NCDs are killing us, because:
 - Were richer
 - Better at treating other conditions
 - Biologically hardwired to consume naughty treats
- What's happening with NCD deaths?
 - Rising in middle income countries
 - Static or falling elsewhere
- What's happening with NCD risk factors?
 - Poor diet is endemic
 - Tobacco and Alcohol are retreating
- How/should we stop overconsumption?
 - We have a toolkit of effective policies
 - Is their use legitimate?

Primary Care

- **Allen LN**, Barkley S, De Maeseneer J, van Weel C, Kluge H, de Wit N, Greenhalgh T. Unfulfilled potential of primary care in Europe. **BMJ**. 2018
- **Allen LN**, Barry E, Gilbert C, Honney R, Turner-Moss E. How to move from managing sick individuals to creating healthy communities. **BJGP**. 2019
- Thomas K, Barry E, Watkins S, Czaurdena J, **Allen LN**. General Practitioner with an Extended Role in Population Health. **BJGP**.
- **Beany T**, **Allen LN**. What's the role of general practice in addressing population health? **King's Fund**. 2019.
- **Allen LN**, Smith RW, Simmons-Jones F, Roberts N, Honney R, Currie J. Assessing and addressing the social determinants of noncommunicable diseases in primary care: a systematic review. **WHO Bulletin**. 2020
- **Barkley S**, **Allen LN**, Brown L, Kaara C, Malik F, Ngo Bibaa L, Kelly E. Health systems based on primary health care. In; Siddiqi S and Mataria A (Eds) Making health systems work in developing countries – Textbook for public health practitioners. 2020.

Covid-19

- **Dunlop C**, Howe A, Li D, **Allen LN**. The coronavirus outbreak: The central role of primary care in emergency preparedness and response. **BJGP Open**. 2020
- **Allen LN**, Dambha-Miller H. COVID-19 and international primary care systems: Rebuilding a stronger primary care. **BJGP Open**. 2020
- **Rawaf S**, **Allen LN**, Stigler FL, Kringos D, Quezada-Yamamoto H, van Weel C. Lessons on the COVID-19 pandemic, for and by primary care professionals worldwide. **European Journal of General Practice**. 2020
- Guest editor: Covid-19 and international primary care, BJGP Open series. 2020.

NCDs

- **Kickbusch I**, **Allen LN**, Franz C. Commercial determinants of health. **Lancet Global Health**. 2016.
- **Allen L**. Non-communicable disease funding. **Lancet Diabetes & Endocrinology**. 2017.
- **Hauerslev M**, **Allen LN**. Young people and noncommunicable diseases: vulnerable to disease, vital for change. **International J Noncommunicable Diseases**. 2018.
- **Allen LN**, **Feigl A**. What's in a name? Re-framing non-communicable diseases. **Lancet Global Health**. 2017.
- **Allen LN**, **Feigl AB**. Reframing non-communicable diseases as socially transmitted conditions. **Lancet Global Health**. 2017.
- **Allen LN**, **Feigl AB**. Reframing non-communicable diseases—Authors' reply. **Lancet Global Health**. 2017.
- **Allen LN**, **Fox N**, **Ambrose A**. Quantifying research output on poverty and non-communicable disease behavioural risk factors in low-income and lower middle-income countries: a bibliometric analysis. **BMJ Open**. 2017.
- **Pullar J**, **Allen L**, **Townsend N**, **Williams J**, **Foster C**, **Roberts N**, **Rayner M**, **Mikkelsen B**, **Branca F**, **Wickramasinghe K**. The impact of poverty reduction and development interventions on non-communicable diseases and their behavioural risk factors in low and lower-middle income countries: a systematic review. **PLoS one**. 2018.
- **Allen LN**, **Pullar J**, **Wickramasinghe K**, **Williams J**, **Roberts N**, **Mikkelsen B**, **Varghese C**, **Townsend N**. Evaluation of research on interventions aligned to WHO 'Best Buys' for NCDs in Low- and Lower-Middle Income Countries: A Systematic Review from 1990-2015. **BMJ Global Health**. 2018.
- **Williams J**, **Allen LN**, **Wickramasinghe K**, **Mikkelsen B**, **Roberts N**, **Townsend N**. A systematic review of associations between non-communicable diseases and socioeconomic status within low-and lower-middle-income countries. **Journal of Global Health**. 2018.
- **Allen LN**, **Løge B**, **Wickramasinghe K**, **Breda J**. Strengthening capacity for noncommunicable disease implementation research in the WHO European Region. **WHO Europe**. 2019.

