Rory Robertson's

Five-year update on the University of Sydney's *Australian Paradox* fraud, and associated harm to public health

Over the year to March 2017 – the fifth year of this academic and public-health scandal - the main developments included:

(i) **Emma Alberici** on ABC TV's *Lateline* presented the key aspects of my time-tested critique of the extraordinarily faulty *Australian Paradox* paper;

(ii) **Peter FitzSimons, a Fellow of the University of Sydney Senate**, featured the *Australian Paradox* scandal in Chapter 7 of his new book (p. 53);

(iii) **Professor Jennie Brand-Miller** wrote a 36-page letter of complaint to ABC re *Lateline*. The ABC confirmed my critique, including the fake-data issue;

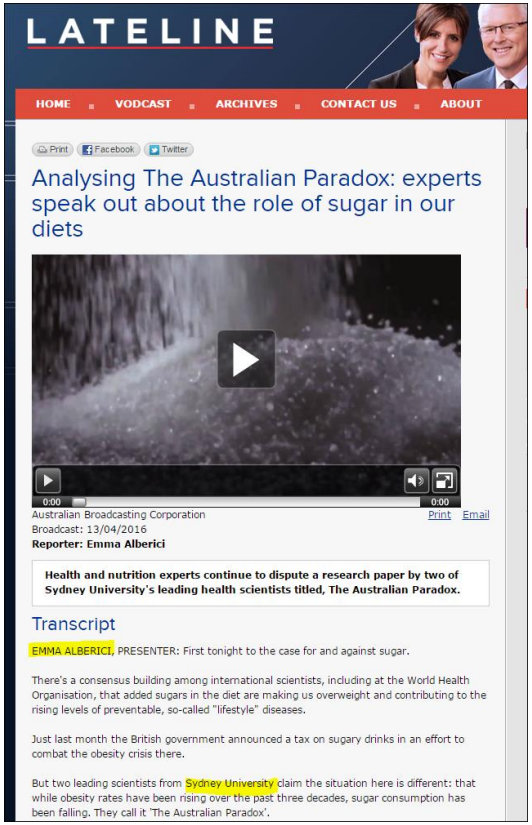
(iv) **Michael Spence, Vice-Chancellor of the University of Sydney *and* Chair of the Group of Eight**, in an epic failure of leadership, ditched the promise to taxpayers of Go8 research "excellence", and embraced Academic Freedom, as he refused to correct blatantly false information harming public health;

(v) **Provost Stephen Garton and VC Michael Spence** in 2017 each wrote to Rory Robertson, who responded in turn to their detailed false claims (p. 64);

(vi) **Professor Brand-Miller and Dr Alan Barclay** published new *Australian Paradox* paper, featuring fake data, supported by a USyd security guard! (p.78);

(vii) **Rory Robertson** documented more clearly the ongoing research misconduct, the defrauding of taxpayers and the scandal of harm to public health.

Please read on, starting in Parts 1, 2, 3 and 4 with Rory Robertson's background, and exactly why the *Australian Paradox* paper should be formally retracted.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Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

Australian Broadcasting Corporation Print Email
Broadcast: 13/04/2016
Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

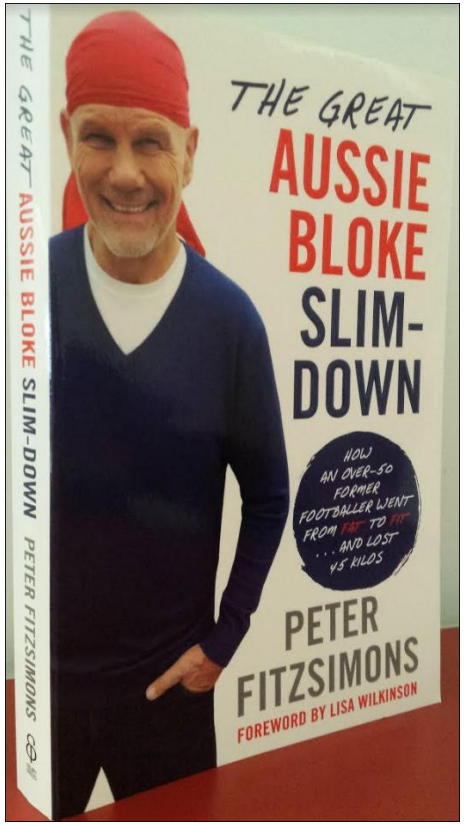
Transcript

EMMA ALBERICI, PRESENTER: First tonight to the case for and against sugar.

There's a consensus building among international scientists, including at the World Health Organisation, that added sugars in the diet are making us overweight and contributing to the rising levels of preventable, so-called "lifestyle" diseases.

Just last month the British government announced a tax on sugary drinks in an effort to combat the obesity crisis there.

But two leading scientists from Sydney University claim the situation here is different: that while obesity rates have been rising over the past three decades, sugar consumption has been falling. They call it 'The Australian Paradox'.



ABC's Audience and Consumer Affairs (A&CA) unit confirms *Australian Paradox* paper dominated by extraordinary errors

In 2016, after journalist Emma Alberici's ABC TV *Lateline* report presented the main aspects of my critique - including the FAO's conspicuously flat fake line spanning the 2000-2003 timeframe - the University of Sydney's Professor Jennie Brand-Miller claimed falsely to Alberici that the Charles Perkins Centre's infamous *Australian Paradox* findings remain as valid as ever. The **scientific record** was left uncorrected.

Indeed, the Charles Perkins Centre guru wrote a **36-page formal letter of complaint to the ABC on 24 May 2016**. On 14 September, the ABC's A&CA unit advised the best-selling Low-GI diet book promoter that her detailed complaints about the factual nature of my critique - as presented on *Lateline* - are wrong on all important matters of fact. **Again, the scientific record was not corrected. Again, Professor Jennie Brand-Miller and co-author Dr Alan Barclay just pretended nothing happened!**

This latest independent assessment of competence and integrity at the highest levels of Group of Eight "science" is documented in the A&CA unit's final *Investigation Report*. In my opinion, the University of Sydney's Academic Board should obtain, and take the time to assess, those two documents – the 36-page complaint and A&CA's 15-page response – then instruct e-journal *Nutrients* to retract the extraordinarily faulty *Australian Paradox* paper that has become a menace to public health.

Overview

This *Five-year update* on the University of Sydney's *Australian Paradox* fraud is organised as follows:

PART 1: Welcome! Here's a detailed summary of the infamous *Australian Paradox* case-study, via eight important observations (p. 3)

PART 2: Background on Rory Robertson, the economist who solved "The Australian Paradox". Who is the guy making all the fuss? (p. 12)

PART 3: Graphic evidence of profound flaws - including the use of fake data - in the original *Australian Paradox* research (p. 18)

PART 4: Disingenuous defence of *Paradox* by University of Sydney, *Nutrients*, industry – What extent incompetence, negligence, dishonesty? (p. 28)

PART 5: Why the Charles Perkins Centre's pro-sugar *Australian Paradox* fraud matters for public health, and why it matters for Group of Eight (Go8) integrity, including evidence that the Go8 is defrauding taxpayers on a massive scale via its false promises of "excellence" in research (p. 40)

PART 6: A Fellow of the University of Sydney's Senate, Peter FitzSimons - the "Footballer Who Can Type" also is a journalist and best-selling author – has "mainstreamed" many of Rory Robertson's concerns surrounding the *Australian Paradox* scandal, in Chapter 7 of his new book (p. 53)

PART 7: Why was legitimate public scrutiny of the authors' new *Australian Paradox* paper – now published in the *American Journal of Clinical Nutrition*, again featuring fake data - aggressively shut down in 2016 by the University of Sydney **sooling a security guard on to Rory Robertson**? Is it ethical for Vice-Chancellor Michael Spence to threaten to ban Robertson from campus for publicly highlighting the facts surrounding the *Australian Paradox* fraud? Why not simply stop the blatant scientific fraud on campus and leave it at that? What does the video-action-reply show? And what should we make of Provost Stephen Garton's threat to ban Robertson from campus on the basis of a series of made-up false claims provided to him…by whom? When will Robertson receive a letter of apology from the University to atone for its reckless misrepresentation of events? (p. 64)

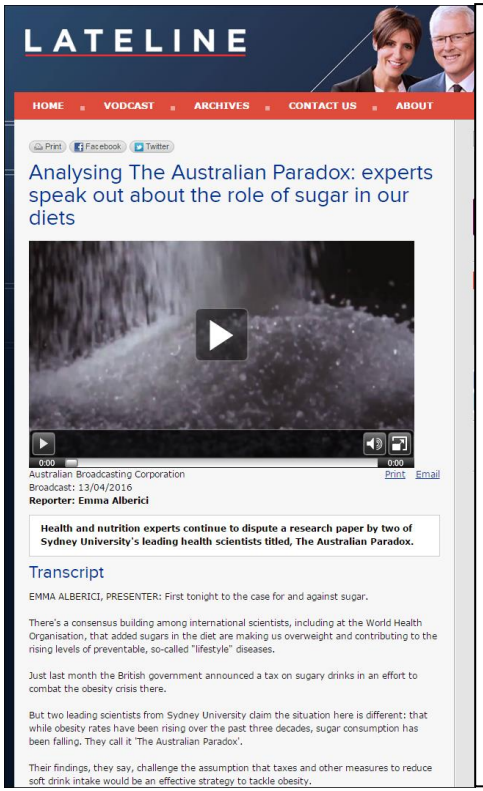
PART 8: The tragedy of modern nutrition "science" and official dietary advice is that the *Australian Paradox* case-study is merely the tip of an enormous iceberg of incompetence and worse that has resulted in widespread misery, harm and early death for millions of everyday people across the globe. Most troubling is the fact that "scientists" and GPs know less about fixing type 2 diabetes today than was known a century ago! (p. 81)

PART 9: A large sample of heavy-hitters in Australian universities, public-health entities and scientific journals who should start doing more to fix the *Australian Paradox* fraud, and/or fix profoundly faulty official dietary advice that is promoting widespread harm to the health of Australians (p. 107)

Readers, a request: please email me on strathburnstation@gmail.com if you consider anything in this document to be factually incorrect or otherwise unreasonable. I will correct any errors, if any, as soon as possible.

Welcome! Here's a detailed summary of the infamous *Australian Paradox* case-study, via eight important observations

Issue 1: Several independent investigations confirm Rory Robertson's critique of the extraordinarily faulty *Australian Paradox* paper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Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

0:00 0:00

Australian Broadcasting Corporation Print Email
Broadcast: 13/04/2016
Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

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EMMA ALBERICI, PRESENTER: First tonight to the case for and against sugar.

There's a consensus building among international scientists, including at the World Health Organisation, that added sugars in the diet are making us overweight and contributing to the rising levels of preventable, so-called "lifestyle" diseases.

Just last month the British government announced a tax on sugary drinks in an effort to combat the obesity crisis there.

But two leading scientists from Sydney University claim the situation here is different: that while obesity rates have been rising over the past three decades, sugar consumption has been falling. They call it 'The Australian Paradox'.

Their findings, they say, challenge the assumption that taxes and other measures to reduce soft drink intake would be an effective strategy to tackle obesity.

ABC's Audience and Consumer Affairs (A&CA) unit confirms *Australian Paradox* paper dominated by extraordinary errors

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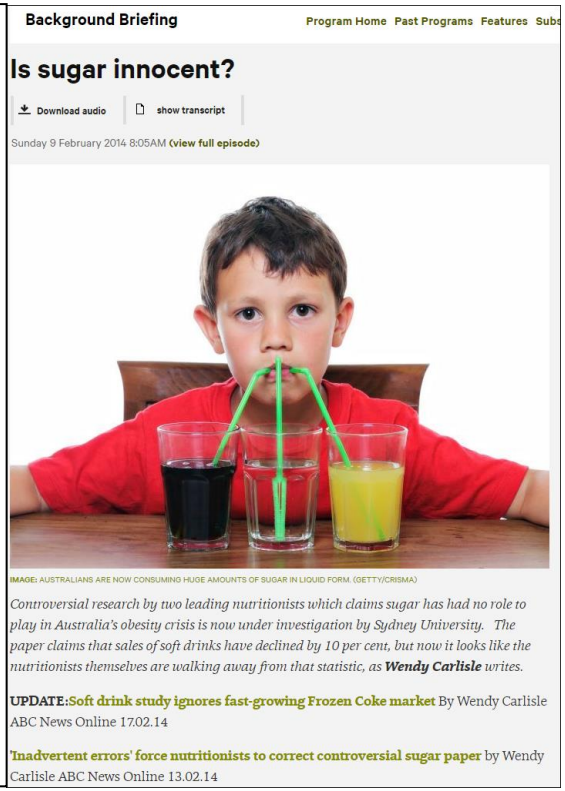

Background Briefing Program Home Past Programs Features Subs

Is sugar innocent?

Download audio show transcript

Sunday 9 February 2014 8:05AM (view full episode)

IMAGE: AUSTRALIANS ARE NOW CONSUMING HUGE AMOUNTS OF SUGAR IN LIQUID FORM. (GETTY/CRISMA)

*Controversial research by two leading nutritionists which claims sugar has had no role to play in Australia's obesity crisis is now under investigation by Sydney University. The paper claims that sales of soft drinks have declined by 10 per cent, but now it looks like the nutritionists themselves are walking away from that statistic, as **Wendy Carlisle** writes.*

UPDATE:Soft drink study ignores fast-growing Frozen Coke market By Wendy Carlisle ABC News Online 17.02.14

'Inadvertent errors' force nutritionists to correct controversial sugar paper by Wendy Carlisle ABC News Online 13.02.14

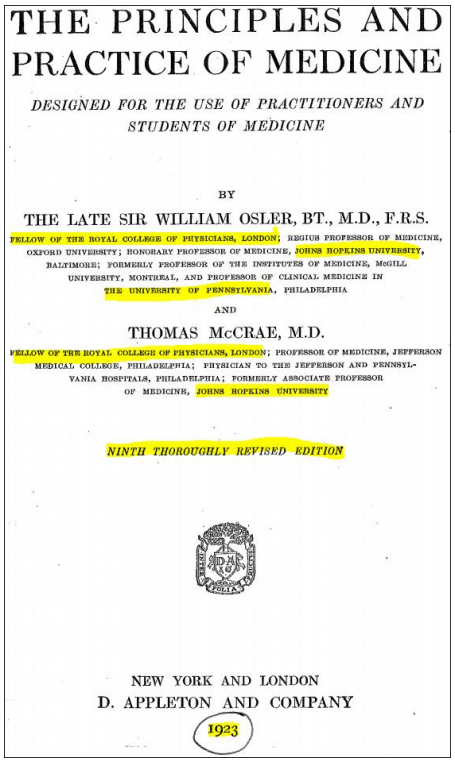
Michael Pascoe: http://www.smh.com.au/business/economist-v-nutritionists-big-sugar-and-lowgi-brigade-lose-20120306-1uj6u.html ; http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html
Mark Metherell: http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html
Wendy Carlisle: http://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490
Emma Alberici: http://www.abc.net.au/lateline/content/2015/s4442720.htm

After the ABC RadioNational's investigation in 2014 - that highlighted the issue of 2000-2003 fake FAO data - Professor Brand-Miller and Dr Barclay published a **sham formal correction** that pretended: "**These changes have no material impact on the conclusions of our paper**": http://www.australianparadox.com/pdf/CPCscientistsresponse.pdf

Disturbingly, the refusal of the Charles Perkins Centre's most-famous scientists to properly correct or formally retract their paper - despite being repeatedly advised that it is dominated by serious problems including a series that was discontinued as unreliable and then faked - means they are **deliberately exaggerating its scientific evidence that sugar in modern doses is harmless**.

Time and time again, the authors have improperly responded to my correct critique by pretending their paper is basically flawless, allowing the public debate to be misled, as the sugar and sugary drinks industries use their false "findings" to campaign against any proposed sugar tax. Clearly, this has become a matter of blatant scientific fraud.

Issue 2: Incompetence and worse are suppressing proven diet cure for type2 diabetes. Today's high-carb advice is harmful for diabetics



THE PRINCIPLES AND PRACTICE OF MEDICINE

DESIGNED FOR THE USE OF PRACTITIONERS AND STUDENTS OF MEDICINE

BY

THE LATE SIR WILLIAM OSLER, BT., M.D., F.R.S.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON; REGIUS PROFESSOR OF MEDICINE, OXFORD UNIVERSITY; HONORARY PROFESSOR OF MEDICINE, JOHNS HOPKINS UNIVERSITY, BALTIMORE; FORMERLY PROFESSOR OF THE INSTITUTES OF MEDICINE, McGILL UNIVERSITY, MONTREAL, AND PROFESSOR OF CLINICAL MEDICINE IN THE UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA

AND

THOMAS McCRAE, M.D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON; PROFESSOR OF MEDICINE, JEFFERSON MEDICAL COLLEGE, PHILADELPHIA; PHYSICIAN TO THE JEFFERSON AND PENNSYLVANIA HOSPITALS, PHILADELPHIA; FORMERLY ASSOCIATE PROFESSOR OF MEDICINE, JOHNS HOPKINS UNIVERSITY

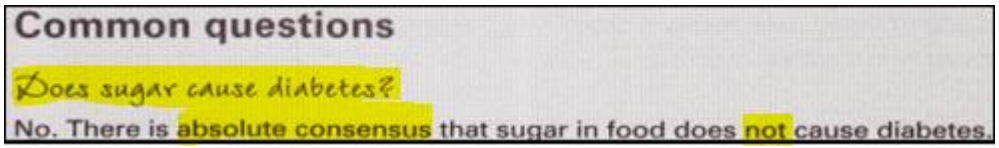
NINTH THOROUGHLY REVISED EDITION

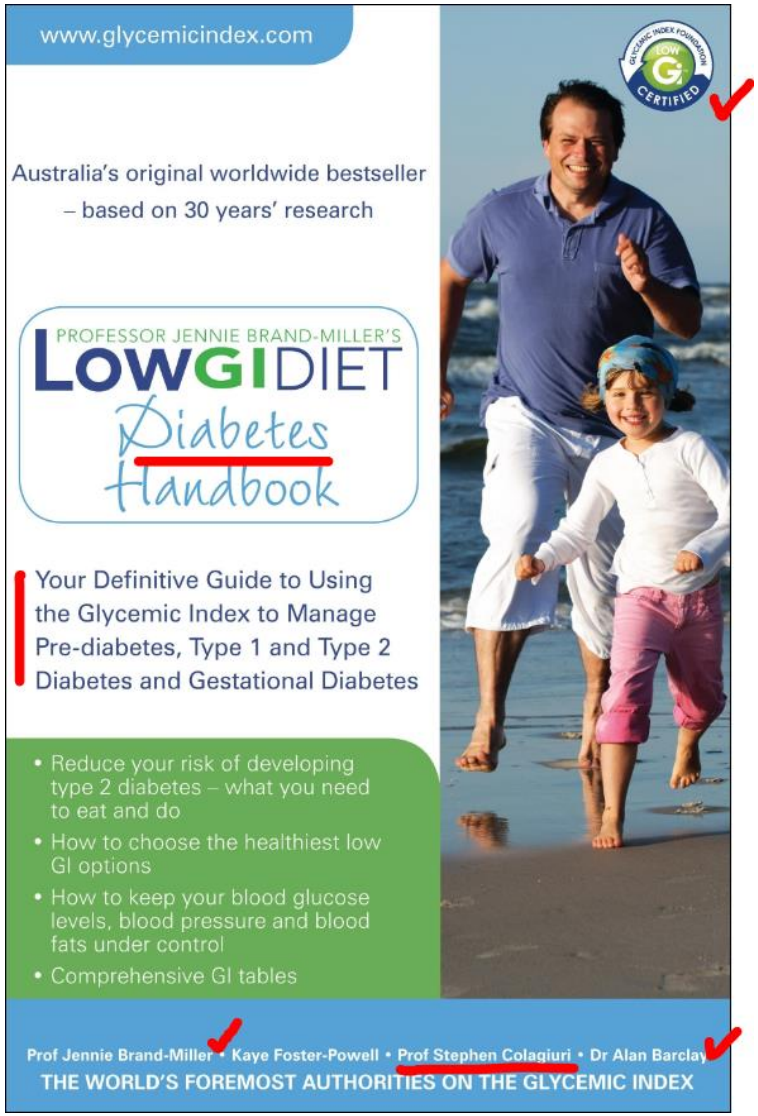
NEW YORK AND LONDON
D. APPLETON AND COMPANY
1923

The following are the conditions which influence the appearance of sugar in the urine:

(*a*) EXCESS OF CARBOHYDRATE INTAKE.—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The hyperglycæmia is immediately manifested by the appearance of sugar in the urine. The healthy person has a definite limit

http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf





https://www.hachette.com.au/stephen-colagiuri/low-gi-diet-diabetes-handbook
http://www.australianparadox.com/pdf/diabetes.pdf

Added sugar is 100% carbohydrate. In 1923, it was widely known by competent GPs that excess added sugar and other carbohydrates are the main driver of (Type 2) diabetes. Accordingly, a low-carb, high-fat cure was advised. Today, that LCHF diet cure is almost universally suppressed by public-health careerists. Sadly, nutrition "science" last century was hijacked by mistaken but highly influential anti-fat, pro-carb researchers. For diabetics today, official advice is worse than useless: it's high-carb and thus harmful (see Part 8). Disturbingly, low-GI Professor Stephen Colagiuri - a co-author of that ludicrous "absolute consensus" falsehood on the right - is the main author of Australia's ***National Diabetes Strategy 2016-2020*** (p. 84). **The known cure suppressed, Indigenous Australia dies young** (p. 6).

Issue 3: Charles Perkins Centre's *Australian Paradox* fraud insists sugar and sugary drinks are not an issue for public health

Indigenous Affairs Minister Nigel Scullion says sugary soft drinks 'killing the population' in remote communities

By political reporter Anna Henderson

Posted 12 Feb 2016, 2:07pm

In the wake of this week's progress report on Closing the Gap, the Indigenous Affairs Minister Nigel Scullion has declared sugary soft drinks are "killing the population" in remote Indigenous communities.

According to evidence provided to Senate estimates today, at least 1.1 million litres of so-called "full sugar" soft drink was sold in remote community stores last financial year.

"I think particularly in remote communities and very remote communities sugar is just killing the population," Senator Scullion said.

PHOTO: The Closing the Gap report said the worst health outcomes, in terms of diabetes, heart disease and other chronic illnesses were found in remote communities.

http://www.abc.net.au/news/2016-02-12/scullion-says-sugar-is-killing-remote-communities/7162974

Characteristics of the community-level diet of Aboriginal people in remote northern Australia

Julie K Brimblecombe GradDipNut&Diet, MPH, PhD, Senior Research Fellow[1,2]

Megan M Ferguson BSc, GradDipNut&Diet, MPH, Senior Research Officer,[1] and PhD Candidate[1,2]

Selma C Liberato GradDipNut&Diet, MSc, PhD, Senior Research Officer (Nutritionist)[1,2]

Kerin O'Dea BSc, PhD, Professor, Population Health and Nutrition,[3] and Honorary Professor[4]

1 Wellbeing and Preventable Chronic Disease, Menzies School of Health Research, Darwin, NT.
2 Institute of Advanced Studies, Charles Darwin University, Darwin, NT.
3 School of Population Health, Division of Health Sciences, University of South Australia, Adelaide, SA.

Abstract

Objective: To describe the nutritional quality of community-level diets in remote northern Australian communities.

Design, setting and participants: A multisite 12-month assessment (July 2010 to June 2011) of community-level diet in three remote Aboriginal communities in the Northern Territory, linking data from food outlets and food services to the Australian Food and Nutrient Database.

Main outcome measures: Contribution of food groups to total food expenditure; macronutrient contribution to energy and nutrient density relative to requirements; and food sources of key nutrients.

Results: One-quarter (24.8%; SD, 1.4%) of total food expenditure was on non-alcoholic beverages; 15.6% (SD, 1.2%) was on sugar-sweetened drinks. 2.2% (SD, 0.2%) was spent on fruit and 5.4% (SD, 0.4%) on vegetables. Sugars contributed 25.7%–34.3% of dietary energy, 71% of which was table sugar and sugar-sweetened beverages. Dietary protein contributed 12.5%–14.1% of energy, lower than the recommended 15%–25% optimum. Furthermore, white bread was a major source of energy and most nutrients in all three communities.

Conclusion: Very poor dietary quality continues to be a characteristic of remote Aboriginal community nutrition profiles since the earliest studies almost three decades ago. Significant proportions of key nutrients are provided from poor-quality nutrient-fortified processed foods. Further evidence regarding the impact of the cost of food on food purchasing in this context is urgently needed and should include cost–benefit analysis of improved dietary intake on health outcomes.

Dietary improvement for Indigenous Australians is a priority strategy for reducing the health gap between Indigenous and non-Indigenous Australians.[1] Poor-quality diet among the Indigenous population is a significant risk factor for three of the major causes of premature death — cardiovascular disease, cancer and type 2 diabetes.[2] The 26% of Indigenous Australians living in remote areas experience 40% of the health gap of Indigenous Australians overall.[3] Much of this burden of disease is due to extremely poor nutrition throughout life.[4]

Comprehensive dietary data for Indigenous Australians are not available from national nutrition surveys or any other source. Previous reports on purchased food in remote Aboriginal communities are either dated,[5] limited to the primary store[5,6] and/or short-term or cross-sectional in design.[7,8] These studies have consistently reported low intake

was prohibited in the three study communities at the time of our study.

egorised into food groups derived from the Australian Food and Nutrient

https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia

MEDIA RELEASE

10 September 2014 Embargo: 11:30 am (Canberra Time) 132/2014

Aboriginal and Torres Strait Islander adults experience diabetes 20 years earlier than non-Indigenous adults

Aboriginal and Torres Strait Islander adults are more than three times as likely as non-Indigenous adults to have diabetes, and they experience it at much younger ages, according to new figures released by the Australian Bureau of Statistics today.

"Results from the largest ever biomedical collection for Aboriginal and Torres Strait Islander adults, which collected information on a wide range of chronic diseases and nutrition, reveal that diabetes is a major concern," said Dr Paul Jelfs from the ABS.

"The voluntary blood test results showed that in 2012–13, one in ten Aboriginal and Torres Strait Islander adults had diabetes. This means that, when age differences are taken into account, Aboriginal and Torres Strait Islander adults were more than three times as likely as non-Indigenous adults to have diabetes."

"What was even more striking was how much earlier in life Aboriginal and Torres Strait Islander adults experience diabetes. In fact, the equivalent rates of diabetes in the Aboriginal and Torres Strait Islander population were often not reached until 20 years later in the non-Indigenous population." said Dr Jelfs.

The survey revealed that diabetes was twice as common among Aboriginal and Torres Strait Islander adults living in remote areas. Around one in five in remote areas had diabetes compared with around one in ten in non-remote areas.

Also of interest was the fact that many Aboriginal and Torres Strait Islander adults with diabetes also had signs of other chronic conditions.

"More than half of all Aboriginal and Torres Strait Islander adults with diabetes also had signs of kidney disease. This compared with a third of non-Indigenous adults with diabetes", said Dr Jelfs.

"Given these findings, it is not surprising that the death rate for diabetes among Aboriginal and Torres Strait Islander people is seven times higher than for non-Indigenous people."

Other results released today suggest that many Aboriginal and Torres Strait Islander adults may not be aware they have high cholesterol, with one in four having high cholesterol levels, yet only one in ten being aware they had it.

Further information is available in Australian Aboriginal and Torres Strait Islander Health Survey: Biomedical Results, 2012–13 (cat. no. 4727.0.55.003) available for free download on the ABS website.

http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.003~2012-13~Media%20Release~Aboriginal%20and%20Torres%20Strait%20Islander%20adults%20experience%20diabetes%2020%20years%20earlier%20than%20non-Indigenous%20adults%20(Media%20Release)~130

Issue 4: Disturbing financial conflict of interest: University of Sydney and its *Australian Paradox* authors operate a (50% owned) *Glycemic Index* business that exists in part to be paid by industry to put "Low GI" healthy stamps on products up to 99.4% added sugar

CSR™ LOGICANE™ SUGAR

CSR™ LoGiCane™ Sugar represents innovation in sugar – the same sweet tasting natural sugar, with the added benefit of a Low GI. An alternative to your everyday table sugar.

GI Value: 54
Serve size: 4g (1 level metric teaspoon)
Carbohydrates (g) per serve: 4g
GL Value: 2
Company: Sugar Australia

NUTRITIONAL INFORMATION

Average serving size: 4g (1 level metric teaspoon)

	Avg Quantity per serving	% Daily Intakes per Serving	Average Quantity per 100g
Energy	68kj		1690kJ
Protein	0g		0g
Fat – Total	0g		0g
– saturated	0g		0g
Carbohydrate	4.0g		99.4g
– sugars	4.0g		99.4g
Dietary Fibre			
Sodium	<0.1mg		<2.5mg

NESTLÉ® MILO®

Nestlé® Milo®'s malted barley is one of the key ingredients that give MILO the unique great taste and crunch you love. It is naturally rich in carbohydrates (including starches and maltose), the preferred energy source for the brain, nervous system and working muscles.
Including calcium, MILO contains 6 essential vitamins and minerals. Together with milk it is a nutrient rich drink for active kids.

GI Value: 36
Serve size: 200ml (20g in reduced fat milk)
Carbohydrates (g) per serve: 24
GL Value: 9

Company: Nestlé Australia and New Zealand

Nutritional Information
Average serving size: 20g with 200ml reduced fat milk

	Avg Quantity per serving	% Daily Intakes per Serving	Average Quantity per 100g
Energy	770kj	9%	1730kJ
Protein	10.4g	21%	11.9g
Fat – Total	4.8g	7%	10.0g
– saturated	3.3g	14%	6.5g
Carbohydrate	23.7g	8%	64.5g
– sugars	20.1g	22%	46.4g
Dietary Fibre	1.5g	5%	7.5g
Sodium	130mg	6%	90mg

The public-health community must have been proud of the pro-sugar Charles Perkins Centre scientists and their extraordinarily faulty *Australian Paradox* paper, when Sydney University's Low-GI Milo (GI=36, 46% sugar) won *Choice*'s coveted "Shonky" award in 2016

http://www.gisymbol.com/nestle-milo/ ; https://www.choice.com.au/shonky-awards/hall-of-shame/shonkys-2016/nestle-milo
http://www.gisymbol.com/csr-logicane-sugar/ ; http://www.foodpolitics.com/2016/03/sugar-in-australia-its-better-for-you/ ; https://iquitsugar.com/sugar-in-australia-its-better-for-you/ ; http://www.gisymbol.com/about/gif-foundation/board-members-2/ ; http://www.australianparadox.com/pdf/diabetes.pdf

Issue 5: The University of Sydney's Charles Perkins Centre and the sugar and sugary drinks industries use shonky *Australian Paradox* paper and its sham Green Pool sister series to mislead policymakers on the extent to which sugar causes obesity and type 2 diabetes

Does added sugar cause weight gain?

this form may be obesogenic [x] [xi] In Australia, however, added sugar intake and SSB intake have been declining over the same period as obesity has increased – the so-called Australian sugar paradox – suggesting sugar intake is not a primary driver of population obesity levels [xii].

...

This article was reviewed by Professor Jennie Brand Miller from the School of Molecular Biosciences and Charles Perkins Centre and Director, Sydney University Glycemic Index Research Service.

http://www.srasanz.org/sras/news-media-faq/sras-articles/do-carbohydrates-cause-weight-gain/ ;
http://www.srasanz.org/sras/sras-advisors/

Submission to NHMRC re Australian Dietary Guidelines:

The Beverages Council** believes that important dietary factors related to obesity are being overlooked by the current emphasis on sugars and soft drinks. Australia's refined sugar consumption has decreased over the past 40 years yet obesity rates have increased. This is described as **the 'Australian Paradox'. (3)

[Assessment via *Australian Paradox et al*]

- ***... 'In particular, limit sugar-sweetened drinks in order to prevent weight gain or obesity'* is not supported by a preponderance of the scientific evidence.**

(3) Barclay AW, Brand Miller J, The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity has Increased, *Nutrients* 2011, 3, 491- 504
http://www.abc.net.au/cm/lb/5251976/data/bev-sub-to-nhmrc-data.pdf

Why a soft drinks tax is not the answer

As the nation's collective waistline continues to expand, through the media there are various calls for a tax on certain products, including soft drinks, as a means to curb obesity. Whilst theoretical modelling might point to taxes as a solution, in reality these punitive measures are ineffective, inefficient and unfair for a range of reasons.

Added sugar consumption declining...

Australia's consumption of added sugar is declining. A recent study identified that the prevalence of obesity has increased 3 fold in Australians since 1980 while per capita consumption of refined sugar (sucrose) decreased by 23% from 1980 to 2003[1]. The research also found that when all sources of

...

2007. The findings confirm an "Australian Paradox"—a substantial decline in refined sugars intake over the same timeframe that obesity has increased. The implication is that efforts to reduce sugar intake *may* reduce consumption but *may not* reduce the prevalence of obesity.

http://australianbeverages.org/for-consumers/soft-drink-tax-answer/

Issue 6: Group of Eight claims a devotion to "excellence", so why Go8 Chair Michael Spence indifferent to *Australian Paradox* facts?

Rory Robertson
20 April 2016

Request for formal retraction of infamous *Australian Paradox* paper

Dear members of the Senior Executive Group of the University of Sydney, and outside observers,

I'm sorry to have to write to many of you again about the Charles Perkins Centre's *Australian Paradox* scandal. I will try to be brief, providing the relevant history and a four-point argument for the formal retraction of the infamous paper: http://sydney.academia.edu/AlanBarclay ; http://www.australianparadox.com/pdf/OriginalAustralianParadoxPaper.pdf

For starters, note that **an ABC *Lateline* report** last week confirmed my assessment that the paper is extraordinarily faulty, has false conclusions and works to damage public health: http://www.abc.net.au/lateline/content/2015/s4442720.htm As I explained in 2014 to the Academic Board - which did not reply - Deputy Vice-Chancellor (Research) Professor Jill Trewhella's "Initial Inquiry" into this matter was an epic fail, with the ***Initial Inquiry Report* wrong on five of its seven "Preliminary Findings of Fact"**: http://www.australianparadox.com/pdf/Letter-Academic-Board-Inquiry-Report.pdf

Disturbingly, Professor Trewhella and her hand-picked independent investigator Professor Robert Clark AO combined to **blatantly "bury"** the fact that the *Australian Paradox* paper features **a faked, falsified, made-up flat line**. Call it whatever you like, but please check out **Figure 6** (p.5 below). The suppression of the fake-data issue is "**PROBLEM 1**" in my response to the mistake-riddled *Initial Inquiry Report*: http://www.australianparadox.com/pdf/RR-response-to-inquiry-report.pdf

Further, Professor Trewhella and Professor Clark combined **"not to notice"** that the authors' own published charts of valid indicators - reproduced on the next three pages - **spectacularly contradict** the author's mistaken claim of **"a significant and substantial decline"** in the consumption of added sugar over their chosen 1980-2010 timeframe.

Notably, the University of Sydney refused to forward my detailed response to Professor Clark, inappropriately declaring case-closed. But facts remain facts despite being suppressed. Thus **Emma Albericie's *Lateline* investigation shredded the credibility of the *Australian Paradox* paper**, reinforcing similar assessments since 2012 by other experienced journalists: **Wendy Carlisle** http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418 ; **Michael Pascoe** http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html ; and **Mark Metherell** http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html

Shockingly, the Charles Perkins Centre's Professor Brand-Miller reportedly told *Lateline* that her *Australian Paradox* findings are **"more valid than ever"**. I think this is scientific fraud, and so does a former Deputy Governor of the Reserve Bank of Australia: p. 35 http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

Unreasonably, since 2012, the University of Sydney's scientists and management have falsely claimed everything is fine:

"Dear Mr Robertson
I have received your e-mail of 24 May [2012].
On the advice available to me the report of Professor Brand-Miller's research which appears in Nutrients was independently and objectively peer-reviewed prior to its publication in that reputable journal.
In that circumstance there is no further action which the University can or should take in relation to your concerns.
Yours sincerely
Michael Spence
DR MICHAEL SPENCE | Vice-Chancellor and Principal UNIVERSITY OF SYDNEY"
http://www.australianparadox.com/pdf/SydneyUniVC%20LETTER070612.pdf

In fact, any "peer review" of the *Australian Paradox* paper was a catastrophic failure. Indeed, as was made clear by my ***Charles Perkins Centre Quick quiz on research integrity***: http://www.australianparadox.com/pdf/quickquizresearch.pdf, no-one competent read the paper before it was (self) published by Professor Brand Miller, **operating as lead author as well as the Guest Editor** of the publishing journal: http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates

The next four pages reproduce the authors' own *Australian Paradox* charts, followed by my four-point case for retraction.

http://www.australianparadox.com/pdf/Harmful-misconduct-Charles-Perkins-Centre.pdf

THE AUSTRALIAN
NEWSPAPER OF THE YEAR

AUSTRALIA DAY HONOURS 2017

Australia Day honours: Michael Spence achieving equity without surrendering excellence

'God has been kind': University of Sydney vice-chancellor Michael Spence. Picture: Renee Nowytarger

The Australian | 12:00AM January 26, 2017 | 2 | Save

JOHN ROSS
Higher Education reporter | Sydney | @JohnRoss49

When Michael Spence returned to his Sydney alma mater after 20 years at Oxford University, he stumbled on a live discussion over whether standards should be lowered to bring in people from underrepresented groups.

It was 2008, and Spence was taking charge at Australia's oldest university at a time when the federal government was on the verge of uncapping student numbers.

"I was surprised to hear people talking about excellence and equity as if they were trade-offs," the University of Sydney vice-chancellor says. "We know that when students from underrepresented groups arrive they outperform many students with better paper qualifications.

...

He has been named a Companion in the General Division of the Order of Australia for eminent service to tertiary education.

...

Spence has given interdisciplinary research — a buzz phrase in higher-education circles — a concrete presence in two gleaming new buildings: the Sydney Nanoscience Hub and the Charles Perkins Centre, where academics of all stripes look for solutions to obesity, diabetes and cardiovascular disease.

The university has concentrated "not on the questions that academics ask one another, but the questions our community is asking", he says. "Those are inherently questions that demand an interdisciplinary approach."

http://www.theaustralian.com.au/news/australia-day-honours/australia-day-honours-michael-spence-achieving-equity-without-surrendering-excellence/news-story/1b6f369efe82bb38c7efbf32477870f1

Issue 7: University of Sydney and Group of Eight supporting scientific fraud, and thus defrauding Australian taxpayers on massive scale

In an epic failure of leadership in 2016, University of Sydney Vice-Chancellor and Chair of the Group of Eight, Dr Michael Spence, ditched the Go8's promise of "excellence" in research, as he embraced Academic Freedom and refused to correct blatantly false information tending to harm public health. Critically, formal retraction is the standard approach to fixing false and harmful "findings" on the scientific record. Over 600 faulty peer-reviewed papers are retracted each year (~2 per day). Supporting false and harmful "findings" published without proper quality control is unethical and unacceptable: http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/

"Dear Mr Robertson

I have received your e-mail of 24 May [2012].

On the advice available to me the report of Professor Brand-Miller's research which appears in Nutrients was independently and objectively peer-reviewed prior to its publication in that reputable journal.

In that circumstance there is no further action which the University can or should take in relation to your concerns.

Yours sincerely

Michael Spence

DR MICHAEL SPENCE | Vice-Chancellor and Principal UNIVERSITY OF SYDNEY": Chart 6 at
http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

http://www.australianparadox.com/pdf/quickquizresearch.pdf

Dear Mr Robertson

An independent enquiry has found there to have been no academic misconduct in the publication of this research justifying any type of disciplinary action or requiring the retraction of this paper.

Universities are not advocacy organisations. They do not promote particular points of view. They are fora for research and debate and must, absent independently established research misconduct or some type of unlawfulness, protect the right of their academic staff to undertake and publish research. This includes research that you may believe to be wrong in its conclusions. Indeed, the whole progress of scientific understanding depends upon the constant correction and re-correction of published research. For a university to require the retraction of a piece of research simply on the basis that someone believes it to be wrong, even patently wrong, would be a fundamental blow to the tradition of free enquiry that has made universities such powerful engines of innovation and of social development over many centuries. I repeat, we will not censor or require the retraction of the the academic work of our staff on any grounds save independently verified research misconduct or unlawfulness.

Your campaign of public vilification will not change this position.

Yours sincerely

Michael Spence

20 April 2016 http://www.australianparadox.com/pdf/Go8Chair-academicfreedom.pdf

THE UNIVERSITY OF SYDNEY

Annual Report 2015

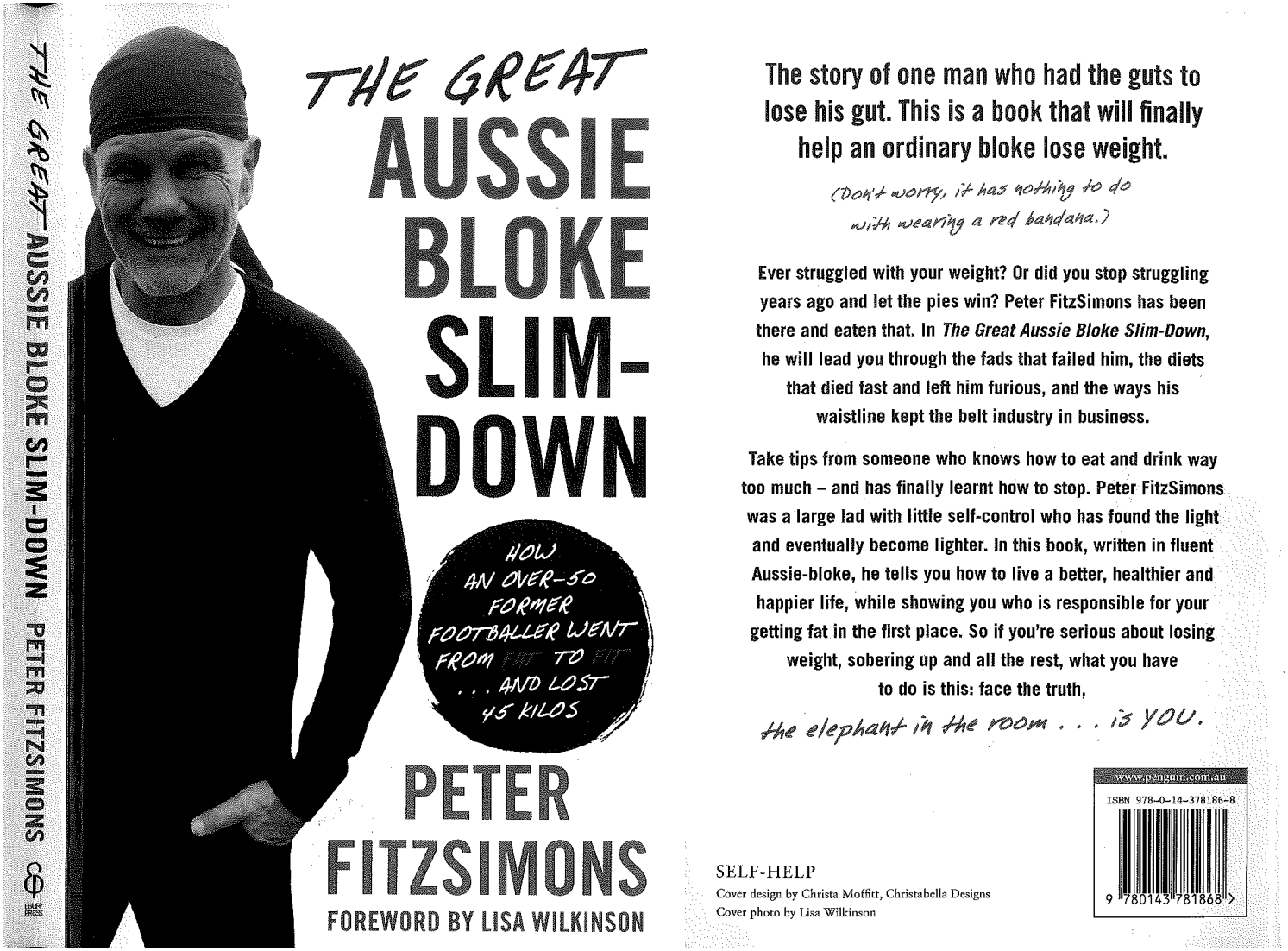
	2015 $M	2014 $M	Change $M	Change %
Teaching and learning operating grants	304.4	299.5	4.9	1.6
Capital funding	1.3	6.9	(5.6)	(81.4)
Federal government operating and capital grants	**305.7**	**306.4**	**(0.7)**	**(0.2)**
Research block grant funding	150.9	150.4	0.5	0.3
Other federal agencies - research	157.2	160.6	(3.4)	(2.1)
Australian Research Council	64.1	73.0	(8.9)	(12.2)
Scholarships	30.3	29.1	1.2	4.0
Federal research funding	**402.5**	**413.2**	**(10.7)**	**(2.6)**
Total federal funding	**708.2**	**719.6**	**(11.4)**	**(1.6)**

p. 51 of 136 http://sydney.edu.au/dam/corporate/documents/about-us/values-and-visions/University-of-Sydney-2015-Annual-Report.pdf

While soliciting billions of dollars from hapless taxpayers and politicians, the University of Sydney and its Group of Eight partners promised to pursue "excellence" in research; yet post-funding, they actively support blatantly false, harmful research "findings"!

