

PREVIEW_ Dr. Aseem Malhotra - Action on Sugar (SA 2015)-SD

One of the things that I think we haven't fully acknowledged or appreciated, is actually the root cause around us - is the food environment.

We have sugary foods everywhere, they've become unavoidable.

Whether you go to the gas station, whether you are in the gym, sugary drinks, junk food, is very difficult to avoid that.

And we know the root cause behind--

the main root cause behind obesity epidemic is the food environment.

We have too much processed food, it's unavoidable and therefore we consume it.

For me this is a bigger scandal, really.

And for me this is where the campaign began

as a doctor treating people with heart disease.

I remember treating somebody for a heart attack in the middle of the night, at 3:00 morning

and the next day on the ward round, he was basically being served junk food, and I was trying to talk to him about lifestyle.

He thought this isn't make sense and he said to me:

"Doc, how do you expect me to change my lifestyle, when you are serving me the same crap that brought me in here in the first place?"

And he was absolutely right.