Political economy

- **Allen LN**. The Trump budget: what does it mean for global health? **British Journal of General Practice**. 2017
- **Allen LN**. You're not speaking my language: reframing NCDs for politicians and policy makers. **The Lancet**. 2017.
- **Allen LN**. Action on salt in China. **The Lancet**. 2019.
- **Allen LN**. Commercial Determinants of Global Health. In: Haring R, Kickbusch I, Ganten D, Moeti M, (Eds). **Handbook of Global Health**. Springer Nature. August 2020.
- **Allen LN**. Fiscal policies and global public health. **The Lancet**. 2019. Aug 10;394(10197):470.
- **Allen LN**. Leveraging primary care to address social determinants. **Lancet Public Health**. 2018.
- **Hatefi A**, **Allen LN**, **Bollyky TJ**, **Roache SA**, **Nugent R**. Global susceptibility and response to noncommunicable diseases. **WHO Bulletin**. 2018.
- **Hatefi A**, **Allen LN**. Donors, non-communicable diseases and universal health coverage to high-quality healthcare: an opportunity for action on global functions for health. **Journal of Epidemiology and Community Health**. 2018.
- **Allen LN**, **Hateft A**, **Feigl A**. Corporate profits versus spending on non-communicable disease prevention: an unhealthy balance. **Lancet Global Health**. 2019. November 1:7(11)e1482-1483.
- **Allen LN**, **Nicholson BD**, **Yeung B**, **Goiana-da-Silva F**. Implementation of non-communicable disease policies: a geopolitical analysis of 151 countries. **Lancet Global Health**. 2019. Dec 5.
- **Prioritising health over internal market interests: a policy dilemma for Portugal**. **Health Policy**
- **Modelling impacts of food industry co-regulation on noncommunicable disease mortality, Portugal**. **WHO Bulletin**. 2019
- **Portugal's voluntary food reformulation agreement and the WHO reformulation targets**. **Journal of Global Health**. 2019
- **Projected impact of the Portuguese sugar sweetened beverage tax on obesity incidence across different age groups: A modelling study**. **PLOS Medicine**. 2020.
- **Wickramasinghe K**. Electronic cigarettes use associated with exposure to marketing of these products, demographic factors and tobacco smoking. Results from Russian Tobacco Control Policy evaluation survey EPOCHA-RF. In preparation.
- **Wickramasinghe K**. Estimating the impact of achieving Turkey's non-communicable disease policy targets: a macro-simulation modelling study Under review.

"the tradition that the state should interfere as little as possible is a long and honourable"

what is the acceptable level of intervention to protect health of citizens?

public opinion shifts over time

The public broadly supports state intervention to curb individual freedom to protect health during covid

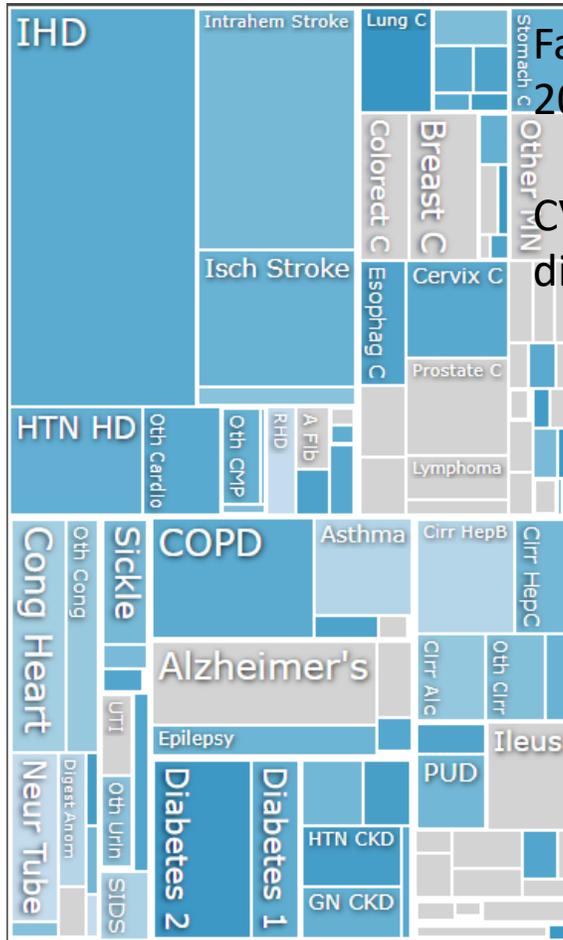
Popn often expects that state will act to ensure that food is safe