The Group of Eight: *Research intensive universities promote **excellence in research**...**integrity is the requirement, excellence the standard**...the application of **rigorous standards of academic excellence**...**placing a higher reliance on evidence than on authority**...the **excellence**, breadth and volume of their research...help position the standards and **benchmarks for research quality**...research intensive universities are **crucial national assets**...*[they have] *the right and responsibility to publish their results and participate in national debates...provide information that supports community well-being...they are **citadels of ability and excellence**... **Excellence attracts excellence**...The reputation of these universities **reflects substance, not public relations**...the research intensive universities are **critical**. The way in which they operate ensures the **highest possible standards of performance** across a broad range of disciplines and helps set **national standards of excellence**.* https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf

Issue 8: Fellow of University of Sydney Senate agrees with big chunk of what I'm saying, featuring *Australian Paradox* in his new book!

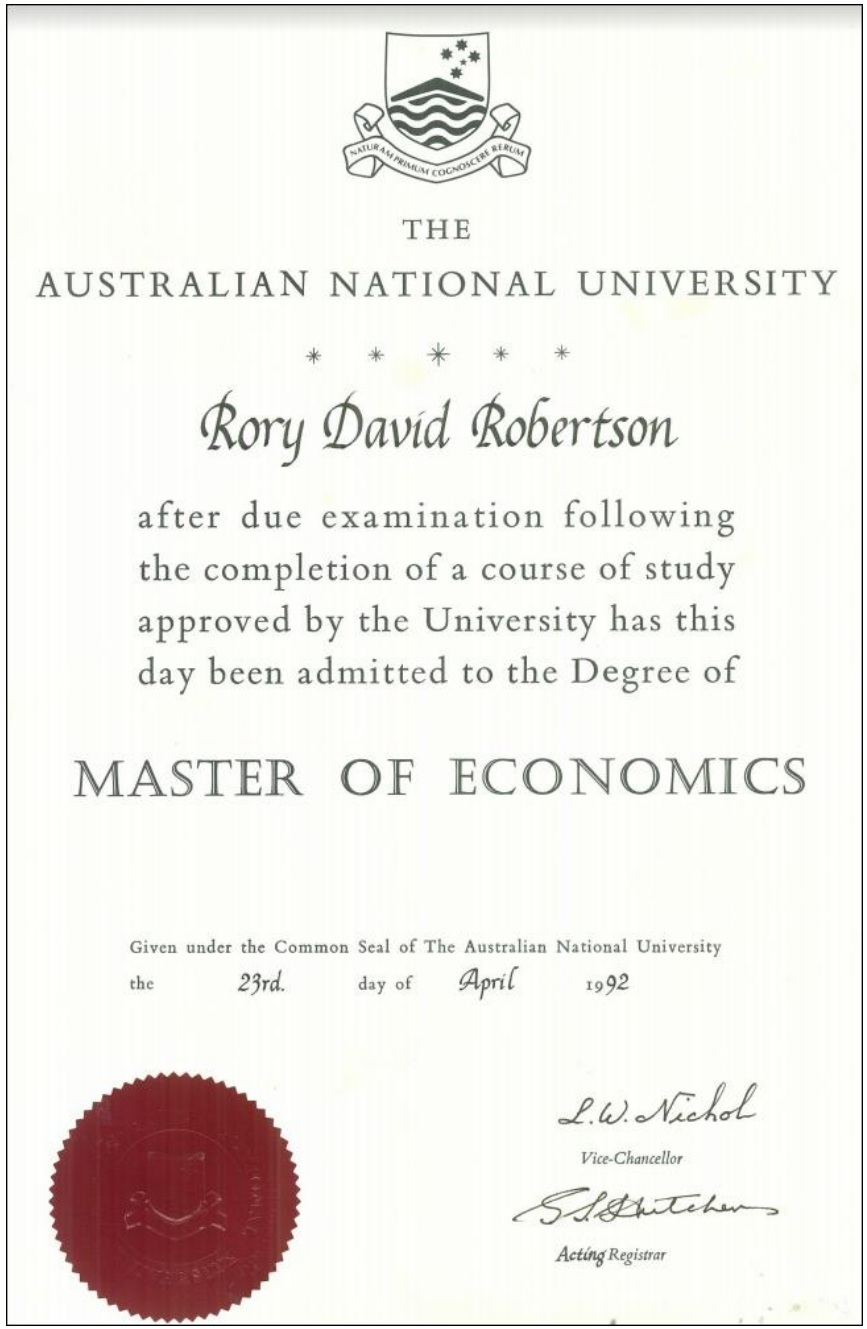


The University of Sydney's Charles Perkins Centre and (50% owned) Glycemic Index Foundation are world leaders in defending modern doses of added sugar as harmless. Why? And why do Australian Diabetes entities falsely insist that it's a "myth" added sugar (100% carbohydrate) causes type 2 diabetes? In Chapter 7 of his latest book, Peter FitzSimons mainstreamed some of Rory Robertson's deep concerns about the Charles Perkins Centre's *Australian Paradox* sham, highlighting how influential but shonky science is working to harm the health of ordinary Australians (selected pages reproduced in Part 6, below)

PART 2: Background on Rory Robertson, the economist who solved "The Australian Paradox". Who is the guy making all the fuss?

Alas, explaining the paradox turns out to be as simple as the "paradox" is dodgy: The University of Sydney scientists misread up versus down in their own published charts (!), then embraced a conspicuously "flatlining" 2000-2003 series that obviously was faked by their unreliable data collator (FAO), after its decades-old-source Australian Bureau of Statistics (ABS) sugar series was discontinued as unreliable after 1998-99 (p. 19)

RR's university days didn't begin at Group of Eight university devoted to research "excellence"; JCU degree included First Class Honours



THE

AUSTRALIAN NATIONAL UNIVERSITY

* * * * *

Rory David Robertson

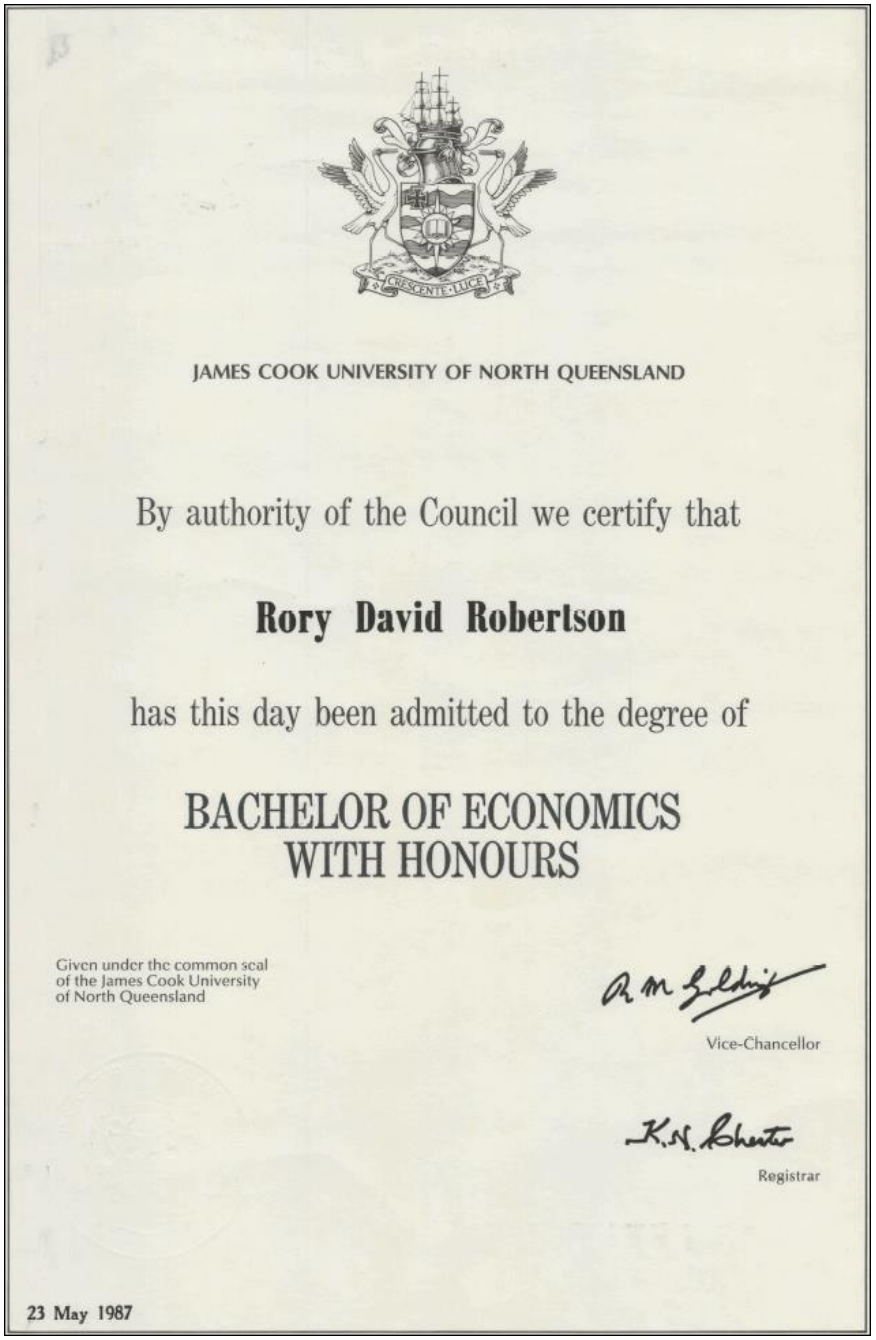
after due examination following the completion of a course of study approved by the University has this day been admitted to the Degree of

MASTER OF ECONOMICS

Given under the Common Seal of The Australian National University the 23rd. day of April 1992

L.W. Nichol
Vice-Chancellor

Acting Registrar



JAMES COOK UNIVERSITY OF NORTH QUEENSLAND

By authority of the Council we certify that

Rory David Robertson

has this day been admitted to the degree of

BACHELOR OF ECONOMICS
WITH HONOURS

Given under the common seal of the James Cook University of North Queensland

Vice-Chancellor

Registrar

23 May 1987

4. Background on Rory Robertson

x RR was born in Alice Springs in the Northern Territory of Australia in 1966 and has lived in all mainland States and Territories except Western Australia. RR's dad – a Scots Guardsman (No1 Guards Independent Parachute Company) and then an Edinburgh policeman as a young man (before moving to Australia) - once claimed to have won fist-fights in the 1950s and 1960s in every pub in the vast outback region spanned by Broome in the west, Mt Isa in the east and Adelaide and Darwin in the south and north. In response to her sons once reminding her of that boast, RR's mum - for four decades a Nursing Sister in remote Aboriginal communities and elsewhere in country Australia - claimed that she had bailed a bloke out of jail the very next day in some of those places: http://au.totaltravel.yahoo.com/destinations/maps/australia/

x In the 1970s, RR was teased unmercifully at school about the outsized nature of one of his body parts (yes, lips!): http://www.australianparadox.com/baralaba.htm

x In 2001, RR's eyewitness account of the September 11 terrorist attacks on the World Trade Centre in New York City went viral, and was republished in many newspapers in Australia and elsewhere: http://www.australianparadox.com/pdf/RR-WORLDTRADECENTER-9-11-2001.pdf (RR lived in NYC between 1999 and 2003, mostly on 35th and 3rd with now-wife Gwen.)

x In 2006, RR delivered a **Graduation Ceremony Address** at James Cook University, with some complimentary reviews coming later, from readers who didn't have to sit through 30 minutes of an economist's "wisdom": http://www.australianparadox.com/pdf/rorygraduationmar06.pdf

x In 2007, RR was the first to identify then-Treasurer Peter Costello as Australia's biggest-taxing Treasurer: http://www.theage.com.au/news/national/figures-clear-decks-for-budgetreform/2007/04/24/1177180651446.html ; http://www.smh.com.au/news/business/gsts-not-thefinancial-free-kick-costello-says-it-is/2006/07/07/1152240492841.html?page=2

x In 2009, RR shredded the credibility of **Australia's leading house-price "Chicken Little"**: (the bet) http://www.bloomberg.com/apps/news?pid=newsarchive&sid=aBGpZWYKLiWE ; (the result) http://www.bloomberg.com/apps/news?pid=newsarchive&sid=aJua.fRYs1KQ

x In 2011, RR playing his own version (14 clubs, back tees, no cart, no caddy, no running) of "**Speed Golf**" – a scoring system that values minutes taken the same as shots played over 18 holes – set what he claims is the true course record - 79 shots in 110 minutes, and so 189 "off the stick and on the clock" - at the famous NSW Golf Club: http://www.nswgolfclub.com.au

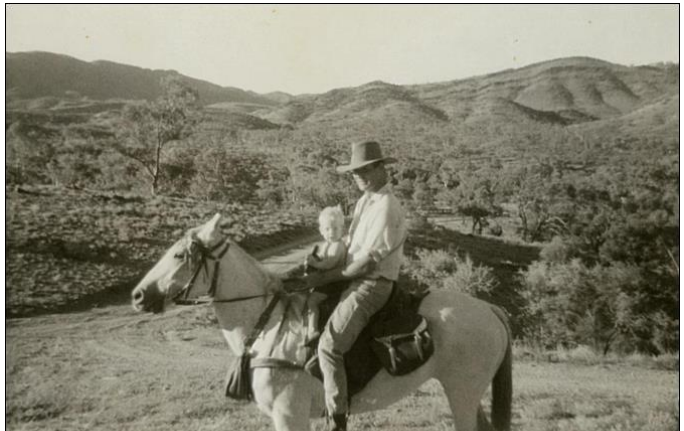
x In 2012, RR documented that the **Food and Agriculture Organization of the United Nations** is an unreliable publicly funded entity that falsifies published data when it suits (Letter 7): http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

x In 2013, RR claimed a unique **fishing "Grand Slam"** involving nearly 2.5 combined metres (eight feet) of (i) first-time Barramundi in Australia's Northern Territory (photo by Nick Beckett) plus (ii) ugly European Carp in Sydney's Centennial Park plus (iii) poison-pronged native Catfish in Cape York: http://www.australianparadox.com/pdf/RR-Fishing.pdf

x **RR completed his First Class Honours degree in Economics at James Cook University in 1987 and a Master of Economics at the Australian National University in 1991. He was awarded a prestigious Reserve Bank of Australia Cadetship in 1985, before working for the RBA from January 1988 until January 1994, when he left to work for Chris Caton at Bankers Trust.** RR these days claims to have been a competent applied macroeconomist for a quarter of a century. Of course, those who spent an extended period on his old BT-Macquarie distribution list - for a year or two up to a decade or two - may be able to provide a more-objective assessment of RR's competence as a professional analyst. Here's a hastily cobbled-together sample:

Aaron Patrick, Adrian Rollins, Aisling Freiheit, Alan Kohler, Alan Mitchell, Alan Wood, Alex Shuman, Alison Payne, Alison Tarditi, Allan Moss, Andre Morony, Andrew Downe, Andrew Gill, Andrew Peden, Anthony Dickman, Athanasios Orphanides, Becky Gaylord, Ben Mills, Bernard Kellerman, Bernie Fraser, Bill Dudley, Bill Moss, Brendan Trembath, Brett Allender, Brian Blackstone, Brian Doyle, Brian Madigan, Brian Redican, Brian Toohey, Bruce Hockman, Chris Aylmer, Chris Caton, Chris Joye, Chris Kent, Chris Ryan, Chris Zappone, Christopher Towe, Clancy Yeates, Colin Dwyer, Craig Phillips, David Bassanese, David Gruen, David Hale, David Hudson, David Uren, David Wessell, Deirdre Macken, Dennis Gartman, Dick Schumacher, Don Stammer, Dominic McGann; Dominic Wilson, Doug McTaggart, Emma Alberici, Enda Curran, Fiona Fawcett, Frank Ashe, Garry Shilson-Joslin, George Megalogenis, Geoff Bowmer, Geoff Heenan, Geoff Weir, Gerard Baker, Gerard Henderson, Gordon de Brouwer, Glenn Stevens, Glenn Withers, Glynn Phillips, Graeme Jolly, Greg Coffey, Greg Ip, Greg Matthews (the investor, not the cricketer), Greg Murfet (the investors' friend, not the golfer), Guy Debelle, Guy Drummond, Harry Notaras, Heather Ridout, Heather Smith, Holly Lindsay, Ian Amstad, Ian Cassie, Ian J. Macfarlane, Ian Martin, Ian Matheson, Ian Saines, Ivan Colhoun, Jacob Greber, Jacqui Dwyer, Jake Saulwick, James Glynn, James Whitelaw, Jason Szep, Jeff Oughton, Jeremy Rudd, Jennifer Hewett, Jenny Wiggins, Jenny Wilkinson, Jenny Sillar, Jessica Irvine, Jill Pleban, Jim Barron, Jim Parker, Joanne Collins, Joanne Gray, Jocelyn Parker, John Berry, John Dodsworth, John Durie, John Edwards, John Garnaut, John Kunkel, John Llewellyn, John Mair, Jon Hilsenrath, Jonathan Kearns, Julie Kozak, Justin Wolfers (before he was a superstar!), Karl Mayer, Ken Henry, Kumar Phalgat, Larry Hore, Laura Tingle, Linda Kole, Louis Christopher, Luci Ellis, Luke Sullivan, Malcolm Edey, Malcolm Maiden, Mark Britten-Jones, Mark Crosby, Mark Gongloff, Mark Rider, Mark Thirlwell, Martin Parkinson, Matt Wade, Matthew Cranston, Matthew Jones, Max Walsh, Michael Andersen, Michael Janda, Michael McKee, Michael McNamara, Michael Pascoe, Michael Stutchbury, Michael Wesley, Michelle Grattan, Mike Steketee, Mike Thomas, Mike Walsh, Nicholas Moore, Nick Beckett, Nick Gardner, Nigel Bailey, Nigel Dews, Paddy Jilek, Pam Woodall, Patrick Barta, Paul Bide, Paul McCulley, Paul Moy, Paul Murray, Peter Crone, Peter Crossman, Peter Hartcher, Peter Jonson, Peter Martin, Peter Munckton, Peter Switzer, Peter Tulip, Peter Warne, Phil Baker, Phillip Lasker, Philip Lowe, Philip Moffitt, Rob Scott, Robert Gottliebsen, Robert Weatherdon, Rodney Jones, Rodney Payne, Ross Gittins, Ross Youngman, Rowan Ross, Ric Battellino, Rich Miller, Russell Maddox, Scott Murdoch, Sean Aylmer, Sean Keane, Shane Oliver, Shane Wright, Shemara Wikramanayake, Simon Guttman, Simon Kennedy, Stacey Tevlin, Stephen Long, Steve Burrell, Steve Dawe, Steven Dunaway, Steve Grenville, Steve Miller, Tam Bayoumi, Tendai Gregan, Terry McCrann, Tim Callen, Tim Colebatch, Tim Riddell, Tim Stewart, Tim Harcourt, Tom Allard, Tom Dusevic, Tom Switzer, Tony Brennan, Tony Richards, Vincent Lo Blanco, Warren Bird, Warren Tease, Warwick McKibbin, Wayne Cole, William Pesek, Yifen Axford. (Please get in touch if you would like in or out of that sample.)

http://www.australianparadox.com/pdf/Sugary-Drinks-Ban.pdf



Sandy and Rory, Grindles Hut, Balcanoona, South Australia, c.1968

http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

http://www.australianparadox.com/baralaba.htm

Infamous Keen/Robertson bet showed that professors can struggle with basic analysis, then confidently promote woefully bad advice

'Rate Cut Rory' challenges pessimist Keen, November 28, 2008

*An academic predicting a collapse in house prices has made a bet with **Macquarie Group economist Rory Robertson** that commits the loser to walk from Canberra to the top of Australia's highest mountain. A forecast by **University of Western Sydney associate professor Steve Keen** that house prices will collapse by 40%, double the current plunge in the US, has a 1% chance of being correct, Mr Robertson said today.*

*Mr Keen, who made headlines in Australia and overseas with his forecast that the nation may be facing a depression, and last month sold his inner-Sydney home, accepted Mr Robertson's challenge. If house prices fall by less than 20% he will embark on **the 230 km hike from Canberra to 2228-metre high Mount Kosciuszko**. "Moreover, the loser must wear a tee-shirt saying: "I was hopelessly wrong on home prices! Ask me how,'' said Mr Robertson, dubbed "Rate cut Rory'' after accurately forecasting the central bank would cut rates in 1996, betting against the market.*

"I expect to record an easy win within two years,'' Mr Robertson added. "That's because falls in Australia-wide home prices will be limited by our lack of overbuilding, our much more disciplined mortgage market, and especially, the Reserve Bank's ability to drive mortgage rates lower.'' Source: *Bloomberg* via http://www.brisbanetimes.com.au/news/business/rate-cut-rory-challenges-pessimist-keen/2008/11/28/1227491797644.html

Economist Keen to walk Canberra-Kosciuszko

Online business reporter Michael Janda

Updated 16 Feb 2010, 8:19pm

Controversial economist Steve Keen will walk from Canberra to Mt Kosciuszko after losing a bet on house prices.

PHOTO: Associate Professor Steve Keen will be walking 224km after losing a bet with a fellow economist

AUDIO: Extended interview with Steve Keen. (ABC News)

MAP: Australia

Associate Professor Keen from the University of Western Sydney famously made a bet with Macquarie's interest rate strategist Rory Robertson during the middle of the financial crisis.

Mr Robertson has a different take on the bet.

"The late-2008 bet simply was about the size of the peak-to-trough fall in average house prices from the observed peak in the first quarter of 2008, as measured by the ABS house price index - the agreed bet: [house price index] down 40 per cent from Q1 2008 peak, I walked; down less than 20 per cent from Q1 2008 peak, Dr Keen walked. That's it," he wrote in an email to the ABC.

"The fact that the downtrend in house prices underway in 2008 ended within a few short months of the bet being agreed - rather than 10-15 years down the track, and with prices then rising to new highs within a year - simply highlights how hopelessly wrong Dr Keen was about the outlook for house prices."

While Mr Robertson disagrees that there was a second part to the bet, he says he is still happy to do the same walk if Australian house prices drop 40 per cent from any new peak during his lifetime.

"Betting the house on an economist's forecast typically is not a smart move. Unfortunately, Dr Keen recklessly encouraged everyday Australians to sell their homes at what turned out to be the peak of the global financial crisis, and the trough in local house prices," Rory Robertson responded.

"That's why he's getting set to walk from Canberra to Mt Kosciuszko wearing a t-shirt saying, 'I was hopelessly wrong on house prices. Ask me how!'"

http://www.abc.net.au/news/2010-02-16/economist-keen-to-walk-canberra-kosciuszko/333138

smh.com.au
The Sydney Morning Herald

News Entertainment Life & Style Business Sport Travel Tech Other Sections

↳ Home » National » Article

Big sale despite Keen's gloom

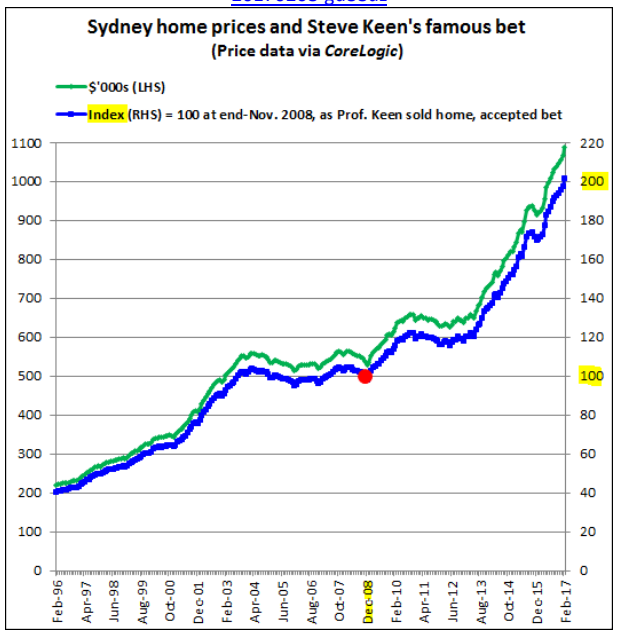
Deal ... Steve Keen in his apartment with real-estate agents.
Photo: *Janie Barrett*

Jonathan Chancellor Property Editor
October 25, 2008

Advertisement

THE doomsayer economist Steve Keen - who has forecast that property prices could fall by 40 per cent over the next few years - has accepted a $526,000 offer for his Surry Hills apartment.

http://www.smh.com.au/news/national/big-sale-despite-keens-gloom/2008/10/24/1224351544016.html
http://www.afr.com/news/economy/lunch-with-the-afr-steve-keen-the-economist-who-came-in-from-the-cold-20170208-gu88uz



-----Original Message-----

From: Rory Robertson (NY)

Sent: Wednesday, 12 September 2001 8:11 AM (Sydney time)

To: Usual list

Subject: UNIMAGINABLE EVENTS ROCK U.S.

- Apparent terrorist attacks rock New York and Washington
- Hijacked planes demolish Twin Towers at World Trade Centre
- A personal account of these events
- Pentagon hit by third hijacked plane
- Already-weak US economy vulnerable to this mind-numbing shock
- Risk of further damage to US consumer, business and investor confidence
- Obvious downside risk to my 3% Fed funds forecast
- US markets closed until further notice
- Elsewhere, equity prices drop, while bond, gold and oil prices soar

Unimaginable events rock US

by Rory Robertson (1 917 821 2724)

**This is my account of some of the terrible things that happened in New York City today, followed by some thoughts on the financial-market implications.

**Like many others, I was way too close to the action. I am pretty shaken, though have not even a scratch. Thank you to all those who called to see that I am okay.

**At about 8.45am, we were on the ground floor of the World Trade Centre Marriot listening to the breakfast speaker at the NABE (National Association for Business Economics) conference when what turned out to be the first hijacked plane hit our tower.

**There was a bit of a bang and the building shook. We all looked at each other across the table, wondering. Earthquake? Presumably everyone else was also thinking about the 110 floors above us. Then the building shook again. Everyone ran for the door and then the foyer. The move was reasonably orderly. I noticed dust and smoke coming from one lift well; probably it was a bomb (as in 1993), I thought? I was terrified, but okay.

**Everyone was keen to get out into the street, but we didn't really know how frightened to be. On getting to the foyer, you could see the debris outside on the ground. Hotel officials told people not to go outside, as things might still be crashing down. Maybe five minutes later, people moved outside and we could see the hole near the top of the building. And the fire. It was mind-numbing sight.

**Thousands of people were spilling out into the street from buildings in the financial district, but none of us had much idea what had happened. Someone said it was a missile; another said a helicopter had crashed into the tower. So it might have been an accident?

**I didn't have a clue what to do. I guessed the conference was over. Growing crowds were milling around. Like everyone else, I kept looking up, marvelling at the hole and the fire near the top of the first tower. I didn't see people jumping out, but many were talking about it. I noticed a car torn in half and an engine that seemed to have flown out of nowhere. I tried to ring Gwen and Matt (they knew I was in the WTC today) to let them know I was okay. The mobile wouldn't work but eventually Gwen got through, and she Bloomberged Matt at work for me. I tried to ring my brother in Brisbane, but the mobile wouldn't call out.

**I figured I would walk downtown away from the WTC and then walk to midtown via the East side. As I started to move away, I observed debris here and there, the sorts of things you would expect to see when a passenger plane explodes. I was maybe 250 yards from the WTC when I looked up and saw the second plane fly directly - maybe 150 yards - above me. Instantly, I knew it was going to hit the tower. I didn't watch, I didn't see it hit. I just ran, maybe 50 yards towards an alley behind a building, terrified that the debris could easily carry to where I stood.

**As I ran, I heard the explosion as the second plane hit. I made the alley, and hugged the near-side of the building. My thought was that the building was high enough to block out

http://www.australianparadox.com/pdf/RR-WORLDTRADECENTER-9-11-2001.pdf

THE UNIVERSITY OF SYDNEY

Mr Rory David Robertson
[redacted]

6 May 2013

Dear Mr Robertson,

Thank you on behalf of the Faculty of Health Sciences for your contribution of $10,000.00 to support Research into monitoring health and dietary behaviour during participation in an online lifestyle program. Please find below your official University tax receipt.

The University of Sydney is a vibrant teaching and research institution dedicated to solving real world problems. Your gift will help us to ignite the potential of our brightest minds. For generations we have recognised the power of education to lead change. With your help, we are able to continue this tradition by creating a community where individuals and their ideas can flourish.

Thank you for your donation. Your generosity shows that our work matters to you.

Yours sincerely,

Tim Dolan
Director of Development

420243/297732/HEA-017

RECEIPT/TAX INVOICE

THE UNIVERSITY OF SYDNEY

Date	Received From	Receipt Number	Amount
23/04/2013	Mr Rory David Robertson	297732	$10,000.00

Payment type: Direct Deposit

A gift to the University is allowable for the purpose of claiming a deduction under item 1 of the table in section 30-15 of the Australian Income Tax Assessment Act of 1977

Thank You

Office of the Vice Chancellor and Principal
Advancement Services

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ABN 15 211 513 464
CRICOS 00026A
CFN 10369

James Cook University

Graduation Ceremony Address

Faculty of Law, Business and Creative Arts

Townsville, 25 March 2006

By Rory Robertson

(Economist, Debt Markets Division, Macquarie Bank, Sydney)

Mr Chancellor, Mr Vice-Chancellor, Members of Council, members of staff, distinguished guests, ladies and gentlemen, graduates -

It's a great honour to be with you on this special occasion. The only cloud over today's event is the havoc wreaked by Cyclone Larry just to our North. I'm sure the sympathies of everyone here go to those whose homes and livelihoods have taken a battering.

My role today is to congratulate the graduates and to try to say something of consequence to them as they move into the next exciting stage of their lives and careers.

First, to the congratulations. The degrees conferred today are a tribute to our graduates' intellectual talents. And to the power of hard work.

Some of today's graduates will never work as hard again. Others are just warming up. A sub-set of the cleverest and most determined in this graduating class will do extraordinary things in coming decades.

For now, well done. Congratulations to you all on securing your degrees. You should be very proud.

Behind each impressive crop of graduates can be found loving families and friends. In particular, many parents are here today, swelling with pride about their young star's achievements.

Many of you have stood behind *your* graduate - through thick and thin - all their life. Congratulations to you on all *your* efforts behind the scenes, keeping your graduate's eyes on the main game. Today's degree rightly will forever be a source of very great pride.

Everyone please take lots of photos later this afternoon, as in coming decades they will spark priceless memories: a reminder of youthful exuberance and good looks back in 2006; a reminder of all sorts of

http://www.australianparadox.com/pdf/rorygraduationmar06.pdf

Rory Robertson fishing in Australia

First-ever Barramundi (86cm, Roper River, NT, 1998)

Big Fat Carp (Centennial Park, Sydney, 2010)

Big Fat Eel (River Clyde, 2014)

http://www.australianparadox.com/pdf/RR-Fishing.pdf

PART 3: Graphic evidence of profound flaws - including the use of fake data - in the original *Australian Paradox* research

Graphic evidence on the profound flaws – including the use of fake data - in the Charles Perkins Centre's *Australian Paradox* paper

Hello. I'm Rory Robertson. I'm campaigning near and far for the formal retraction of the University of Sydney's *Australian Paradox* paper. Retraction is the usual scientific response to extraordinarily faulty papers published without proper quality control, especially if their false "findings" become a menace to public health (p. 26).

In this document, I present clear evidence of serious problems with competence and integrity at the highest levels of University of Sydney and Group of Eight science ***and* management**. (Check out our January and February 2017 "exchange of letters", on pp. 71-76.) This lack of competent quality control *when it matters* is working to poison the public debate - including in Parliament - on obesity and diabetes, with false information promoting harmful advice to Australians, especially those fat, sick, young and/or Indigenous.

In more detail, the main invalid "finding" presented in the *Australian Paradox* paper is that there was "**a consistent and substantial decline**" in the consumption of added sugar (per person) in Australia **between 1980 and 2010**. The authors thus claimed "**an inverse relationship**" between sugar consumption and obesity.

Professor Jennie Brand-Miller and Dr Alan Barclay use their invalid "Australian Paradox" finding to promote far and wide the false claim that added sugar is **not** a key driver of Australia's growing obesity epidemic. **Thus, they insist, "sugar taxes" designed to reduce sugar consumption - such as those proposed in 2016 by the Grattan Institute and The Greens (p. 45) - will be unhelpful in reducing obesity**:

5. Conclusions

The present analysis indicates the existence of an Australian Paradox, *i.e.*, an inverse relationship between secular trends in the prevalence of obesity prevalence (increasing by ~300%) and the consumption of refined sugar over the same time frame (declining by ~20%). The findings challenge the implicit assumption that taxes and other measures to reduce intake of soft drinks will be an effective strategy in global efforts to reduce obesity.

http://www.australianparadox.com/pdf/OriginalAustralianParadoxPaper.pdf

Nor do modern doses of added sugar have anything to do with type 2 diabetes, the authors falsely claim - "**There is absolute consensus that sugar in food does not cause [type 2] diabetes**" - in the multi-million sold copies of their big-selling pop-sci Low-GI diet books (p. 84).

Importantly, Professor Jennie Brand-Miller and Dr Alan Barclay's high-profile fiction of "a consistent and substantial decline" in sugar consumption between 1980 and 2010 **is falsified not be me, but by their own published charts!** (pp. 21-23)

In short, Professor Brand-Miller and her co-author Dr Barclay present **five** main indicators of sugar consumption. **Four of those five indicators trend *up not down*,** directly contradicting their (false) conclusion of "decline". **The fifth series - their preferred series - was discontinued as unreliable by the ABS after 1998-99 and then faked** by the Food and Agriculture Organization of the United Nations (FAO).

Again, almost all of the available data presented by Professor Brand-Miller and Dr Barclay trend *up* not down. Their preferred series was discontinued as unreliable by the ABS after 1998-99, then for 2000 to 2003 is **faked** by the FAO (see pp. 34-35).

Readers, these catastrophic problems are blindingly obvious once you consider the charts and other evidence reproduced on the following pages. **Please email me at** strathburnstation@gmail.com **if you think I'm wrong. I'm not. This is simple stuff.**

My summary is that the Charles Perkins Centre's *Australian Paradox* research is both an academic disgrace and a menace to public health. The "**peer review**" quality control that Vice-Chancellor Michael Spence in 2012 assured me was properly conducted, **clearly was a catastrophic failure, if not a sham** (pp. 24-25).

How could this happen? Well, believe it or not, the *Australian Paradox* paper was (self) published by the lead author operating as a "**Guest Editor**" of the publishing journal (p. 20). In the history of the world, how many times has a Guest Editor said to herself - as lead author - "No, I mustn't publish *my* paper, because it's dominated by blatant errors, small and large, and features an obviously invalid conclusion"?

Readers, I have advised Vice-Chancellor Michael Spence and the University of Sydney's Academic Board of these serious problems multiple times. Yet Michael Spence and his Academic Board have been happy for nearly five years to simply pretend that everything is fine. After five years, I'm confident that University of Sydney management is soft on scientific fraud, is a menace to public health, and is defrauding taxpayers on a massive scale. Please consider my evidence, below.

Rory Robertson: strathburnstation@gmail.com or phone +61 414 703 471

Original *Australian Paradox* paper's catastrophic quality control overseen by lead author acting as Guest Editor of publishing journal

Nutrients **2011**, *3*, 491-504; doi:10.3390/nu3040491

OPEN ACCESS

nutrients

ISSN 2072-6643

www.mdpi.com/journal/nutrients

Article

The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased

Alan W. Barclay [1] and Jennie Brand-Miller [2,*]

[1] Australian Diabetes Council, 26 Arundel Street, Glebe, NSW 2037, Australia; E-Mail: awbarclay@optusnet.com.au

[2] School of Molecular Bioscience and Boden Institute of Obesity, Nutrition and Exercise, University of Sydney, NSW 2006, Australia

* Author to whom correspondence should be addressed; E-Mail: j.brandmiller@mmb.usyd.edu.au; Tel.: +61-2-9351-3759; Fax: +61-2-9351-6022.

The aim of this study was to analyze the trends in obesity and sugar consumption in Australia over the past 30 years … obesity has increased 3 fold in Australians since 1980.

4. Discussion

This analysis of apparent consumption, national dietary surveys and food industry data indicates a consistent and substantial decline in total refined or added sugar consumption by Australians over the past 30 years. In this respect, Australia may be unique, although FAO statistics suggest a modest

5. Conclusions

The present analysis indicates the existence of an Australian Paradox, *i.e.*, an inverse relationship between secular trends in the prevalence of obesity prevalence (increasing by ~300%) and the consumption of refined sugar over the same time frame (declining by ~20%). The findings challenge the implicit assumption that taxes and other measures to reduce intake of soft drinks will be an effective strategy in global efforts to reduce obesity.

Acknowledgements

This study was a Masters of Nutrition and Dietetic project conducted by Laura Owens and co-supervised by AWB and JBM.

AWB is a co-author of one of the books in The New Glucose Revolution book series (Hodder and Stoughton, London, UK; Marlowe and Co., New York, NY, USA; Hodder Headline, Sydney, Australia and elsewhere): Diabetes and Pre-diabetes handbook, and is a consultant to a not-for-profit GI-based food endorsement program in Australia.

JBM is a co-author of The New Glucose Revolution book series (Hodder and Stoughton, London, UK; Marlowe and Co., New York, NY, USA; Hodder Headline, Sydney, Australia and elsewhere), the Director of a not-for-profit GI-based food endorsement program in Australia and manages the University of Sydney GI testing service.

http://www.australianparadox.com/pdf/OriginalAustralianParadoxPaper.pdf

Special Issue Editor

Guest Editor

Prof. Dr. Jennie Brand-Miller

School of Molecular Bioscience, The University of Sydney, NSW 2006, Australia

Website | E-Mail

Fax: +61 2 9351 6022

Interests: all aspects of carbohydrates, including diet and diabetes; the glycemic index and insulin resistance

http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates

Correspondence

The Australian Paradox Revisited

Jennie Brand-Miller [1,*] and Alan W. Barclay [2]

[1] School of Molecular Bioscience and Boden Institute of Obesity, Nutrition and Exercise, University of Sydney, Sydney, NSW 2006, Australia

[2] Australian Diabetes Council, 26 Arundel Street, Glebe, NSW 2037, Australia; E-Mail: alan@australiandiabetescouncil.com

* Author to whom correspondence should be addressed; E-Mail: jennie.brandmiller@sydney.edu.au; Tel.: +61-2-9351-3759; Fax: +61-2-9351-6022.

Received: 25 March 2012 / Published: 30 March 2012

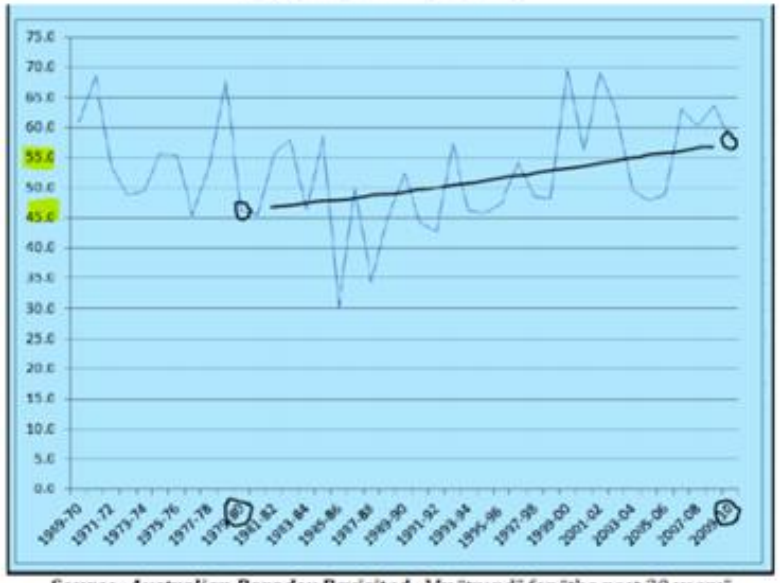
The *Australian Paradox* reported the observation that upward changes in the prevalence of overweight and obesity in Australia run counter to changes in *refined* sugars intake [1]. Economist, Rory Robertson claims there is no Australian Paradox, just unreasonable treatment of the available data [2]. Unfortunately, there are factual errors in Mr. Robertson's essay and misinterpretation of the distinctions between total sugars *vs.* refined sugars, sugar availability *vs.* apparent consumption, sugar-sweetened and diet soft drinks, and other nutrition information. While the terminology, strengths and limitations of various nutrition data are readily understood by individuals trained in nutrition, some confusion may have been avoided if our original paper had referred to refined sugars in its title and described the terminology used.