There is public support to constrain wealthy industries that operate based on addiction

Less clear when it is a capacitous adult making individual decisions that do not affect anyone else

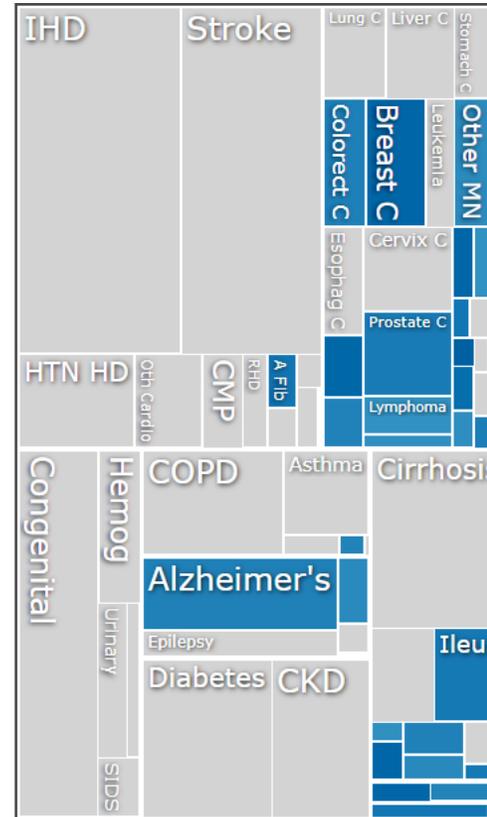
- Lucy Westerman @lewest
- Anna Gilmore
- Ilona Kickbusch @IlonaKickbusch
- Marion Nestle
- Carina Alm
- Katie Dain
- Bente Mikkelsen
- Jordan Jarvis @JordanDJarvis
- Martin McKee
- David Stuckler
- Nason Maani
- Aaron Reeves
- Harry Rutter
- Simon Wigley
- Hampus Holmer

Why are NCD deaths falling in SSA?



Falling deaths 2010-2017:

CVD, diabetes, lung disease, congenial



Rising deaths 2010-2017:

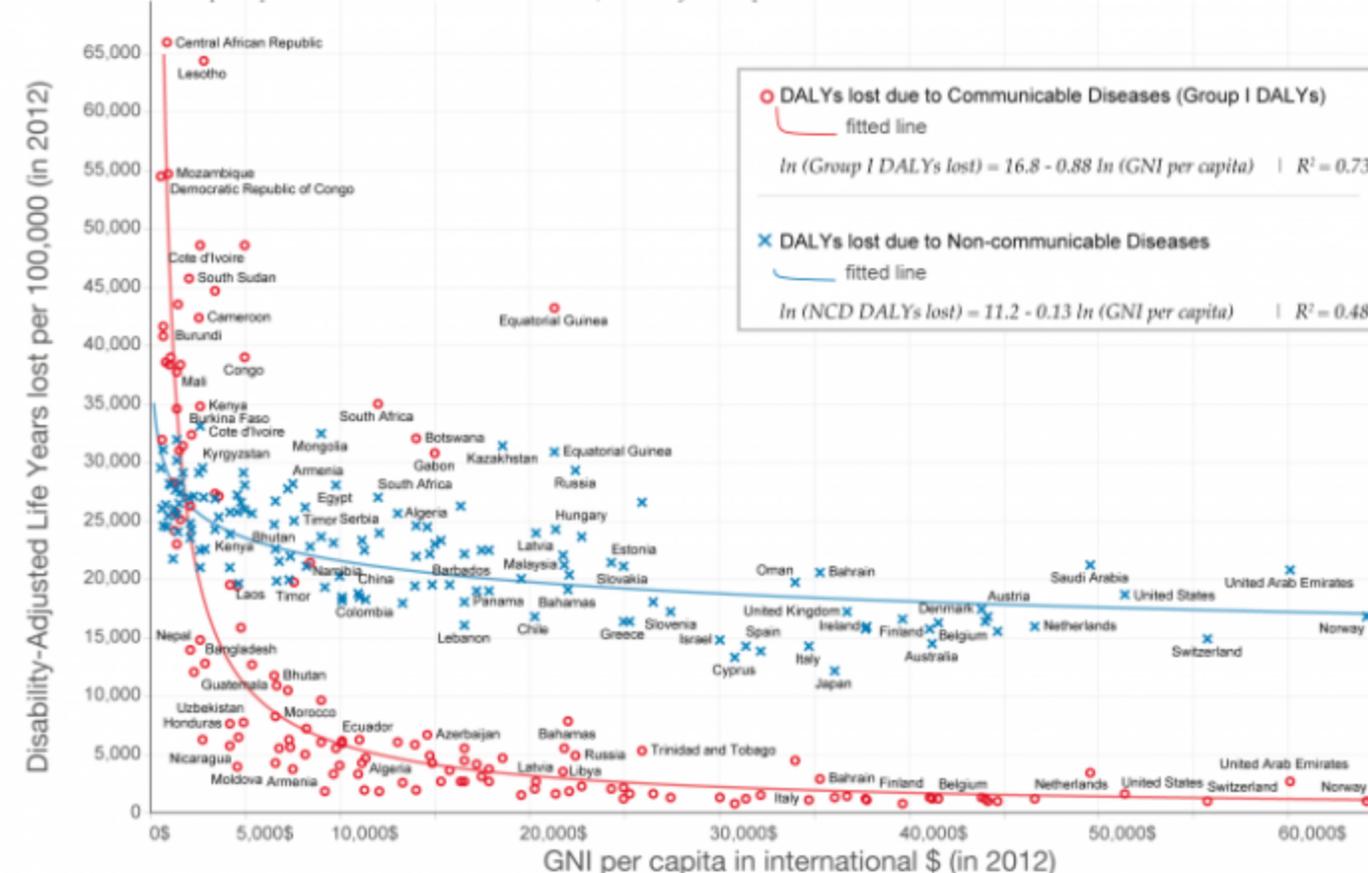
Cancers
Alzheimers
Odd gastro things
Drug abuse

Getting rich really brings down ID DALYS, but smaller gains for NCDs

GNI per capita vs DALYs lost due to communicable and non-communicable diseases



Disability-Adjusted Life Years (DALYs) measure the number of years lost due to ill-health and early death. This is called the Burden of Disease. Gross National Income per capita is measured in International Dollars, which adjusts for price differences between countries.



Data source: Sterck, O., Roser, M., Ncube, M., Thewissen, S. 2017 - Allocation of development assistance for health: Is the predominance of national income justified? (forthcoming in Health Policy and Planning) This data visualization is available at OurWorldinData.org where you find more research and visualizations on this topic. Licensed under CC-BY-SA by the author Max Roser.

Tobacco

Disruptions to production:
Philip Morris USA suspended production at its Richmond manufacturing centre

But sales remain strong

Hefler M, Gartner CE. The tobacco industry in the time of COVID-19: time to shut it down?.

The screenshot shows the MailOnline news website interface. At the top, it displays the date and time: Thursday, Dec 3rd 2020 9AM 6°C, and a 5-Day Forecast. The main navigation bar includes categories like Home, News, U.S., Sport, TV&Showbiz, Australia, Femail, Health, Science, Money, Video, Travel, DailyMailTV, and Discounts. Below this, there are sub-navigation links for Latest Headlines, Covid-19, Royal Family, Crime, Boris Johnson, Prince Harry, Meghan Markle, World News, Headlines, and Most read. The main content area features a large headline: "Cigarette sales remain strong during coronavirus lockdown as Marlboro maker says stimulus checks and vaping restrictions are encouraging customers to stock up on smokes". Below the headline is a list of bullet points: "Marlboro manufacturer predicts cigarette sales may only drop by 2 percent this year", "Company CEO says coronavirus lockdowns have allowed smokers more time to light up", "Meanwhile, negative coverage of e-cigarettes has likely forced some vapers to switch back to tobacco", "The stress of the pandemic also means many may be less inclined to try and give up smoking this year; stimulus checks have helped keep many stocked up", and "In 2019, the CDC reported 14 percent of American adults were smokers, down from more than 40 percent during the 1960s". To the right of the main article is a search bar and a Dell advertisement for the XPS 13 2-IN-1 laptop.