Our peer-reviewed published analysis argued the case for a decline in refined sugar (sucrose) consumption by Australians over past decades. By several indicators, it has decreased over the same timeframe that the prevalence of overweight and obesity has risen strongly. This paradox challenges the current focus on sources of refined sugar, sucrose or fructose as primary players in the development of overweight and obesity in Australia.

http://www.australianparadox.com/pdf/nutrients-03-00491-s003.pdf

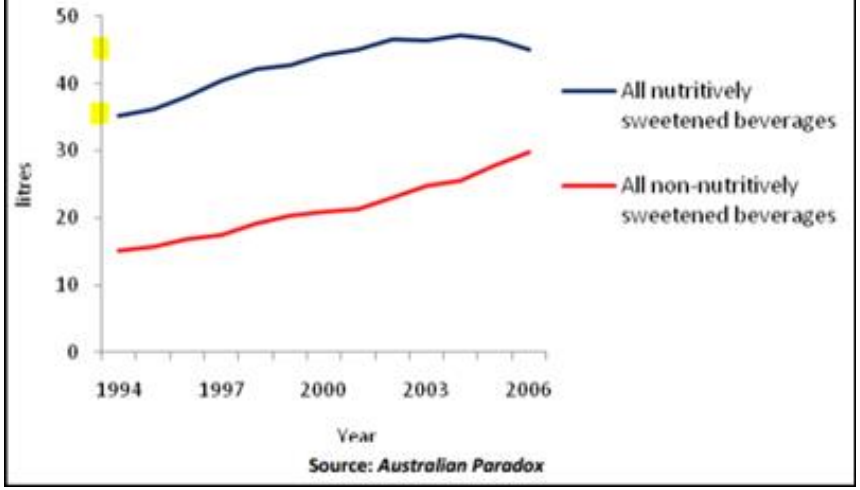
1. Charles Perkins Centre scientists' own published graphic evidence of "a consistent and substantial decline", 1980-2010

Figure 1: Australian sugar availability (kg per person per year)



Source: *Australian Paradox Revisited* ; My "trend" for "the past 30 years"

Figure 2: Australian softdrink sales; Top (dark) line is sugary softdrinks (Litres per person per year)



http://www.australianparadox.com/pdf/18May2016-Letter-USydAcademicBoard.pdf

Figure 3: National surveys - Adults

TOTAL SUGARS (ADDED & NATURALLY OCCURRING)

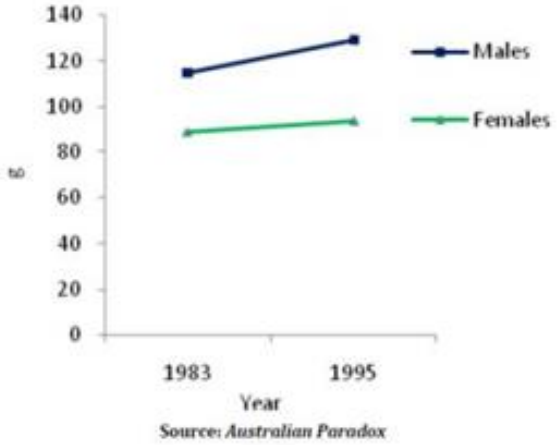
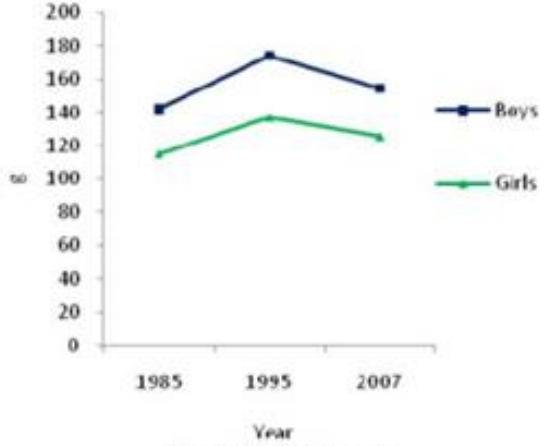


Figure 4: National surveys - Children

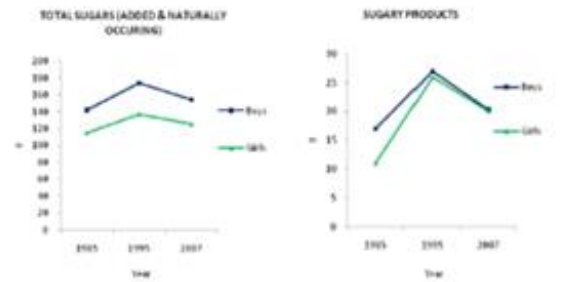
TOTAL SUGARS (ADDED & NATURALLY OCCURING)



http://www.australianparadox.com/pdf/18May2016-Letter-USydAcademicBoard.pdf

2. Charles Perkins Centre scientists' graphic evidence of "a consistent and substantial decline", 1980-2010 (continued)

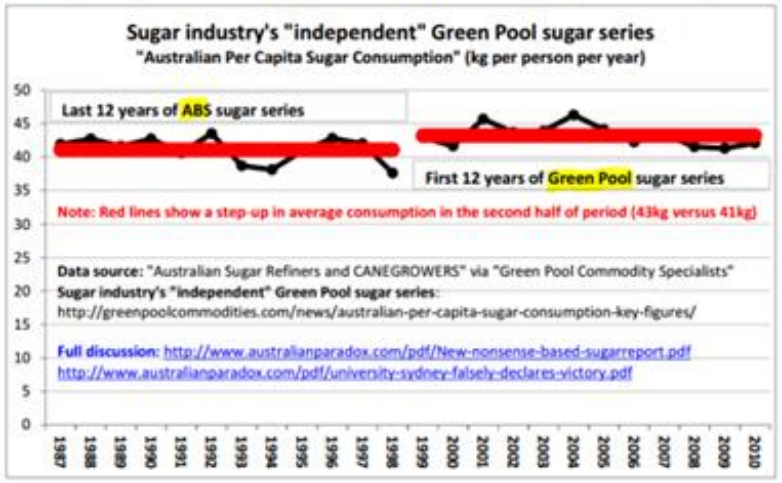
Figure 4a: National surveys - Children



* Including coffee, tea and low joule soft drinks

Source: ***Australian Paradox***

Figure 5: Australian sugar industry's measure of sugar consumption

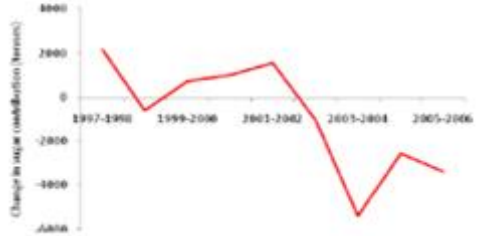


http://www.australianparadox.com/pdf/GraphicEvidence.pdf

Figure 6: Annual change in sugar via sugary drinks (tonnes per year)

Figure 6 shows the annual change in the contribution of sugar from nutritively sweetened carbonated soft drinks (sugar-sweetened soft drinks) to the Australian food supply [30]. Levy and Tapsell [30] reported a concurrent increase in sugar from other nutritively sweetened beverages (e.g., sports drinks, flavored waters and iced teas). However, the increase in sugar contribution to the food supply from these beverages did not contribute enough volume to match the decline in nutritively sweetened carbonated soft drinks. Overall, there was a decrease in sugar contribution from nutritively sweetened carbonated soft drinks to the Australian food supply, amounting to 12,402 tons (~~600~~ 150 g per person per year, Figure 6) from 2002 to 2006.

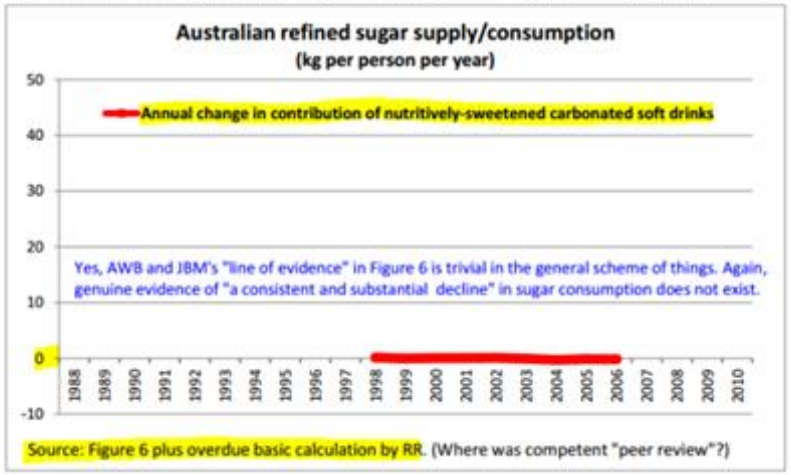
Figure 6. Annual change in contribution of nutritively-sweetened carbonated soft drinks to total added sugar in the Australian food supply [30].



Source: ***Australian Paradox***

Figure 6a: Annual change in sugar via sugary drinks (kg per person per year)

(Calculated by multiplying readings in Figure 6 by 1000, then dividing by our ~20,000,000 population)



http://www.australianparadox.com/pdf/GraphicEvidence.pdf

RR's formal submission featured issue of FAO's faked flat line

RR's submission to formal inquiry into competence and integrity surrounding University of Sydney's *Australian Paradox* research

By Rory Robertson
March 2014

On 29 November 2013, I was advised by the head of the Charles Perkins Centre, Professor Stephen Simpson, that the University of Sydney had opened - after nearly two years of encouragement from me – a formal inquiry into the competence and integrity of the extraordinarily faulty *Australian Paradox* research:
http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf

In any case, the underlying facts are as follows. The ABS stopped even pretending to count apparent consumption of sugar after 1998-99. Then, extraordinarily, instead of writing "Not available" in its global spreadsheets, the FAO recklessly began pretending that the Australian sugar series for the 2000s is a flat line. That is, the FAO series for the 2000s has no basis in reality; no-one is actually doing any real counting; there are no underlying data beyond 1998-99. The conspicuous flat line in the authors' preferred chart was a big **red flag** hinting strongly that their key series for the 2000s is invalid/falsified/made up (see pp. 12-13 in http://www.australianparadox.com/pdf/GraphicEvidence.pdf).

In neither scientific nor economic studies of human behaviour is it valid to **assume a straight line** and then pretend it represents genuine information. I have documented that the FAO is pretending to do something that, clearly, it is not: http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

So, again, "falsified" - not "estimated", "extrapolated" or "interpolated" - is indeed the appropriate description. Readers, it is unreasonable to insist that a made-up series with no basis in reality trumps signals from a range of valid indicators. Moreover, any credible study investigating trends in added or refined sugar consumption would discuss **the particular difficulties faced by statisticians in measuring modern sugar consumption.** That is, the worldwide trend over recent decades towards the consumption of highly processed foods and drinks meant that **statisticians' sugar-counting exercises morphed from counting bags of sugar to counting grains of added sugar in many thousands of kinds of processed foods and drinks:** http://www.australianparadox.com/pdf/New-nonsense-based-sugarreport.pdf ; https://www.youtube.com/watch?v=Q4CZ81EmAsw

This glaring omission of any such discussion tells us a great deal about the authors' lack of competence in this matter. They now have steered well clear of this **basic data-reliability issue**, in one, then two, and now three published papers.

p. 4 http://www.australianparadox.com/pdf/RRsubmission2inquiry.pdf

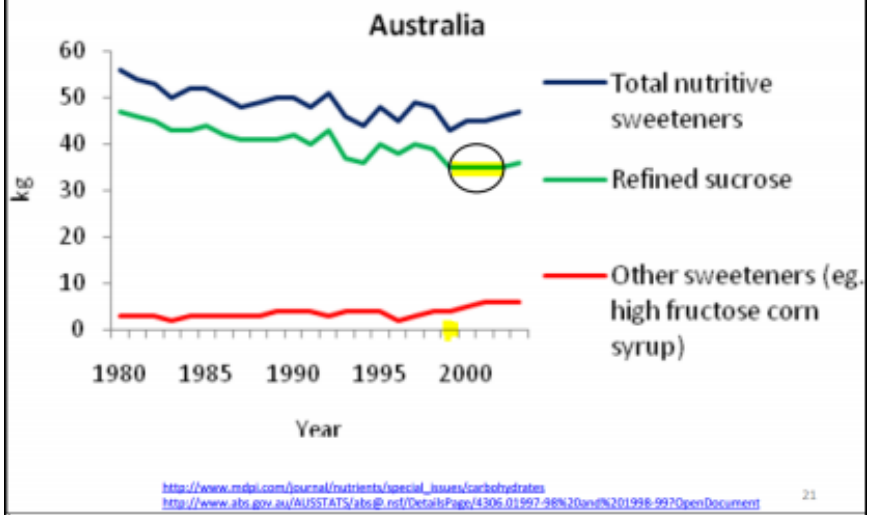
University of Sydney noted FAO fake-data issue, later buried it!

The Complainant draws specific attention to FAO data points shown in the Australian Paradox paper Figure 2 for the years 2000-2003, beyond the time at which the ABS ceased to publish apparent consumption of sugar data. This is the so-called 'flat line' data, also described as 'falsified' and 'erroneous' data by the Complainant; the implication being that the FAO simply re-issued the 1999 figure for these years in the absence of new ABS data, and that Professor Brand-Miller and Dr Barclay should have realised and checked this issue as part of their due-diligence.

p. 9 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

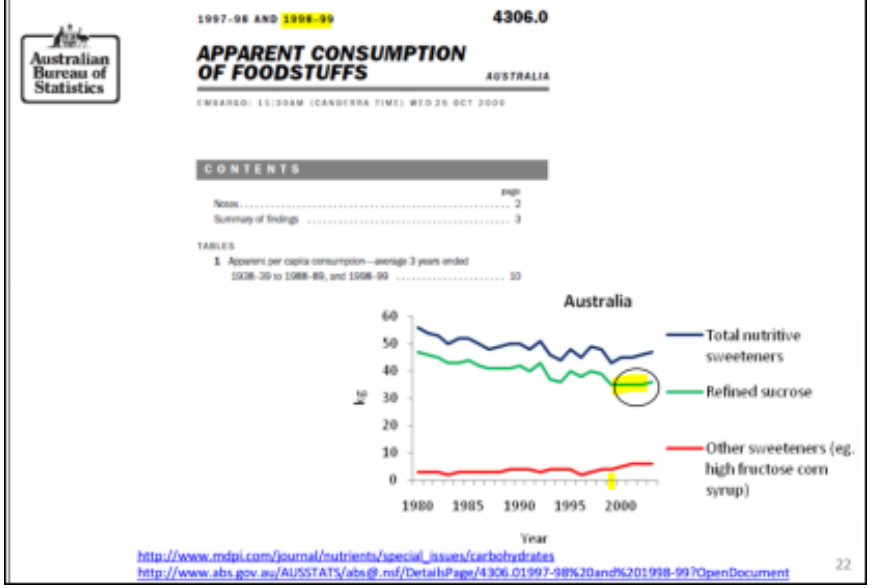
ABS series discontinued as unreliable 1998-99, then FAO faked

Awkwardly, authors' sucrose – green – series "exists" in 2003 despite underlying dataset discontinued as unreliable by ABS after 1998-99!??



http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates
http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4306.01997-98%20and%201998-99?OpenDocument 21

How come professional scientists were unaware - or deliberately didn't say - that key series discontinued by ABS after 1998-99?!!



http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates
http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4306.01997-98%20and%201998-99?OpenDocument 22

pp. 21-22 http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

Rory Robertson's Quick Quiz on the Charles Perkins Centre's Research Integrity

Quick quiz on research integrity: What if Sydney Uni spent $500 million on the Charles Perkins Centre but not five minutes on research integrity?

By Rory Robertson, Sunday 17 November 2013

Good evening, morning, afternoon,

In the past month or so, I have written to hundreds of scientists at BioMed Central - http://www.biomedcentral.com/about/trustees - and the Academic Board of the University of Sydney - http://sydney.edu.au/ab/about/members.shtml - to request official investigations into the origins, quality and influence of the extraordinarily faulty *Australian Paradox* paper.

Here are the letters: http://www.australianparadox.com/pdf/LetterBioMedCentral.pdf ; http://www.australianparadox.com/pdf/Letter-UoS-Academic-Board.pdf

The following quiz is an attempt to provide investigators and observers with a better understanding of the detail of my concerns about the lack of competent quality control that has promoted reckless misinformation in the public debate - including in Federal Parliament - on the origins of obesity and type 2 diabetes, together the greatest public-health challenge of our times: http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html ; http://www.australianparadox.com/pdf/Uni&SugarAustraliaPRsugar.pdf ; http://parlinfo.aph.gov.au/parlInfo/genpdf/chamber/hansardr/9526da6b-9674-4509-a6d5-a7115a7c1f1a/0338/hansard_frag.pdf;fileType=application%2Fpdf

For those interested, good luck with the quiz.

Best wishes,
Rory

SIX OF THE BEST

Question 1: What if there were no competent quality control on scientific output when it mattered at the University of Sydney's new $500 million Charles Perkins Centre (CPC) for the study of obesity, diabetes and related maladies? http://www.smh.com.au/national/university-sets-up-500m-centre-for-obesity-research-20130724-2qjq8.html

Correct answer: Oops. We will fix the problem immediately.

University of Sydney's answer:

"Dear Mr Robertson

I have received your e-mail of 24 May [2012].

On the advice available to me the report of Professor Brand-Miller's research which appears in Nutrients was independently and objectively peer-reviewed prior to its publication in that reputable journal.

In that circumstance there is no further action which the University can or should take in relation to your concerns.

Yours sincerely

Michael Spence

DR MICHAEL SPENCE | Vice-Chancellor and Principal UNIVERSITY OF SYDNEY": Chart 6 at http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

Readers, the extraordinarily faulty *Australian Paradox* paper is the highest-profile "peer-reviewed" research ever self-published by the Charles Perkins Centre's highest-profile health scientists. Here is a copy of the faulty paper: http://www.australianparadox.com/pdf/OriginalAustralianParadoxPaper.pdf (scroll down http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates)

Question 2: "The prevalence of obesity has increased 3 fold in Australians since 1980" (p. 491). What is a "3 fold" increase expressed in percentage terms?

CPC answer: "300%" (p. 502).

Correct answer: 200%.

Question 3: "Overall, there was a decrease in sugar contribution from nutritively [sugar] sweetened carbonated soft drinks to the Australian food supply, amounting to 12,402 tons (~600 g per person per year, Figure 6) from 2002 to 2006" (p. 498). Readers, what is ~12,000 tons of sugar divided by four years divided by ~20 million people? Show your workings.

CPC answer: "~600 g per person per year".

Correct answer: ~150 g per person per year. Workings: 12,400 tonnes is 12,400,000,000 grams. Divided by four is ~3,000,000,000 grams. Then divide by ~20,000,000 people. Cancelling seven zeros on each side, we have 300/2 grams = 150 g per person per year.

Question 4: Sales of sugary softdrinks rose from 35L per person in 1994 to 45L in 2006 (see Chart 5A, p. 498). Is that an increase or a decrease in sales? For example, is it a 30% increase or a 10% decrease?

CPC answer: "Food industry data indicate that per capita sales of low calorie (non-nutritively sweetened) [water and/or diet] beverages doubled from 1994 to 2006 [correct: rising from 15L to 30L] while nutritively [sugar] sweetened beverages decreased by 10% [from 35L to 45 L per year - huh?]" (p. 500, paragraph 3).

Correct answer: 30% increase. So sugary softdrink sales increased. Obesity increased. What paradox?

It turns out that the "paradox" finding resulted from an extraordinary misreading of a simple chart. Oops. In fact, in the real world - given the earlier upward trend in per-capita sugary drink sales from 1980 to 1994 - there is no evidence of "a consistent and substantial decline" in Australian per-capita sugar consumption via sugary softdrinks in the relevant 1980 to 2010 time-frame. As most observers notice immediately, the *Australian Paradox* paper is an extraordinarily faulty piece of work. That it was self-published in a formal journal - by the lead author operating as the "Guest Editor" of the publishing journal - is an academic disgrace, in my opinion (see pp. 10-11 in the next link).

Question 5: Comparing Figure 6 with Figure 6a in http://www.australianparadox.com/pdf/GraphicEvidence.pdf , is 150g per person per year "substantial" or trivial in the general scheme of things? For a bonus point: Does Figure 6 show (a) clear evidence of "a consistent and substantial decline" in per capita sugar consumption over the relevant 1980 to 2010 timeframe; or (b) less than a decade's worth of dodgy data, poorly analysed?

CPC answer: Substantial. For a bonus point: (a).

Correct answer: Trivial, even if one assumes the data are valid. For a bonus point: (b).

Question 6: Readers, evidence for a "consistent and substantial decline" in something - anything - typically requires the available data to trend down not up. Am I right? In Figures 1, 2, 3, 4, 4a and 5 in the *GraphicEvidence* link above, do the authors' chosen and preferred *Australian Paradox* datasets trend up or down over the relevant 1980 to 2010 timeframe? (pp. 4-6)

Correct answers: Yes. Up. One wonders how this nonsense was ever published in a formal journal. On that, see #xx on p. 20 of my *GraphicEvidence* link.

CPC answer: "This analysis of apparent consumption, national dietary surveys and food industry data indicates a consistent and substantial decline in total refined or added sugar consumption by Australians over the past 30 years" (bottom of p.499). Huh?

http://www.australianparadox.com/pdf/quiz.pdf

Question 8: Readers, one of the rarest things in nature – and thus pretty well non-existent in genuine scientific observations of humans, animals and plants - is a dead-straight flat line. Indeed, the term "flat-lining" is associated with things not living but dead. So when CPC scientists discover a dead-flat straight line in one of their own self-

published charts - Figures 9 and 10 in my *GraphicEvidence* link - should they investigate the extent to which the data have been falsified, or simply declare a "paradox" and pretend everything is fine, especially if it's a pro-sugar, GI-business-supportive result?

CPC answer: Simply declare an "Australian Paradox" and pretend everything is fine.

Correct answer: Write to the data provider and then assess the extent to which the conspicuously flat-lining data were falsified. Discuss the problem that falsified flat-lining data are not usually embraced as fact in "peer reviewed" research: http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

Question 9: Is it reasonable for a competent member of the public to document the problems with an extraordinarily faulty piece of self-published yet "peer reviewed" research - highlighting its simple arithmetic errors, falsified data and mistaken interpretations of up versus down - and then make a fuss that its authors – influential CPC scientists with strong links to the sugar and sugary food industries - are seeking to (falsely) exonerate sugar including sugary softdrinks as a menace to public health?

CPC answer: "Professor Brand-Miller says Mr Robertson is not a nutritionist and does not understand nutrition": http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html#ixzz2kkbFvp94

Correct answer: Yes. In particular, note that the final sentence in *Australian Paradox*'s "Conclusions" reads: "The findings challenge the implicit assumption that taxes and other measures to reduce intake of soft drinks will be an effective strategy in global efforts to reduce obesity" (p. 502). Clearly, it is the CPC's food/drink experts who refuse to face simple facts on the links between sugar, sugary softdrinks and public health: http://www.rethinksugarydrink.org.au/facts

Question 10: After influential but overconfident CPC scientists - three million popsci-diet books sold - had self-published an extraordinarily faulty paper and it had become both an academic disgrace and a menace to public health, should they have taken the approach of simply saying or doing whatever suited to pretend that their faulty paper is flawless?

Correct answer: No.

CPC answer: Mr Robertson's critique is wrong in part because in the late 2000s cars not humans were consuming a big chunk of the available sugar via ethanol production: http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html ; (p. 2) http://www.australianparadox.com/pdf/RESPONSE-TO-ROBERTSON.pdf

Question 11: Incompetent scientific papers litter the scientific record. In general, that has little to do with scientific fraud. Mostly, it is just incompetence facilitated by a lack of competent quality control. But what if influential authors of an extraordinarily faulty paper - after having been advised multiple times that their high-profile paper is dominated by basic arithmetic errors, falsified data and confusion about up versus down – recklessly ignore a correct critique and choose instead to keep publishing responses in formal journals pretending that their notoriously faulty paper is flawless. Isn't that basic fraud?

Correct answer: It appears to be. After all, fraud simply is "intentional deception made for personal gain or to damage another individual" (http://en.wikipedia.org/wiki/Fraud). The University of Sydney's high-profile scientists are well aware that their paper is faulty and yet time and time again they continue to claim that it is flawless; clearly, they have sought to bolster their credibility and careers at the expense of mine: http://www.australianparadox.com/pdf/nutrients-03-00491-s003.pdf ; http://www.theaustralianparadox.com.au/

CPC answer: (September 2013) "The Australian Paradox has not been refuted": http://www.biomedcentral.com/1471-2458/13/898 And yet: http://www.australianparadox.com/pdf/GraphicEvidence.pdf

http://www.australianparadox.com/pdf/quiz.pdf

RR's submission to formal inquiry into competence and integrity surrounding University of Sydney's *Australian Paradox* research

By Rory Robertson

March 2014

On 29 November 2013, I was advised by the head of the Charles Perkins Centre, Professor Stephen Simpson, that the University of Sydney had opened - after nearly two years of encouragement from me – a formal inquiry into the competence and integrity of the extraordinarily faulty *Australian Paradox* research: http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf

On 6 March, I was asked by the University of Sydney if I would like to provide any further information to the inquiry. This is my summary of the *Australian Paradox* scandal. After two years, various things have become crystal clear. I have four main concerns, as discussed in the following pages. Cutting to the chase, here's my **proposed Retraction Notice**:

***Abstract**: It has been brought to our attention by a reader of Nutrients that the conclusion of "**a consistent and substantial decline**" in per-capita sugar consumption between 1980 and 2010 in "The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased" is based on serious misinterpretations and errors that invalidate the finding of "**an inverse relationship**" between sugar intake and obesity. For example, the uptrend in the authors' own chart – Figure 5A* [Figure 2 overleaf] *- suggests strongly that **sugar intake via softdrinks increased as obesity increased between 1980 and 2010**.Indeed, the same is true of Figure 4* [Figure 4a overleaf] *which shows **four different indicators of sugar consumption by children all trending up not down over the relevant timeframe**. Unfortunately, those observations **eliminate two central "lines of evidence"** for the authors' claimed "paradox". Moreover, the other claimed "line of evidence" is based on a data series that was discontinued as unreliable by the Australian Bureau of Statistics (ABS) after 1998-99 and then **falsified for the 2000s** by the Food and Agriculture Organization. MDPI has a strict "zero tolerance policy" towards the use of falsified data, whether the authors were aware of the invalidity of the data or not. Separately, the authors' business links to the sugar and sugary food/drink industries* [http://www.gisymbol.com/category/products/sweeteners/] *also are somewhat unsettling. Taking public-health considerations into account, particularly evidence that excessive sugar consumption is a major contributor to global obesity and type 2 diabetes -* http://care.diabetesjournals.org/content/33/11/2477.full.pdf ; http://www.who.int/mediacentre/news/notes/2014/consultation-sugar-guideline/en/ ; and http://www.youtube.com/watch?v=xDaYa0AB8TQ&feature=youtu.be *- the Editorial Team and Publisher have determined that this manuscript should be retracted. Further, MDPI intends to conduct an investigation into how these problems successfully evaded all our normal quality-control processes. Twice. In the meantime, we also intend to retract Australian Paradox Revisited, the second faulty piece published in our journal by the same Charles Perkins Centre author and "Guest Editor"; and further, to seek the retraction of another sister piece published last year in BMC Public Health journal* [http://www.biomedcentral.com/1471-2458/13/898/prepub]. *We apologize for any inconvenience this may cause, but have chosen to take the only approach that gives proper priority to the integrity of the scientific record.*
[An earlier version of that proposed Retraction Notice is posted at http://retractionwatch.com/2013/08/22/journal-to-feature-special-issue-on-scientific-misconduct-seeks-submissions/]

In terms of new information, my observation is that Professor Jennie Brand-Miller and Dr Alan Barclay's response to the **ABC's *Background Briefing* program** was outrageous. Investigator Wendy Carlisle documented profound flaws and highlighted why the Charles Perkins Centre's *Australian Paradox* paper is an academic disgrace and a menace to public health. Yet the overconfident authors responded with a statement pretending that nothing had just happened: "no material impact on the conclusions of our paper" http://www.australianparadox.com/pdf/CPCscientistsresponse.pdf

Accordingly, a key question for the inquiry includes: At what point does persistent negligence or recklessness in defending obviously flawed analysis as flawless - and claiming that utterly invalid "findings" on the scientific record are perfectly valid - morph into scientific fraud?

It is nothing short of outrageous, in my opinion, that the University of Sydney has been defending the indefensible for two years. Importantly, the **World Health Organization** agrees with me that there is a **positive –** not inverse **–** relationship between sugar consumption and obesity. So much so that it's proposing to fight global obesity via a 50%-plus reduction in global sugar consumption: http://www.who.int/mediacentre/news/notes/2014/consultation-sugar-guideline/en/

http://www.australianparadox.com/pdf/RRsubmission2inquiry.pdf

In 2013, the CEO of MDPI – publisher of *Australian Paradox* – said he would retract if he received note from VC Michael Spence or Prof Peter Howe. Since then, ~2,000 faulty papers have been formally retracted. Why are VC Spence and Prof Howe soft on scientific fraud?

Dietrich Rordorf August 23, 2013 at 9:49 am

Dear Rory,

It is up to the authors' university to commission an investigation into your claims of potentially falsified data. If the Publisher receives an official note from either the university or the academic editor to retract the paper, the paper will be taken down. Note that MDPI is an adhering member to COPE – the Commission on Publications Ethics – and that we strictly operate according to industry standards. We can not simply retract papers based on blog posts.

Kind regards,
Dietrich Rordorf

Link Quote Reply

rory robertson former fattie August 23, 2013 at 1:23 pm

Dietrich, I see that you are the CEO of the MDPI stable of journals:
http://www.mdpi.com/about/team

Thanks for the lame effort to try to defend your clownish MDPI "journal" Nutrients.

To be clear, I have not made a claim about "potentially falsified data". I have stated that the data clearly are falsified, and have documented that fact. The "clue" that the series is falsified is that it involves a line segment that is dead flat. Dietrich, your incompetent journal published flat-lining falsified data as fact, and recklessly refuses to correct the scientific record.

Readers, one of the extraordinary aspects of the Australian Paradox scandal has been that Dietrich's authors – supposedly wrestling with a "paradox" – never thought to remark upon the most remarkable thing in this episode. I say remarkable because, as you would know, perhaps the rarest thing in nature – and thus rare in real-life scientific observations of humans, animals and plants – is a dead-straight flat line. Indeed, the term "flat-lining" is associated with things not living but dead.

In Dietrich's negligent Australian Paradox paper, the flat-lining data series was a strong and correct hint of falsified figures. That is, the Food and Agriculture Organization (FAO) sugar series is conspicuously flat in the 2000s because the FAO began falsifying its Australian series after 1998-99, after the Australian Bureau of Statistics (ABS) discontinued its series as unreliable after 60 years. Again: after spoon-feeding sugar data to the FAO for decades, the ABS after 1998-99 simply stopped counting, stopped providing data to the FAO and everyone else. So there are no valid data after 1998-99. Full stop. The FAO responded for several years, year after year, by simply writing down the same, unchanged, ABS figure from 1998-99. The FAO did not want to print the unsightly words "Not available" in its "dataset". That is why we have falsified flat lines for the early 2000s:
http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

Dietrich, what is the role falsified data in "peer reviewed" science? In this case, it is the basis for your clownish MDPI journal's high-profile Australian Paradox "finding". Nice one. Your journal claims to have "a zero tolerance policy" towards falsified data – MDPI Publication Ethics Statement: http://www.mdpi.com/journal/nutrients/about – yet you tell me you can do nothing about the falsified data in your journal? You can, and you should, in my opinion.

Readers, when does the inadvertent publication of false information deliberately left uncorrected – to protect the reputation of one's journal and that of its editors – become simple fraud? http://en.wikipedia.org/wiki/Fraud

Meanwhile, Dietrich, not one of your authors, your "Guest Editor", your "Editor-in-Chief" nor your independent reviewers – if there were any – can count or spell correctly with consistency

http://retractionwatch.com/2013/08/22/journal-to-feature-special-issue-on-scientific-misconduct-seeks-submissions/

Retraction Watch

Tracking retractions as

Retractions holding steady at more than 650 in FY2016

with one comment

Drumroll please.

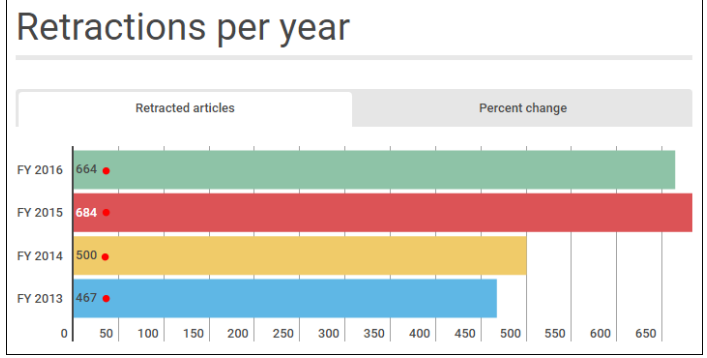
The tally of retractions in MEDLINE — one of the world's largest databases of scientific abstracts — for the last fiscal year has just been released, and the number is: 664.

Earlier this year, we scratched our heads over the data from 2015, which showed retractions had risen dramatically, to 684. The figures for this fiscal year — which ended in September — have held relatively steadily at that higher number, only dropping by 3%. (For some sense of scale, there were just shy of 870,000 new abstracts indexed in MEDLINE in FY2016; 664 is a tiny fraction of this figure, and of course not all of the retractions were of papers published in FY2016.)

Of note: In FY2014, there were fewer than 500 retractions — creating an increase of nearly 40% between 2014 and 2015. (Meanwhile, the number of citations indexed by MEDLINE rose only few percentage points over the same time period.) Which means the retraction rate in the last two years is dramatically higher than in 2014.

We have often wondered whether the retraction rate would ever reach a plateau, as the community's ability to find problems in the literature catches up with the amount of problems present in the literature. But based on two years of data, we can't say anything definitive about that.

Here's an illustration of retraction data from recent years:



http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/

rory robertson former fattie
Posts: 1

March 10, 2014

Readers,

Top of the list of papers that should be retracted in 2014 is the University of Sydney Charles Perkins Centre's infamous Australian Paradox paper:

http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418

http://honisoit.com/2014/03/sweet-research-goes-sour/

How long will the University of Sydney continue to defend the indefensible?

rgds,

rory

http://www.the-scientist.com/?articles.view/articleNo/38743/title/Top-10-Retractions-of-2013/

What do you think? After five years, does the *Australian Paradox* scandal involve serious research misconduct?

BREACHES OF THE CODE AND RESEARCH MISCONDUCT

In addressing the process for responding to allegations, it is useful to distinguish between minor issues that can clearly be remedied within the institution and more serious matters where the involvement of people who are independent of the institution is desirable. The boundary between minor and serious issues is not sharp, and those determining a particular case will find it helpful to consider the penalties that might be applied by the employing institution if the allegations are true, the steps needed to ensure procedural fairness to all concerned, the extent to which there are consequences outside the institution, and the standing of the research community in the eyes of the general public.

Here, the term *breach* is used for less serious deviations from this Code that are appropriately remedied within the institution. The term *research misconduct* is used for more serious or deliberate deviations.

Research misconduct

A complaint or allegation relates to research misconduct if it involves all of the following:

- an alleged breach of this Code
- intent and deliberation, recklessness or gross and persistent negligence
- serious consequences, such as false information on the public record, or adverse effects on research participants, animals or the environment.

p. 10.1 https://www.nhmrc.gov.au/_files_nhmrc/file/research/research-integrity/r39_australian_code_responsible_conduct_research_150811.pdf

PART 4: Disingenuous defence of paper by University of Sydney, *Nutrients*, industry – What extent incompetence, negligence, dishonesty?

Why did *Australian Paradox* authors invent a cars-not-humans-eating-the-sugar fiction to try to discredit Robertson's critique?

JULY 25 2012

Pesky economist won't let Big Sugar lie

Michael Pascoe

SHARE TWEET MORE

Rory Robertson's bets are getting bigger.

Having successfully wagered Doomsday forecaster Steve Keen a walk to Mt Kosciuszko over Australian house prices not crashing during the GFC, he's punting $40,000 that Big Sugar's favourite academic paper is wrong.

For hounding Peter Costello over being Australia's biggest taxing Treasurer, Robertson once was described favourably by Ross Gittins as "that pesky Mr Robertson" delving deep into the statistics to prove his case against Costello's protestations.

Robertson is proving at least as pesky in his passion for questioning Australia's fondness of sugar.

Taxation or sugar consumption, it's all a matter of understanding what statistics are credible to an economist, albeit one with a personal belief that sugar is a sweet poison.

What makes a sucrose fixation a business story is the size of the Australian sugar and sugar-dependent packaged food and drink industries and their fight to keep advertising regulations and health warnings at bay, never mind the health industry and the costs of our obesity and diabetes epidemics.

Robertson argues that the Australian Paradox paper is flawed with key statistics proving either unreliable or, when they didn't support the authors' thesis, ignored, as previously reported here.

Challenge

Having failed to win any concessions from Brand-Miller and Barclay or the Nutrients journal that published the paper, Robertson took the fight to the university:

"On 7 June 2012 in a letter to University of Sydney Vice-Chancellor Michael Spence, I challenged the University's scores of fine scientists - indeed, any scientist, nutritionist, medical doctor, economist, journalist or enthusiastic observer anywhere - to prove that my critique of Australian Paradox is mistaken.

"I wrote: "To be clear, I will reward the first successful researcher with $20,000 (cash), if anyone is able show beyond dispute that the available (valid) information really "...indicates a consistent and substantial decline in total refined or added sugar consumption by Australians over the past 30 years", as concluded in Australian Paradox. Moreover, I will pay a further $20,000 to the charity of choice at the University of Sydney's low-GI school, and publish a genuine public apology in The Sydney Morning Herald, The Australian and The Australian Financial Review. "

So far, there's no sign of anyone trying to win the money.

Returning fire

Professor Brand-Miller and Dr Barclay accuse Robertson of factual errors and "misinterpretation of the distinctions between total sugars vs refined sugars, sugar availability vs apparent consumption, sugar-sweetened and diet soft drinks, and other nutrition information. The terminology, strengths and limitations of various nutrition data are readily understood by individuals trained in nutrition."

http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html

Ethanol mix-up

After *BusinessDay* published the original story in March, Brand-Miller sent me a reply to Robertson's argument. That reply put the "sugar availability" discrepancy substantially down to sugar being used to make fuel ethanol:

"Sugar availability takes no account of food wastage, use in animal food, beer and alcohol fermentation, or in non-food industrial use, and we cannot assume that a steady portion is lost in this way. Globally, raw sugar is an important ingredient for ethanol production. In Australia, ABARE data show that ethanol production as a biofuel for transport rose from 42 million litres to 209 million litres (almost four-fold) from 2005 to 2009."

A footnote added that the increase in ethanol production would require about 14 kg of sugar per capita per year if 100 per cent raw sugar was used to make it. "Although there are no firm figures for how much raw sugar is presently being used for ethanol production, supplies of C-molasses alone are not adequate, and the absolute amounts are likely to be increasing," wrote the academics.

There's a good reason why there are "no firm figures" - sugar is not used for ethanol production in Australia, as the most cursory of Google searches on Australian biofuels would show.

Fuel ethanol here is produced from red sorghum and waste products from sugar and starch production.

I told the Professor I thought she was wrong, she checked and admitted that was the case. Having failed on two of the three key issues with the jury out on the third, I didn't bother about the reply.

In the Nutrients e-journal, Brand-Miller and Barclay published their reply to Robertson under the title, Australian Paradox Revisited with the ethanol bit deleted.

Sorry, we have no sugar in our ethanol!

Table 6.1 Australian ethanol production capacity (ML): 2010 to 2015

Operator	Location	Feedstock	Current Status	2010	2011	2012
Manildra	Nowra, NSW	wheat starch, wheat	Operating	210	300	300
Sucrogen Bio-Ethanol	Sarina, Qld	molasses	Operating	60	60	60
Dalby Bio	Dalby, Qld	sorghum, other grain	Operating	80	80	80
Austcane	Ayr, Qld	sugar juice, molasses	Potential	0	0	0
NQBR	Ingham, Qld	sugar juice, molasses	Potential	0	0	0
Coskata	Vic.	biomass	Potential	0	0	0
Mackay Sugar	Mackay, Qld	molasses	Potential	0	0	0
Total from existing plants				350	440	440
Total from (proposed) new and existing plants				350	440	440

Source: APAC *Australian Biofuels 2010–11*

http://www.accc.gov.au/content/item.phtml?itemId=961783&nodeId=c5006d5e6145ec6c55231148c819855e&fn=ACCC%20Petrol%20Monitoring%20Report%20Chapter%206.pdf

31

http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

To what extent incompetence, negligence, dishonesty?

The University of Sydney's management and its Charles Perkins Centre scientists have spent years pretending that the valid data trending up not down - in their own published charts! - is not an issue. They're also devoted to pretending that the FAO's conspicuously fake flat line is not a fake line, even though Blind Freddie can see that it is what it is. Professor Brand-Miller, Dr Alan Barclay, Professor Jill Trewhella, Vice-Chancellor Michael Spence and the heavy hitters on the Academic Board have been advised of the problems multiple times over multiple years. Year after year, they do nothing but disingenuously pretend there's no problem.

Here is Rory Robertson and Professor Brand-Miller on ABC Radio National's *Background Briefing* in February 2014:

In 1999 the ABS ceased collecting that sugar consumption data. So the question was, what then did the FAO do? Where would they get Australia's sugar consumption information from?

Rory Robertson: Anyway, the FAO, which had basically been downloading ABS data... the ABS data existed for 60 years and for a couple of decades the FAO was taking that data and putting it into its global spreadsheets: Australian sugar data, what does the ABS say, 45, there it is, whack.

Then the ABS discontinued it as an unreliable series, so there is no more data. So when the FAO went to update next year, what was the number they put in this spreadsheets the first year after which the ABS wasn't spoon-feeding them the update? Well, they should have put 'not available' because it's not available. What the FAO did was write down last year's number. And then a year later it wrote down last year's number again.

So there is this remarkable flat line in the Australian Paradox paper. The chart of apparent consumption of sugar in Australia is a wobbly line that then runs flat. There is this extraordinary and remarkable flat line which has never been discussed, and what we know for sure is that flat lines are rare in nature, flat lines therefore are rare in scientific observations of nature. Scientific observations of animals, humans and plants don't happen to be flat lines. If you see a flat line, that is a red flag that something is wrong.

And so my observation is instead of declaring a paradox, the University of Sydney's food scientists should have written to the data providers and said, 'How come you've got a flat line in your dataset?' Because when I rang the FAO in Rome and tried to track down someone who knew something about the dataset and ultimately had some correspondence, the statistician said, 'Yes Rory, that's right, we took the ABS data for the period before ~~1988 and~~ 1999, and after that we have an algorithm which is basically the last available official number, go.' So it's a flat line.

Wendy Carlisle: The ABS has also told *Background Briefing* it could no longer rely on that data because they didn't have the resources to properly count how much sugar we were eating because sugar was now embedded in our food and drink.

Background Briefing asked Professor Jennie Brand-Miller what lines of evidence she relied on.

Jennie Brand-Miller: That's come from the Australian Bureau of Statistics . It's come from their gathering of data, which includes information from sugar producers in Australia, it includes information from importers, exporters. It adds a factor for waste of food. It's not a precise measure, but what it tells us about is trend, and that's how I used it in the Australian Paradox paper. It was an indication of trends, and it was steadily down.

Wendy Carlisle: You'd also be aware that one of the reasons that your paper has been criticised is because you used that ABS data and they discontinued that dataset because they couldn't count sugar anymore, they felt it was unreliable, which is why they gave it up in '99.

Jennie Brand-Miller: Yes, I'll just correct you there. My paper has not been criticised by any scientist. It was reviewed by the normal process, it had three reviewers, we addressed their concerns, and the paper was published. And not a single scientist has written to the journal to say they have a problem with the paper.

Wendy Carlisle: Okay, well, I'm raising it with you as a journalist that that ABS dataset was discontinued by the ABS because they couldn't rely on it any longer. They simply couldn't count sugar in food anymore. I mean, they've told me that themselves.

Jennie Brand-Miller: All right, well, let's just look at the other data that's available. So we actually used the FAO, Food and Agricultural Organisation, World Health Organisation's data, all right, and their data up until 1998 came from the Australian Bureau of Statistics. When they couldn't get the data beyond 1998 they used other sources, and our assumption was that they used sources like the International Sugar Organisation, so that they were finding the information from other sources. That was our assumption.

http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418#transcript

Professor Brand-Miller's decisive interruption to insist that NO "scientist" had criticised her paper is blatantly untruthful. Five University of Western Australia scientists published their formal critique in July 2013 (p. 38), but only after they battled in October and December 2012 against her and co-author Dr Alan Barclay, who tried to kill "Australian Paradox" in the title. Then the sugar industry and its sham Green Pool series showed up in the comments section as well!

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-668/comments

18 Oct 2012	Reviewed	Reviewer Report - Alan Barclay
30 Nov 2012	Author responded	Author comments - Katherine Hafekost
Resubmission - Version 3		
30 Nov 2012	Submitted	Manuscript version 3
10 Dec 2012	Reviewed	Reviewer Report - Sara Bleich
16 Dec 2012	Reviewed	Reviewer Report - Alan Barclay

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-668/open-peer-review

Charles Perkins Centre's clownish analysis of soft-drink sales

Wendy Carlisle: Professor Jennie Brand-Miller.

Another key finding in the Australian Paradox paper is that over the last 20 years Australians have reduced their consumption of sugary drinks. Rory Robertson had his doubts about that too.

Rory Robertson: The idea that there has been a consistent and substantial decline in sugar consumed via sugary soft drinks doesn't ring true, and in fact when you look at the data the scientists presented in their paper, they show a chart of sugary soft drink sales in Australia between 1994 and 2006, and that chart shows a rise in sugary soft drink sales from 35 litres per person per year in 1994 to 45 litres per person per year in 2006. So from 1994 to 2006 there was a 30% increase in sales of sugary soft drinks in Australia in the author's own published chart. And in the paper they describe that as a 10% decline, which is nonsense obviously, it's a 30% increase.

Wendy Carlisle: So *Background Briefing* put this to Professor Brand-Miller. How could she say that Australians were drinking less sugary drinks when the graph in her paper shows we're drinking more?

Jennie Brand-Miller: I'm saying that the amount of sugar that went into those soft drinks declined by 10%.

Wendy Carlisle: All right, but you don't say that in this paper. You say, 'The food industry data show that per capita sales of sugar-sweetened beverages have decreased by 10%.'

Jennie Brand-Miller: Sales of low-calorie sweeteners doubled from 1994 to 2006 while nutritively sweetened beverages decreased by 10%. I would double-check that for you...

Wendy Carlisle: That's talking specifically about sales.

Jennie Brand-Miller: I'll double-check it for you.

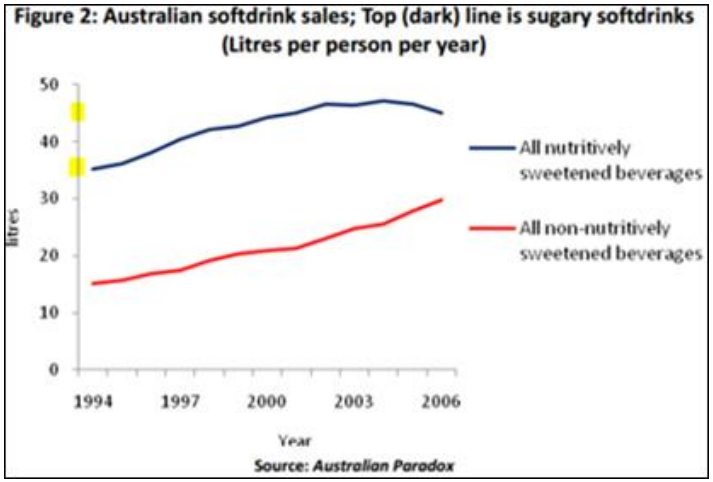
Wendy Carlisle: All right, okay, thank you.

Jennie Brand-Miller: It might be that a key word came out, which is normally...a key word has come out, okay?

Wendy Carlisle: Okay, so you're saying a key word is missing from this paper?

Jennie Brand-Miller: It's possible that this should be, 'While nutritively sweetened beverages...10% sweetened beverages decreased by 10%.' So I'll double-check it.

Figure 2: Australian softdrink sales; Top (dark) line is sugary softdrinks (Litres per person per year)



Also see Section 2 in http://www.australianparadox.com/pdf/GraphicEvidence.pdf

Wendy Carlisle: You can read the email correspondence with Professor Jennie Brand-Miller on the *Background Briefing* website. *Background Briefing* also sought comment from co-author Dr Alan Barclay about the apparent error in the paper. He declined to be interviewed but in an email said: 'Your claim is most certainly wrong.'

In a later email, Dr Barclay appeared to contradict one of the key findings in the Australian Paradox paper, the finding that sugary soft drink sales have declined by 10%: 'The 10% decline could not possibly refer to per capita sales of nutritively sweetened soft drinks.'

Again, all this correspondence is on our website. *Background Briefing* asked the authors if they were going to correct the paper. They didn't respond.

Rory Robertson says this is just one of many errors he has discovered.

Rory Robertson: Well, this sort of illustrates the problems of competence in the paper because they seem to have got themselves tangled up in issues of absolute levels of sugary soft drink consumption and market shares of sugary soft drink consumption. One of their charts highlights the fact that there has been a big increase in diet drink sales in Australia. So, in the particular sense I'm referring to, they say that diet soft drink sales doubled from the '94 to 2006 period, doubled from 15 to 30, and sugary soft drink sales declined by 10%. What they meant to say was that sugary soft drinks sales increased by 30% but the market share of sugary soft drinks dropped by 10 percentage points.

Wendy Carlisle: That's two entirely different things.

Rory Robertson: Well, one is relevant to the issue of whether sugar consumption went up or down and one is a furphy.

Wendy Carlisle: For two years Rory Robertson has been a thorn in the side of administrators at Sydney University. He is a man obsessed.

Rory Robertson: I have written to the authors, I have written to the university, I've written to the journal and I've explained to each of them that their quality control process is broken. The university has written back to me and said, 'It's peer-reviewed, get lost.'

Wendy Carlisle: But finally late last year Sydney University announced an inquiry under its Research Code of Conduct into the Australian Paradox paper. An external investigator has been appointed. If the investigator finds there is a case to answer, the inquiry will proceed. Until then, the university will not comment.

http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418#transcript

EMMA ALBERICI: *After this interview, a correction was issued in the same online journal it was originally published in. The confusion, the authors claimed, lay in the overall amount of sugar being added to regular soft drinks*...[see Figure 6a on p. 22]

The correction failed to mention that the volume of sales of regular sugary drinks was up, not down. This includes higher sales of … sports drinks like Powerade and iced teas, as well as regular soft drinks like Coke, Fanta, Solo and Sprite.

When Lateline asked Professor Brand-Miller ***which varieties*** *had reduced sugar content, she explained that while formulas of the classic soft drink versions are the same,* ***there are now new ones on the market like Coca-Cola Life, with 35 per cent less sugar, and Pepsi Next, with 30 per cent less****.*

But neither of those drinks existed *when the 'Australian Paradox' paper was written, much less over the 30 years it seeks to establish an Australian paradox.*
http://www.abc.net.au/lateline/content/2015/s4442720.htm

Just as University of Sydney scientists and management pretend there are no serious problems, so too does University of Newcastle's Professor Peter Howe, the negligent Editor-in-Chief of the pay-as-you-publish, no-need-for-quality-control e-journal *Nutrients*

Nutrients **2012**, *4*, 258; doi:10.3390/nu4040258

OPEN ACCESS

nutrients

ISSN 2072-6643

www.mdpi.com/journal/nutrients

Editorial

The Australian Paradox

Peter Howe

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Received: 25 March 2012 / Published: 10 April 2012

Nutrients recently became the target of an unprecedented internet campaign by an individual who disagrees with the content and conclusions of a paper published in the journal last year, viz. "The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased" by Alan W. Barclay and Jennie Brand-Miller, *Nutrients* **2011**, *3*, 491–504. Regrettably, his criticism has extended to the journal and its peer review processes for permitting publication of the article.

As you may know, *Nutrients* is one of an extensive series of on-line open access journals published by MDPI, who abide by internationally accepted standards of anonymous peer-review publication. Moreover, as one of the first MDPI journals addressing a field of biomedical/clinical sciences, our editorial team has endeavoured to adopt all appropriate conventions regarding ethics approvals, clinical trial registrations and declarations of perceived conflicts of interest. I have been grateful for the efforts made by members of the MDPI editorial team, our editorial board, our reviewers and our contributors for helping to ensure that the desired standards of publication are attained. I believe these standards were applied to the review of the paper in question and, despite inferences to the contrary, neither author had a role in the editorial process.

Nutrients does not have a policy of inviting correspondence to the Editor, nor has the journal received any formal correspondence regarding this manuscript. However, in view of the widely circulated criticism of the paper by Barclay and Brand-Miller, I believe that it is in the interest of the journal as well as the authors to afford them an opportunity to address these criticisms and provide further clarification of their research. This correspondence now appears on the Nutrients website at http://www.mdpi.com/2072-6643/3/4/491/.

I will leave our readers to judge for themselves.

peter.howe@newcastle.edu.au ; http://www.mdpi.com/2072-6643/4/4/258/htm ;

https://www.newcastle.edu.au/profile/peter-howe

After ABC investigator Wendy Carlisle shredded the credibility of the Charles Perkins Centre's *Australian Paradox* paper on ABC Radio National's *Background Briefing* on 9 February 2014, its disengenuous authors the next day submitted a sham formal "Correction" to *Nutrients* that again pretended the profound problems in the paper - valid data trending up not down, contradicting the main "finding", and the inclusion of fake data - do not exist: "…no material impact"!!

http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418

Correction of *Nutrients* **2011**, *3*(4), 491-504.

Nutrients **2014**, *6*(2), 663-664; doi:10.3390/nu6020663

Open Access Correction

Barclay, A.W. and Brand-Miller, J. The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased. *Nutrients* 2011, *3*, 491-504

Alan W. Barclay [1] and **Jennie Brand-Miller** [2,*]

[1] Australian Diabetes Council, 26 Arundel Street, Glebe, NSW 2037, Australia

[2] School of Molecular Bioscience and Boden Institute of Obesity, Nutrition and Exercise, University of Sydney, NSW 2006, Australia

* Author to whom correspondence should be addressed.

Received: 10 February 2014 / Accepted: 11 February 2014 / Published: 12 February 2014

View Full-Text | Download PDF [131 KB, uploaded 12 February 2014]

Note: In lieu of an abstract, this is an excerpt from the first page.

Excerpt

We have found three inadvertent errors in our paper published in Nutrients [1]. ¥ On page 498, text line 8, the words in brackets "~600 g per person *per year*, Figure 6" should be amended to "~600 g per person, Figure 6". ¥ On page 500, text line 17, some words were missing. The amended sentence reads "Food industry data indicate that per capita sales of low calorie (non-nutritively sweetened) beverages doubled from 1994 to 2006 while *market share of* nutritively sweetened beverages decreased by 10% *points*." ¥ On page 502, line 2, the words "increasing *by 300%*" should be amended to "increasing *3-fold*". These changes have no material impact on the conclusions of our paper. We apologize to our readers. […] View Full-Text

http://www.mdpi.com/2072-6643/6/2/663

Initial Inquiry Report wrong on 5 of 7 "Preliminary Findings of Fact", so University of Sydney just pretends everything is fine!

Professor Robert Clark AO
Chair, Energy Strategy and Policy
The University of New South Wales
Former Chief Defence Scientist of Australia and
CEO Defence Science and Technology Organisation

26 June 2014

Professor Jill Trewhella
Deputy Vice-Chancellor (Research)
Level 6, Room 646
G02 Jane Foss Russell Building
The University of Sydney NSW 2006

INITIAL INQUIRY REPORT: COMPLAINT BY MR RORY ROBERTSON AGAINST PROFESSOR JENNIE BRAND-MILLER AND DR ALAN BARCLAY

1. INTRODUCTION

I was nominated by the Deputy Vice-Chancellor (Research) at the University of Sydney to conduct an initial inquiry into a complaint by Mr Rory Robertson ('the Complainant') against Professor Jennie Brand-Miller and Dr Alan Barclay. In accordance with clause 23 of the University of Sydney *Research Code of Conduct* 2013, the purpose of the initial inquiry is to determine how to respond to the complaint.

This report is a written record of my Inquiry.

2. BACKGROUND

Professor Brand-Miller holds a Personal Chair in the School of Molecular Bioscience and the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders at the University of Sydney. She is a past-President of the Nutrition Society of Australia, immediate-past Chair of the National Committee for Nutrition of the Australian Academy of Science, and President of the Glycemic Index Foundation Ltd.

Dr Barclay is the Chief Scientific Officer at the Glycemic Index Foundation Ltd, and part-time Head of Research at the Australian Diabetes Council.

http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

RR's DRAFT RESPONSE TO INITIAL INQUIRY REPORT: COMPLAINT BY MR RORY ROBERTSON AGAINST THE UNIVERSITY OF SYDNEY CHARLES PERKINS CENTRE'S PROFESSOR JENNIE BRAND-MILLER, AND DR ALAN BARCLAY

University of Sydney Inquiry factually incorrect on 5 of 7 "Preliminary Findings of Fact"

Still, Inquiry gives Australian Paradox a fail grade, recommends authors re-write paper under strict supervision

By Rory Robertson, 27 July 2014 https://twitter.com/OzParadoxdotcom

1. INTRODUCTON

The Australian Paradox scandal is a multi-year saga involving unacceptably unreliable "science" at the highest level of Australian Group of Eight university research. Here is independent Investigator Professor Robert Clark AO's 18 July Initial Inquiry Report into the competence and integrity of the University of Sydney Charles Perkins Centre's Australian Paradox research: http://sydney.edu.au/research/documents/australian-paradox-report-redacted.pdf.

The University of Sydney of course quickly put a positive spin – for it - on the Initial Inquiry's preliminary findings: http://sydney.edu.au/news/84.html?newscategoryid=47&newsstoryid=13779 ; http://sydney.edu.au/news/84.html?newscategoryid=47&newsstoryid=13780

By contrast, here's how it was reported by **an ABC investigative journalist** with a strong understanding of the Australia Paradox scandal: http://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490

What follows is **my Draft Response to the Initial Inquiry Report**. I encourage all interested observers to assess my take on the facts of this matter, and please correct me if you think I am wrong. In particular, I would like to hear from the Investigator, Professor Robert Clark AO; University of Sydney Deputy Vice–Chancellor (Research), Professor Jill Trewhella ; and the Australian Paradox authors - Professor Jennie Brand-Miller and Dr Alan Barclay – if they think anything I have written in this Draft Response is factually incorrect or otherwise unreasonable. If concerns arise, I will, naturally, correct any matters of fact ASAP.

My main finding is that, awkwardly, five of seven of Professor Clark's "Preliminary Findings of Fact" are factually incorrect. These mis-readings of fact - 1, 2, 3, 5 (or the second "4" as listed in the Report) and 7 (p. 16-18) – are discussed below. Unfortunately, the Initial Inquiry Report did not get to the heart of several critical matters. Key evidence has been overlooked, ignored or misinterpreted by Professor Clark. Problem 1 is the falsified FAO data conspicuously flat-lining in the authors' "best" chart (page 3). Critically, the authors' more valid/reliable indicators of sugar consumption tend to trend up not down over the relevant 1980 to 2010 timeframe (page 2).

These dominating problems argue strongly for the **formal retraction** of the profoundly flawed Australian Paradox paper. To assist the scientific-integrity process, my **proposed retraction notice** is reproduced in Section 6, below.

To assist the scientific-integrity process, I encourage Professor Brand-Miller and Dr Barclay to formally retract their profoundly faulty paper and its false "finding" - "an inverse relationship" between sugar consumption and obesity - from the scientific record and from the University of Sydney's Glycemic Index business website: http://www.glycemicindex.com/

Professor Clark clearly tried hard to be fair to both sides – recommending that the authors re-write their profoundly faulty research from scratch is evidence of that - but, unfortunately, by fumbling the ball on a range of critical matters he has damaged the prospects for any quick end to this slowly-inflating Australian Paradox scandal. The public debate on the formal retraction of Australian Paradox can be followed at https://twitter.com/OzParadoxdotcom (Just click - no login is required.)

The remainder of this Draft Response to the Initial Inquiry Report is organised as follows:

2. INITIAL INQUIRY RESULTS (Page 4)
3. EIGHT SERIOUS PROBLEMS (Page 4)
4. SUMMARY OF AUTHORS' THREE "LINES OF EVIDENCE" (Page 10)
5. HAS RORY ROBERTSON DONE THE WRONG THING? (Page 11)
6. RETRACTION REQUIRED, TO CORRECT SCIENTIFIC AND PUBLIC RECORDS (Page 14)
7. MY MOTIVATIONS AND QUALITY OF RESEARCH AT THE FLEDGLING CHARLES PERKINS CENTRE (Page 16)
8. PEER-REVIEW PROCESS (Page 17)

http://www.australianparadox.com/pdf/RR-response-to-inquiry-report.pdf

RR's formal submission featured issue of FAO's faked flat line

RR's submission to formal inquiry into competence and integrity surrounding University of Sydney's *Australian Paradox* research

By Rory Robertson
March 2014

On 29 November 2013, I was advised by the head of the Charles Perkins Centre, Professor Stephen Simpson, that the University of Sydney had opened - after nearly two years of encouragement from me – a formal inquiry into the competence and integrity of the extraordinarily faulty *Australian Paradox* research:
http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf

In any case, the underlying facts are as follows. The ABS stopped even pretending to count apparent consumption of sugar after 1998-99. Then, extraordinarily, instead of writing "Not available" in its global spreadsheets, the FAO recklessly began pretending that the Australian sugar series for the 2000s is a flat line. That is, the FAO series for the 2000s has no basis in reality; no-one is actually doing any real counting; there are no underlying data beyond 1998-99. The conspicuous flat line in the authors' preferred chart was a big **red flag** hinting strongly that their key series for the 2000s is invalid/falsified/made up (see pp. 12-13 in http://www.australianparadox.com/pdf/GraphicEvidence.pdf).

In neither scientific nor economic studies of human behaviour is it valid to **assume a straight line** and then pretend it represents genuine information. I have documented that the FAO is pretending to do something that, clearly, it is not: http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

So, again, "falsified" - not "estimated", "extrapolated" or "interpolated" - is indeed the appropriate description. Readers, it is unreasonable to insist that a made-up series with no basis in reality trumps signals from a range of valid indicators. Moreover, any credible study investigating trends in added or refined sugar consumption would discuss **the particular difficulties faced by statisticians in measuring modern sugar consumption.** That is, the worldwide trend over recent decades towards the consumption of highly processed foods and drinks meant that **statisticians' sugar-counting exercises morphed from counting bags of sugar to counting grains of added sugar in many thousands of kinds of processed foods and drinks:** http://www.australianparadox.com/pdf/New-nonsense-based-sugarreport.pdf ; https://www.youtube.com/watch?v=Q4CZ81EmAsw

This glaring omission of any such discussion tells us a great deal about the authors' lack of competence in this matter. They now have steered well clear of this **basic data-reliability issue**, in one, then two, and now three published papers.

p. 4 http://www.australianparadox.com/pdf/RRsubmission2inquiry.pdf

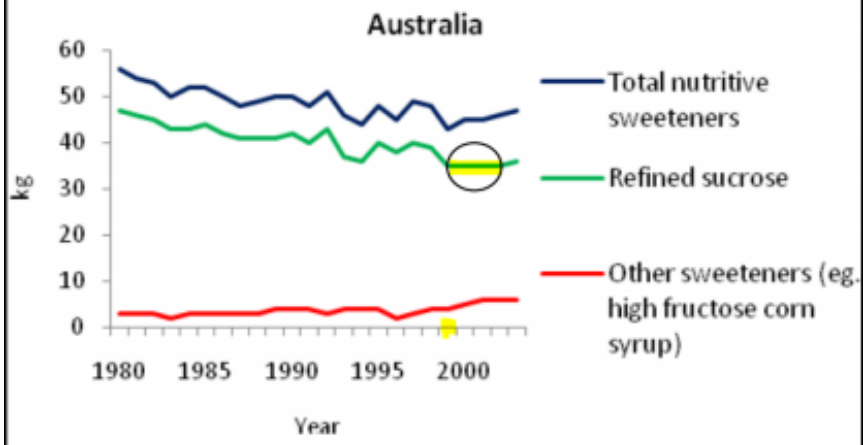
University of Sydney noted FAO fake-data issue, later buried it!

The Complainant draws specific attention to FAO data points shown in the Australian Paradox paper Figure 2 for the years 2000-2003, beyond the time at which the ABS ceased to publish apparent consumption of sugar data. This is the so-called 'flat line' data, also described as 'falsified' and 'erroneous' data by the Complainant; the implication being that the FAO simply re-issued the 1999 figure for these years in the absence of new ABS data, and that Professor Brand-Miller and Dr Barclay should have realised and checked this issue as part of their due-diligence.

p. 9 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

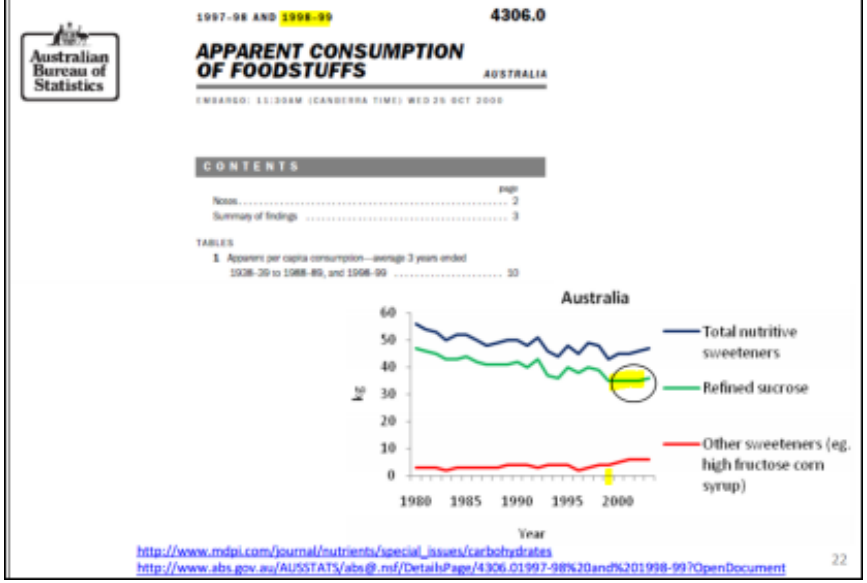
ABS series discontinued as unreliable 1998-99, then FAO faked

Awkwardly, authors' sucrose – green – series "exists" in 2003 despite underlying dataset discontinued as unreliable by ABS after 1998-99!??



http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates
http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4306.01997-98%20and%201998-99?OpenDocument
21

How come professional scientists were unaware - or deliberately didn't say - that key series discontinued by ABS after 1998-99?!!



http://www.mdpi.com/journal/nutrients/special_issues/carbohydrates
http://www.abs.gov.au/AUSSTATS/abs@.nsf/DetailsPage/4306.01997-98%20and%201998-99?OpenDocument
22

pp. 21-22 http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

In 2012, FAO confirmed 2000-2003 data based on nothing valid

From: **MorenoGarcia, Gladys (ESS)** <Gladys.MorenoGarcia@fao.org>
Date: Mon, Feb 13, 2012 at 9:43 PM
Subject: FW: quick question on basic australian sugar data
To: "strathburnstation@gmail.com" <strathburnstation@gmail.com>
Cc: "Rummukainen, Kari (ESS)" <Kari.Rummukainen@fao.org>

Dear Rory

The "apparent consumption" or better 'food availability' can be found under Faostat Food Supply or Food Balance Sheet domains up to year 2007.
Food supply
http://faostat.fao.org/site/345/default.aspx
Food balance sheet
http://faostat.fao.org/site/354/default.aspx

In the case of Australia I have looked at the time series and there is some food of Sugar & syrups nes and Sugar confectionary the biggest amounts are under Refined Sugar where data is with symbol * but it is calculated with following note:
'calc.on 37 kg.per cap. as per last available off. year level (1999)'
The figure for 1999 and for earlier years come from; ABS - APP. CONS. OF FOODSTUFFS.

Regards

Gladys C. Moreno G.
Statistician
C-428
Statistics Division
Food and Agriculture Organization of the United Nations
E-mail: Gladys.MorenoGarcia@fao.org
Phone: 00 39 06 57052548
Fax: 00 39 06 57055615
http://www.fao.org/economic/statistics

Letter 4 in http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

Scientific fraud? In 2014, Professor Brand-Miller and Dr Barclay dishonestly advised research-integrity Investigator Professor Robert Clark AO that the data behind the FAO's faked flat line for 2000-2003 are "robust and meaningful"

FAOStat have continued to publish data for Australia and other nations beyond 1998-99. Their sources both before and after 1999 include ABS, the International Sugar Organisation, and Australia's trading partners. The FAOStat methodology accounts for stocks, production, imports, exports and other utilisations to derive intake estimates.

For countries such as Australia, USA and the UK, FAOStat data series therefore provide for a robust and meaningful comparison of trends in added sugars consumption over decades. This also allowed us to calculate and compare the percentage reduction in refined sugar intake.

p. 58 of 86 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

University of Sydney unreasonably "buried" my clear evidence

Statements made by the Complainant alleging that the United Nations FAO has falsified data are serious, and do not appear to be based on detailed evidence or inquiry (see analysis of evidence above).

p.21 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

Epic fail: To what extent negligence? How much dishonesty?

So, ***why*** did Deputy Vice-Chancellor (Research) Jill Trewhella and her "independent investigator" Professor Robert Clark AO (University of NSW) – their investigation overseen by Vice-Chancellor Michael Spence – unreasonably (even dishonestly?) "**disappear**" my unambiguous evidence that the FAO faked its conspicuous flat-lining series for that curious 2000-2003 timeframe (rather than simply writing "not available" after the ABS stopped providing its data)? And *why* do they pretend that it is of no importance that the authors' other four indicators all trend *up not down*?

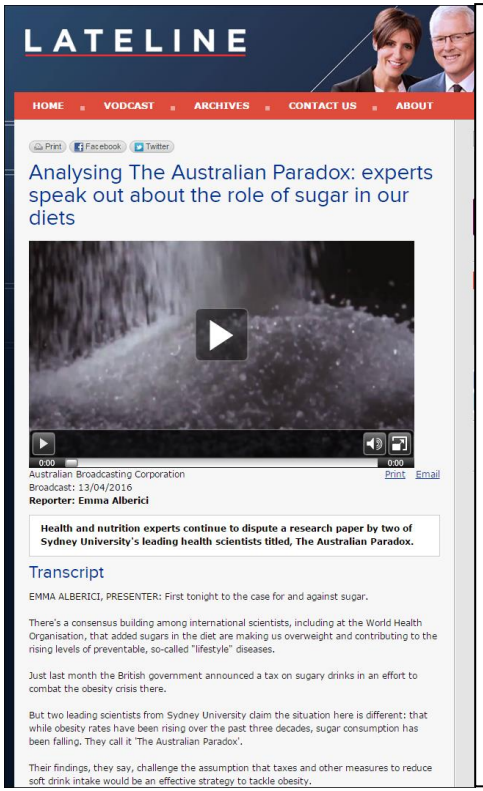
Readers, ***why*** have Vice-Chancellor Michael Spence, the Chairman of the Academic Board, Tony Masters and Provost Professor Stephen Gorton all chosen not to respond to my important assessment that their University's ***Initial Inquiry Report*** **is wrong on five of its seven "Preliminary Findings of Fact"**, instead disingenuously pretending that there is no issue? **Is it unethical to simply declare case-closed**?

What about the need for competence and integrity in quality control in Group of Eight science, in order to protect public health from obviously false but highly influential and harmful pro-sugar "findings" that rely on fake data? Isn't unnecessary early death a problem? (p. 42)

Some seasoned observers who have been following this scandal for years suspect that the University of Sydney's (and thus the Group of Eight's) highest management has chosen to pretend that there is no serious problem here so as to avoid the embarrassing need to **formally retract the infamous *Australian Paradox* paper** that was self-published by a highly influential scientist who has brought millions of taxpayer dollars to the university via research grants from the likes of the National Health and Medical Research Council (NHMRC) and the Australian Research Council (ARC), as well as from processed-food and pharmaceutical companies.

Readers, what do **YOU** suspect is going on? (Also see exchange of letters in Part 7.)

Several independent investigations have confirmed Rory Robertson's critique of the extraordinarily faulty *Australian Paradox* paper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Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

0:00 0:00

Australian Broadcasting Corporation Print Email

Broadcast: 13/04/2016

Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

Transcript

EMMA ALBERICI, PRESENTER: First tonight to the case for and against sugar.

There's a consensus building among international scientists, including at the World Health Organisation, that added sugars in the diet are making us overweight and contributing to the rising levels of preventable, so-called "lifestyle" diseases.

Just last month the British government announced a tax on sugary drinks in an effort to combat the obesity crisis there.

But two leading scientists from Sydney University claim the situation here is different: that while obesity rates have been rising over the past three decades, sugar consumption has been falling. They call it 'The Australian Paradox'.

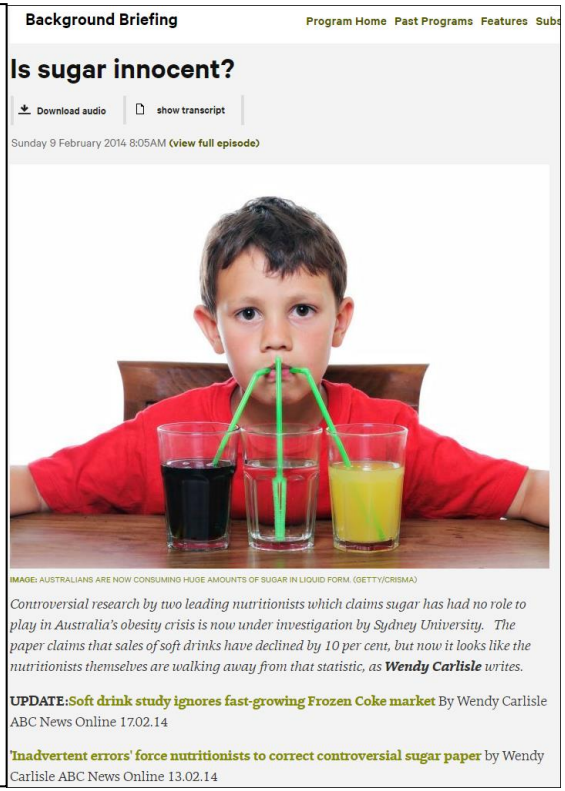
Their findings, they say, challenge the assumption that taxes and other measures to reduce soft drink intake would be an effective strategy to tackle obesity.

ABC's Audience and Consumer Affairs (A&CA) unit confirms *Australian Paradox* paper dominated by extraordinary errors

In 2016, after journalist Emma Alberici's ABC TV *Lateline* report presented the main aspects of my critique - including the FAO's conspicuously flat fake line spanning the 2000-2003 timeframe - the University of Sydney's Professor Jennie Brand-Miller claimed falsely to Alberici that the Charles Perkins Centre's infamous *Australian Paradox* findings remain as valid as ever. The **scientific record** was left uncorrected.

Indeed, the Charles Perkins Centre guru wrote a **36-page formal letter of complaint to the ABC on 24 May 2016**. On 14 September, the ABC's A&CA unit advised Professor Brand-Miller that her detailed complaints about the factual nature of my critique - as presented on *Lateline* - are wrong on all important matters of fact. **Again, the scientific record was not corrected. Again, Professor Brand-Miller and co-author Dr Alan Barclay just pretended nothing happened!**

This latest independent assessment is documented in the A&CA unit's final *Investigation Report*. The University of Sydney's Academic Board should obtain, and take the time to assess, those two documents – the 36-page complaint and A&CA's 15-page response – then instruct the e-journal *Nutrients* to formally retract the extraordinarily faulty *Australian Paradox* paper that is a menace to public health.


Background Briefing Program Home Past Programs Features Subs

Is sugar innocent?

Download audio show transcript

Sunday 9 February 2014 8:05AM (view full episode)

IMAGE: AUSTRALIANS ARE NOW CONSUMING HUGE AMOUNTS OF SUGAR IN LIQUID FORM. (GETTY/CRISMA)

*Controversial research by two leading nutritionists which claims sugar has had no role to play in Australia's obesity crisis is now under investigation by Sydney University. The paper claims that sales of soft drinks have declined by 10 per cent, but now it looks like the nutritionists themselves are walking away from that statistic, as **Wendy Carlisle** writes.*

UPDATE:Soft drink study ignores fast-growing Frozen Coke market By Wendy Carlisle ABC News Online 17.02.14

'Inadvertent errors' force nutritionists to correct controversial sugar paper by Wendy Carlisle ABC News Online 13.02.14

Michael Pascoe: http://www.smh.com.au/business/economist-v-nutritionists-big-sugar-and-lowgi-brigade-lose-20120306-1uj6u.html ; http://www.smh.com.au/business/pesky-economist-wont-let-big-sugar-lie-20120725-22pru.html
Mark Metherell: http://www.smh.com.au/national/health/research-causes-stir-over-sugars-role-in-obesity-20120330-1w3e5.html
Wendy Carlisle: http://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490
Emma Alberici: http://www.abc.net.au/lateline/content/2015/s4442720.htm

After the ABC RadioNational's investigation in 2014 - that highlighted the issue of 2000-2003 fake FAO data - Professor Brand-Miller and Dr Barclay published a **sham formal correction** that pretended: "**These changes have no material impact on the conclusions of our paper**": http://www.australianparadox.com/pdf/CPCscientistsresponse.pdf

Disturbingly, the refusal of the Charles Perkins Centre's most-famous scientists to properly correct or formally retract their paper - despite being repeatedly advised that it is dominated by serious problems including a series that was discontinued as unreliable and then faked - means they are **deliberately exaggerating its scientific evidence that sugar in modern doses is harmless**.

Time and time again, the authors have improperly responded to my correct critique by pretending their paper is basically flawless, allowing the public debate to be misled, as the sugar and sugary drinks industries use their false "findings" to campaign against any proposed sugar tax. Clearly, this has become a matter of blatant scientific fraud.

Sugar industry seeking to rescue *Australian Paradox* paper via "framing", funding and publishing of sham Green Pool sugar series

Bill Shrapnel in 2012 defends *Australian Paradox* via sham Green Pool data


THE SCEPTICAL NUTRITIONIST

The science and ideology of healthy eating

DIET AND HEALTH

Home Purpose About me Contact

Posted on October 8, 2012 ← Previous Next →

The Australian Paradox is confirmed: sugar intakes are falling

A valid criticism?

Buried in all the invective, the website actually made a reasonable criticism of the Australian Paradox paper i.e. a major source of the data on sugar consumption was 'apparent consumption' data, which had ceased to be collected by the Australian Bureau of Statistics (ABS) after 1998/9. So, any suggestion that sugar consumption had continued to fall from 2000 could not be supported. It was argued that the sugar

http://scepticalnutritionist.com.au/?p=514 ; http://www.srasanz.org/sras/sras-advisors/

Earlier, ABS told Green Pool that dated ABS counting factors unreliable

The ABS can't comment on the sources and methods underlying the data the FAO publish. The ABS published data on apparent consumption of sugar up until the reference period 1998-9. After this time the ABS discontinued the estimation and publication of the data. Since then, the ABS have not been involved in the estimation or publication of data on apparent consumption of sugar.

In 2005, and then again in 2012, the ABS did respond to two separate requests and supplied a copy of the factors ABS used in the calculation of apparent consumption of sugar. These factors were supplied along with appropriate caveats including that the ABS no longer believed them to be appropriate. The ABS had no involvement with either recipient's use of these factors. Because the ABS have not reviewed the methodologies used by other organisations, the ABS can not comment on the methodologies used to estimate apparent consumption of sugar for non-ABS data or for time points after 1998-9.

p. 80 of 86 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

Despite ABS advice, Green Pool collated and published sham sugar series

According to Green Pool, **"Virtually all factors have largely been left as per ABS calculation**, since an update of all data would require **a large scale study** of both the composition of imports of food into Australia and representative food compositional data for imports and exports of all categories - which is no longer collected by ABS" (p. 14; my emphasis).

http://www.australianparadox.com/pdf/New-nonsense-based-sugarreport.pdf

Despite ABS advice, Green Pool pretends sham series reliable

Mr McNeill, Green Pool concludes: "We believe this Report fills a significant void that has appeared since the ABS ceased publishing the 'Apparent Consumption of Foodstuffs' data in 1998/99. Since this time, no robust, independent assessment of apparent food consumption, at a national level, has been available for policy makers, health professionals, industry and others – including for sugar consumption.

"By applying the same methodology and data sources, trusted by the ABS from 1938 to 1999, we hope this Report will provide the most up-to-date, reliable and trusted reference for domestic sugar consumption statistics moving forward."

The report was supported by the Australian Sugar Refiners and CANEGROWERS (the peak body for Australian sugarcane growers).

http://www.sugaraustralia.com.au/Shared/Green%20Pool%20Report%20Media%20Release.pdf

2015: Is it scientific fraud to pretend sham Green Pool data reliable?

Original Article

European Journal of Clinical Nutrition **69**, 1233-1237 (November 2015) | doi:10.1038/ejcn.2015.105

Apparent consumption of refined sugar in Australia (1938–2011)

T J McNeill and W S Shrapnel

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SEARCH PUBMED F

T J McNeill

W S Shrapnel

Background/Objectives:

In Australia, the Australian Bureau of Statistics discontinued collection of apparent consumption data for refined sugars in 1998/1999. The objectives of this study were to update this data series to determine whether it is a reliable data series that reflects consumption of refined sugars, defined as sucrose in the forms of refined or raw sugar or liquified sugars manufactured for human consumption.

Subjects/Methods:

The study used the same methodology as that used by the Australian Bureau of Statistics to derive a refined sugars

Conclusions:

The limited variability of the extended apparent consumption series and its consistency with recent national dietary survey data and sugar-sweetened beverage sales data indicate that it is a reliable data set that reflects declining intake of refined sugars in Australia.

http://www.nature.com/ejcn/journal/v69/n11/full/ejcn2015105a.html

Growing misinformation via the sugar industry's sham Green Pool series that was designed to rescue *Australian Paradox* paper

RESEARCH ARTICLE | OPEN ACCESS | OPEN PEER REVIEW

Trends in sugar supply and consumption in Australia: is there an Australian Paradox?

Wayne Rikkers, David Lawrence, Katherine Hafekost ✉, Francis Mitrou and Stephen R Zubrick

BMC Public Health 2013 **13**:668 | **DOI:** 10.1186/1471-2458-13-668 | © Rikkers et al.; licensee BioMed Central Ltd. 2013

Received: 10 September 2012 | **Accepted:** 13 June 2013 | **Published:** 18 July 2013

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-668

Archived Comments

Response to: Rikkers et al. Trends in sugar supply and consumption in Australia: is there an Australian Paradox?

28 October 2013

Tom McNeill, Green Pool Commodity Specialists

Response to:
Rikkers et al. Trends in sugar supply and consumption in Australia: is there an Australian Paradox? BMC Public health 2013, 13:668 doi: 10.1186/1471-2458-13-668

By: Tom McNeill, Email: tom@greenpoolcommodities.com, Address: Green Pool Commodity Specialists, Kangaroo Point, Brisbane, Qld 4169, Australia

Rikkers et al. [1] in the Journal BMC Public Health, revisit the question of sugar consumption in Australia. Their premise is that previous studies on total use of refined sugar in food consumed in Australia had neglected to measure the sugar content of imported foods. The two research analyses referred to by Rikkers et al. were that of Barclay and Brand-Miller [2] and Green Pool Commodity Specialists [3]. Both of these papers had pointed to declining sugar (defined as sucrose or refined sugar) consumption per capita over at least 20 years in Australia. Both of these studies accounted for the import of sugar-containing products. FAO

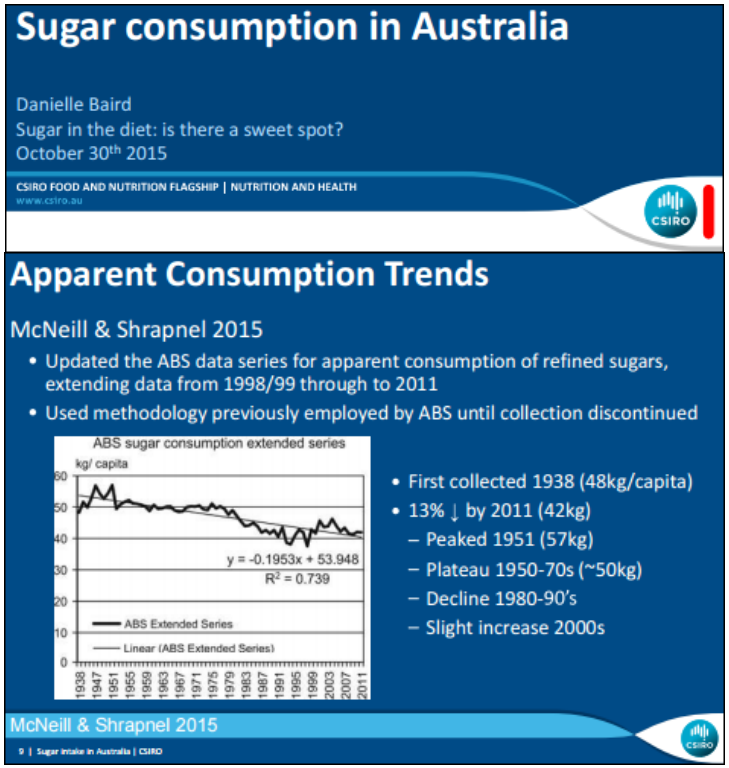
Rikkers et al. set out with the aim of investigating whether estimates of refined sugar and added sugars including the content of imported products is increasing or decreasing. The authors' intention was to bring new research into the debate. However, by using secondary and tertiary sources of data, and the inclusion of incorrect categories described as high added sugar content, the authors introduce errors too large to be glossed over. Additionally, the rejection of simpler methodologies and the authors' admission that much of the key data has been derived or estimated brings any conclusions from the study into question.

References

1. Rikkers et al. Trends in sugar supply and consumption in Australia: is there an Australian Paradox? BMC Public health 2013, 13:668 doi: 10.1186/1471-2458-13-668
2. Barclay and Brand-Miller .The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased. Nutrients 2011, 3, 491-504; doi:10.3390/nu3040491
3. Sugar Consumption in Australia. A statistical update. 4 October 2012. Green Pool Commodity Specialists, Brisbane, Australia

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-668/comments

http://ilsi.org/event/symposium-on-sugar-in-the-diet-is-there-a-sweet-spot/



http://ilsisea-region.org/wp-content/uploads/sites/21/2016/06/3-Danielle-Bard-1.pdf

What do you think? After five years, does the *Australian Paradox* scandal involve serious research misconduct?

BREACHES OF THE CODE AND RESEARCH MISCONDUCT

In addressing the process for responding to allegations, it is useful to distinguish between minor issues that can clearly be remedied within the institution and more serious matters where the involvement of people who are independent of the institution is desirable. The boundary between minor and serious issues is not sharp, and those determining a particular case will find it helpful to consider the penalties that might be applied by the employing institution if the allegations are true, the steps needed to ensure procedural fairness to all concerned, the extent to which there are consequences outside the institution, and the standing of the research community in the eyes of the general public.

Here, the term *breach* is used for less serious deviations from this Code that are appropriately remedied within the institution. The term *research misconduct* is used for more serious or deliberate deviations.

Research misconduct

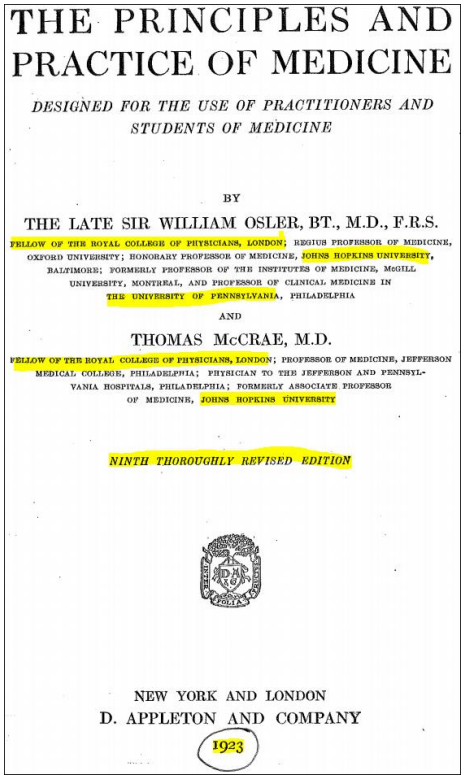
A complaint or allegation relates to research misconduct if it involves all of the following:

- an alleged breach of this Code
- intent and deliberation, recklessness or gross and persistent negligence
- serious consequences, such as false information on the public record, or adverse effects on research participants, animals or the environment.

p. 10.1 https://www.nhmrc.gov.au/_files_nhmrc/file/research/research-integrity/r39_australian_code_responsible_conduct_research_150811.pdf

PART 5: Why the Charles Perkins Centre's pro-sugar *Australian Paradox* fraud matters for public health, and why it matters for Group of Eight integrity, including evidence the Go8 is defrauding taxpayers on a massive scale via its false promises of research "excellence"

Incompetence and worse since 1960s has suppressed proven cure for type 2 diabetes. Today's high-carb advice is harmful for diabetics



THE PRINCIPLES AND PRACTICE OF MEDICINE

DESIGNED FOR THE USE OF PRACTITIONERS AND STUDENTS OF MEDICINE

BY

THE LATE SIR WILLIAM OSLER, BT., M.D., F.R.S.