Like 16.5M

Thursday, Dec 3rd 2020 9AM 6°C 12PM 6°C 5-Day Forecast

MailOnline News

Home News U.S. | Sport | TV&Showbiz | Australia | Femail | Health | Science | Money | Video | Travel | DailyMailTV | Discounts

Latest Headlines | Covid-19 | Royal Family | Crime | Boris Johnson | Prince Harry | Meghan Markle | World News | Headlines | Most read Login

Labour, lawyers and luvvies block bid to
'It's statistically impossible that I
Police investigating missing British
Britain's fastest (and slowest)
Rishi Sunak braces Britain for tax rises
Why sex in your sixties is something
Will a deal v

Cigarette sales remain strong during coronavirus lockdown as Marlboro maker says stimulus checks and vaping restrictions are encouraging customers to stock up on smokes

- Marlboro manufacturer predicts cigarette sales may only drop by 2 percent this year
- Company CEO says coronavirus lockdowns have allowed smokers more time to light up
- Meanwhile, negative coverage of e-cigarettes has likely forced some vapers to switch back to tobacco
- The stress of the pandemic also means many may be less inclined to try and give up smoking this year; stimulus checks have helped keep many stocked up
- In 2019, the CDC reported 14 percent of American adults were smokers, down from more than 40 percent during the 1960s

Site Web Enter your search Search

DELL

THE NEW XPS 13 2-IN-1

Roll over for legal Shop Now

Alcohol

Western Australia restricts alcohol sales

Alcohol-related issues take up an enormous amount of resources in our health system. These are resources we simply cannot afford to spare during the COVID-19 situation.

"This only will result in problems throughout our society that we cannot afford right now," he said.

"These are problems that will stretch our police force and only put more pressure on our hospital system."

More details about the restrictions were set to be revealed by Mr McGowan and Police Commissioner Chris Dawson on Wednesday.

Flagging the restrictions earlier this week, Commissioner Dawson said he would "exercise any emergency power to keep the community safe".

"We will consider all options depending on whether the community behave and do that in a civil way," he said at the time.

"They haven't done it with toilet paper."

Kim JU, Majid A, Judge R, Crook P, Nathwani R, Selvapatt N, Lovendoski J, Manousou P, Thursz M, Dhar A, Lewis H. Effect of COVID-19 lockdown on alcohol consumption in patients with pre-existing alcohol use disorder. The Lancet Gastroenterology & Hepatology. 2020 Oct 1;5(10):886-7.

Alcohol Change UK. Drinking during lockdown: Headline finding.

<https://alcoholchange.org.uk/blog/2020/covid19-drinking-during-lockdown-headline-findings#:~:text=This%20suggests%20that%20around%208.6,more%20per%20session%20since%20lockdown.>

ABC NEWS

Set location
For local weather

Just In Coronavirus US Election Politics World Business Analysis Sport More

Coronavirus outbreak prompts new restrictions on alcohol sales in WA bottle shops

By Jacob Kagi

Posted Wed 25 Mar 2020 at 1:36am, updated Wed 25 Mar 2020 at 2:34pm



Customers will be limited to purchasing three bottles of wine per day, although they can add other items. (ABC News: Mitchell Woolnough)

Share   

Alcohol sales have been restricted across Western Australia to prevent panic buying and stop excess drinking during the coronavirus outbreak, with limitations on how much bottle shops can sell to patrons introduced.

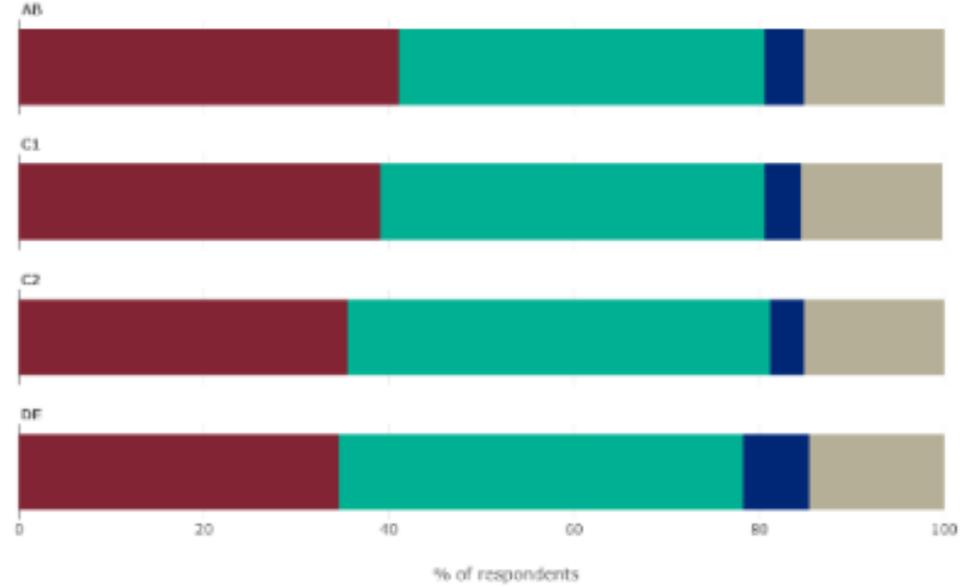
8.6 million adults in the UK are drinking more frequently since lockdown, while 14 million are drinking less often or have stopped drinking entirely. – Alcohol change UK survey of >2k adults

Diet

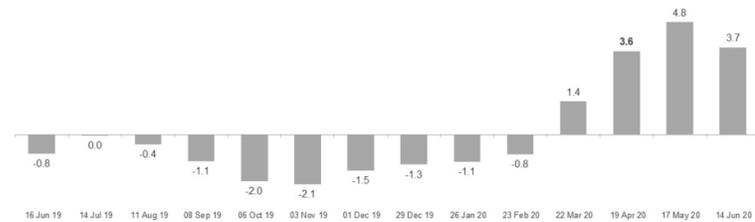
PHE: Wider Impacts of COVID-19 on health monitoring tool.

Kantar (2020) How will lockdown and economic downturn affect our behaviour when it comes to nutrition?

Proportion of respondents snacking more or less often in the past month by social class in England, Wales and NI



Calorie density growth | 12 w/e YOY



Portugal's voluntary food reformulation agreement and the WHO reformulation targets

Francisco Goiana-da-Silva^{1,2}, David Cruz-e-Silva³, Luke N Allen⁴, Alexandre Morais Nunes⁵, Conceição Calhau^{6,7}, Ana Rito⁸, Alexandra Bento⁹, Marisa Miraldo¹⁰, Ara Darzi¹¹

Table 1. Sugar, salt and trans fatty acids reduction targets before and after negotiations