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NINTH THOROUGHLY REVISED EDITION

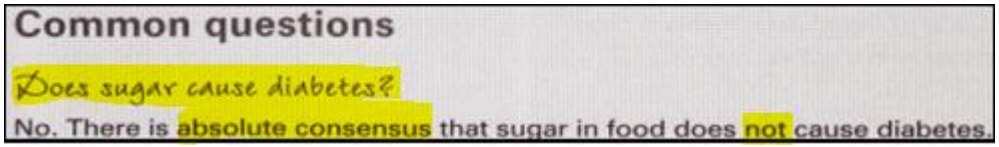
NEW YORK AND LONDON
D. APPLETON AND COMPANY
1923

The following are the conditions which influence the appearance of sugar in the urine:

(*a*) EXCESS OF CARBOHYDRATE INTAKE.—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The hyperglycæmia is immediately manifested by the appearance of sugar in the urine. The healthy person has a definite limit

http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

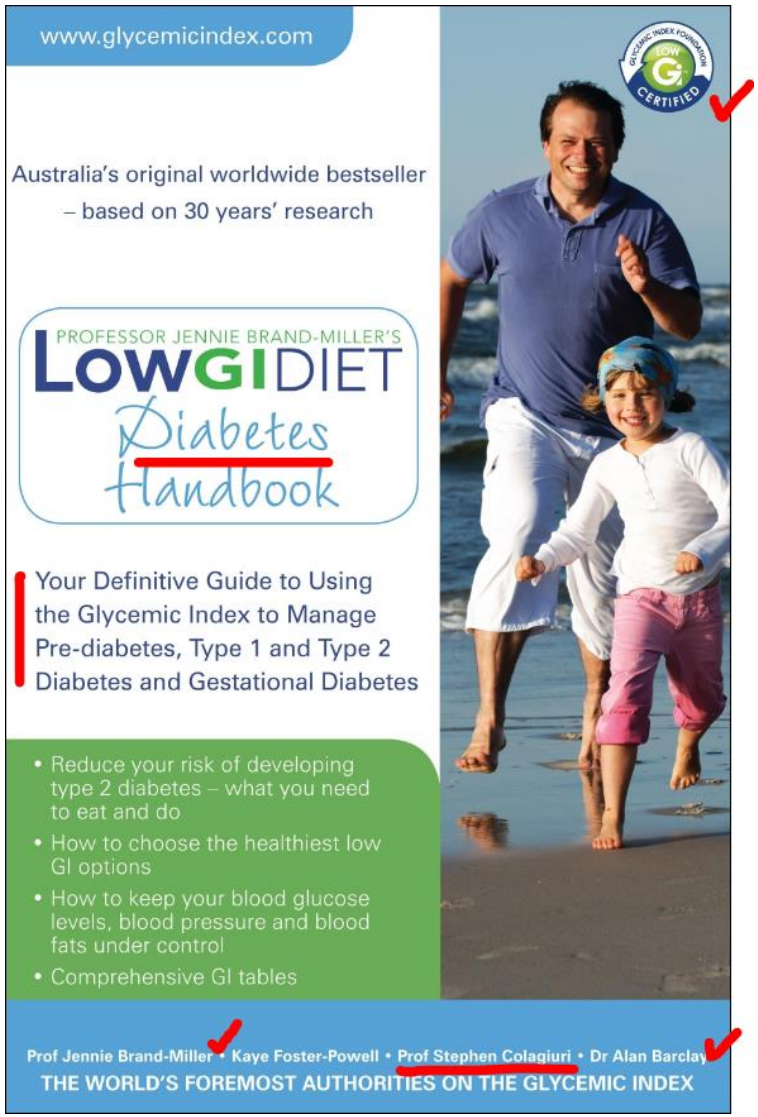
Added sugar is 100% carbohydrate. In 1923, it was widely known by competent GPs that excess added sugar and other carbohydrates are the main driver of (Type 2) diabetes. Accordingly, a low-carb, high-fat cure was advised. Today, that LCHF cure is almost universally suppressed by public-health careerists. Sadly, nutrition "science" last century was hijacked by mistaken but highly influential anti-fat, pro-carb researchers. For diabetics today, official advice is worse than useless: it's high-carb and thus harmful (see Part 8). Disturbingly, low-GI Professor Stephen Colagiuri - a co-author of that ludicrous "absolute consensus" falsehood on the right - is the main author of Australia's ***National Diabetes Strategy 2016-2020*** (p. 84). **The known cure suppressed, Indigenous Australia dies young** (p. 42).



Common questions

Does sugar cause diabetes?

No. There is absolute consensus that sugar in food does not cause diabetes.



https://www.hachette.com.au/stephen-colagiuri/low-gi-diet-diabetes-handbook
http://www.australianparadox.com/pdf/diabetes.pdf

Charles Perkins Centre's *Australian Paradox* fraud promotes false claim that sugar and sugary drinks are not an issue for public health

Indigenous Affairs Minister Nigel Scullion says sugary soft drinks 'killing the population' in remote communities

By political reporter Anna Henderson

Posted 12 Feb 2016, 2:07pm

In the wake of this week's progress report on Closing the Gap, the Indigenous Affairs Minister Nigel Scullion has declared sugary soft drinks are "killing the population" in remote Indigenous communities.

According to evidence provided to Senate estimates today, at least 1.1 million litres of so-called "full sugar" soft drink was sold in remote community stores last financial year.

"I think particularly in remote communities and very remote communities sugar is just killing the population," Senator Scullion said.

PHOTO: The Closing the Gap report said the worst health outcomes, in terms of diabetes, heart disease and other chronic illnesses were found in remote communities.

http://www.abc.net.au/news/2016-02-12/scullion-says-sugar-is-killing-remote-communities/7162974

Characteristics of the community-level diet of Aboriginal people in remote northern Australia

Julie K Brimblecombe GradDipNut&Diet, MPH, PhD, Senior Research Fellow[1,2]

Megan M Ferguson BSc, GradDipNut&Diet, MPH, Senior Research Officer,[1] and PhD Candidate[1,2]

Selma C Liberato GradDipNut&Diet, MSc, PhD, Senior Research Officer (Nutritionist)[1,2]

Kerin O'Dea BSc, PhD, Professor, Population Health and Nutrition,[3] and Honorary Professor[4]

1 Wellbeing and Preventable Chronic Disease, Menzies School of Health Research, Darwin, NT.
2 Institute of Advanced Studies, Charles Darwin University, Darwin, NT.
3 School of Population Health, Division of Health Sciences, University of South Australia, Adelaide, SA.

Abstract

Objective: To describe the nutritional quality of community-level diets in remote northern Australian communities.

Design, setting and participants: A multisite 12-month assessment (July 2010 to June 2011) of community-level diet in three remote Aboriginal communities in the Northern Territory, linking data from food outlets and food services to the Australian Food and Nutrient Database.

Main outcome measures: Contribution of food groups to total food expenditure; macronutrient contribution to energy and nutrient density relative to requirements; and food sources of key nutrients.

Results: One-quarter (24.8%; SD, 1.4%) of total food expenditure was on non-alcoholic beverages; 15.6% (SD, 1.2%) was on sugar-sweetened drinks. 2.2% (SD, 0.2%) was spent on fruit and 5.4% (SD, 0.4%) on vegetables. Sugars contributed 25.7%–34.3% of dietary energy, 71% of which was table sugar and sugar-sweetened beverages. Dietary protein contributed 12.5%–14.1% of energy, lower than the recommended 15%–25% optimum. Furthermore, white bread was a major source of energy and most nutrients in all three communities.

Conclusion: Very poor dietary quality continues to be a characteristic of remote Aboriginal community nutrition profiles since the earliest studies almost three decades ago. Significant proportions of key nutrients are provided from poor-quality nutrient-fortified processed foods. Further evidence regarding the impact of the cost of food on food purchasing in this context is urgently needed and should include cost–benefit analysis of improved dietary intake on health outcomes.

Dietary improvement for Indigenous Australians is a priority strategy for reducing the health gap between Indigenous and non-Indigenous Australians.[1] Poor-quality diet among the Indigenous population is a significant risk factor for three of the major causes of premature death — cardiovascular disease, cancer and type 2 diabetes.[2] The 26% of Indigenous Australians living in remote areas experience 40% of the health gap of Indigenous Australians overall.[3] Much of this burden of disease is due to extremely poor nutrition throughout life.[4]

Comprehensive dietary data for Indigenous Australians are not available from national nutrition surveys or any other source. Previous reports on purchased food in remote Aboriginal communities are either dated,[5] limited to the primary store[5,6] and/or short-term or cross-sectional in design.[7,8] These studies have consistently reported low intake

was prohibited in the three study communities at the time of our study.

egorised into food groups derived from the Australian Food and Nutrient

https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia

MEDIA RELEASE

10 September 2014 Embargo: 11:30 am (Canberra Time) 132/2014

Aboriginal and Torres Strait Islander adults experience diabetes 20 years earlier than non-Indigenous adults

Aboriginal and Torres Strait Islander adults are more than three times as likely as non-Indigenous adults to have diabetes, and they experience it at much younger ages, according to new figures released by the Australian Bureau of Statistics today.

"Results from the largest ever biomedical collection for Aboriginal and Torres Strait Islander adults, which collected information on a wide range of chronic diseases and nutrition, reveal that diabetes is a major concern," said Dr Paul Jelfs from the ABS.

"The voluntary blood test results showed that in 2012–13, one in ten Aboriginal and Torres Strait Islander adults had diabetes. This means that, when age differences are taken into account, Aboriginal and Torres Strait Islander adults were more than three times as likely as non-Indigenous adults to have diabetes."

"What was even more striking was how much earlier in life Aboriginal and Torres Strait Islander adults experience diabetes. In fact, the equivalent rates of diabetes in the Aboriginal and Torres Strait Islander population were often not reached until 20 years later in the non-Indigenous population." said Dr Jelfs.

The survey revealed that diabetes was twice as common among Aboriginal and Torres Strait Islander adults living in remote areas. Around one in five in remote areas had diabetes compared with around one in ten in non-remote areas.

Also of interest was the fact that many Aboriginal and Torres Strait Islander adults with diabetes also had signs of other chronic conditions.

"More than half of all Aboriginal and Torres Strait Islander adults with diabetes also had signs of kidney disease. This compared with a third of non-Indigenous adults with diabetes", said Dr Jelfs.

"Given these findings, it is not surprising that the death rate for diabetes among Aboriginal and Torres Strait Islander people is seven times higher than for non-Indigenous people."

Other results released today suggest that many Aboriginal and Torres Strait Islander adults may not be aware they have high cholesterol, with one in four having high cholesterol levels, yet only one in ten being aware they had it.

Further information is available in Australian Aboriginal and Torres Strait Islander Health Survey: Biomedical Results, 2012–13 (cat. no. 4727.0.55.003) available for free download on the ABS website.

http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.003~2012-13~Media%20Release~Aboriginal%20and%20Torres%20Strait%20Islander%20adults%20experience%20diabetes%2020%20years%20earlier%20than%20non-Indigenous%20adults%20(Media%20Release)~130

Extraordinarily faulty *Australian Paradox* paper was used to campaign against NHMRC's tougher diet advice against added sugar

HEALTH AND SCIENCE

A spoonful of sugar is not so bad

The University of Sydney's Jennie Brand-Miller and Bill Shrapnel with a variety of foods, some more nutritious than others, that all contain sugar. Picture: Jane Dempster

LEIGH DAYTON, SCIENCE WRITER
TheAustralian | 12:00AM July 9, 2011

Save

BILL Shrapnel was not amused. He'd logged on to the National Health and Medical Research Council's website a few weeks ago and read the draft dietary guideline recommendations.

"My reaction was that the NHMRC is supposed to be the bastion of evidence-based nutrition," recalls Shrapnel, consultant dietitian and deputy chairman of the University of Sydney Nutrition Research Foundation. "But their dietary work is still laced with the dogma that diminishes our profession."

What raised Shrapnel's ire was the word sugars in recommendation No 3: "Limit intake of foods and drinks containing saturated and trans fats; added salt; added sugars; and alcohol". Limit sugars? "Show us the evidence," he says. "There isn't any."

Along with University of Sydney nutritionist Jennie Brand-Miller, Shrapnel takes the highly contentious position that sugar isn't a dietary evil, as dangerous to human health as saturated and trans fats, salt and alcohol.

...

"It doesn't actually do any direct harm to the human body. It doesn't raise blood cholesterol or raise blood pressure or cause cancer," says Brand-Miller, known for her book The Low GI Diet. The GI stands for glycemic index, a measure of the effects of carbohydrates on blood sugar levels.

...

According to Brand-Miller, these findings sit neatly with data from the UN Food and Agriculture Organisation, national dietary surveys and industry. "Australians have been eating less and less sugar, and rates of obesity have been increasing," she says.

http://www.theaustralian.com.au/news/health-science/a-spoonful-of-sugar-is-not-so-bad/story-e6frg8y6-1226090126776

HEART & STROKE™ FOUNDATION

POSITION STATEMENT

SUGAR, HEART DISEASE AND STROKE

FACTS

- Heart disease and stroke are leading causes of death in Canada, responsible for 27.3% of all deaths.[1] Over 1.3 million Canadians are living with heart disease[2] and 315,000 Canadians are living with the effects of stroke.[3]
- More than 60% of Canadian adults[4] and 31% of children and youth aged 5 to 17 years are overweight or obese.[5] Children who are obese are at increased risk of remaining overweight or obese as adults.[6]
- Up to 80% of early heart disease and stroke can be prevented through adopting healthy behaviours including eating a healthy diet.
- Sugar is a carbohydrate that provides energy to the body. Other than providing energy, sugar has no other nutritional benefits.
- Sugar can occur naturally in milk, fruit, vegetables, starches, grains and most plant based foods. Sugars can also be added to foods and drinks for flavour, as a sweetener, as a preservative or to enhance the texture of products.
- Free sugars include all monosaccharides and disaccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and fruit juices.[7]
- It is estimated that Canadians consume as much as 13% of their total calorie intake from added sugars.[8,9] This added sugar estimate does not take into account the broader range of sugars captured by free sugars (which also include 100% fruit juice, honey, etc.). Consumption of free sugars among Canadians would be higher than 13%.
- Ten per cent of total energy (calories) from free sugars in a 2,000-calorie-a-day diet is equivalent to about 48 grams (roughly 12 teaspoons) of sugar. Five per cent of total energy is equivalent to about 24 grams (roughly 6 teaspoons) of sugar.

- Excess sugar consumption is associated with adverse health effects including heart disease,[10-12] stroke,[10] obesity,[13-17] diabetes,[18-22] high blood cholesterol,[23-24] cancer[25] and dental caries (cavities).[26]
- Individuals who consume greater than or equal to 10% but less than 25% of total energy (calories) from added sugar have a 30% higher risk of death from heart disease or stroke when compared to those who consume less than 10%. For those who consume 25% or more of calories from added sugar, the risk is nearly tripled.[10]
- While there are a variety of causes of obesity, researchers speculate that excess caloric intake may be the single largest driver.[27] Larger portion sizes contribute to over consumption of calories and excess body weight.[16]
- Sugar sweetened beverages (SSBs) are the single largest contributor of sugar in the diet.[10] A single 355 mL can of sugar-sweetened soda contains up to 40 grams (about 10 teaspoons) of sugar and no health benefits.[28]
- The total volume of SSBs available to Canadians is 3.5 billion litres, the equivalent of 110 L per person per year or over 300 mL per day.[29] A standard sized soft drink can is 355 mL.
- As children get older, they consume more sugar from soft drinks. Boys' average daily consumption of regular soft drinks is 68 grams at ages 4 to 8 years and increases to 376 grams at ages 14 to 18 years. Among girls the increase is from 47 to 179 g.[30]

heartandstroke.ca

https://drive.google.com/file/d/0B9nI_ydjDXxkTlhscFNPR2RkcFk/edit

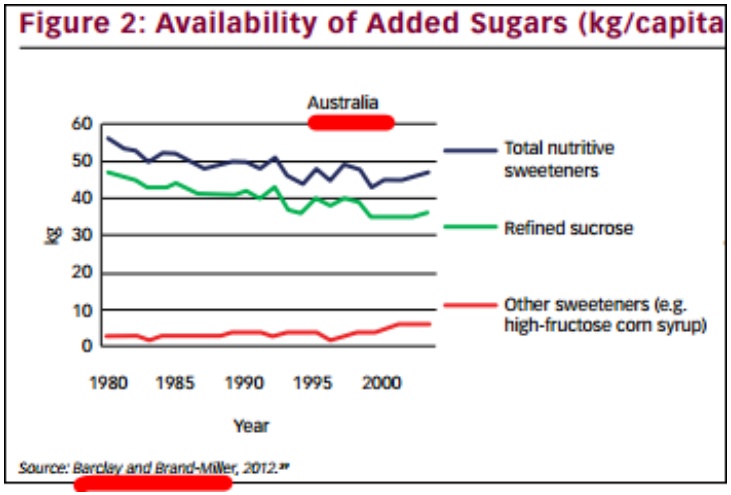
Faulty analysis and fake data in pro-sugar *Australian Paradox* formally cited >50 times, misinforming global "science" re diabetes

Diabetes and Nutrition

The Role of Fructose, Sucrose and High-fructose Corn Syrup in Diabetes

Adrian I Cozma[1,2] and John L Sievenpiper[1,2,3]

Figure 2: Availability of Added Sugars (kg/capita



http://www.touchendocrinology.com/sites/www.touchendocrinology.com/files/cozmafinal.pdf

Advances in Nutrition

AN INTERNATIONAL REVIEW JOURNAL

Sugars and Health Controversies: What Does the Science Say?[1–3]

James M Rippe[4–6]* and Theodore J Angelopoulos[7]

[4]Rippe Lifestyle Institute, Shrewsbury, MA; [5]Rippe Lifestyle Research Institute of Florida, Celebration, FL; [6]University of Central Florida Medical School, Orlando, FL; and [7]Laboratory of Applied Physiology, University of Central Florida, Orlando, FL

(71). In Australia, there was a 10% decrease in the contribution of sugar from SSBs despite increases in obesity and diabetes. This has been called the "Australian paradox." Similar "para-

71. Barclay AW, Brand-Miller J. The Australian paradox: a substantial decline in sugars intake over the same timeframe that overweight and obesity have increased. *Nutrients* 2011;**3**:491–504. Erratum in: Nutrients 2014;6:663–4.

http://advances.nutrition.org/content/6/4/493S.full.pdf+html

Global Journal of Health Science

A Review about the Effect of Life style Modification on Diabetes and Quality of Life

Prabha Shrestha[1] & Laxmi Ghimire[2]

food tax with sweetened drinks whilst Peru has planned to implement a similar tax. Additionally, there is no association between reducing sugar consumption and reducing the prevalence of obesity (Barclay & Brand-Miller, 2011).

Barclay, A. W., & Brand-Miller, J. (2011). The Australian Paradox: A substantial decline in sugars intake over the same timeframe that overweight and obesity have increased. *Nutrients*, *3*(4), 491-504. http://dx.doi.org/10.3390/nu3040491

http://www.ccsenet.org/journal/index.php/gjhs/article/view/20376/13771

Nutrition & Dietetics 2014; ••: ••–•• DOI: 10.1111/1747-0080.12108

ORIGINAL RESEARCH

Quenching Australia's thirst: A trend analysis of water-based beverage sales from 1997 to 2011

Gina S. LEVY[1] and William S. SHRAPNEL[2]

[1]Food Logic Nutrition Consulting, Edgecliff and [2]Shrapnel Nutrition Consulting, Beecroft, New South Wales, Australia

energy intake.[10] A recent assessment of trends in sugar consumption in Australia using apparent consumption data from the Food and Agriculture Organization and sales data supplied by beverage manufacturers showed a decline in apparent sugar consumption over the last 30 years[11] Given the US findings, the apparent paradox of falling sugar intakes and rising obesity rates in Australia needs further exploration, but the lack of other data sets has precluded this.

11 Barclay AW, Brand-Miller J. The Australian paradox: a substantial decline in sugars intake over the same timeframe that overweight and obesity have increased. *Nutrients* 2011; 3: 491–504.

Conflict of interest

Both Dr Levy and Mr Shrapnel were paid a consultancy fee by the Australian Beverage Council Ltd to conduct this analysis of the Nielsen data and report on their findings.

http://australianbeverages.org/wp-content/uploads/2014/02/Quenching-Australias-Thirst-A-trend-analysis-of-water-based-beverage-sales-from-1997-to-2011.pdf

The Greens propose a "sugary drinks tax" to help reduce obesity & type 2 diabetes. Industry uses shonky *Australian Paradox* paper as an intellectual spearhead to poison public debate, mislead policymakers on causes of obesity & diabetes, and kill sugar tax (overleaf)

GRATTAN Institute

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Home > Publications > A sugary drinks tax: recovering the community costs of obesity

22 NOV 2016

Download Report

A sugary drinks tax: recovering the community costs of obesity

by Stephen Duckett and Hal Swerissen

Australia should introduce a tax on sugary drinks to recoup some of the costs of obesity to the community.

The best option is an excise tax of 40 cents per 100 grams of sugar, on all non-alcoholic, water-based drinks that contain added sugar.

Such a tax would increase the price of a two-litre bottle of soft drink by about 80 cents, raise about $500 million a year, and generate a fall of about 15 per cent in the consumption of sugar-sweetened beverages, as consumers switched to water and other drinks not subject to the new tax.

Obesity costs Australian taxpayers more than $5.3 billion a year. Obese people are more likely to go to doctors and be admitted to hospital more often than other people. They are also more likely to be unemployed and therefore paying less tax than the rest of the population.

These costs – more taxpayer dollars spent on healthcare and welfare, and less tax raised – are caused by obesity but borne by the entire community. The new tax would help redress that imbalance.

https://grattan.edu.au/report/a-sugary-drinks-tax-recovering-the-community-costs/

THE GREENS

HOME OUR PARTY OUR PEOPLE OUR VISION GET INVOLVED SUPP

TAXING SUGARY DRINKS

Fighting childhood obesity - healthy choices for a long and healthy life

A growing problem

Australia has some of the highest rates of overweight and obesity in the world, and the rates are growing. 28% of Australian adults are now obese and over a quarter of children overweight or obese. The highly processed, energy-dense food we consume is a major factor in driving obesity.

The highly processed, energy-dense food we consume is a major factor in driving obesity. Sugar-sweetened drinks are a significant culprit, particularly for children, and only winner is Big Sugar.

The Greens believe that prevention is central to good public health policy and sugary drinks are driving obesity and the raft of preventable disease that often comes with it.

The Greens are signalling our intent to bring forward a sugar-sweetened beverages tax bill next year because we are the only party with the courage and commitment to use this measure to tackle childhood obesity.

Taking action

The Green will move to establish a parliamentary inquiry into the rise of obesity in Australia, particularly in children.

The inquiry will inform Greens draft legislation for a sugar-sweetened beverages tax as well as other policy responses to best combat obesity.

If the government doesn't act, the Greens will introduce a Private Senator's Bill to give effect to a tax on sugar-sweetened beverages into the Senate by the end of 2017.

This push by the Greens comes as countries around the world, from Ireland to the UK, Hungary to Mexico, are listening to the calls of health experts, researchers, doctors and the public to implement similar sugar-sweetened beverage taxes.

The case for taxing sugary drinks

We already put a price on other household commodities that cause harm like alcohol and tobacco to help us change our behaviour in a way that can have a real impact on our health, and the health of our children.

By taxing the sweetest and most harmful drinks, we can help reduce obesity, particularly in children, with the money raised invested back into public health programs.

A price increase of 20% on sugar-sweetened drinks, is predicted to result in a 12% drop off in consumption – even higher

TAKE

Invest in

Ensure that our he affordable and un

SIGN NOW

RELA CONT

http://greens.org.au/sugar-tax

The University of Sydney's Charles Perkins Centre and the sugar and sugary drinks industries use the shonky *Australian Paradox* paper and its sham Green Pool sister series to mislead policymakers on the extent to which sugar causes obesity and type 2 diabetes

Does added sugar cause weight gain?

this form may be obesogenic [x] [xi] In Australia, however, added sugar intake and SSB intake have been declining over the same period as obesity has increased – the so-called Australian sugar paradox – suggesting sugar intake is not a primary driver of population obesity levels [xii].

...

This article was reviewed by Professor Jennie Brand Miller from the School of Molecular Biosciences and Charles Perkins Centre and Director, Sydney University Glycemic Index Research Service.

http://www.srasanz.org/sras/news-media-faq/sras-articles/do-carbohydrates-cause-weight-gain/ ;
http://www.srasanz.org/sras/sras-advisors/

Submission to NHMRC re Australian Dietary Guidelines:

The Beverages Council *believes that important dietary factors related to obesity are being overlooked by the current emphasis on sugars and soft drinks. Australia's refined sugar consumption has decreased over the past 40 years yet obesity rates have increased. This is described as* ***the 'Australian Paradox'. (3)***

[Assessment via Australian Paradox *et al*]

- ***... 'In particular, limit sugar-sweetened drinks in order to prevent weight gain or obesity'*** **is not supported by a preponderance of the scientific evidence.**

(3) Barclay AW, Brand Miller J, The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity has Increased, *Nutrients* 2011, 3, 491- 504
http://www.abc.net.au/cm/lb/5251976/data/bev-sub-to-nhmrc-data.pdf

Why a soft drinks tax is not the answer

As the nation's collective waistline continues to expand, through the media there are various calls for a tax on certain products, including soft drinks, as a means to curb obesity. Whilst theoretical modelling might point to taxes as a solution, in reality these punitive measures are ineffective, inefficient and unfair for a range of reasons.

Added sugar consumption declining...

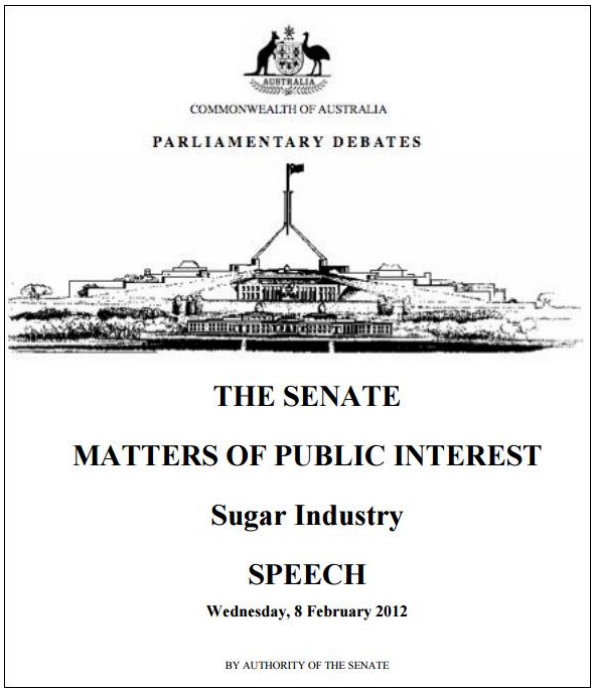
Australia's consumption of added sugar is declining. A recent study identified that the prevalence of obesity has increased 3 fold in Australians since 1980 while per capita consumption of refined sugar (sucrose) decreased by 23% from 1980 to 2003[1]. The research also found that when all sources of

...

2007. The findings confirm an "Australian Paradox"—a substantial decline in refined sugars intake over the same timeframe that obesity has increased. The implication is that efforts to reduce sugar intake *may* reduce consumption but *may not* reduce the prevalence of obesity.

http://australianbeverages.org/for-consumers/soft-drink-tax-answer/

(i) Charles Perkins Centre's *Australian Paradox* fraud now has a five-year history of poisoning critical public-health debates, recklessly misleading the Australian Parliament and damaging the credibility of Federal Government spokesmen



COMMONWEALTH OF AUSTRALIA

PARLIAMENTARY DEBATES

THE SENATE

MATTERS OF PUBLIC INTEREST

Sugar Industry

SPEECH

Wednesday, 8 February 2012

BY AUTHORITY OF THE SENATE

Senator BOSWELL (Queensland) (13:45): *Today I rise in support of the great sugar industry of Australia. …*

Once again, sugar has come under attack. We have just fought and won the battle to stop a system of traffic-light labelling being introduced that would have required a red light on every packet of sugar. …

Now a new battlefront has opened up with an article published in the scientific journal Nature. … The February edition of Nature features an article titled 'The toxic truth about sugar'. …

It appears the sugar has become the new punching bag for some, including these academics from the University of California. … The report claims: sugar consumption is linked to a rise in non-communicable diseases, such as heart disease, cancer, diabetes and obesity. … …

***Robert Lustig** and his co-authors are advocating that the same policies used to curb the supply and demand of alcohol be used to reduce the consumption of sugar.*

*Thank heavens in Australia we have a number of scientists that have debunked much of what the author of this article has claimed. The commentary by Lutsig [sic] and his colleagues at the University of California has been condemned by leading scientists, academics and the key body representing dieticians in Australia. … They include **Jennie Brand-Miller from the University of Sydney**, the pioneer of the glycemic index measure of the effects of carbohydrates on blood sugar. ...*

In the Australian media recently Ms Brand-Miller was quoted as saying that she was disgusted that Nature would publish this and that because it is published in Nature people assume it has some validity and some basis in science. ...

Many nutritionists, dieticians and researchers in Australia have come out and supported her stance. In fact, I was hard pressed to find anyone with scientific qualifications that had come out in support of Lustig's article in Nature. …

*...**The Dietitians Association of Australia** has also come out saying that there is little evidence sugar was the cause of the worldwide obesity epidemic and related health problems. Their position statement, Sugar and Obesity in June 2011 stated:*

Sugar has been blamed as the 'root of all evil' in Australia's obesity crisis.

*The Dietitians Association of Australia (DAA) believes it is simplistic and unhelpful to blame sugar alone for such a complex issue. ... It is important to highlight some interesting facts related to this debate in Australia. According to **Alan Barclay from the Australian Diabetes Council and the Glycemic Index Foundation** [also a spokesman for the DAA, as well as a co-author of **Australian Paradox**], **sugar consumption in Australia has actually dropped by 23 per cent since 1980**.* [Calculated on fake data at 2003 endpoint.] *Despite this, during that time cases of overweight or obese people have doubled, while diabetes has at least tripled.*

*A similar **inverse relationship** **between sugar-sweetened beverages and obesity** has been observed. The consumption of low- or zero-kilojoule beverages doubled over a 12-year period—**1994 to 2006—while sales of sweetened beverages decreased by around 10 per cent.*** [Figure 2 on p. 21 shows a 30% increase, from 35kg to 45kg!] *Yet obesity levels have continued to climb during this time period. ...* [My emphasis]

http://parlinfo.aph.gov.au/parlInfo/genpdf/chamber/hansards/bb7ad202-ca4c-4ec8-ad46-0b67219def5b/0062/hansard_frag.pdf;fileType=application%2Fpdf

(ii) Charles Perkins Centre's *Australian Paradox* fraud now has a five-year history of poisoning critical public-health debates, recklessly misleading the Australian Parliament and damaging the credibility of Federal Government spokesmen

Acting Prime Minister Barnaby Joyce says Australia would be "bonkers" to introduce a sugar tax. Photo: Alex Ellinghausen

"I believe in the freedom of the individual ... We the government are not going to moralise about what you take out of the fridge."

Citing data he said had been provided to him by the sugar industry, Mr Joyce said sugar consumption had been declining in Australia.

[Green Pool series?] http://www.smh.com.au/federal-politics/political-news/were-not-food-fascists-ministers-rubbish-soft-drink-tax-proposal-20161122-gsvfi7.html

Australian Broadcasting Corporation Print
Broadcast: 13/04/2016
Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

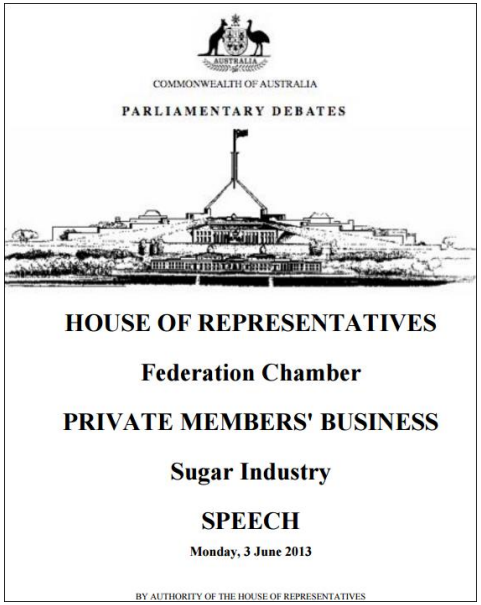
http://www.abc.net.au/lateline/content/2015/s4442720.htm

George Christensen (LNP): …*This was found in a paper entitled **The Australian paradox: a substantial decline in sugars intake over the same timeframe that overweight and obesity have increased**. The name of the report says exactly what the report found.*

*One of the authors of that report was **Professor Jennie Brand-Miller** who holds a personal chair in human nutrition … at the **University of Sydney**. The other author was **Dr Alan Barclay, the Chief Scientific Officer, at the Glycemic Index Foundation and a spokesman for the Dieticians** [sic] **Association of Australia**.*

The Dieticians [sic] *Association of Australia have also come out saying that this attempt to demonise sugar and link sugar directly to obesity is not helpful. The same view is shared by the Australian Diabetes Foundation. Dr Alan Barclay, who I have just talked about, is quoted as saying*:

'Sugar' is not the issue—it is far more complicated than that. … casting sugar as the ultimate villain and calling for regulation is misleading, unfounded and unnecessary. …[said the mistaken co-author of the *Australian Paradox* paper!]



COMMONWEALTH OF AUSTRALIA

PARLIAMENTARY DEBATES

HOUSE OF REPRESENTATIVES

Federation Chamber

PRIVATE MEMBERS' BUSINESS

Sugar Industry

SPEECH

Monday, 3 June 2013

BY AUTHORITY OF THE HOUSE OF REPRESENTATIVES

http://parlinfo.aph.gov.au/parlInfo/genpdf/chamber/hansardr/9526da6b-9674-4509-a6d5-a7115a7c1f1a/0338/hansard_frag.pdf;fileType=application%2Fpdf

Disturbing financial conflict of interest: University of Sydney and its *Australian Paradox* authors operate a (50% owned) *Glycemic Index* business that exists in part to be paid by industry to put "Low GI" healthy stamps on products up to 99.4% added sugar

CSR™ LOGICANE™ SUGAR

CSR™ LoGiCane™ Sugar represents innovation in sugar – the same sweet tasting natural sugar, with the added benefit of a Low GI. An alternative to your everyday table sugar.

GI Value: 54
Serve size: 4g (1 level metric teaspoon)
Carbohydrates (g) per serve: 4g
GL Value: 2
Company: Sugar Australia

NUTRITIONAL INFORMATION

Average serving size: 4g (1 level metric teaspoon)

	Avg Quantity per serving	% Daily Intakes per Serving	Average Quantity per 100g
Energy	68kj		1690kJ
Protein	0g		0g
Fat – Total	0g		0g
– saturated	0g		0g
Carbohydrate	4.0g		99.4g
– sugars	4.0g		99.4g
Dietary Fibre			
Sodium	<0.1mg		<2.5mg

NESTLÉ® MILO®

Nestlé® Milo®'s malted barley is one of the key ingredients that give MILO the unique great taste and crunch you love. It is naturally rich in carbohydrates (including starches and maltose), the preferred energy source for the brain, nervous system and working muscles.
Including calcium, MILO contains 6 essential vitamins and minerals. Together with milk it is a nutrient rich drink for active kids.

GI Value: 36
Serve size: 200ml (20g in reduced fat milk)
Carbohydrates (g) per serve: 24
GL Value: 9

Company: Nestlé Australia and New Zealand

Nutritional Information
Average serving size: 20g with 200ml reduced fat milk

	Avg Quantity per serving	% Daily Intakes per Serving	Average Quantity per 100g
Energy	**770kj**	**9%**	**1730kJ**
Protein	**10.4g**	**21%**	**11.9g**
Fat – Total	**4.8g**	**7%**	**10.0g**
– saturated	**3.3g**	**14%**	**6.5g**
Carbohydrate	**23.7g**	**8%**	**64.5g**
– sugars	**20.1g**	**22%**	**46.4g**
Dietary Fibre	**1.5g**	**5%**	**7.5g**
Sodium	**130mg**	**6%**	**90mg**

The public-health community must have been proud of the pro-sugar Charles Perkins Centre scientists and their extraordinarily faulty *Australian Paradox* paper, when Sydney University's Low-GI Milo (GI=36, 46% sugar) won *Choice*'s coveted "Shonky" award in 2016

http://www.gisymbol.com/nestle-milo/ ; https://www.choice.com.au/shonky-awards/hall-of-shame/shonkys-2016/nestle-milo
http://www.gisymbol.com/csr-logicane-sugar/ ; http://www.foodpolitics.com/2016/03/sugar-in-australia-its-better-for-you/ ; https://iquitsugar.com/sugar-in-australia-its-better-for-you/ ; http://www.gisymbol.com/about/gif-foundation/board-members-2/ ; http://www.australianparadox.com/pdf/diabetes.pdf

Pretending added sugar has nothing to do with obesity and type 2 diabetes is helpful to University of Sydney's business that gets paid to promote sugary "Low GI" health products to diabetics, while adhering to its "strict nutrition criteria" limit of 99.4% added sugar!

SUSTAGEN® SPORT

If you're looking for a nutrition supplement, then Sustagen® Sport has just the right mix of energy, protein and vitamins & minerals to help you perform at your peak. Available in Chocolate and Vanilla

GI Value: 41
Serve size: 60g
Carbohydrates (g) per serve: 40
GL Value: 16
Company: Nestlé Health Science

Nutritional Information
Average serving size: 60g (Chocolate Flavour)

	Avg Quantity per serving	% Daily Intakes per Serving with 200ml	Average Quantity per 100g
Energy	940kj	11%	1570kJ
Protein	14.7g	29%	24.5g
Fat – Total	0.4g	0.6%	0.6g
– saturated	0.2g	0.8%	0.4g
Carbohydrate	39.7g	13%	66.2g
– sugars	34.4g	38%	57.3g
Dietary Fibre			
Sodium	150mg	7%	250mg

NESTLÉ MILO PROTEIN CLUSTERS CEREAL

Give your child sustained, Low GI energy to keep them going for longer^ with the delicious combination of crunchy whole grain oat & wheat clusters. With goodness you can see, MILO protein clusters also contains protein & fibre and scores 4 out of 5 stars with the Government' Health Star rating system

GI Value: 47
Serve size: 3/4 cup (45g)
Carbohydrates (g) per serve: 28
GL Value: 13

Company: Cereal Partners Worldwide

Nutritional Information
Average serving size: 45g (3/4 metric cup)

	Avg Quantity per serving	% Daily Intakes per Serving	Average Quantity per 100g
Energy	770kj	9%	1720kJ
Protein	5.3g	11%	11.8g
Fat – Total	4.9g	7%	10.8g
– saturated	0.9g	4%	2.0g
Carbohydrate	27.8g	9%	61.8g
– sugars	11.8g	13%	26.3g
Dietary Fibre	3.7g	12%	8.2g
Sodium	25mg	1%	55mg

http://www.gisymbol.com/milo-protein-clusters/ ; http://www.gisymbol.com/sustagen-sport-2/

GI Symbol Program requirements

- Products must be tested by approved laboratory using the Australian Standard procedure.
- Products must contain ≥ 10g of Carbohydrate, or ≥ 80% carbohydrate AND be traditionally served in multiple units of small serve sizes

- Products must meet strict nutrition criteria:
  - Energy
  - Total Fat & Sat Fat
  - Sodium
  - Dietary Fibre &
  - Calcium

Discounts on GI testing

Sydney University GI Research Service (SUGiRS)

Testing since 1995

One of the worlds leading GI testing facilities

	Standard Rates*	Rates for GI Symbol Program Partners*
1 food	AUD$6,000	AUD$2,700
2 foods	AUD$9,000	AUD$5,400
3 foods	AUD$12,000	AUD$8,100

33-55% discount

*All prices inclusive of GST

https://web.archive.org/web/20160227102508/http://foodhealthdialogue.gov.au/internet/foodandhealth/publishing.nsf/Content/D59B2C8391006638CA2578E600834BBD/$File/Resources%20and%20support%20for%20reformulation%20activities.pdf

It was Harvard in the 1970s, now Charles Perkins Centre is world leader in insisting that added sugar is harmless in modern doses

It is hard to overestimate Bierman's role in shifting the diabetes conversation away from sugar. It was primarily Bierman who convinced the American Diabetes Association to liberalize the amount of carbohydrates (including sugar) it recommended in the diets of diabetics, and focus more on urging diabetics to lower their fat intake, since diabetics are particularly likely to die from heart disease. Bierman also presented industry-funded studies when he coauthored a section on potential causes for a National Commission on Diabetes report in 1976; the document influences the federal diabetes research agenda to this day. Some researchers, he acknowledged, had "argued eloquently" that consumption of refined carbohydrates (such as sugar) is a precipitating factor in diabetes. But then Bierman cited five studies—two of them bankrolled by the ISRF—that were "inconsistent" with that hypothesis. "A review of all available laboratory and epidemiologic evidence," he concluded, "suggests that the most important dietary factor in increasing the risk of diabetes is total calorie intake, irrespective of source."

The point man on the industry's food and nutrition panel was Frederick Stare, founder and chairman of the department of nutrition at the Harvard School of Public Health. Stare and his department had a long history of ties to Big Sugar. An ISRF internal research review credited the sugar industry with funding some 30 papers in his department from 1952 through 1956 alone. In 1960, the department broke ground on a new $5 million building funded largely by private donations, including a $1 million gift from General Foods, the maker of Kool-Aid and Tang.

Big Sugar found a reliable advocate in Frederick Stare, whose department at Harvard was bankrolled by the likes of Kellogg, Kraft, and Coca-Cola.

By the early 1970s, Stare ranked among the industry's most reliable advocates, testifying in Congress about the wholesomeness of sugar even as his department kept raking in funding from sugar producers and food and beverage giants such as Carnation, Coca-Cola, Gerber, Kellogg, and Oscar Mayer. His name also appears in tobacco documents, which show that he procured industry funding for a study aimed at exonerating cigarettes as a cause of heart disease.

Mother Jones Big Sugar's Sweet Little Lies

The USDA, meanwhile, had updated its own dietary guidelines. With Fred Stare now on the advisory committee, the 1985 guidelines retained the previous edition's vague recommendation to "avoid too much" sugar but stated unambiguously that "too much sugar in your diet does not cause diabetes." At the time, the USDA's own Carbohydrate Nutrition Laboratory was still generating evidence to the contrary and supporting the notion that "even low sucrose intake" might be contributing to heart disease in 10 percent of Americans.

By 1999, the average American would be eating more than double the amount of sugar the FDA had deemed safe in 1986.

By the early 1990s, the USDA's research into sugar's health effects had ceased, and the FDA's take on sugar had become conventional wisdom, influencing a generation's worth of key publications on diet and health. Reports from the surgeon general and the National Academy of Sciences repeated the mantra that the evidence linking sugar to chronic disease was inconclusive, and then went on to equate "inconclusive" with "nonexistent." They also ignored a crucial caveat: The FDA reviewers had deemed added sugars—those in excess of what occurs naturally in our diets—safe at "current" 1986 consumption levels. But the FDA's consumption estimate was 43 percent lower than that of its sister agency, the USDA. By 1999, the average American would be eating more than double the amount the FDA had deemed safe—although we have cut back by 13 percent since then.

Asked to comment on some of the documents described in this article, a Sugar Association spokeswoman responded that they are "at this point historical in nature and do not necessarily reflect the current mission or function" of the association. But it is clear enough that the industry still operates behind the scenes to make sure regulators never officially set a limit on the amount of sugar Americans can safely consume. The authors of the 2010 USDA dietary guidelines, for instance, cited two scientific reviews as evidence that sugary drinks don't make adults fat. The first was written by Sigrid Gibson, a nutrition consultant whose clients included the Sugar Bureau (England's version of the Sugar Association) and the World Sugar Research Organization (formerly the ISRF). The second review was authored by Carrie Ruxton, who served as research manager of the Sugar Bureau

http://www.motherjones.com/environment/2012/10/sugar-industry-lies-campaign

What do you think? After five years, does the *Australian Paradox* scandal involve serious research misconduct?

BREACHES OF THE CODE AND RESEARCH MISCONDUCT

In addressing the process for responding to allegations, it is useful to distinguish between minor issues that can clearly be remedied within the institution and more serious matters where the involvement of people who are independent of the institution is desirable. The boundary between minor and serious issues is not sharp, and those determining a particular case will find it helpful to consider the penalties that might be applied by the employing institution if the allegations are true, the steps needed to ensure procedural fairness to all concerned, the extent to which there are consequences outside the institution, and the standing of the research community in the eyes of the general public.

Here, the term *breach* is used for less serious deviations from this Code that are appropriately remedied within the institution. The term *research misconduct* is used for more serious or deliberate deviations.

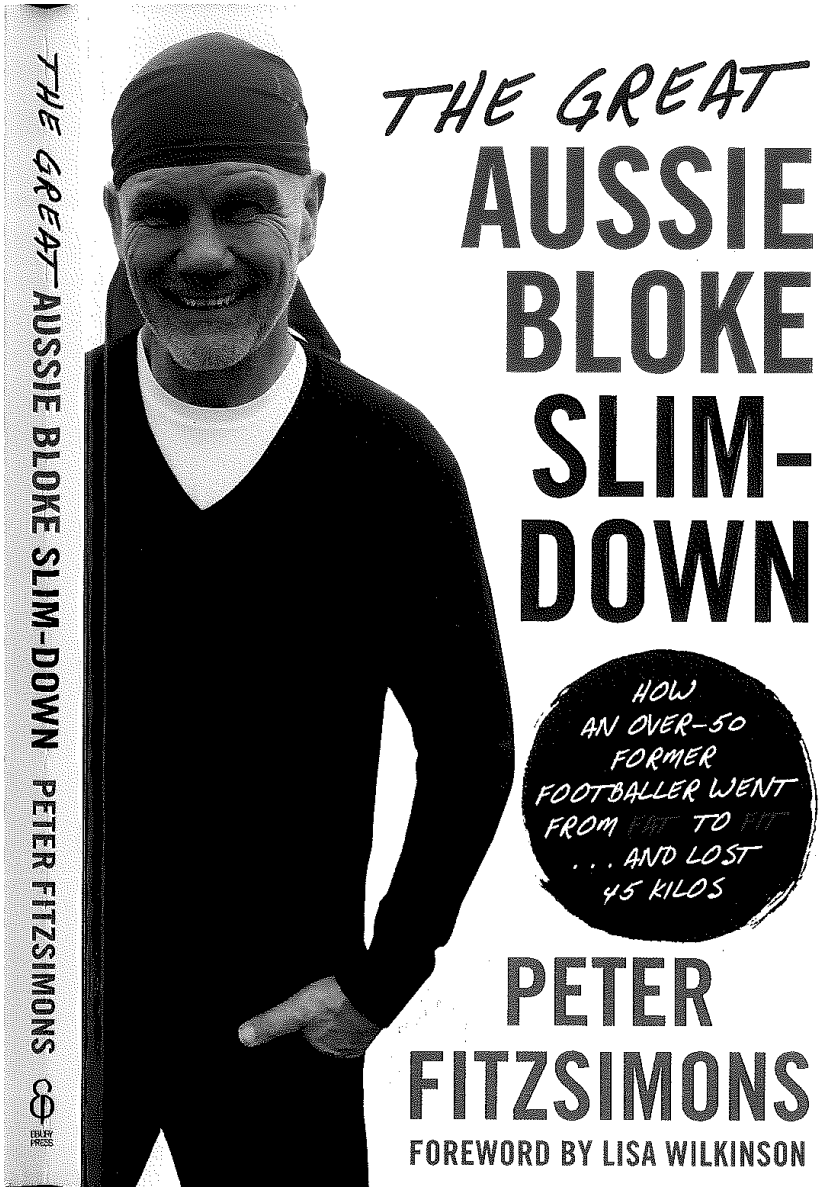
Research misconduct

A complaint or allegation relates to research misconduct if it involves all of the following:

- an alleged breach of this Code
- intent and deliberation, recklessness or gross and persistent negligence
- serious consequences, such as false information on the public record, or adverse effects on research participants, animals or the environment.

p. 10.1 https://www.nhmrc.gov.au/_files_nhmrc/file/research/research-integrity/r39_australian_code_responsible_conduct_research_150811.pdf

PART 6: A Fellow of University of Sydney's Senate, Peter FitzSimons - the "Footballer Who Can Type" also is a journalist and best-selling author – has "mainstreamed" Robertson's concerns surrounding the *Australian Paradox* scandal, in Chapter 7 of his new book



The story of one man who had the guts to lose his gut. This is a book that will finally help an ordinary bloke lose weight.

(Don't worry, it has nothing to do with wearing a red bandana.)

Ever struggled with your weight? Or did you stop struggling years ago and let the pies win? Peter FitzSimons has been there and eaten that. In *The Great Aussie Bloke Slim-Down*, he will lead you through the fads that failed him, the diets that died fast and left him furious, and the ways his waistline kept the belt industry in business.

Take tips from someone who knows how to eat and drink way too much – and has finally learnt how to stop. Peter FitzSimons was a large lad with little self-control who has found the light and eventually become lighter. In this book, written in fluent Aussie-bloke, he tells you how to live a better, healthier and happier life, while showing you who is responsible for your getting fat in the first place. So if you're serious about losing weight, sobering up and all the rest, what you have to do is this: face the truth,

the elephant in the room . . . is YOU.

www.penguin.com.au
ISBN 978-0-14-378186-8
9 780143 781868

SELF-HELP
Cover design by Christa Moffitt, Christabella Designs
Cover photo by Lisa Wilkinson

The University of Sydney's Charles Perkins Centre and (50% owned) Glycemic Index Foundation are world leaders in defending modern doses of added sugar as harmless. Why? And why do Australian Diabetes entities falsely insist that it's a "myth" added sugar (100% carbohydrate) causes type 2 diabetes? In Chapter 7 of his latest book, Peter FitzSimons mainstreamed some of Rory Robertson's deep concerns about the Charles Perkins Centre's *Australian Paradox* sham, highlighting how influential but shonky science is working to harm the health of ordinary Australians.

news stories? I accept that it doesn't come close to the excitement of the Duchess of Cambridge opening a garden fete in a pretty dress, but in terms of putting your head above the parapet and inviting people to take a shot – which I do on many other subjects, like the republic, gun control, same-sex marriage, climate change, maintaining $10 million was too much to pay for Buddy Franklin etc., – it simply *never* occurred to me that my views on sugar could attract flak.

I mean, what are the bad things you could say about, 'Fat bloke, who used to be fit bloke, becomes fit and healthy again, and humbly offers clues to other fat blokes how they can become fit again too'?

Where, pray tell, is the downside?

Alas, no. I was to be exposed, even named and shamed, in *The Australian Women's Weekly*, in an article titled 'THE FIVE WORST CELEBRITY BACKED DIETS'. And by gawd, they didn't miss me *or* my mates, either:

'Eva Longoria, Megan Gale, Tom Hanks ... Peter FitzSimons and Alec Baldwin are among high-profile followers of sugar-free diets.'

My goodness! How did they find out about us?

How did they *know*, that just three months earlier, while eating celery sticks down at the Carrot Club, there we were ... Eva, Megan, Tommy, Smart Alec and me, standing around, lamenting lamingtons, decrying donuts and wondering just when our embarrassing pasttime of not loading up on sugar would be found out. Little did we know ... the *Weekly* had already put their best and brightest on our tail, and were right onto us, as this particular story showed.

'People are looking for a prescription,' a Dietitians Association of Australia's spokesperson was quoted by the *Weekly*. 'But you can eat a healthy balanced diet including all food groups and lose weight. It's about cutting your portion sizes and getting outside and exercising.'

It actually also might help if, instead of the two kilograms a year of sugar that humans are equipped to eat without damage, we didn't have the 20 to 30 times that amount that so many of us do now. And if I know one thing from all this, it is that sugar is *not* just another 'food group'.

The DAA (that's the Dietitians Association of Australia, Boomka – acronymns are used throughout this book as they are very low in calories), mind, is the same organisation that, as documented by Gillespie, once put out a press release, titled 'Sweet truths: Eating sugar may not make you fat.'[1] I am serious! The Dietitians Association of Australia actually put out that press release because it was so important that Australians know that sugar is *not* the great white enemy!

Representing the DAA on the subject was their spokesperson, Dr Alan Barclay, who was the co-author of the study the press release was based on, a study that he had co-authored with Professor Jennie Brand-Miller, first published in the E-journal *Nutrients* that Dr Brand-Miller – from my own Sydney University, where I am a Fellow of the Senate – was guest editor of at the time.[2]

As the Kiwis say, the plot *thuckens* ...

As Alan Barclay told the DAA conference, 'consumption of fructose has decreased by nearly 20 per cent in Australia

Lead author and Guest Editor

Great for qualty control!

since the early 1970s, while overweight and obesity has doubled'.

Odd.

'Much to everyone's surprise, it looks as if, unlike in the US, sugar is not the culprit here . . .'[3]

Ah-HA!

Now we are getting somewhere!

Enter the notorious 'Australian Paradox', which started out as a can of worms, but frankly more resembles – and I say this respectfully to all concerned – a nest of vipers, at least in terms of the hissing venom that has been hurled because of it.

The study purports to show that while 'research from the USA has demonstrated a positive relationship between sugars consumption and prevalence of obesity',[4] no such relationship exists here.

That is, while 'prevalence of obesity has increased three-fold in Australians since 1980 . . .' in this country, 'per capita consumption of refined sucrose decreased by 23% . . .'.

Yes, as Professor Brand-Miller would tell *The Australian*, even though 'Australians have been eating less and less sugar . . . rates of obesity have been increasing . . .'[5].

True! (Yes, here is the most paradoxical part of the 'Australian Paradox'.) Even as sugar consumption had declined, obesity levels had tripled!

In sum . . .

'The findings confirm an "Australian Paradox" – a substantial decline in refined sugars intake over the same

timeframe that obesity has increased. The implication is that efforts to reduce sugar intake may reduce consumption but may not reduce the prevalence of obesity . . .'[6]

Who cares anyway, you say?

Well, Big Sugar in Australia does.

This report was manna from heaven to them, because from the moment that you can demonstrate in this country that the crippling rise in obesity – which saps the population of energy and the taxpayers' purse of funds for hospitals – is directly linked to an equivalent rise in sugar consumption, it is bleeding obvious that the duty of the Federal Government is to bloody well do something, starting with a sugar tax, to start to lower that consumption, and also to change their official dietary guidelines to encourage the population to consume less sugar.

But the Australian Paradox says that is not the case, that no such link can be established!

How could that be? While we all have our thinking caps on I think it fair to observe that the DAA's 'corporate partners' include Nestlé chocolate, Arnott's biscuits and Unilever, the maker of Street's ice-cream?[7] Over the years, such partners, and other food companies, have lent a helpful hand with the DAA's activities, with the likes of Kellogg's – purveyors of staggeringly sugary breakfast cereals – sponsoring the DAA's promotion of[8] Breakfast Week.[9]

Meanwhile the DAA's 2014 conference was *partly sponsored* by 'The Healthier Australia Commitment', which sounds great, until you realise they are an alliance of Nestlé, Coca-Cola South Pacific, Campbell Arnotts, Sugar Australia,

General Mills, Lion, Unilever and PepsiCo. What is wrong with this picture?

At another recent DAA conference, attendees were offered a free McDonald's Deli Choices Wrap, so long as they visited the Heart Foundation booth to get their food voucher and, sure enough, the Macca's Wrap had the tick of approval from the Australian Heart Foundation too.[10] (More on that, shortly.) Seriously, Dr Ronald McDonald is making a house call to the Dietitians conference? Does anybody at the DAA ever use the phrase, 'This is not going to look good' at conference planning meetings?

One of the features of the DAA website is an 'Accredited Practising Dietitian in the Spotlight'. Recently,[11] one dietitian they were bathing in warm attention proved to be the Director of Communications and Public Affairs at Kellogg's. Another was PepsiCo Australia's – and I am not making this up – 'Nutrition Manager'. (The mind boggles. And if you think your boss doesn't *care* what you think, try being the Nutrition Manager at PepsiCo!) Meanwhile, one of those on the board of the DAA is also the Director of the Australian Breakfast Cereal Forum of the Australian Food and Grocers Council.[12]

Now, and I mean this seriously, I don't call into question the integrity and professionalism of the individual dietitians who make up the membership of the DAA. I am actually close to several and know their dedication to the cause and the great work they do. But I can't help but wonder if the likes of Nestlé and Kellogg's and PepsiCo might be, just a bit, maybe, using the organisation of those dietitians, the

DAA, to make their products look a tad more healthy than they actually are? Friends, to my eyes, this is like developers getting themselves elected to local councils. Lots of those developers now running the show are lovely people, of impeccable integrity. But give them serious input into council deliberations on what the urban environment should look like, when the decisions they make for council affect their own profits? You can call me a visionary of stupendous wisdom if you like, but wouldn't it be better if they were one step removed.

And if you heard your local council was in a 'corporate partnership' with Big Bob's Development Inc, their motto being 'Every tree looks more beautiful with a block of flats on top of it', wouldn't you suggest to the council that it might look better, and be better, if they, like, DIDN'T DO THIS?

And I do say that any organisation devoted to promoting health that puts out pro-sugar press releases like 'Sweet truths: Eating sugar may not make you fat', which takes money from companies with that much sugar in their products, that has that level of integration between the companies and their organisation, has a case to answer.

If you care to google 'Rory Robertson and Australian Paradox' you will get a taste of just how strongly the Sydney economist – whose particular skill is picking apart statistics to discover truths – worked to help the DAA sleuths solve this puzzling 'Australian Paradox'. (Robertson, like me, had read Gillespie, dropped sugar out of his diet, and quickly and fairly effortlessly went from being a fat man to close to

the weight he was when he was 20 and fit. Unlike me, he had an intellectual focus that would kill a brown dog, and was determined to find a solution to the paradox, which *has not shown up anywhere else in the world).* Just to spell it out again for the slow Boomkas, here is the paradox, according to DAA members Dr Alan Barclay and Professor Jennie Brand-Miller. Everywhere else in the world people are eating more sugar and getting fatter. But in Australia, we're eating less sugar and getting fatter. A paradox!

Can you guess the solution?

Robertson is a fiend on the subject: the analysis of their data is wrong. Not just wrong in the sense of relying on out-of-date sugar consumption figures that – Robertson quickly discovered – the Australian Bureau of Statistics had *themselves* acknowledged as so unreliable they had stopped using them and in fact stopped gathering from 1999 on;[13] but some of the figures they used were wrong in the sense of being self-contradicting. 4 series trend UP!

For instance, the paper stated that Australians were drinking ten per cent less sugary soft drink per capita now than in previous years, while also including a chart showing that consumption had risen by 30 per cent.[14] And Professor Brand-Miller had to admit that part of the report was wrong when interviewed on ABC radio, explaining, under some pressure, that a 'key word' had been left out of the report.[15]

But back to those paradoxical sugar consumption figures; Robertson actually went to the trouble of ringing some of the sources cited in 'The Australian Paradox' like . . . the United Nations Food and Agriculture

ABS series discontinued as unreliable, then faked by FAO (see charts below)

Organization (FAO). Now, they sound like a wonderfully reliable collection of chaps and chapesses. And they are. Usually. But this time . . . well, it got interesting. You see, as he delights in recounting, they told him that they were relying on the Australian Bureau of Statistics figures! Rory told them those figures stopped being counted after 1999 because they were unreliable. The FAO confirmed with Rory that its 1999–2003 sugar figures for Australia – which feature in the 2011 Australian Paradox paper as a conspicuously dead-end, flat-line segment – are based on an algorithm, based on the last ABS figure published from 1999, not actual, real-world measurements . . .[16] You got it, Boomka. Rory insists they had reported figures that did not exist, based on an algorithm, based on figures so inaccurate that they were discontinued, that were then cited in an academic report . . .

FAKE FAO data

For my money, we have found the solution to the 'Paradox'. And this silly sugar falsehood would have been on a self-perpetuating loop if the likes of Robertson had not called it out.

By analysing the figures from the Australian Bureau of Agricultural and Resource Economics – which is, in any case, precisely the kind of figures he has crunched through in his adult life to become a leading economist – Robertson contends that, in fact, in Professor Brand-Miller and Dr Barclay's own published chart, 'sugar availability' – based on figures from the Australian Bureau of Agricultural and Resource Economics – increased by about 20 per cent between 1980 and 2010.[17]

To be fair, as detailed by the ABC *Lateline* program in 2016, an external 'inquiry cleared Professor Brand-Miller and Dr Barclay of misconduct, but the report did observe that Dr Barclay's acceptance of a fee from Coca-Cola might not have demonstrated good judgement'.[18]

You can also read Brand-Miller and Barclay's robust defence of their position by googling, 'Trends in added sugar supply and consumption in Australia: there is an Australian Paradox . . .' Both have made it clear they will be saying more about it.

And I might note in passing, I do not accuse any of the aforementioned of misconduct either, and in any case am not remotely academically qualified to do so. But what I do believe, upon investigation, is that those scientists and academics who do hold such views can count on enormous support from the sugar companies, while a sure source of generous funding for those who want to ring alarm bells on sugar is not obvious.

Either way, if you google '*Lateline* and the Sugar Paradox', it completely demolishes the whole nonsense of the Paradox.

The dispute goes on, though it is worth noting that the dietitian with the most impeccable credentials in the country, Dr Rosemary Stanton of the University of NSW – who has graciously helped me a great deal with this book – has come down on the side of Robertson, in saying there is 'no evidence that sugar consumption in Australia has fallen and I have many objections to that particular paper and to the idea that sugar is not a problem'. For her

part, Professor Brand-Miller has not backed off a jot, telling *Lateline* the findings in the Australian Paradox paper were more valid than ever.[19]

Personally, I remain more sceptical than ever. I just hope that health conscious companies PepsiCo and Kellogg's and Nestlé can form new corporate partnerships with people like Rory and others who want to ring alarm bells on sugar.

Still, the DAA is not alone when it comes to an influential health organisation steering us into very strange territory on the subject of sugar and our health.

The Australian Diabetes Council appear very careful not to point the finger of doom at sugar as one of the prime causes of diabetes.

Curious, Watson. I think this may be a three-pipe problem . . .

Meanwhile, the Head of Research for the Australian Diabetes Council from 1998 to 2014 – well, *hulloa!* – Dr Alan Barclay, steadfastly maintains, as he told the *Today* program, that the way to prevent diabetes is, in fact, to cut intake of fat and salt, while eating more fish. In that interview, mention of sugar – regarded by an ever-growing nucleus of scientists globally as a key cause of Type 2 diabetes – did not make the cut.

In June, 2016, Dr Barclay wrote an article for SBS, where he sought to correct two 'Myths'.

Myth 1: Sugar causes diabetes.

Myth 2: People with diabetes should not have sugar.[20]

The official position of the former Australian Diabetes Council – which recently changed its name to the Diabetes

Council of NSW – is the same, maintaining that 'We want to end the myth that sugar causes diabetes'.[21]

Now I am no fan of myths. (Except the one about when St George slayed the Loch Ness Monster with a golden thread before he turned into a pumpkin at midnight – that was a cracker.) But I, and plenty of people who actually know what they are talking about, was extremely surprised to find out that the link between sugar and diabetes was a myth. But let's go with it for the moment. What should diabetics eat then?

Well, the Diabetes Council's official recommendation is 'that people with diabetes choose at least one serve of a low G.I. food at each meal and snack'.[22]

Okay, good to know. To find out about dietary GI let's go over to the Glycemic Index Foundation, keepers of the medical construct that, very broadly, it is possible to form a 'relative ranking of carbohydrate in foods according to how they affect blood glucose levels'.

If only we had someone we knew to explain further . . .

Their spokesperson – goodness! – Dr Alan Barclay, maintains that losing weight and countering diabetes has nothing to do with the sugar that ill-educated nuts like I and the Mayo Clinic (more on them shortly) are obsessed with, either, and much to do with buying foods with ticks for Low GI.

Those foods include Nestlé Muesli Bars, with 25 per cent sugar, and Nestlé's Milo, with 47 per cent sugar.

Look, they could only be more dismissive of the effects of specifically fructose on diabetes sufferers if they endorsed

a product that was 100 per cent fructose, correct? Well, they do. Danisco puts out a product called Fruisana Fruit Sugar 'the low GI alternative to cane sugar',[23] which, of course, comes with the Low GI tick of approval.

I know, I was stunned, too. And confused. How could something that is pure fructose – *the* killer nutrient identified by Lustig and scientists around the world as doing terrible damage to our health – get a big thumbs-up from the Low GI crowd, that the Diabetes Council had steered us to? And then I remembered, fructose is metabolised by your liver to fat, not glucose, so, whatever else, it doesn't mean there is an immediate spike in your blood sugar, so, according to Low GI people, all good.

In fact, Dr Alan Barclay and, yes, Professor Jennie Brand-Miller, are among co-authors of a book titled *Low GI Diet Diabetes Handbook*, which makes the extraordinary claim, 'There is absolute consensus that sugar in food does not cause diabetes.'[24]

This news did not reach Dr Stanton, who says, in a consensus-ruining response, 'The people who eat the most sugar have by far the highest risk of Type 2 diabetes. So I think that evidence is now compelling.'[25] And it is. In fact, in recent times, medical research has only cranked the siren up louder in warning of the dangers of sugar, especially sugared drinks, for Type 2, and many other health conditions for that matter, most particularly affecting the heart, liver and kidneys.

In 2015, the *British Medical Journal* – drawing on 17 previously published studies on links between sugary

drinks and diabetes risk – found that drinking one sugar-sweetened beverage each day led to an 18 per cent increased risk of diabetes over a decade.[26]

In 2015, one of the most highly regarded medical establishments in the world, the Mayo Clinic, conducted a comprehensive review of all available animal and human trials on fructose and concluded: 'Added fructose in particular (e.g. as a constituent of added sucrose or as the main component of high-fructose sweeteners) may pose the greatest problem for incident diabetes, diabetes-related metabolic abnormalities, and [Cardio-Vascular] risk.'[27]

How is that 'absolute consensus' travelling now?

And yes, there are reputable scientists who still deny that link, but to say there is universal consensus is, I humbly submit, demonstrable nonsense.

There also proved to be something of another curious paradox in that the Glycemic Index Foundation are receiving up to $6000 per product from food and drink companies for a low-GI health tick.[28] Some of the products that get a tick have high levels of added sugar, including that excellent 99.4 per cent sugar Lo GI sugar.

(All up, it won't surprise you that when I interviewed Dr Barclay for the Channel Seven *Sunday Night* program, it did not end well.)

In sum, even as some of the leading members of the Dietitians Association of Australia maintain – against scant evidence and more common sense than you could jump over – that sugar consumption is falling and is not the key problem in any case, the highest diabetes councils in the

land are steering those with diabetes to the Glycemic Index Foundation, who are giving the okay to foods and products loaded to the gunnels with the very substance that other reputable medical science has identified as a key cause of Type 2 diabetes in the first place!

(In the course of writing this book, I happened to be addressing 300 medical professionals – most of whom dealt with the consequences of diabetes – in an after-dinner speech. In question time, I took the liberty of asking them how many believed, in 2016, that sugar was the primary cause of Type 2 diabetes. An entire forest of hands went up around the room. And how many of you don't? Just four hands went up. When I asked the senior one of them why he said that, he maintained the cause was obesity. 'Which comes mostly from sugar?' I asked. 'Yes,' he said.)

Go figure.

Still, the pro-sugar forces continue to go hard and they don't just get help from GI fans like the aforementioned Dr Barclay and Professor Brand-Miller. Just last year one report was published which argued not just that 'Australia's sugar consumption has fallen by 16.5 per cent from 1970 to 2011, according to Australian research published in this month's *European Journal of Clinical Nutrition*', but that per capita sugar consumption peaked in Australia at 57 kilograms per year in – wait for it – 1951.[29]

Yes, if you believe the research, all of us Boomkas waddling down the street in recent years were actually having *less* sugar than those lean Aussies from 60 years ago. According to the study, Australians never consumed

as much sugar as they did in 1951, back when there basically were no sugary breakfast cereals, the very year *before* Kellogg's introduced Frosties (29 per cent sugar) in 1952!

So, from the very year extra sugary cereals were introduced, sugar consumption dropped from its peak the year before?

I can smell another Paradox.

That year of the peak, 1951, was also a time, of course, before service stations also became confectionary emporiums, before the science of getting sugar into so many food and drink products became so corporately sophisticated and pervasive; before school canteens in Australia served things like soft drinks and ice-creams; before ubiquitous vending machines on every corner pumped out soft drinks and products packed with sugar; before every urban environment in the country became heavily occupied by takeaway food franchises serving up fizzy sugar-water by the tanker-load. Dr Stanton notes there were 600 to 800 food products available for sale in the 1950s and 60s and over 30,000 now. All of the above have only accelerated as phenomena as the decades have rolled on, and yet, somehow, despite all that, our sugar consumption has *fallen*? As Robertson points out, the under-appreciated issue here is that no-one is reliably measuring the consumption of added sugar in Australia. Sure, some claim to be doing so, but on closer inspection it turns out that they are doing something quite different.

The study in question, titled 'Apparent Consumption of Refined Sugar in Australia (1938-2011)', purported to

show that 'Sugar consumption in Australia appears to have been relatively stable in the three decades following the end of World War 2 but since the late 1970s there has been a substantial decline.'

One of the authors of the study, Bill Shrapnel, even made the point: 'The downward trend in sugar consumption observed in our study is interesting because it runs counter to recent assumptions that sugar intake is rising and driving increasing rates of overweight and obesity in Australia. However, cause and effect conclusions cannot be drawn from our study. Given the current attention being paid to sugar, we thought it was essential that healthcare professionals and policy makers had access to recent and accurate data on trends in sugar consumption. Informed policies can now be developed from such studies.'[30]

Oh, by the way, Shrapnel works for the 'Sugar Research Advisory Service', which is funded by the sugar industry, which 'aims to provide an evidence-based view of the role of sugars in nutrition and health'.

His co-author, Tom McNeill, who formerly worked for Queensland Sugar, is a director of Greenpool Commodities, which is a consultancy employed by the sugar industry.

Interestingly, the Australian sugar series they published is based on the counting methodology that the Australian Bureau of Statistics (ABS) itself abandoned as unreliable after 1998–99. (Is this all starting to sound strangely familiar? Almost like we are wandering in a big sugary loop, rather like a donut?) Indeed, the ABS advised Rory Robertson in 2012 that its sugar series was discontinued as unreliable. That was

confirmed in 2014 by ABC investigative journalist Wendy Carlisle: 'The ABS has also told [Radio National] *Background Briefing* it could no longer rely on that data because they didn't have the resources to properly count how much sugar we were eating because sugar was now embedded in our food and drink.'[31, 32]

Bill Shrapnel and Tom McNeill disagreed, and maintain that the ABS methodology they used was not broken and abandoned, but is rather a 'reliable and trusted reference for policy makers, health professionals, industry and others'.[33]

Without impugning the academic integrity of either man, can you forgive me for thinking that the dynamic which so maligned the work of John Yudkin all those decades ago – financed by the corporate power of those who sell sugar – is still alive and well in Australia in the 21st century, and it is not even restricted to those organisations specifically devoted to diet.

Let's look at the Australian Heart Foundation.

Surely, if they give a tick to a food product, you can count on it being healthy for your heart?

In a word, no.

In the case of the Australian Heart Foundation,[34] I was stunned by the observation by Gillespie that they gave the tick of approval 'to products which are sold to children which contain 70 per cent sugar', checked it out, and discovered he was right!

Look at Uncle Tobys Fruit Fix. Before it was recently withdrawn from sale after the outcry, an extraordinary 7/10ths of it was pure sugar – and yet the Australian Heart

Foundation had given it the big tick! One wonders, in passing, if a product that has 70 per cent sugar is okay with our Heart Foundation, just what percentage of sugar would have been too much for them? At what point would they withhold the tick? 80 per cent? 90 per cent?

Where exactly would they draw the line?

Does it trouble you, as it troubles me, that those companies who wish for their products to receive a tick had to first pay a 'licence fee' to the Australian Heart Foundation for the trouble of being assessed? Does it seem right to you that in so many of these health organisations, far from being removed from matters of base commerce, the money passes between the companies and the very organisation asked to give their products a clean bill of health? And that they know that if they do give it the tick, they will be able to collect an annual licence fee for as many years as that same product is on the market?

Does it trouble you, as it troubles me, that the Australian Heart Foundation is giving ticks to products loaded with the very substance that as reputable an institution as the Mayo Clinic has *specifically identified* as one that 'may pose the greatest problem for incident diabetes, diabetes-related metabolic abnormalities, and [Cardio-Vascular] risk'?[35]

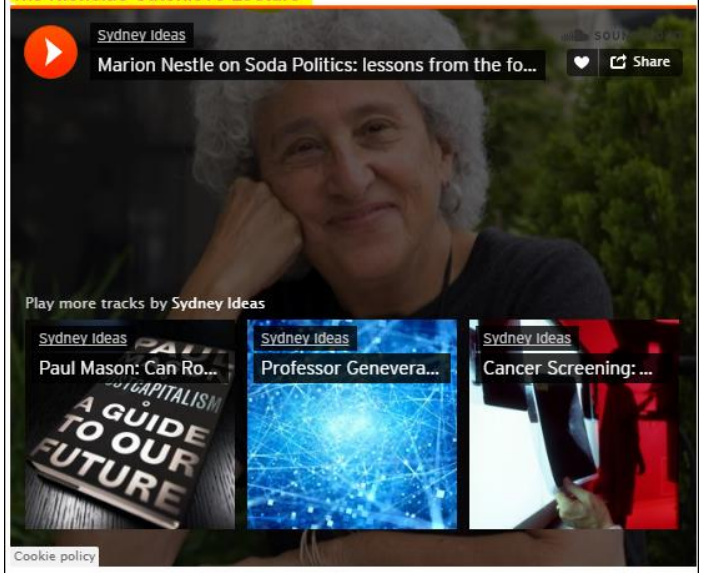
I know, I know, I am merely – as one of my many critics once fabulously noted – 'a footballer who can type', but to my eyes something is seriously amiss here.

A rough equivalent would be paying *Choice* magazine to review your product, with most readers completely clueless of any money changing hands between you and the

PART 7: Why was the legitimate public scrutiny of Professor Jennie Brand-Miller and Dr Alan Barclay's latest *Australian Paradox* paper – now published in the *American Journal of Clinical Nutrition* (AJCN), again featuring fake data - aggressively shut down in 2016 by the University of Sydney sooling a security guard on to Rory Robertson? Is it ethical for University Vice-Chancellor Michael Spence to threaten to ban Robertson from campus for publicly highlighting the facts surrounding the *Australian Paradox* fraud? Why not simply stop the blatant scientific fraud on campus and leave it at that? What does the video-action-reply show? And what should we make of Provost Stephen Garton's threat to ban Robertson from campus on the basis of a series of made-up false claims provided to him…by whom? When will Robertson receive a letter of apology from the University to atone for its reckless misrepresentation of events?

What happened at Charles Perkins Centre on 1 March 2016, and at USyd's Food Governance Conference on 3 November 2016?

The Nicholas Catchlove Lecture*



1 March, 2016

In public health terms soft-drinks, called soda in the US, are low-hanging fruit. Containing little more than sugars and water, and increasing linked to obesity and other health problems, they are an easy target for health advocacy. In the US sodas have enabled their makers, primarily Coca-Cola and PepsiCo, to become multibillion dollar, international industries. These companies spend billions of dollars annually to promote sales to children, minorities, and low-income populations, not only through advertising, but also through every other trick in the tobacco industry's playbook.

Health advocates, however, have found many ways to counter the relentless marketing and political pressures. As a result, soda sales are falling, at least in the United States and Mexico. Lessons learned from soda advocacy are applicable to advocacy for additional aspects of the movement toward healthier and more sustainable food systems.

ABOUT THE SPEAKER:

Professor Marion Nestle is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University, which she chaired from 1988-2003. She is also Professor of Sociology at NYU and Visiting Professor of Nutritional Sciences at Cornell. Her research examines scientific and societal influences on food choice, obesity, and food safety, emphasising the role of food marketing.

She is the author of five prize-winning books, most notably *Food Politics: How the Food Industry Influences Nutrition and Health* and *What to Eat*. Her most recent book is *Soda Politics: Taking on Big Soda (and Winning)*.

She blogs daily (almost) at www.foodpolitics.com and tweets @marionnestle (ranked by Time Magazine, Science Magazine, and The Guardian as among the most influential in health and science).

http://sydney.edu.au/sydney_ideas/lectures/2016/professor_marion_nestle.shtml

FOOD GOVERNANCE: THE ROLE OF LAW, REGULATION, AND POLICY IN MEETING 21ST CENTURY CHALLENGES TO THE FOOD SUPPLY

1-3 November 2016, University of Sydney

Food is fundamental to human existence, and plays an important role in social, economic, and cultural life. Yet population growth, climate change, and marketization challenge the ability of the global food system to deliver safe, adequate, nutritious, and sustainable food to the world's population.

Co-hosted by Sydney Law School and the Charles Perkins Centre, *Food Governance* will explore the role of law, regulation, and policy in promoting food security and safety, as well as in improving nutrition and preventing obesity and non-communicable diseases.

While food-specific law and regulation are a key focus of *Food Governance*, the conference will consider how other legislative and policy regimes impede or facilitate access to a nutritious, equitable, and sustainable food supply, including economic, trade, and intellectual property law and policy. The conference will engage with issues around food system governance at local, national, regional, and global levels.

Join *Food Governance* for an opportunity to:

- Learn about the latest research in food law, policy, and regulation
- Network with leading researchers, decision makers, and advocates
- Share ideas with other interested and informed thinkers in the field

Key dates

Opening Night Public Oration (free)	Tuesday 1 November, 6.00-7.30pm
Main days of Conference	Wednesday 2 -Thursday 3 November

http://sydney.edu.au/law/health/food_governance/index.shtml

At Charles Perkins Centre on 1 March 2016, Rory Robertson spoke after waiting ~20-30 minutes with arm raised in Q&A session

Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

Australian Broadcasting Corporation Print Email
Broadcast: 13/04/2016
Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

Transcript

EMMA ALBERICI, PRESENTER: First tonight to the case for and against sugar.

1 March 2016: http://www.abc.net.au/lateline/content/2015/s4442720.htm

FOOD POLITICS

by Marion Nestle

MAR 7 2016

Sugar: in Australia, it's "Better for You"

RR

At my lecture at the University of Sydney last week, a member of the audience presented me with a 750-gram package of Low GI [Glycemic Index] cane sugar, labeled "Better for you."

This product is sugar. Its ingredient list says "pure cane sugar."

The label also says:

- 100% Natural
- Longer Lasting Energy

The Glycemic Index (GI) refers to the comparative ability of 50 grams of a food to raise blood glucose levels. The standard is pure glucose, which has a GI of 100.

This sugar has a GI of 50. Hence: "Low GI."

Of course it does. Cane sugar is sucrose: 50% glucose, 50% fructose. It's half fructose, which is absorbed more slowly and has a much lower GI.

...

This particular brand of sugar carries a certification seal from the Glycemic Index Foundation, whose motto is "making healthy choices easy." It is supported by the University of Sydney and the Juvenile Diabetes Research Foundation.

> The Foundation generates income by licensing the low GI Symbol to manufacturers of healthier low GI foods.

Is "low GI" cane sugar healthier than cane sugar? The mind boggles.

The World Health Organization recommends that added sugars of any kind comprise no more than 10% of calories, with 5% being even better. for many people, this translates to eating less sugar of any kind. Good advice.

http://www.foodpolitics.com/2016/03/sugar-in-australia-its-better-for-you/

On 3 November 2016, Brand-Miller and Barclay launched new *Australian Paradox* paper, not addressing blatant problems in original

Review finds issues with 'The Australian Paradox' sugar paper

Thursday 24 July 2014 10:42AM

Wendy Carlisle

It should have been a red letter day for Professor Jennie Brand-Miller when she and a research colleague were cleared of research misconduct in relation to a controversial study that exonerated sugar in Australia's obesity epidemic.

However, the well-known nutritionist, who developed the low GI diet and wrote the bestseller *The New Glucose Revolution*, could only say she was 'grateful' that the independent University of Sydney investigation had finally cleared her of the kind of offence known to sink careers.

She certainly wouldn't have been grateful for the rest of what Professor Robert Clark AO (who had been appointed by the university to conduct an 'arm's length' investigation) had to say about the scholarship in her paper, *The Australian Paradox*.

> This new paper should be written in a constructive manner that respects issues relating to data raised in the *Australian Paradox* paper by the complainant.
>
> **PROFESSOR ROBERT CLARK AO, INQUIRY HEAD**

While dismissing six of the seven allegations, which ranged from the intent to make sugar appear healthier than it is, to a conflict of interest by virtue of the authors' relationship with the food industry, it's apparent that Professor Clark was less than impressed with what he read.

He had a few words about sloppy writing and clearly had sympathy for the frustration of the complainant, Rory Robertson, who by dint of persistence and bloody-mindedness had forced the university to respond to his concerns.

Significantly, Professor Clark, who is one of Australia's top scientists, sent the original study to the shredder. He recommended that a new 'paper [be] prepared for publication in consultation with the faculty that specifically addresses and clarifies the key factual issues examined in this inquiry'.

http://www.abc.net.au/radionational/programs/backgroundbriefing/independent-review-finds-issues-with-controversial-sugar-paper/5618490

In July 2014, research-integrity Investigator Professor Robert Clark AO advised Professor Jennie Brand-Miller and Dr Alan Barclay to write a new paper that **"specifically addresses"** my observations that their *Australian Paradox* "finding" relies on a conspicuous flat line (1999-2003) that clearly is based on fake FAO data, and also is contradicted by valid data trending up in their published charts (Part 3).

Brand-Miller and Barclay said, yes, we're already "preparing" that new paper for a "major journal". More than two years…nothing! **Then, on 3 November, the Charles Perkins Centre's finest expanded their *Australian Paradox* fraud by pretending there are no issues with fake data in their original paper**, nor with the blatant contradiction of their original "finding" by valid data in their own published charts. Moreover, **they now also promote the sham Green Pool series** that was contrived and funded by the sugar industry and published by paid agents of industry (p. 37).

NEWS

Statement from Professor Jennie Brand-Miller and Dr Alan Barclay

18 July 2014

ShareThis

The following is a statement from the University of Sydney's Professor Jennie Brand-Miller and Dr Alan Barclay from the Glycemic Index Foundation (Ltd).

We welcome the report (PDF) of an independent inquiry into a complaint against us as authors of *The Australian Paradox: A Substantial Decline in Sugars Intake over the Same Timeframe that Overweight and Obesity Have Increased* (Nutrients 2011) and *The Australian Paradox Revisited* (Nutrients 2012).

The inquiry recommended that the University dismiss the allegations. This is a win for science and a loss for those who reject the scientific process.

The report states that both Professor Brand-Miller and Dr Barclay presented as open, honest and well-intentioned academics.

At the centre of the debate is whether or not, in Australia, there has been a consistent and substantial decline in added sugar intake over the same timeframe that obesity has increased.

The inquiry established that the methodology of the Australian Bureau of Statistics includes added sugars contained in highly processed foods, including the factoring in of imports and exports of manufactured foods containing added sugars, in addition to domestic sugar deliveries to manufacturers.

The inquiry concluded that the data do exhibit a steady decline over the period 1980 to 1999.160

Furthermore, it was considered reasonable to discuss a nationally-averaged per capita decline in total added sugar intake in Australia from the United Nations' Food and Agricultural Organisation data (referenced in the 2011 article).

Professor Brand-Miller and Dr Barclay are preparing a paper for a major journal that updates *The Australian Paradox*, and specifically addresses the matters raised in the inquiry so that the misunderstandings of the original paper are avoided.

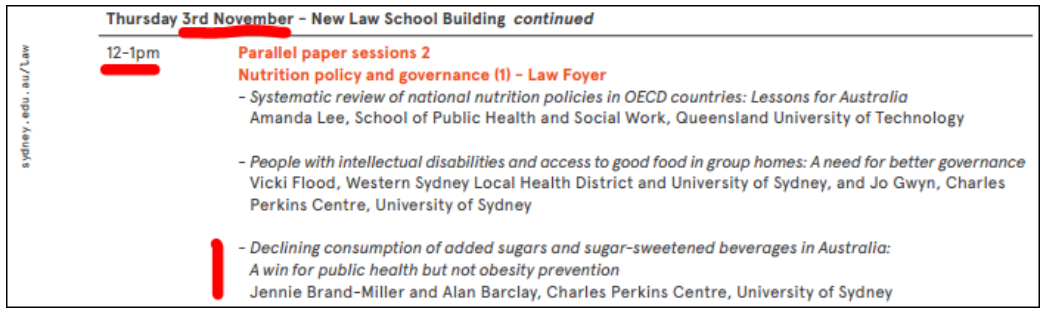
Please note:

Professor Brand-Miller and Dr Barclay will not be making any further comment on this issue

Media enquiries: Kirsten Andrews, 02 9114 0748, 0413 777 404, kirsten.andrews@sydney.edu.au

http://sydney.edu.au/news/84.html?newsstoryid=13780

In more detail, Brand-Miller and Barclay launched new *Australian Paradox* paper, without addressing blatant problems in original



Thursday 3rd November – New Law School Building *continued*

12–1pm **Parallel paper sessions 2**

Nutrition policy and governance (1) – Law Foyer

- *Systematic review of national nutrition policies in OECD countries: Lessons for Australia*
  Amanda Lee, School of Public Health and Social Work, Queensland University of Technology

- *People with intellectual disabilities and access to good food in group homes: A need for better governance*
  Vicki Flood, Western Sydney Local Health District and University of Sydney, and Jo Gwyn, Charles Perkins Centre, University of Sydney

- *Declining consumption of added sugars and sugar-sweetened beverages in Australia: A win for public health but not obesity prevention*
  Jennie Brand-Miller and Alan Barclay, Charles Perkins Centre, University of Sydney

p.13 http://sydney.edu.au/law/health/food_governance/Food_Governance_Program.pdf

Declining consumption of added sugars and sugar-sweetened beverages in Australia: A win for public health but not obesity prevention

Jennie Brand-Miller (presenting author),[1] Alan Barclay (co-presenter)[2]

Background: Reductions in intake of added sugars and sugar-sweetened beverages (SSB) are the current focus of anti-obesity efforts.

Objective: To investigate recent trends in intake of total sugars, added sugars and SSB in Australia using recent multiple, independent datasets.

Design: A comparison of relevant data published by the Food and Agriculture Organization of the United Nations, Australian government, academia and industry.

Results: FAOStat food balance sheets for Australia show per capita consumption of sugars and sweeteners fell 16% from 152 g/capita/day in 1980 to 127 g/capita/day in 2011 (p for trend = 0.001). In national dietary surveys in 1995 and 2011-12, added sugars intake declined by 18% in adult males (from 72 to 59 g/day) and by 3% in females (from 44 to 42 g/day, NS). As a proportion of total energy, added sugars fell by 8% in adult males (from 10.0 to 9.2%) but non-significantly in adult females (~9.0%). The proportion of energy from SSB (including juice) declined by 10% in adult males and 21% in females. Similar changes were observed in children 2-18 y. National grocery sales data showed that added sugars derived from carbonated soft drinks fell 22% between 1997 and 2011, from 23 g/capita/day to 17 g/capita/day.

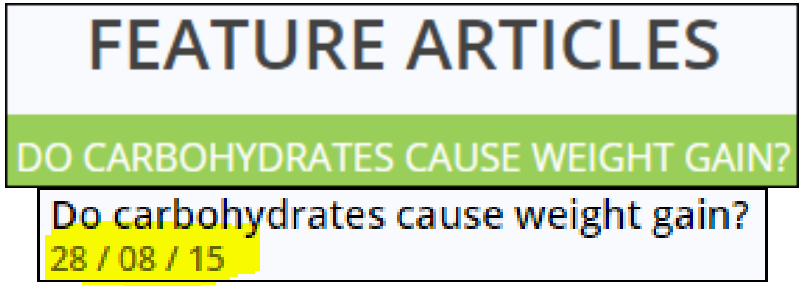
Conclusion: In Australia, 3 independent datasets confirm a decline in the availability and intake of added sugars including those contributed by SSB.

Presenting author bio: Professor Brand-Miller holds a personal chair in human nutrition in the School of Life and Environmental Sciences and Charles Perkins Centre at the University of Sydney. She is the Director of the Sydney University Glycemic Index Research Service and a Director of the Glycemic Index Foundation- a health promotion charity supported by the University and DiabetesNSW.

http://sydney.edu.au/law/health/food_governance/Food_Governance_Conference_Abstract_Book.pdf

So, after more than two years, there is no new "peer reviewed" paper in a "major journal", no discussion of the conspicuously flat 2000-2003 fake data in the original paper, and the Charles Perkins Centre still is using its shonky sugar study to assist the sugar industry to pretend that sugar has nothing to do with obesity or diabetes (below). The *Australian Paradox* is used to argue against the proposed "sugar tax".

By continuing, for years, to dishonestly exaggerate their "evidence" that added sugar has little or nothing to do with obesity (or diabetes), Professor Brand-Miller and Dr Alan Barclay are perpetrating a serious scientific fraud. And the University of Sydney Academic Board is supporting that blatantly false, harmful misinformation.



FEATURE ARTICLES

DO CARBOHYDRATES CAUSE WEIGHT GAIN?

Do carbohydrates cause weight gain?

28 / 08 / 15

this form may be obesogenic [x] [xi] In Australia, however, added sugar intake and SSB intake have been declining over the same period as obesity has increased – the so-called Australian sugar paradox – suggesting sugar intake is not a primary driver of population obesity levels [xii].

This article was reviewed by Professor Jennie Brand Miller from the School of Molecular Biosciences and Charles Perkins Centre and Director, Sydney University Glycemic Index Research Service.