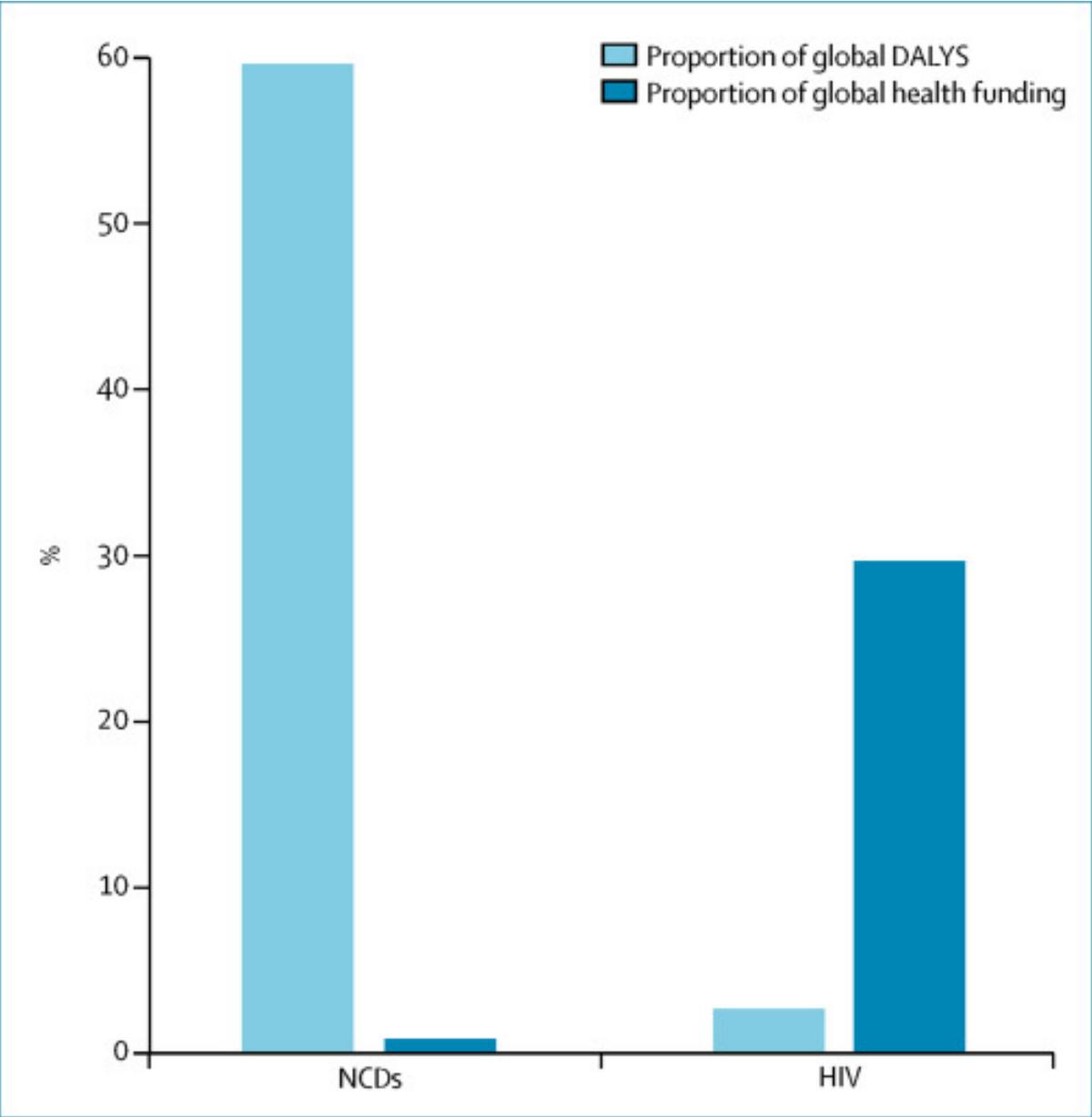
FOOD CATEGORY	TARGETS FOR MACRONUTRIENT REFORMULATION	
	Targets suggested by the MoH (before negotiations)	Targets agreed between the MoH and the food sector (after negotiations)
Sugar:		
Breakfast cereals	20%	10%
Cookies and biscuits	20%	No agreement reached
Chocolate milk	20%	10%
Yogurts	20%	10%
Soft drinks	20%	10%
Fruit juices	20%	7%
Salt:		
Crisps and other snacks	16%	12%
Cookies and biscuits	16%	No agreement reached
Breakfast cereals	16%	10%
Processed meats (ham)	16%	No agreement reached
Cheese	16%	No agreement reached
Ready-to-eat soups	16%	10%
Bread Toast	16%	No agreement reached
Bread	30%	30%
Trans fatty acids:		
Fat spreads	<2g of fat	<2g of fat
Cookies and biscuits	<2g of fat	<2g of fat
Pastries	<1g of fat	<1g of fat

*All reductions percentages are based on baseline levels from March 2018.

Non-communicable disease funding

Luke Allen

Published: December 16, 2016 • DOI: [https://doi.org/10.1016/S2213-8587\(16\)30420-X](https://doi.org/10.1016/S2213-8587(16)30420-X)



The central role of evidence for a State public health intervention.

Three things should be kept in balance:

- **Difficulty of the intervention.** Includes popular support/opposition, cost, time.
- **Size of the health effect.**
- **Strength of the evidence.**



Penrose triangle. Sir Roger Penrose, sometime Gresham Professor of Geometry. Wiki.

For those sceptical of the State's right to intervene for wider public health:

Pro intervention:

- The vulnerable (children).
- Strong evidence.
- Big effect.
- Cost-effective.
- Healthy working age population.

Con:

- Removing existing rights.
- Removing pleasures.
- Exposes the citizen to the law.
- Barrier to trade.
- Expands government.
- Unintended consequences.