SRAS SUGAR RESEARCH ADVISORY SERVICE

The Sugar Research Advisory Service (SRAS) aims to provide an evidence-based view on the role of carbohydrates, and particularly sugars, in nutrition and health.

The SRAS provides the latest scientific research and evidence based resources for health care professionals.

http://www.srasanz.org/sras/news-media-faq/sras-articles/do-c

RR's series of Tweets at the time, documenting the key events of 3 November 2016, at USyd's Food Governance Conference

rory robertson @OzParadoxdotcom · 2 Nov 2016
Tragedy
#Diabetes experts know less
than in 1923 australianparadox.com/pdf/1923-Medic…
after hijacked in 1960s
by shonky sci nytimes.com/2016/09/13/wel…
#USyd

> **anahad oconnor** @anahadoconnor
> Nearly 86 million Americans have prediabetes. That's one quarter of the country. We are fast becoming a diabetic nation.
> twitter.com/ClevelandClini…

1 1 5

rory robertson @OzParadoxdotcom · 3 Nov 2016
Wow!
Today
#USyd relaunches #AustralianParadox fraud
p14 sydney.edu.au/law/health/foo…
abc.net.au/lateline/conte…
@anahadoconnor #foodgovernance2016

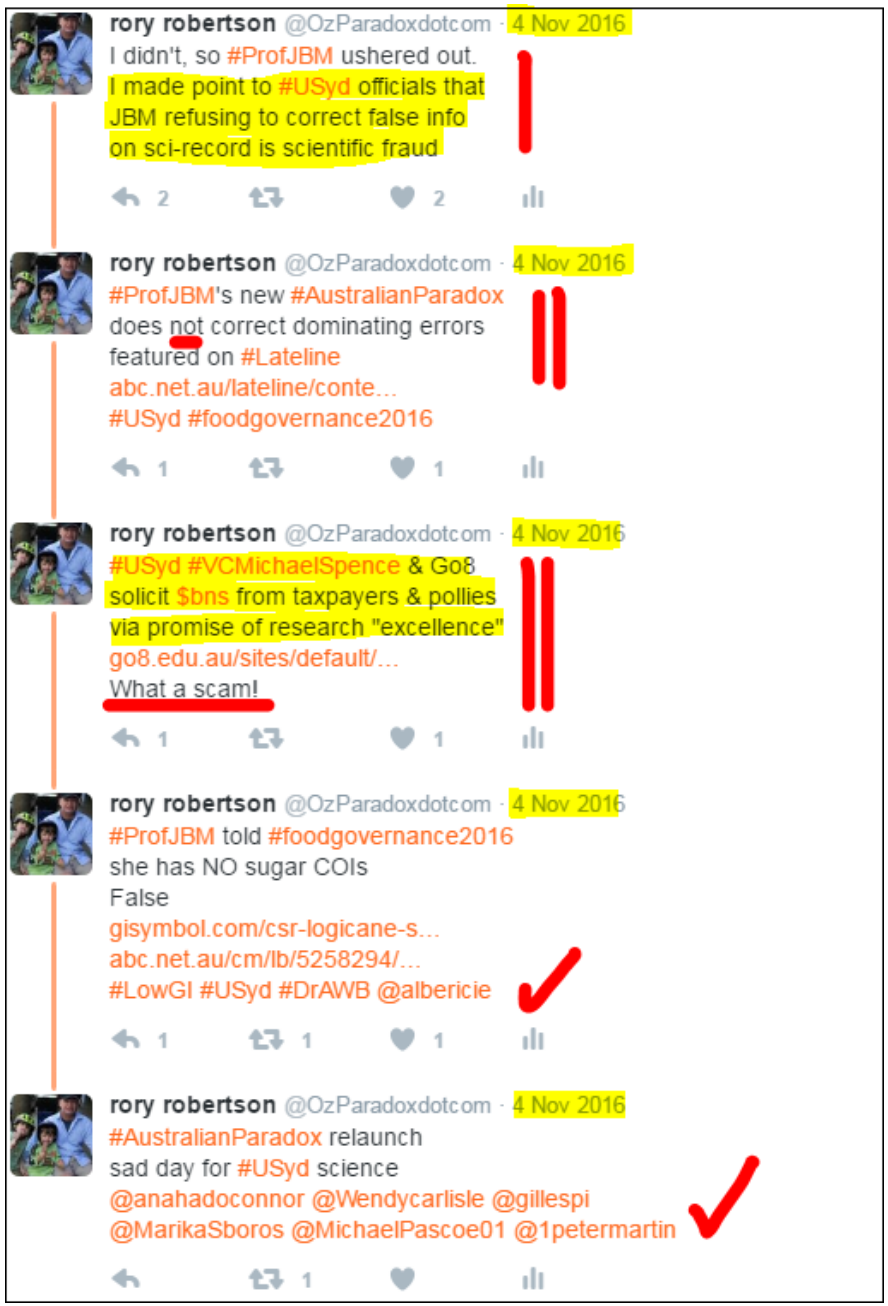
1 1

rory robertson @OzParadoxdotcom · 4 Nov 2016
As new #AustralianParadox delivered,
#USyd asked if I had paid $80 (Yes)
#ProfJBM's Q&A cancelled, as
everyone needed full hour for lunch

1 1

rory robertson @OzParadoxdotcom · 4 Nov 2016
Audience invited to seek out #ProfJBM afterwards
Quietly waiting in line, #USyd security guard
asked me to leave, as JBM feels "threatened"!

1 1 2



rory robertson @OzParadoxdotcom · 4 Nov 2016
I didn't, so #ProfJBM ushered out.
I made point to #USyd officials that
JBM refusing to correct false info
on sci-record is scientific fraud

2 2

rory robertson @OzParadoxdotcom · 4 Nov 2016
#ProfJBM's new #AustralianParadox
does not correct dominating errors
featured on #Lateline
abc.net.au/lateline/conte…
#USyd #foodgovernance2016

1 1

rory robertson @OzParadoxdotcom · 4 Nov 2016
#USyd #VCMichaelSpence & Go8
solicit $bns from taxpayers & pollies
via promise of research "excellence"
go8.edu.au/sites/default/…
What a scam!

1 1

rory robertson @OzParadoxdotcom · 4 Nov 2016
#ProfJBM told #foodgovernance2016
she has NO sugar COIs
False
gisymbol.com/csr-logicane-s…
abc.net.au/cm/lb/5258294/…
#LowGI #USyd #DrAWB @albericie

1 1 1

rory robertson @OzParadoxdotcom · 4 Nov 2016
#AustralianParadox relaunch
sad day for #USyd science
@anahadoconnor @Wendycarlisle @gillespi
@MarikaSboros @MichaelPascoe01 @1petermartin

1

https://twitter.com/OzParadoxdotcom

Two letters involving Provost Professor Stephen Garton (one to him, one from him), and RR's response (overleaf) to false allegations

From: rory robertson <strathburnstation@gmail.com>
Date: Sun, Aug 10, 2014 at 11:37 PM
Subject: Letter to SydUni Academic Board: Professor Clark's flawed Initial Inquiry Report into the Australian Paradox scandal

To: chair.academicboard@sydney.edu.au, Jill.Trewhella@sydney.edu.au, vice.chancellor@sydney.edu.au, dvc.provost@sydney.edu.au, Michael.Spence@sydney.edu.au, vc.admin@sydney.edu.au, Stephen.Garton@sydney.edu.au, pip.pattison@sydney.edu.au, Shane.Houston@sydney.edu.au, tyrone.carlin@sydney.edu.au, Ann.Brewer@sydney.edu.au, marie.carroll@sydney.edu.au, mark.adams@sydney.edu.au, john.redmond@sydney.edu.au, duncan.ivison@sydney.edu.au, Chris.Peck@sydney.edu.au, business.dean@sydney.edu.au, fran.waugh@sydney.edu.au, archie.johnston@sydney.edu.au, Kathryn.Refshauge@sydney.edu.au, joellen.riley@sydney.edu.au, bruce.robinson@sydney.edu.au, jill.white@sydney.edu.au, pharmacy.dean@sydney.edu.au, trevor.hambley@sydney.edu.au, colin.rhodes@sydney.edu.au, karl.kramer@sydney.edu.au, rosanne.taylor@sydney.edu.au, anne.bell@sydney.edu.au, simon.barrie@sydney.edu.au, gillian.luck@sydney.edu.au, president@src.usyd.edu.au, tiho.ancev@sydney.edu.au, tina.bell@sydney.edu.au, stephen.cattle@sydney.edu.au, shyamal.chowdhury@sydney.edu.au, wendy.davis@sydney.edu.au, nicole.gurran@sydney.edu.au, rob.saunders@sydney.edu.au, william.christie@sydney.edu.au, ben.goldsmith@sydney.edu.au, nerida.jarkey@sydney.edu.au, kathryn.welch@sydney.edu.au, g.white@sydney.edu.au, jinlong.gao@sydney.edu.au, tania.gerzina@sydney.edu.au, sandra.vanderlaan@sydney.edu.au, susan.mcgrathchamp@sydney.edu.au, philip.seltsikas@sydney.edu.au, john.shields@sydney.edu.au, catherine.suttonbrady@sydney.edu.au, judy.anderson@sydney.edu.au, susan.colmar@sydney.edu.au, richard.walker@sydney.edu.au, rachel.wilson@sydney.edu.au, philip.leong@sydney.edu.au, david.lowe@sydney.edu.au, yiu-wing.mai@sydney.edu.au, andrew.ruys@sydney.edu.au, tim.wilkinson@sydney.edu.au, roger.bourne@sydney.edu.au, michael.millington@sydney.edu.au, elias.mpofu@sydney.edu.au, kieron.rooney@sydney.edu.au, roger.stancliffe@sydney.edu.au, elisa.arcioni@sydney.edu.au, mary.crock@sydney.edu.au, jamie.glister@sydney.edu.au, greg.tolhurst@sydney.edu.au, manuel.graeber@sydney.edu.au, peter.knight@sydney.edu.au, leslie.nicholson@sydney.edu.au, paul.young@sydney.edu.au, eagle.zhang@sydney.edu.au, jacqueline.bloomfield@sydney.edu.au, janice.gullick@sydney.edu.au, yun-hee.jeon@sydney.edu.au, thomas.balle@sydney.edu.au, bret.church@sydney.edu.au, mary.collins@sydney.edu.au, david.easdown@sydney.edu.au, anthony.masters@sydney.edu.au, caleb.owens@sydney.edu.au, jenny.saleeba@sydney.edu.au, charlotte.taylor@sydney.edu.au, brad.buckley@sydney.edu.au, john.conomos@sydney.edu.au, cherine.fahd@sydney.edu.au, michael.halliwell@sydney.edu.au, matthew.hindson@sydney.edu.au, david.larkin@sydney.edu.au, neal.peresdacosta@sydney.edu.au, Roslyn Bathgate <roslyn.bathgate@sydney.edu.au>, susan.matthew@sydney.edu.au, claire.wade@sydney.edu.au, p.white@sydney.edu.au, xavier.ho@sydney.edu.au, president@edsoc.org.au, usydatheists@gmail.com, agup5455@nulluni.sydney.edu.au, jane.hanrahan@sydney.edu.au, daniela.traini@sydney.edu.au, megan.kemmis@sydney.edu.au

Rory Robertson
Sunday, 10 August 2014

Initial Inquiry into Australian Paradox scandal wrong on 5 of 7 "Preliminary Findings of Fact"

Dear Chairman of the Academic Board, members of the Academic Board - http://sydney.edu.au/ab/about/members.shtml - and outside observers,

I'm sorry to have to write to you again about the Charles Perkins Centre's Australian Paradox scandal.

1. BACKGROUND

The profoundly faulty Australian Paradox paper falsely exonerates modern sugar consumption - especially via sugary drinks - as a key driver of obesity: http://www.australianparadox.com/pdf/quickquizresearch.pdf

My previous letter to the Academic Board of The University of Sydney - http://www.australianparadox.com/pdf/Letter-UoS-Academic-Board.pdf - prompted Deputy Vice-Chancellor (Research) Jill Trewhella in November 2013 to begin a research-integrity investigation.

Quick off the mark, on 9 February 2014, ABC investigator Wendy Carlisle reported on the Australian Paradox scandal for Radio National's Background Briefing program: http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-02-09/5239418

On 12 February, authors Professor Jennie Brand-Miller and Dr Alan Barclay responded to that program by publishing a disingenuous "Correction" in the journal Nutrients.

http://www.australianparadox.com/pdf/Letter-Academic-Board-Inquiry-Report.pdf

THE UNIVERSITY OF SYDNEY

Professor Stephen Garton *FAHA, FASSA, FRAHS*
Provost and Deputy Vice-Chancellor

13 January 2017

Mr Rory Robertson

By Email: strathburnstation@gmail.com

Dear Mr Robertson

I refer to an incident on 3 November 2016 at the Food Governance Conference held at the University of Sydney Law School where you attempted to interrupt a presentation by Professor Jennie Brand-Miller, and, after her presentation had concluded, attempted to approach her. You were asked to leave at this point by security staff in attendance. You refused and after Professor Brand-Miller had left, you then confronted several other academic staff of the University of Sydney in an intimidating and aggressive manner.

This follows another similar incident on 1 March 2016 at a *Sydney Ideas* lecture given by Professor Marion Nestle.

I am aware that there is long standing history of you disagreeing with and disputing Professor Brand-Miller's research and the research of several other academics of the University of Sydney. As you have been advised on a number of occasions, the University welcomes robust and constructive public debate in respect of its research. However, any conduct that is aggressive, threatening and intimidating towards any of our staff or students is not acceptable and is not welcome on any of our campuses.

This letter is a warning that if you again conduct yourself in a manner that is aggressive and intimidating towards any of our staff or students on any of the University's campuses including at events, the University will revoke its consent for you to enter University of Sydney lands. In that case, we will issue you with a Termination of Licence Notice in accordance with the *University of Sydney (Campus Access) Rule 2009* (attached).

The University considers this a serious matter and I encourage you to adhere to the terms set out in this letter.

Yours sincerely

Professor Stephen Garton
Provost and Deputy Vice Chancellor

cc Mr Dennis Smith, Manager – Security Operations, Campus Security

Video replay please.... RR's initial response to University of Sydney's false allegations of serious misbehaviour at two events in 2016

30 January, 2017

Re: Correspondence from Professor Stephen Garton

Dear Professors Stephen Garton and Duncan Ivison (Deputy Vice-Chancellors), Associate Professor Tony Masters (Chair of Academic Board) and Vice-Chancellor Michael Spence,
http://sydney.edu.au/secretariat/academic-board-committees/academic-board/membership.shtml

Good evening. I hope you are well.

Given my efforts over recent years to advise each of you multiple times of the need to fix your Charles Perkins Centre's *Australian Paradox* fraud, I was surprised to receive on 16 January an email from Professor Garton threatening to ban me from future visits to the University of Sydney's campuses.

Of most concern remain the reckless misrepresentations in Professor Garton's letter, including his suggestion of serious misbehaviour by me on campus on 1 March 2016, nearly a year ago. (Shouldn't you have written earlier?)

I am writing to ask Vice-Chancellor Spence to provide me, please, as a matter of urgency, a copy of the University's video of that 1 March 2016 event at the Charles Perkins Centre.

I require the complete video, please, spanning both Professor Marion Nestle's speech and the full Q&A session afterwards. Does your video also cover the key minutes after the Q&A session when I approached and met, in person, with Professor Marion Nestle?

Obviously I'm keen to view the video to firm-up the detail of my defence regarding the University of Sydney's scurrilous false allegations.

Gentlemen, I experienced a taste of adversity in some earlier parts of my life, so I'm not going to be intimidated by false claims from an underperforming University management.

After you provide me with the requested video, I will be writing to you again, with a more detailed response to the University's false claims.

Meanwhile, my strongest view remains that you should fix your Charles Perkins Centre's *Australian Paradox* fraud, by writing to the MDPI journal *Nutrients*' publisher and insisting that the extraordinarily faulty paper be retracted.

No matter what the University of Sydney wants to pretend, the formal retraction of false scientific "findings" - especially those based on fake data and/or that tend to harm public health - is pretty standard.

Across all entities where competence and integrity are given proper priority, retractions tend to flow at an aggregate rate of around a dozen per week: http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/

Awkwardly, your Charles Perkins Centre's *Australian Paradox* fraud is becoming a rather high-profile problem.

In particular, there's a growing public and political awareness that the University of Sydney - a prestigious Group of Eight university - lacks competent quality control in research when it matters.

It turns out that the Go8 management's promise to taxpayers and politicians of a unique devotion to research "excellence" is a sham, a misrepresentation apparently designed to help solicit billions of dollars of research

funding: https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf

Why should taxpayers continue to fund the Go8 universities so generously when management chooses to ignore promises of "excellence", instead supporting an extraordinarily faulty "peer reviewed" paper that (amongst other blatant problems) rely [*sic*] on fake data?

I really do not know why the University of Sydney has chosen - for years! - to defend the indefensible in this *Australian Paradox* matter, in part by formally pretending there is no problem.

Oh well, that's your choice. But I will continue to highlight the problem as best I can.

I look forward to viewing your video of my claimed misbehaviour. It might be easiest if you simply upload your complete video of Professor Marion Nestle's 2016 event onto the University's website?

Please let me know asap what you decide.

Best wishes,
Rory

--
rory robertson
economist and former-fattie
https://twitter.com/OzParadoxdotcom

RR's Grade 9 class photo, at Baralaba State School in 1979: http://www.australianparadox.com/baralaba.htm

A life in our times: Vale Alexander "Sandy" Robertson (1933-2015): http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

RR at World Trade Centre on 11 September 2001: http://www.australianparadox.com/pdf/RR-WORLDTRADECENTER-9-11-2001.pdf

RR's 2006 Graduation Speech at James Cook University: http://www.australianparadox.com/pdf/rorygraduationmar06.pdf

www.strathburn.com
Strathburn Cattle Station is a proud partner of YALARI, Australia's leading provider of quality boarding-school educations for Aboriginal and Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php

Active links:
http://sydney.edu.au/secretariat/academic-board-committees/academic-board/membership.shtml ;
http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/ ;
https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf ;
https://twitter.com/OzParadoxdotcom ;
http://www.australianparadox.com/baralaba.htm ;
http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf ;
http://www.australianparadox.com/pdf/RR-WORLDTRADECENTER-9-11-2001.pdf ;
http://www.australianparadox.com/pdf/rorygraduationmar06.pdf ;
http://www.strathburn.com/yalari.php

Vice-Chancellor Spence responded by falsely claiming "…there is no video", and running implicit line that there is no scientific fraud

From: **Vice Chancellor** <vice.chancellor@sydney.edu.au>
Date: Tue, Feb 14, 2017 at 4:23 PM
Subject: RE: Video replay please....Re: Correspondence from Professor Stephen Garton
To: "strathburnstation@gmail.com" <strathburnstation@gmail.com>

Dear Mr Robertson,

I refer to your e-mail of 30 January 2017.

So far as I have been able to gather, there is no video of the event held at Charles Perkins Centre, 1 March 2016. There is a transcript and I attach an extract which records your remarks.

As you did in your above email and as you have done on previous occasions, it appears that at that event you made allegations of fraud and "shonky science". In the circumstances, the University reserves the right, as Professor Garton did in his letter of 13 January 2017, to secure and maintain an environment in which there is appropriate and respectful discourse even about matters in respect of which the participants disagree profoundly.

If it appears that on some occasion at the University in the future you are not prepared to conduct yourself consistently with that standard, then, as Professor Garton has foreshadowed, the University may exercise its right to terminate your licence to come on to its campus.

Yours sincerely,

Michael Spence

DR MICHAEL SPENCE AC
Vice-Chancellor and Principal
THE UNIVERSITY OF SYDNEY
Main Quadrangle A14 | The University of Sydney | NSW | 2006

BUT THERE IS A VIDEO! USyd provided key video to ABC TV's *Lateline* team, and A&CA confirmed my critique, including re fake data

Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

Australian Broadcasting Corporation Print Ema
Broadcast: 13/04/2016
Reporter: Emma Alberici

Health and nutrition experts continue to dispute a research paper by two of Sydney University's leading health scientists titled, The Australian Paradox.

http://www.abc.net.au/lateline/content/2015/s4442720.htm

ABC's Audience and Consumer Affairs (A&CA) unit confirms *Australian Paradox* paper dominated by extraordinary errors

In 2016, after journalist Emma Alberici's ABC *Lateline* report presented the main aspects of my critique - including the FAO's conspicuously flat fake line spanning the 2000-2003 timeframe - the University of Sydney's Professor Jennie Brand-Miller claimed falsely to Alberici that the Charles Perkins Centre's infamous *Australian Paradox* findings remain as valid as ever. The **scientific record** was left uncorrected.

Indeed, the Charles Perkins Centre guru wrote a **36-page formal letter of complaint to the ABC on 24 May 2016.** On 14 September, the ABC's A&CA unit advised the best-selling Low-GI diet book promoter that her detailed complaints about the factual nature of my critique - as presented on *Lateline* - are wrong on all important matters of fact. **Again, the scientific record was not corrected. Again, Professor Jennie Brand-Miller and co-author Dr Alan Barclay just pretended nothing happened!**

This latest independent assessment of competence and integrity at the highest levels of Group of Eight "science" is documented in the A&CA unit's final *Investigation Report*. In my opinion, the University of Sydney's Academic Board should secure, and take the time to assess, those two documents – the 36-page complaint and A&CA's 15-page response – then instruct e-journal *Nutrients* to retract the extraordinarily faulty *Australian Paradox* paper that has become a menace to public health.

(i) RR responds to Vice-Chancellor Spence: Will Canberra need to investigate University of Sydney's *Australian Paradox* fraud?

There is a video! RR on USyd's video of 1 March event at 15:30 here: http://www.abc.net.au/lateline/content/2015/s4442720.htm

Rory Robertson
26 February, 2017

Will Canberra need to investigate University of Sydney's *Australian Paradox* fraud?

Dear Vice-Chancellor Michael Spence, other members of the Academic Board, and various groups of observers, including journalists http://sydney.edu.au/secretariat/academic-board-committees/academic-board/membership.shtml

I hope you all are well.

Thank you, Dr Spence, for your letter threatening to ban me from campus for publicly highlighting the facts surrounding the University of Sydney's *Australian Paradox* fraud (p. 72).

Rather than threatening to ban me from campus, why don't you simply stop the research fraud that you have allowed on campus for years, and leave it at that? You have been advised of the fraud multiple times since 2013.

I understand there is an Academic Board meeting on Tuesday. The serious problems with competence and integrity in the *Australian Paradox* matter that are detailed in this letter should be discussed at that meeting.

As background, your 14 February letter was a reply to my letter of 30 January (p. 71), which in turn was a reply to Provost Professor Stephen Garton's letter to me on 13 January (p. 70).

I have included our exchange of letters in this ***Five-year update*** on the University of Sydney's *Australian Paradox* fraud, so readers can assess the totality of the evidence and judge whether or not I am doing the right thing.

Looking through Parts 3-7 of this *Australian Paradox* case-study, I wonder if it's not perhaps the best-documented case of slow-moving scientific fraud in the history of Australia, perhaps the world? What do you think?

Readers, I regularly question whether I am being reasonable in pursuing this matter. I think I am. For five years, I have been careful with the relevant facts. And I am confident that the facts of the matter support my persistent efforts to fix the scientific record, via the formal retraction of the extraordinarily faulty *Australian Paradox* paper.

Noted scientific-integrity campaigner, Professor David Vaux, was a bit of an inspiration to me on this matter. He observed: "I think that anybody who has concerns of scientific misconduct, ...there's an ethical responsibility for them to raise those concerns with either the designated person to receive allegations of misconduct or with the journal editors or with the authors of a paper". http://www.abc.net.au/7.30/content/2013/s3823977.htm

I did all that, and got pretty well nowhere (see pp. 20, 32, 33, 78 and 79). The misconduct has not been stopped, but Australians still need Group of Eight (Go8) science we can trust. For example, there are respectable proposals for a "sugar tax" to help to reduce the misery of obesity and diabetes. But shonky Go8 "science" is poisoning the important public debate with false information: the sugar and sugary drinks industries are brandishing the Charles Perkins Centre's *Australian Paradox* fraud as an intellectual spearhead in an effort to kill any such tax (p. 8).

So, I remain determined to do whatever I reasonably can on this matter, my ultimate objective being to reduce the widespread misery and harm to public health produced by decades of influential incompetence and worse in modern nutrition "science", especially at the University of Sydney. (Please see my detailed investigation in Part 8.)

Why Vice-Chancellor Spence's false claim that "there is no video"? What does the video-replay show?

To recap recent events, University Provost Professor Stephen Garton on 13 January wrote to me presenting a series of detailed false claims as fact, and threatened to ban me from the University of Sydney's campuses. In response, I wrote to ask you for a copy of the University's video of the Charles Perkins Centre event last March, at which Professor Garton claimed I'd behaved improperly towards visiting Professor Marion Nestle.

Notably, Dr Spence, your claim that "...there is no video" is false. I think we can know that for sure because parts of your video appeared on national TV last April! (See link to *Lateline*, above.) So, the University gave a complete copy of your video to ABC TV's *Lateline* show, but you won't provide a copy to me? Again, may I have a copy, please? (Unfortunately, the "transcript" you offered also is unreliable, including as it does words I did not say.)

Naturally enough, I remain keen for you to provide me with a complete copy of the video, including the full Q&A session, so I can defend myself more fully against the University's false claim that I behaved improperly.

The video replay will show that I sat quietly through Professor Nestle's presentation, then sat quietly with my arm raised for maybe 20-30 minutes during the Q&A session. (I'll check the length of my wait after you provide me with the video. At the time, it seemed a ridiculously long time, as each of my arms became rather sore. At one point, Professor Nestle was forced to observe out loud something like: "There's a guy at the back who has had his hand up the whole time!")

I spoke only after I was (finally) given the microphone. Yes, I had quite a bit to say. I had been biding my time over the two-plus years [sic – back then, it was less than two years; now, it's two-plus years] **since your Deputy Vice-Chancellor (Research) Jill Trewhella and her hand-picked research-integrity investigator Professor Robert Clarke AO improperly "disappeared" my formal evidence in *their Initial Inquiry Report* whitewash (pp. 33-35).**

I had plenty to say because neither Vice-Chancellor Michael Spence, Provost Stephen Garton, nor anyone on the sleepy Academic Board ever properly responded to my series of letters documenting in detail that five of the seven claimed "Preliminary Findings of Fact" in the *Initial Inquiry Report* are factually incorrect (p.70). Isn't deliberately choosing to allow the *Australian Paradox* fraud to continue unchecked rather unethical?

In any case, Professor Nestle apparently felt so "threatened" by my short speech and questions in her Q&A session that she could offer only warm and supportive comments to me after I "approached her" at the end of the event. She was so intimidated that she accepted my gift of the three-item "showbag" I had held up to the audience as I spoke. Still shaken days later, she felt compelled to highlight - on her globally read blog, *Food Politics* - one of my excellent examples of the lack of scientific integrity in University of Sugar's nutrition "science" (p. 66).

Also awkwardly for you, **Peter FitzSimons, the high-profile author and Fellow of the University of Sydney's Senate**, apparently became so intimidated by me that he felt the need - despite being nearly 7-foot tall - to try to "get on my good side" in 2016 by mainstreaming some of my key concerns - about the links between your Charles Perkins Centre's *Australian Paradox* shonkery and damage to public health - in Chapter 7 of his new book (Part 6).

Readers, has the University of Sydney "jumped the shark" on this matter? That is, despite Provost Stephen Garton assuring me that "**the University welcomes robust and constructive public debate in respect of its research**", both he and Dr Spence are **threatening to ban me from campus for merely stating the facts** about the *Australian Paradox* fraud and the University's (half-owned) business that promotes products up to 99.4% sugar as "Low GI" health-foods (pp. 49-50). Why not stop the research fraud on campus that I've documented, and leave it at that?

Why am I writing to the Academic Board yet again?

I must admit, after five years, to being a little embarrassed that I've been so woefully ineffective in convincing the Academic Board about the obvious facts in this *Australian Paradox* matter. If only I were smarter, more articulate, or better looking? Perhaps if my First Class Honours economics degree were from the prestigious Group of Eight - with its unique devotion to research "excellence" - rather than from the mighty James Cook University of North Queensland (p. 13) - I might have been more influential in securing the formal retraction I seek.

(ii) RR responds to Vice-Chancellor Spence: Will Canberra need to investigate University of Sydney's *Australian Paradox* fraud?

Or maybe, just maybe, none of that matters? In my quiet moments, I've started to wonder if the University of Sydney's senior management is not simply indifferent to facts, uncaring about misinformation and indifferent to any threat to public health: it cares about protecting its underperforming scientists. Full stop! I wonder if it has just chosen to pretend there is no problem, no matter how unconvincing and unethical that process has become.

That is, I worry the University of Sydney's senior management has adopted the Catholic Church's decades-old policy of "**Deny, Deny, Deny**", no matter what the facts: "... there is **no** video", and there was **no** problem with quality control before publication. Moreover, there are **no** fake data, there's **no** conspicuous flat line, and there's **no** research misconduct (Parts 3, 4 and 5). Thus, there's **no** need to formally retract the paper, in particular because there's **no** "independently-verified research misconduct or lawlessness" (p. 10).

I think all those University of Sydney claims are false. And I think my ***Five-year update*** - the document in which this letter sits - makes that plain for all to see. Critically, despite the rise of President Trump in the United States, Australian taxpayers can still insist that Group of Eight universities remain respectful of facts. Since at least 2013, the Go8 has promised - in an official marketing document used to solicit funding - a devotion to "excellence" in research. **I note the University of Sydney received $402.5m of funding for research from taxpayers in 2015.** That big pile of cash followed the Go8's promise to provide strong quality controls, via "excellence" in research (p.10).

Accordingly, I am writing to the Academic Board again because I am deeply troubled by the misinformation and various other unreasonable responses over recent years by Professor Brand-Miller and Dr Barclay, by Deputy Vice-Chancellor (Research) Trewhella and Vice-Chancellor Michael Spence, and by the Academic Board, to my repeated and correct observations that the University of Sydney - and thus the Go8 - is supporting scientific fraud.

Could that support be inadvertent? Sure. But if it looks like a duck, walks like a duck and quacks like a duck, it could also be a duck. I am writing again to encourage the Academic Board to decide to do the right thing, to bring this prolonged episode of blatant scientific fraud to an end. I ask, please, that all members of the Board study this ***Five-year update*** document carefully. Please also secure, and study carefully, Professor Brand-Miller's 36-page letter of complaint to the ABC, and the ABC's 15-page dismissal of her factually incorrect claims (p. 1).

After each of you has absorbed the available evidence, I think the Academic Board should insist that Dr Spence write a letter to MDPI's e-journal *Nutrients* and instruct it to formally retract the profoundly faulty paper. Already, I've made important preparations to smooth your way. First, I've had the (then) CEO of MDPI journals confirm to me that formal retraction would be as simple as receiving a letter from the University of Sydney (p. 26). Second, I've drafted a **Retraction Notice** to assist the process, and the explanation is straightforward: the authors' bizarre mis-reading of up versus down, alongside their unhealthy reliance on fake data, led to a false conclusion (p. 25).

If somehow, instead, the Academic Board recklessly chooses **not** to retract the paper, to keep defending the indefensible, I will pursue this matter further, calling for Canberra to properly investigate your *Australian Paradox* research and related goings on. One growing problem for you is that your "shonky sugar study" now is poisoning important Parliamentary debates with false information (Part 5). Misleading Parliament is a serious matter.

Dirty dozen questions for any proper investigation of the *Australian Paradox* fraud

I do have at least a dozen questions, but I promised myself I would keep this letter to five pages. Let's start with the obvious issues that need to be addressed, and please contact me if you would like to know the rest:

1. Why, instead of fixing the well-documented *Australian Paradox* fraud happening at the University of Sydney, is senior management instead threatening to ban me from campus for publicly highlighting my legitimate concerns?

2. Why did Professor Jennie Brand-Miller and Dr Alan Barclay dishonestly advise Professor Robert Clark AO that the data underlying the FAO's conspicuously flat (fake) line for 2000-2003 are "robust and meaningful"? (p. 35)

3. Was it reasonable for Deputy Vice-Chancellor (Research) Jill Trewhella and her hand-picked investigator Professor Robert Clark AO in 2014 to simply "disappear" my clear evidence that those curious 2000-2003 data are faked? Why did they combine to avoid any reference to my detailed communications with the FAO, except to say that **they do not exist** (p. 76)? **My evidence continues to hide in plain sight (pp. 34-36).** In carefully disappearing my evidence, were Professors Trewhella and Clark AO merely incompetent, or were they dishonestly intent on producing a "whitewash" to avoid formal retraction of the Charles Perkins Centre's profoundly flawed paper?

4. Was it ethical for the University of Sydney to abruptly shut down its "Initial Inquiry" into the integrity of the *Australian Paradox* research, refusing to even consider my evidence that its ***Initial Inquiry Report*** **is wrong on five of its seven claimed "Preliminary Findings of Fact"**? Was it ethical for the University of Sydney to refuse to pass on my evidence that his *Initial Inquiry Report* is deeply flawed to Professor Robert Clark AO (via the University of New South Wales), even as a courtesy, insisting that my observations are no longer relevant, so get lost? Is it ethical for Vice-Chancellor Spence to pretend that it's Case-Closed, that the facts of the matter are irrelevant?

5. Regarding the University of Sydney's Food Governance Conference on 3 November 2016, who is the source of Professor Garton's detailed false claims? Importantly, I was there. Professor Jennie Brand-Miller was there. Professor Garton was not. The facts I recorded publicly at the time (p. 69) - after a University staff member explicitly encouraged me to take my concerns to Twitter - are completely at odds with Professor Garton's account, apparently invented months later. Who invented Professor Garton's detailed fictional account?

To be clear, I did not interrupt, nor did I attempt to interrupt, Professor Brand-Miller's presentation. In fact, I observed quietly for the full hour (12-1pm), through three presentations (p. 68) and two Q&A sessions before Professor Brand-Miller's Q&A session was cancelled abruptly. Moreover, I did not "confront" anyone. In fact, I was confronted twice, for no good reason. First, during the event, an official demanded to know whether I had registered for the event. I pointed to my conference name-tag, provided to all who had registered and paid ($80 in my case). Later, I was shocked to be confronted by a security guard! Here's what happened: After the unusual cancellation of the Q&A session that stopped any public scrutiny of Professor Brand-Miller's dodgy new *Australian Paradox* paper (p. 68), the Chair of the session invited all those in the audience with questions for the speaker to approach the speaker. I did have a question, so I joined the queue. At this stage, I still had not said a word out loud or done anything notable. Most of the audience had filed out to have lunch. As I was waiting, quietly, I was confronted by a security guard asking me to leave the queue and leave the building. I calmly told him – while I was shaking inside - that I had a question for Professor Brand-Miller, that I had paid to be in the room, and that I had joined the queue at the Chair's request. He seemed insistent, but I was determined not to be intimidated by the University seeking to shut down legitimate public scrutiny of Professor Brand-Miller's new *Australian Paradox* story. So I kept waiting in the queue for my turn to come. Before I could ask my question about why Professor Brand-Miller had not "**specifically addressed**" the issue of fake data in her original paper - as advised by Professor Robert Clark AO and agreed by Professor Brand-Miller in July 2014 (p. 67) - she simply left the room. I was left talking to the various University of Sydney officials who ran the session. To those few officials who were not already out to lunch, I complained and I complained loudly. I was unsettled and angry after having been treated so poorly, having had a security guard sooled on to me for no good reason. I tried to make clear my strong view that the University's aggressive suppression of public scrutiny of the controversial new paper - a paper designed to prolong rather than fix the *Australian Paradox* fraud - was outrageous. The officials appeared to have no real understanding of what just happened, and little or no interest in any case. One explicitly advised me that, if I had a problem with how the University operates, I should take my concerns to Twitter. So, I did (p. 69).

6. Finally, for now, I think an independent Inquiry should ask why **the University of Sydney recklessly allowed Professor Brand-Miller and Dr Barclay to operate without close Faculty supervision**, as advised by Professor Robert Clark AO. Why did the University decide, instead, to aggressively shield Professor Brand-Miller and Dr

(iii) RR responds to Vice-Chancellor Spence: Will Canberra need to investigate University of Sydney's *Australian Paradox* fraud?

Barclay's always-will-be-controversial new *Australian Paradox* paper from legitimate public scrutiny? Why did the dodgy new *Australian Paradox* paper they presented on campus **neither "specifically address" nor properly "clarify the key factual issues"** - including the use of fake FAO data - as advised and agreed in July 2014? (p.76)

Summary: What should happen next?

First, Academic Board, I would like a complete copy of your video of Professor Marion Nestle's presentation at the Charles Perkins Centre on 1 March a year ago, please, including the prolonged Q&A session after her speech.

Second, I would like a letter of apology from Provost Stephen Garton, please. The apology should include a sincere retraction of his initial letter's detailed false claims. As noted, the actual events of 3 November have been publicly documented on Twitter since 4 November (p. 69) . I'd also like to know who misrepresented the events of 3 November to Professor Garton, in an attempt to convey the impression that I am not a reasonable person. Again, I was there. Brand-Miller was there. Professor Garton was not. Who invented Professor Garton's story?

Third, I think everyone on the Academic Board should carefully study my ***Five-year update***. You can see that it's an impressively detailed document highlighting the key aspects of your Charles Perkins Centre's *Australian Paradox* fraud. After that, as noted above, the Board should secure, and then study, Professor Brand-Miller's 36-page letter of complaint to the ABC, and the ABC's 15-page *Investigation Report* response to her series of factually incorrect claims (p. 1).

Fourth, once each of you has taken the time to assess the evidence provided in these previously unseen documents, the Academic Board should advise Vice-Chancellor Michael Spence to instruct MDPI's e-journal *Nutrients* (p. 26) to formally retract the extraordinarily faulty *Australian Paradox* paper.

Of course, whether you do all that, or not, is up to you. Remember, however, that facts don't cease to be facts just because they are ignored or suppressed. I'm not going away and neither are they. Continuing to defend the indefensible by doing nothing will simply maximise the ultimate damage to the Go8's reputation for competence and integrity. And yours! More importantly, the University of Sydney's false information is poisoning critical public-health debates, Federal Parliament is being misled, and Australians are dying prematurely in droves (p. 6).

This, my final suggestion, also might not meet with unanimous approval, if a Board vote were taken at this time. Perhaps way down the track, however, after you have ended the scientific fraud that has been allowed to continue for way too long, and the dust has long settled on your *Australian Paradox* scandal, the Academic Board in (say) 2020 might choose to award me an Honorary Doctorate, in recognition of my determined efforts this decade to encourage the re-introduction of competence and integrity *as a priority* in University of Sydney science *and* management.

I'll leave you with that thought.

Regards,
Rory

--
rory robertson
economist and former-fattie
https://twitter.com/OzParadoxdotcom

www.strathburn.com
Strathburn Cattle Station is a proud partner of YALARI,
Australia's leading provider of quality boarding-school educations for Aboriginal and Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php

(Some page numbers have been changed since the original letter was sent.)

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It is reserved for a letter of apology from University of Sydney Provost, Professor Stephen Garton.

He no doubt is a man of great integrity so, now that he knows, will want to write to say sorry for allowing himself to be recklessly misled on the relevant facts before he wrote to me on 13 January (p. 70)

Action replay: Why did authors tell untruths to Robert Clark AO re FAO's fake flat line, and why did USyd "disappear" RR's evidence?

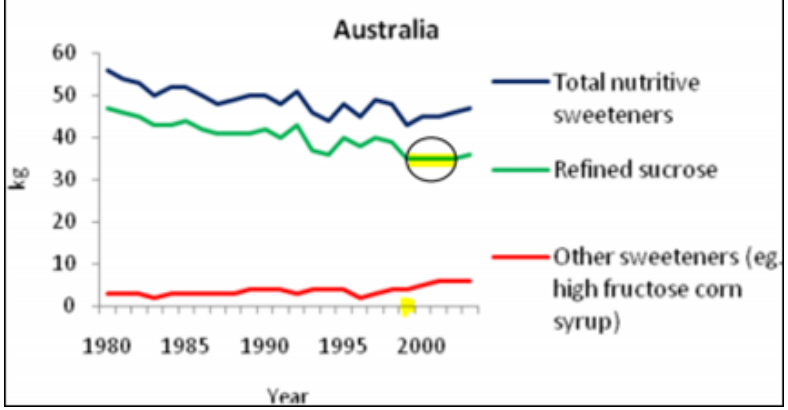
The Complainant draws specific attention to FAO data points shown in the Australian Paradox paper Figure 2 for the years 2000-2003, beyond the time at which the ABS ceased to publish apparent consumption of sugar data. This is the so-called 'flat line' data, also described as 'falsified' and 'erroneous' data by the Complainant; the implication being that the FAO simply re-issued the 1999 figure for these years in the absence of new ABS data, and that Professor Brand-Miller and Dr Barclay should have realised and checked this issue as part of their due-diligence.

I referred this issue to the ABS for comment, but was informed that its employees are only able to comment on ABS data (which is reasonable).

In Attachment 3, the authors state: '*FAOStat have continued to publish data for Australia and other nations beyond 1998-9. Their sources both before and after 1999 include ABS, the International Sugar Organisation, and Australia's trading partners. The FAOStat methodology accounts for stocks, production, imports, exports and other utilisations to derive intake estimates.*'

For countries such as Australia, USA and the UK, FAOStat data series therefore provide for a robust and meaningful comparison of trends in added sugars consumption over decades. This also allowed us to calculate and compare the percentage reduction in refined sugar intake.

Awkwardly, authors' sucrose – green – series "exists" in 2003 despite underlying dataset discontinued as unreliable by ABS after 1998-99!??



3. *In the Australian Paradox paper, Professor Brand-Miller and Dr Barclay have acted with intent to make sugar appear healthier or less of a threat than it is, have included falsified data, and have not taken sufficient action to verify that the data they have used is correct or accurate.*

   This allegation is not substantiated. More detailed discussion on the limitations of the AP Figure 2 data would however have been appropriate.

http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

Statements made by the Complainant alleging that the United Nations FAO has falsified data are serious, and do not appear to be based on detailed evidence or inquiry (see analysis of evidence above).

In 2012, FAO confirmed 2000-2003 data based on nothing real

From: **MorenoGarcia, Gladys (ESS)** <Gladys.MorenoGarcia@fao.org>
Date: Mon, Feb 13, 2012 at 9:43 PM
Subject: FW: quick question on basic australian sugar data
To: "strathburnstation@gmail.com" <strathburnstation@gmail.com>
Cc: "Rummukainen, Kari (ESS)" <Kari.Rummukainen@fao.org>

Dear Rory

The "apparent consumption" or better 'food availability' can be found under Faostat Food Supply or Food Balance Sheet domains up to year 2007.
Food supply
http://faostat.fao.org/site/345/default.aspx
Food balance sheet
http://faostat.fao.org/site/354/default.aspx

In the case of Australia I have looked at the time series and there is some food of Sugar & syrups nes and Sugar confectionary the biggest amounts are under Refined Sugar where data is with symbol * but it is calculated with following note:
'calc.on 37 kg per cap. as per last available off. year level (1999)'
The figure for 1999 and for earlier years come from: ABS - APP. CONS. OF FOODSTUFFS.

Regards

Gladys C. Moreno G.
Statistician
C-428
Statistics Division
Food and Agriculture Organization of the United Nations
E-mail: Gladys.MorenoGarcia@fao.org
Phone: 00 39 06 57052548
Fax: 00 39 06 57055615
http://www.fao.org/economic/statistics

Letter 4 in http://www.australianparadox.com/pdf/FAOfalsifiedsugar.pdf

Scientific fraud: In 2014, Professor Brand-Miller and Dr Barclay dishonestly advised research-integrity Investigator Professor Robert Clark AO that the data behind the FAO's faked flat line for 2000-2003 are "robust and meaningful"

I have, however, identified a number of 'lessons learnt' from this case and I recommend that these be considered by the University and discussed with Professor Brand-Miller and Dr Barclay at Faculty level. In particular, I recommend that the University consider requiring Professor Brand-Miller and Dr Barclay to prepare a paper for publication, in consultation with the Faculty, that specifically addresses and clarifies the key factual issues examined in this Inquiry. This new paper should be written in a constructive manner that respects issues relating to the data in the Australian Paradox paper raised by the Complainant.

http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

Professor Brand-Miller and Dr Barclay are preparing a paper for a major journal that updates *The Australian Paradox*, and specifically addresses the matters raised in the inquiry so that the misunderstandings of the original paper are avoided.

Please note:

Professor Brand-Miller and Dr Barclay will not be making any further comment on this issue

Media enquiries: Kirsten Andrews, 02 9114 0748, 0413 777 404, kirsten.andrews@sydney.edu.au

http://sydney.edu.au/news/84.html?newscategoryid=47&newsstoryid=13780

THE AUSTRALIAN
For the informed Australian

THE NATION

University of Sydney threatens to ban Rory Robertson over sugar dispute

Economist Rory Robertson at Sydney University, which has threatened to ban him from campus. Picture: Britta Campion

The Australian | 12:00AM March 6, 2017 113 Save

ADAM CREIGHTON
Economics Correspondent | Sydney | @Adam_Creighton

The University of Sydney has threatened to ban a high-profile financial markets economist and anti-sugar campaigner from its campus, accusing him of intimidating one of its top academics as they feud over the role of sugar in fuelling obesity.

Rory Robertson, a former Reserve and Macquarie Bank economist, has angrily denied the accusation in a series of emails with university officials, including vice-chancellor Michael Spence.

"Rather than threatening to ban me from campus, Dr Spence should simply fix (the issues)," he said, referring to a 2011 research paper, "The Australian Paradox", written by the university's top nutritionist, Jennie Brand-Miller, which finds a negative relationship between Australian obesity and sugar consumption.

Professor Brand-Miller's books have sold millions of copies worldwide and claim there is an "absolute consensus" that sugar in food does not cause diabetes.

Last year Mr Robertson attended two nutrition conferences hosted by the university, at which he says he voiced concerns about Professor Brand-Miller's controversial research, which appears to have drawn the wrong conclusion from sugar consumption data — a view corroborated separately by the ABC's *Lateline* program and author Peter Fitz Simons.

At the second conference, in November, security officials asked Mr Robertson to leave after he tried to question Professor Brand-Miller.

Deputy vice-chancellor Stephen Garton wrote to Mr Robertson in January saying the economist, who has worked in senior finance positions in New York and Sydney, had behaved in an "aggressive and intimidating manner".

"This letter is a warning that if you (repeat this behaviour) the university will revoke its consent for you to enter University of Sydney lands," Professor Garton said.

In his response, Mr Robertson called the accusation "reckless misrepresentations" and demanded the university release a video of the earlier March conference, that showed him asking questions during the Q&A session. "I'm not going to be intimidated by false claims," he wrote on January 30.

Dr Spence confirmed the threat in his February reply, writing, "so far as I have been able to gather, there is no video".

"The university reserves the right … to secure and maintain an environment in which there is appropriate and respectful discourse," he wrote.

Excerpts of the video, which show Mr Robertson asking questions in a reasonable fashion, are on the ABC's website.

The Australian does not suggest Professor Brand-Miller has acted inappropriately.

Mr Robertson has waged a five-year campaign against the university to retract the paper.

The university has cleared Professor Brand-Miller of any "research misconduct".

"There are respectable proposals for a sugar tax to help to reduce the misery of obesity and diabetes. But shonky (university) science is poisoning the important public debate with false information: the sugar and sugary drinks industries are brandishing the Charles Perkins Centre's Australian Paradox fraud as an intellectual spearhead in an effort to kill any such tax," Mr Robertson said.

Professor Brand-Miller did not respond to a request for comment.

http://www.theaustralian.com.au/news/nation/university-of-sydney-threatens-to-ban-rory-robertson-over-sugar-dispute/news-story/0021115ba9b77f2e2e96e86f37ca7fdd

What a disgrace: Fake data is featured in three charts in University of Sydney's 2017 *Australian Paradox* "update", now published in *American Journal of Clinical Nutrition* (AJCN). Legitimate public scrutiny of a draft of this paper was stopped via a security guard (p.69)

In July 2014, research-integrity investigator Professor Robert Clark AO advised:

> I have, however, identified a number of 'lessons learnt' from this case and I recommend that these be considered by the University and discussed with Professor Brand-Miller and Dr Barclay at Faculty level. In particular, I recommend that the University consider requiring Professor Brand-Miller and Dr Barclay to prepare a paper for publication, in consultation with the Faculty, that specifically addresses and clarifies the key factual issues examined in this Inquiry. This new paper should be written in a constructive manner that respects issues relating to the data in the Australian Paradox paper raised by the Complainant.

p. 4 http://www.australianparadox.com/pdf/australian-paradox-report-redacted.pdf

In March 2017, the authors published a different paper, again featuring fake data:

AJCN. First published ahead of print March 8, 2017 as doi: 10.3945/ajcn.116.145318.

ASN

Declining consumption of added sugars and sugar-sweetened beverages in Australia: a challenge for obesity prevention[1,2]

Jennie C Brand-Miller[3] and Alan W Barclay[4]*

[3]Charles Perkins Center and School of Life and Environmental Sciences, University of Sydney, Sydney, Australia; and [4]Accredited Practising Dietitian, Sydney, Australia

We thank Gina Levy and Bill Shrapnel for making the raw data from their earlier study available (27). We thank Alistair Senior, who gave statistical advice, and Anna Rangan, Jimmy Louie, Stephen Simpson, and Stewart Truswell, who gave constructive comments on the draft manuscript.

The authors' responsibilities were as follows—JCB-M: had primary responsibility for the final content of the manuscript; and both authors: designed and conducted the research, analyzed the data, performed the statistical analysis, wrote the manuscript, and read and approved the final manuscript. JCB-M is President of the Glycemic Index Foundation and manages a food-testing service at the University of Sydney. JCB-M and AWB are co-authors of books about the glycemic index of foods. AWB is a consultant to the Glycemic Index Foundation and Merisant (Australasia) and is a member of the Scientific Advisory Boards of Roche and Nestle (Australasia). AWB received an honorarium from Coca-Cola Ltd. for a presentation in 2011. JCB-M reported no conflicts of interest related to the study.

http://www.australianparadox.com/pdf/USyd-March-2017.pdf

Paper features fake FAO and Green Pool data in three charts (see pp. 35-37). Publication of fake data okayed by Faculty supervisors Simpson and Truswell!

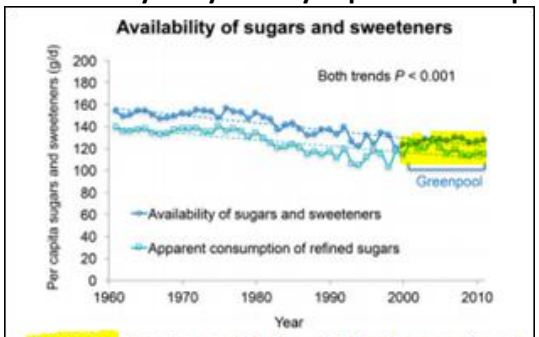


FIGURE 1 Long-term trends in the availability of sugars and sweeteners in Australia (1961–2011) according to the FAO Statistics Division Database (18), Australian Bureau of Statistics, (19), and Greenpool (32).

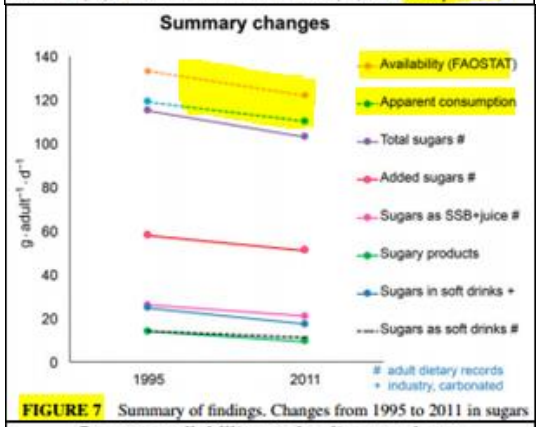


FIGURE 7 Summary of findings. Changes from 1995 to 2011 in sugars

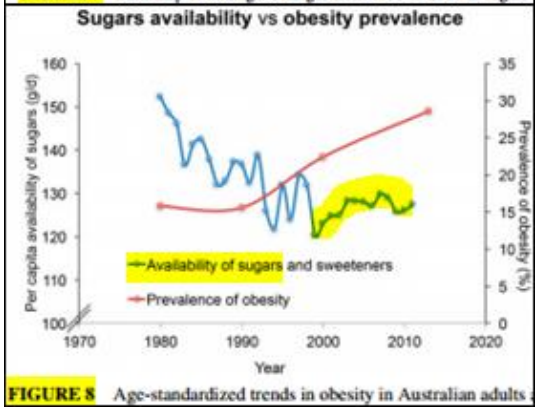


FIGURE 8 Age-standardized trends in obesity in Australian adults

University of Sydney and Group of Eight supporting scientific fraud, and thus defrauding Australian taxpayers on a massive scale

In an epic failure of leadership in 2016, University of Sydney Vice-Chancellor and Chair of the Group of Eight, Dr Michael Spence, ditched the Go8's promise of "excellence" in research, as he embraced Academic Freedom and refused to correct blatantly false information tending to harm public health. Critically, formal retraction is the standard approach to fixing false and harmful "findings" on the scientific record. Over 600 faulty peer-reviewed papers are retracted each year (~2 per day). Supporting false and harmful "findings" published without proper quality control is unethical and unacceptable: http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/

"Dear Mr Robertson

I have received your e-mail of 24 May [2012].

On the advice available to me the report of Professor Brand-Miller's research which appears in Nutrients was independently and objectively peer-reviewed prior to its publication in that reputable journal.

In that circumstance there is no further action which the University can or should take in relation to your concerns.

Yours sincerely

Michael Spence

DR MICHAEL SPENCE | Vice-Chancellor and Principal UNIVERSITY OF SYDNEY": Chart 6 at http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

http://www.australianparadox.com/pdf/quickquizresearch.pdf

Dear Mr Robertson

An independent enquiry has found there to have been no academic misconduct in the publication of this research justifying any type of disciplinary action or requiring the retraction of this paper.

Universities are not advocacy organisations. They do not promote particular points of view. They are fora for research and debate and must, absent independently established research misconduct or some type of unlawfulness, protect the right of their academic staff to undertake and publish research. This includes research that you may believe to be wrong in its conclusions. Indeed, the whole progress of scientific understanding depends upon the constant correction and re-correction of published research. For a university to require the retraction of a piece of research simply on the basis that someone believes it to be wrong, even patently wrong, would be a fundamental blow to the tradition of free enquiry that has made universities such powerful engines of innovation and of social development over many centuries. I repeat, we will not censor or require the retraction of the the academic work of our staff on any grounds save independently verified research misconduct or unlawfulness.

Your campaign of public vilification will not change this position.

Yours sincerely

Michael Spence

20 April 2016 http://www.australianparadox.com/pdf/Go8Chair-academicfreedom.pdf

THE UNIVERSITY OF SYDNEY

Annual Report 2015

	2015 $M	2014 $M	Change $M	Change %
Teaching and learning operating grants	304.4	299.5	4.9	1.6
Capital funding	1.3	6.9	(5.6)	(81.4)
Federal government operating and capital grants	**305.7**	**306.4**	**(0.7)**	**(0.2)**
Research block grant funding	150.9	150.4	0.5	0.3
Other federal agencies - research	157.2	160.6	(3.4)	(2.1)
Australian Research Council	64.1	73.0	(8.9)	(12.2)
Scholarships	30.3	29.1	1.2	4.0
Federal research funding	**402.5**	**413.2**	**(10.7)**	**(2.6)**
Total federal funding	**708.2**	**719.6**	**(11.4)**	**(1.6)**

p. 51 of 136 http://sydney.edu.au/dam/corporate/documents/about-us/values-and-visions/University-of-Sydney-2015-Annual-Report.pdf

While soliciting billions of dollars from hapless taxpayers and politicians, the University of Sydney and its Group of Eight partners promised to pursue "excellence" in research; yet post-funding, they actively support blatantly false, harmful research "findings"!

The Group of Eight: *Research intensive universities promote **excellence in research**...**integrity is the requirement, excellence the standard**...the application of **rigorous standards of academic excellence**...**placing a higher reliance on evidence than on authority**...the **excellence**, breadth and volume of their research...help position the standards and **benchmarks for research quality**...research intensive universities are **crucial national assets**...*[they have] *the right and responsibility to publish their results and participate in national debates...provide information that supports community well-being...they are **citadels of ability and excellence**... **Excellence attracts excellence**...The reputation of these universities **reflects substance, not public relations**...the research intensive universities are **critical**. The way in which they operate ensures the **highest possible standards of performance** across a broad range of disciplines and helps set **national standards of excellence**.* https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf

What do you think? After five years, does the *Australian Paradox* scandal involve serious research misconduct?

BREACHES OF THE CODE AND RESEARCH MISCONDUCT

In addressing the process for responding to allegations, it is useful to distinguish between minor issues that can clearly be remedied within the institution and more serious matters where the involvement of people who are independent of the institution is desirable. The boundary between minor and serious issues is not sharp, and those determining a particular case will find it helpful to consider the penalties that might be applied by the employing institution if the allegations are true, the steps needed to ensure procedural fairness to all concerned, the extent to which there are consequences outside the institution, and the standing of the research community in the eyes of the general public.

Here, the term *breach* is used for less serious deviations from this Code that are appropriately remedied within the institution. The term *research misconduct* is used for more serious or deliberate deviations.

Research misconduct

A complaint or allegation relates to research misconduct if it involves all of the following:

- an alleged breach of this Code
- intent and deliberation, recklessness or gross and persistent negligence
- serious consequences, such as false information on the public record, or adverse effects on research participants, animals or the environment.

p. 10.1 https://www.nhmrc.gov.au/_files_nhmrc/file/research/research-integrity/r39_australian_code_responsible_conduct_research_150811.pdf

PART 8: The tragedy of modern nutrition "science" and official dietary advice is that the *Australian Paradox* case-study is merely the tip of an enormous iceberg of incompetence and worse that has resulted in widespread misery, harm and early death for millions of everyday people across the globe. "Scientists" and GPs know less about fixing type 2 diabetes today than was known a century ago!

The tragedy of modern nutrition "science" and advice: The *Australian Paradox* is just the tip of an enormous iceberg of incompetence and worse that has resulted in "scientists" and GPs knowing less about fixing type 2 diabetes today than was known a century ago

THE PRINCIPLES AND PRACTICE OF MEDICINE

DESIGNED FOR THE USE OF PRACTITIONERS AND STUDENTS OF MEDICINE

BY

THE LATE SIR WILLIAM OSLER, BT., M.D., F.R.S.

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NINTH THOROUGHLY REVISED EDITION

NEW YORK AND LONDON

D. APPLETON AND COMPANY

1923

http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

Type 2 II. DIABETES MELLITUS ~90% of all diabetes

Definition.—A disease of metabolism in general with especial disturbance of carbohydrate metabolism in which the normal utilization of carbohydrate is impaired with an increase in the sugar content of the blood and consequent

glycosuria. There is a tendency to subsequent disturbance of the fat metabolism with resulting acidosis (Ketosis).

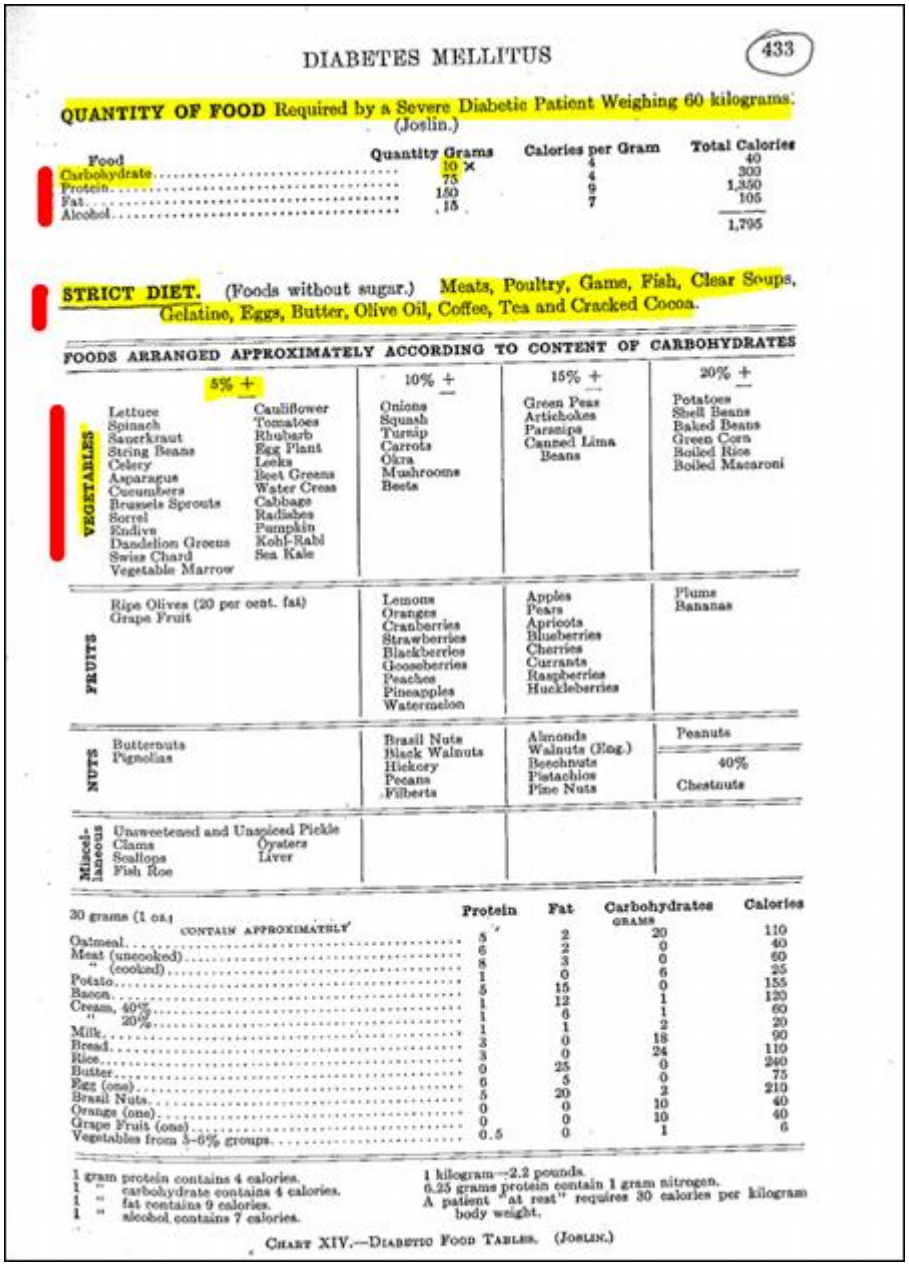
History.—The disease was known to Celsus. Aretæus first used the term diabetes, calling it a wonderful affection "melting down the flesh and limbs into urine." He suggested that the disease got its name from the Greek word signifying a syphon. Willis in the seventeenth century gave a good description and recognized the sweetness of the urine "as if there has been sugar and honey in it." Dobson in 1776 demonstrated the presence of sugar, and Rollo in 1797 wrote an admirable account and recommended the use of a meat diet. The modern study of the disease dates from Claude Bernard's demonstration of the glycogenic function of the liver in 1857.

The following are the conditions which influence the appearance of sugar in the urine:

(*a*) EXCESS OF CARBOHYDRATE INTAKE.—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The hyperglycæmia is immediately manifested by the appearance of sugar in the urine. The healthy person has a definite limit of carbohydrate assimilation; the total storage capacity for glycogen is estimated at about 300 gms. Following the ingestion of enormous amounts of carbohydrates the liver and the muscles may not be equal to the task of storing it; the blood content of sugar passes beyond the normal limit and the renal cells immediately begin to get rid of the surplus. Like the balance at the Mint, which is sensitive to the correct weight of the gold coins passing over it, they only react at a certain point of saturation. Fortunately excessive quantities of pure sugar itself are not taken. The carbohydrates are chiefly in the form of starch, the digestion and absorption of which take place slowly, so that this so-called alimentary glycosuria very rarely occurs, though enormous quantities may be taken. The assimilation limit of a normal fasting individual for sugar itself is about 250 gms. of grape sugar, and considerably less of cane and milk sugar. Clinically one meets with many cases in which glycosuria is present as a result of excessive ingestion of carbohydrates, par-

ticularly in stout persons and heavy feeders—so-called lipogenic diabetes—a form very readily controlled.

Given the proven low-carb diet cure for type 2 diabetes below, is it a problem that careerists who drafted Canberra's *National Diabetes Strategy* (suppressing the diet cure) tend to be heavily involved with "Big Pharma" (which benefits from suppression)?



DIABETES MELLITUS 433

QUANTITY OF FOOD Required by a Severe Diabetic Patient Weighing 60 kilograms. (Joslin.)

Food	Quantity Grams	Calories per Gram	Total Calories
Carbohydrate	10 ×	4	40
Protein	75	4	300
Fat	150	9	1,350
Alcohol	15	7	105
			1,795

STRICT DIET. (Foods without sugar.) Meats, Poultry, Game, Fish, Clear Soups, Gelatine, Eggs, Butter, Olive Oil, Coffee, Tea and Cracked Cocoa.

FOODS ARRANGED APPROXIMATELY according to content of carbohydrates

	5% +	10% +	15% +	20% +
Vegetables	Lettuce, Spinach, Sauerkraut, String Beans, Celery, Asparagus, Cucumbers, Brussels Sprouts, Sorrel, Endive, Dandelion Greens, Swiss Chard, Vegetable Marrow, Cauliflower, Tomatoes, Rhubarb, Egg Plant, Leeks, Beet Greens, Water Cress, Cabbage, Radishes, Pumpkin, Kohl-Rabi, Sea Kale	Onions, Squash, Turnip, Carrots, Okra, Mushrooms, Beets	Green Peas, Artichokes, Parsnips, Canned Lima Beans	Potatoes, Shell Beans, Baked Beans, Green Corn, Boiled Rice, Boiled Macaroni
Fruits	Ripe Olives (20 per cent. fat), Grape Fruit	Lemons, Oranges, Cranberries, Strawberries, Blackberries, Gooseberries, Peaches, Pineapples, Watermelon	Apples, Pears, Apricots, Blueberries, Cherries, Currants, Raspberries, Huckleberries	Plums, Bananas
Nuts	Butternuts, Pignolias	Brasil Nuts, Black Walnuts, Hickory, Pecans, Filberts	Almonds, Walnuts (Eng.), Beechnuts, Pistachios, Pine Nuts	Peanuts (40%), Chestnuts
Miscellaneous	Unsweetened and Unspiced Pickle, Clams, Scallops, Fish Roe, Oysters, Liver			

30 grams (1 oz.) contain approximately	Protein	Fat	Carbohydrates (grams)	Calories
Oatmeal	5	2	20	110
Meat (uncooked)	6	2	0	40
" (cooked)	8	3	0	60
Potato	1	0	6	25
Bacon	5	15	0	155
Cream, 40%	1	12	1	120
" 20%	1	6	1	60
Milk	1	1	2	20
Bread	3	0	18	90
Rice	3	0	24	110
Butter	0	25	0	240
Egg (one)	6	5	0	75
Brasil Nuts	5	20	2	210
Orange (one)	0	0	10	40
Grape Fruit (one)	0	0	10	40
Vegetables from 5–6% groups	0.5	0	1	6

1 gram protein contains 4 calories.
1 " carbohydrate contains 4 calories.
1 " fat contains 9 calories.
1 " alcohol contains 7 calories.

1 kilogram = 2.2 pounds.
0.25 grams protein contain 1 gram nitrogen.
A patient "at rest" requires 30 calories per kilogram body weight.

Chart XIV.—Diabetic Food Tables. (Joslin.)

http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf

Appendix 2

Diabetes Mellitus Case for Action - Declarations of Interests

The declarations of interests of Steering Group members, authors and contributors to this Case for Action are listed below.

Name and Role(s)	Interest(s) declared
Prof Stephen Colagiuri • Steering Group member • Author	**Board membership** • Astra Zenica/BMS National Advisory Board; MSD National Advisory Board; Novo Nordisk International and National Advisory Board; Sanofi National Advisory Board; Servier International Advisory Board; Takeda National Advisory Board. **Consultancy fees/honorarium; support for travel/accommodation; meals/beverages** • Speaker engagements - honoraria, travel expenses, accommodation and meals received from: Astra Zenica/BMS; MSD; Novo Nordisk; Sanofi; Servier; Takeda. **Grants** • Chief Investigator, NHMRC Program Grant 2013-2017 • Chief Investigator, NHMRC Project grant • Chief Investigator, NHMRC EU FP7 Health project.
Prof Stephen Twigg • Steering Group member • Contributor	**Consultancy fees/honorarium** I am on/have been on the following Advisory Boards: • 2014-present Sanofi-Aventis International Advisory Board (Insulin glargine U300) • 2014-present Abbott Scientific Advisory Board (flash glucose monitoring) • 2014 Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Empagliflozin) • 2014 Janssen-Cilag Advisory Board (Canagliflozin) • 2013-Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Linagliptin) • 2011-2013 AstraZeneca Advisory Board (Onglyza/Dapagliflozin) • 2011-2012 Elixir Advisory Board (BMS and Astra Zeneca) • 2010-2013 Novo Nordisk Advisory Board (Victoza) • 2008-2013 Merck Sharpe & Dohme: Januvia (Sitagliptin) • 2009-2013 Novartis: Galvus (Vildagliptin) • 2010 SanofiAventis (Lixisenatide).
Prof Sophia Zoungas • Steering Group member	**Board Membership** • AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; AbbVie. **Consultancy fees/honorarium** • AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; GlaxoSmithKline Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novartis Pharmaceuticals Australia Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; Servier Laboratories (Australia) Pty Ltd; MediMark Australia Education; Elixir Healthcare Education.
Prof Timothy Davis • Steering Group member	**Consultancy fees/honorarium** *Speaker fees* • Abbott; Eli Lilly *Speaker fees and advisory board membership* • Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi Aventis *Advisory board membership* • Janssen **Grants** • Research funding: Eli Lilly; Merck Sharp and Dohme; NovoNordisk; Sanofi-aventis Holds NHMRC grants and intends applying for others during the period of steering group membership. **Support for travel/accommodation; meals/beverages** • Provided as part of attendance at Advisory Board/Scientific meetings from: Abbott; Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Janssen; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi aventis
Prof Andrew Palmer • Contributor	**Financial interests** • Received honoraria and consulting fees from Novo Nordisk, Sanofi Aventis, Johnson and Johnson, Janssen, Amylin, Eli Lilly, Bristol Myer Squibb.

pp.27-34

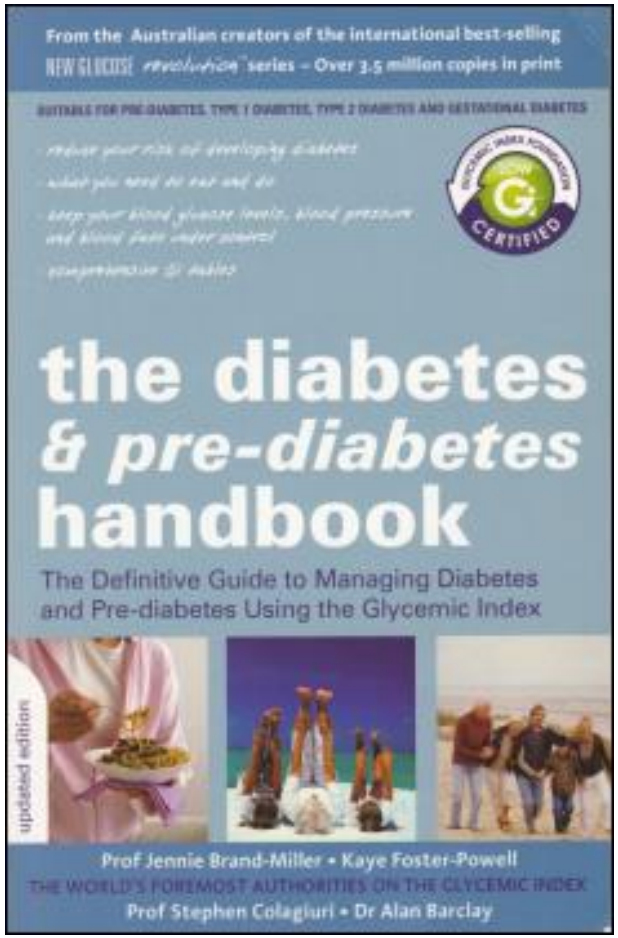
https://www.nhmrc.gov.au/_files_nhmrc/file/research/research_translation_faculty/rtf_cfa_diabetes_nhmrc_150320.pdf

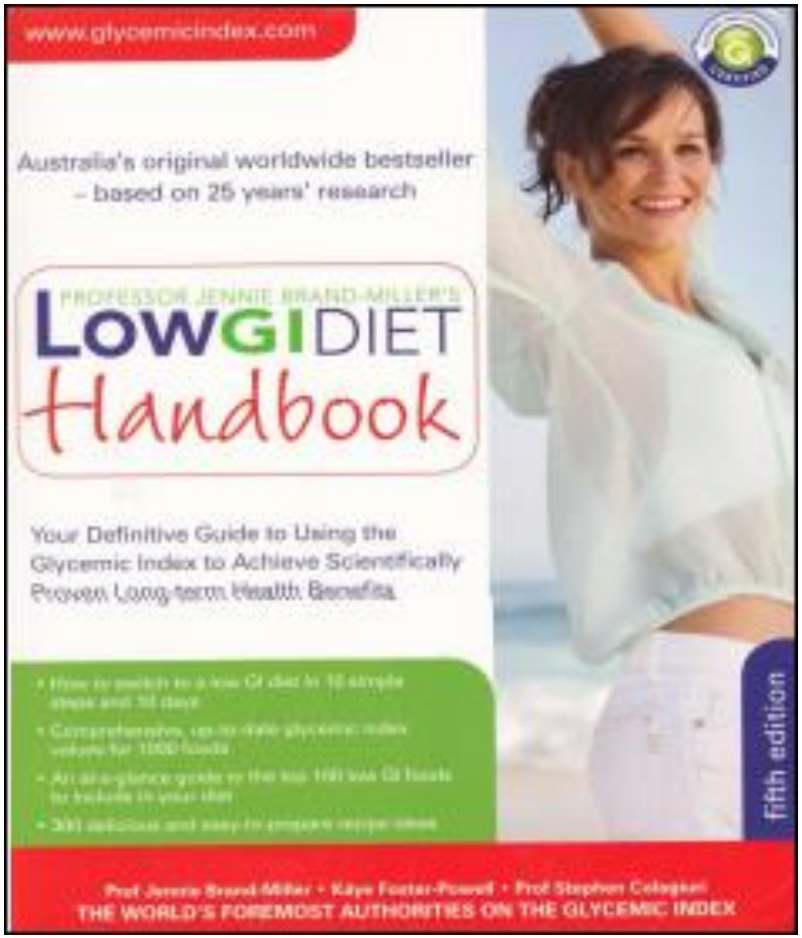
Is it a problem that main author of Canberra's *National Diabetes Strategy: 2016-2020* - Low-GI Professor Stephen Colagiuri - and the Charles Perkins Centre's *Australian Paradox* authors have falsely exonerated modern doses of sugar as a cause of type 2 diabetes?

Common questions

Does sugar cause diabetes?

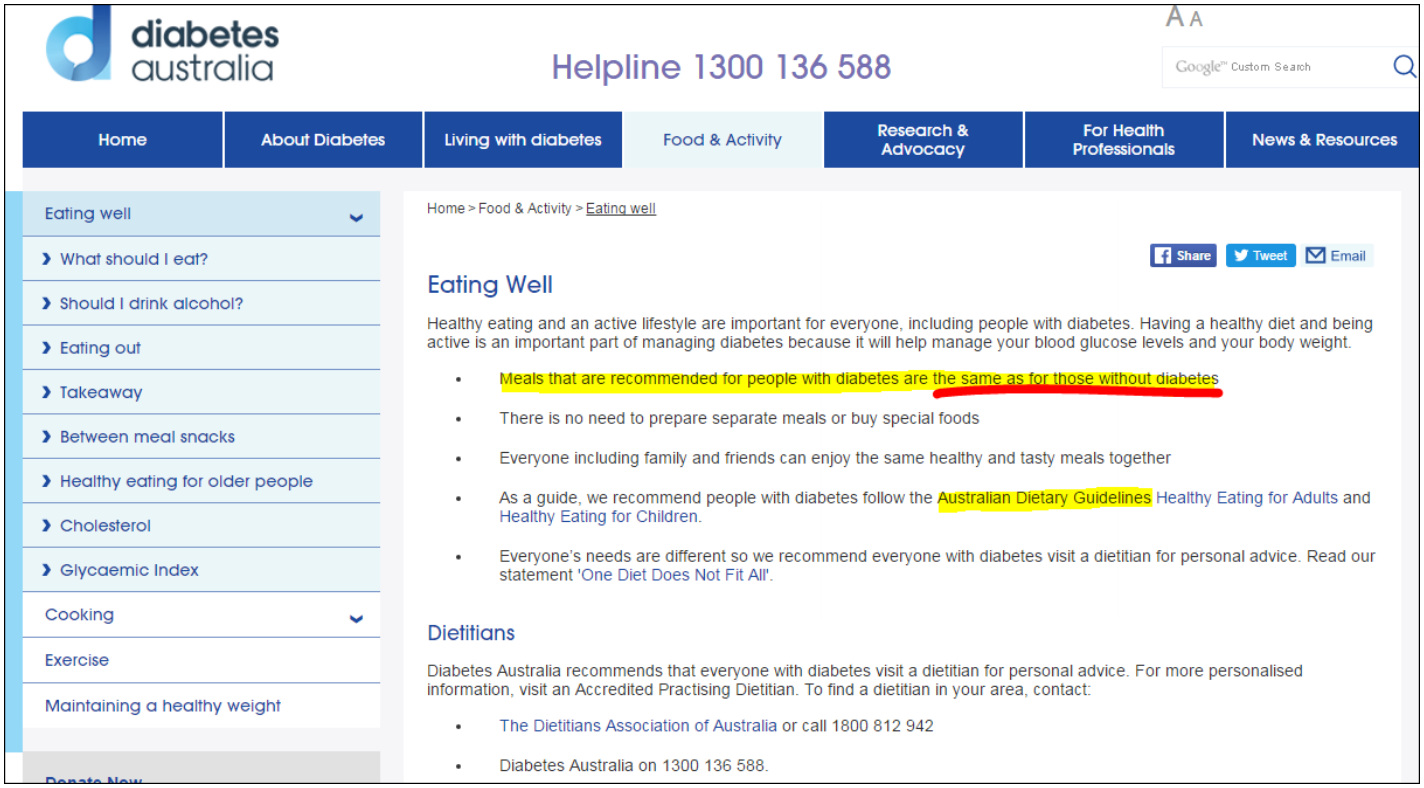
No. There is absolute consensus that sugar in food does not cause diabetes.





See https://www.nhmrc.gov.au/_files_nhmrc/file/research/research_translation_faculty/rtf_cfa_diabetes_nhmrc_150320.pdf**, which morphed into** http://www.health.gov.au/internet/main/publishing.nsf/content/3AF935DA210DA043CA257EFB000D0C03/$File/Australian%20National%20Diabetes%20Strategy%202016-2020.pdf ; http://www.australianparadox.com/pdf/diabetes.pdf

It's a national scandal that Diabetes Australia and the Dietitians Association of Australia are harming Australians by recklessly ignoring what has been known for a century: Type 2 diabetes is caused mainly by excess consumption of added sugar and other carbohydrates



diabetes australia

Helpline 1300 136 588

Home | About Diabetes | Living with diabetes | Food & Activity | Research & Advocacy | For Health Professionals | News & Resources

- Eating well
  - What should I eat?
  - Should I drink alcohol?
  - Eating out
  - Takeaway
  - Between meal snacks
  - Healthy eating for older people
  - Cholesterol
  - Glycaemic Index
- Cooking
- Exercise
- Maintaining a healthy weight

Home > Food & Activity > Eating well

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Eating Well

Healthy eating and an active lifestyle are important for everyone, including people with diabetes. Having a healthy diet and being active is an important part of managing diabetes because it will help manage your blood glucose levels and your body weight.

- Meals that are recommended for people with diabetes are the same as for those without diabetes
- There is no need to prepare separate meals or buy special foods
- Everyone including family and friends can enjoy the same healthy and tasty meals together
- As a guide, we recommend people with diabetes follow the Australian Dietary Guidelines Healthy Eating for Adults and Healthy Eating for Children.
- Everyone's needs are different so we recommend everyone with diabetes visit a dietitian for personal advice. Read our statement 'One Diet Does Not Fit All'.

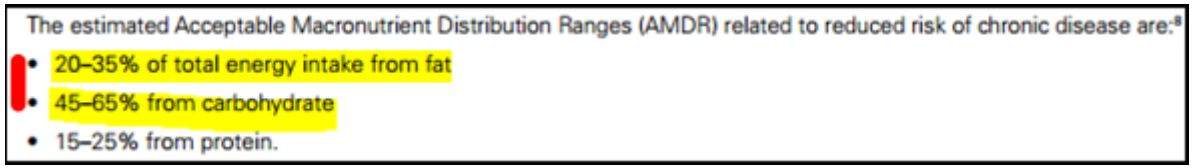
Dietitians

Diabetes Australia recommends that everyone with diabetes visit a dietitian for personal advice. For more personalised information, visit an Accredited Practising Dietitian. To find a dietitian in your area, contact:

- The Dietitians Association of Australia or call 1800 812 942
- Diabetes Australia on 1300 136 588.

https://www.diabetesaustralia.com.au/eating-well ;

So too, NHMRC's *Australian Dietary Guidelines* recklessly advise 45-65% carbohydrates, promoting obesity and Type 2 diabetes



The estimated Acceptable Macronutrient Distribution Ranges (AMDR) related to reduced risk of chronic disease are:[8]

- 20–35% of total energy intake from fat
- 45–65% from carbohydrate
- 15–25% from protein.

p. 16 https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf ;

Randomised-controlled trials: http://www.australianparadox.com/pdf/obesitysummit.pdf

See Dr Jason Fung, at minutes 14:00 & 37:00 https://www.youtube.com/watch?v=FcLoaVNQ3rc

Misguided careerists waste lives and $millions targeting reduced fat & saturated fat not sugar & carbohydrates in anti-diabetes efforts

STUDY PROTOCOL | OPEN ACCESS | OPEN PEER REVIEW

The Sydney Diabetes Prevention Program: A community-based translational study

Stephen Colagiuri, Philip Vita, Magnolia Cardona-Morrell, Maria Fiatarone Singh, Louise Farrell, Andrew Milat, Marion Haas and Adrian Bauman

BMC Public Health 2010 10:328 | DOI: 10.1186/1471-2458-10-328 | © Colagiuri et al; licensee BioMed Central Ltd. 2010
Received: 13 April 2010 | Accepted: 10 June 2010 | Published: 10 June 2010

Open Peer Review reports

Abstract

Background

Type 2 diabetes is a major public health problem in Australia with prevalence increasing in parallel with increasing obesity. Prevention is an essential component of strategies to reduce the diabetes burden. There is strong and consistent evidence from randomised controlled trials that type 2 diabetes can be prevented or delayed through lifestyle modification which improves diet, increases physical activity and achieves weight loss in at risk people. The current challenge is to translate this evidence into routine community settings, determine feasible and effective ways of delivering the intervention and providing on-going support to sustain successful behavioural changes.

Methods/Design

The Sydney Diabetes Prevention Program (SDPP) is a translational study which will be conducted in 1,550 participants aged 50-65 years (including 100 indigenous people aged 18 years and older) at high risk of future development of diabetes. Participants will be identified through a screening and recruitment program delivered through primary care and will be offered a community-based lifestyle modification intervention. The intervention comprises an initial individual session and three group sessions based on behaviour change principles and focuses on five goals: 5% weight loss, 210 min/week physical activity (aerobic and strength training exercise), limit dietary fat and saturated fat to less than 30% and 10% of energy intake respectively, and at least 15 g/1000 kcal dietary fibre. This is followed by 3-monthly contact with participants to review progress and offer ongoing lifestyle advice for 12 months. The effectiveness and costs of the program on diabetes-related risk factors will be evaluated. Main outcomes include changes in weight, physical activity, and dietary changes (fat, saturated fat and fibre intake). Secondary outcomes include changes in waist circumference, fasting plasma glucose, blood pressure, lipids, quality of life, psychological well being, medication use and health service utilization.

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-10-328

Table 2 – AUSDRISK, age, risk factors and behaviours at baseline and changes at 12 month follow-up in those who completed the SDPP.

	n	Baseline mean (SD)	Change from baseline to 12 month follow-up (SD)	p Value
AUSDRISK score	850	18.7 (3.3)	n/a	[a]n/a
Age (years)	850	58.3 (4.4)	n/a	[a]n/a
Weight (kg) ●	829	88.9 (17.5) ●	−2.00 (4.3) ●	<0.02
BMI (kg/m^2)	829	32.1 (5.7)	−0.7 (1.6)	<0.01
WC (cm)	824	106.2 (12.7)	−2.6 (4.7)	<0.0001
Fasting plasma glucose (mmol/L) ●	628	5.3 (0.6) ●	−0.02 (0.6) ●	0.50 ●
Total cholesterol (mmol/L)	750	5.3 (1.0)	−0.2 (0.8)	<0.0001
LDL cholesterol (mmol/L)	666	3.2 (0.9)	−0.1 (0.8)	<0.01
HDL cholesterol (mmol/L)	678	1.4 (0.4)	0.01 (0.3)	0.54
Triglycerides (mmol/L) ●	744	1.6 (1.0) ●	−0.1 (0.9) ●	<0.01
PASE score	738	125.4 (70.1)	15.7 (78.7)	<0.0001
Physical activity (minutes of MVPA + PRT per week)	738	67.1 (155.5)	17.0 (160.8)	<0.05
Walking only (min per week)	738	202 (273.8)	−0.5 (338.7)	0.97
PRT only (min per week)	738	15.4 (51.8)	17.6 (66.0)	<0.0001
kJ saturated fat/total kJ	681	12.3 (3.4)	−1.7 (3.6)	<0.0001
kJ total fat/total kJ	681	33.2 (6.1)	−2.9 (7.3)	<0.0001
Grams of fibre/1000 kcal	681	12.3 (4.0)	1.9 (4.0)	<0.0001
Total energy (kJ/day)	681	8090.4 (2085.6)	−1127.4 (1998.6)	<0.0001
General health (% rating health as very good or excellent)	726	34.2	8.2	<0.01

[a] n/a = not applicable. AUSDRISK was only measured at baseline.

< Previous Article | February 2016 Volume 112, Pages 13–19 | Next Article >

Type 2 diabetes prevention in the community: 12-Month outcomes from the Sydney Diabetes Prevention Program

Philip Vita, Magnolia Cardona-Morrell, Adrian Bauman, Maria Fiatarone Singh, Michael Moore, Rene Pennock, Jill Snow, Mandy Williams, Lilian Jackson, Andrew Milat, Stephen Colagiuri

DOI: http://dx.doi.org/10.1016/j.diabres.2015.11.010 | CrossMark

Article Info

Abstract | Full Text | Images | References

Abstract

Aims/hypothesis

The Sydney Diabetes Prevention Program (SDPP) was a community-based type 2 diabetes prevention translational research study with screening and recruitment in the primary health care setting. We aimed to investigate the program's effectiveness in reducing risk factors for diabetes as well as the program's reach, adoption and implementation.

Methods

1238 participants aged 50–65 years at high-risk of developing type 2 diabetes were recruited by primary care physicians in the greater Sydney region. The intervention, delivered by trained allied health professionals, included an initial consultation, three group sessions/individual sessions, three follow-up phone calls, and a final review at 12 months. Biomarkers and behavioural goals were compared between baseline and 12 months.

Results

At baseline, the mean age of those who entered the program was 58.8 ± 4.4 years, 63% female, and the mean body mass index was 31.6 ± 5.2 kg/m^2. There was a significant weight reduction of 2 ± 4.3 kg ($p < 0.02$) in the 850 participants who completed the 12-month follow-up accompanied by improvements in diet (total fat, saturated fat, and fibre intake) and physical activity. There were also significant reductions in waist circumference 2.6 ± 4.7 cm ($p < 0.001$) and total cholesterol −0.2 ± 0.8 mmol/L ($p < 0.001$) but not blood glucose. The diabetes risk reduction was estimated to be 30%, consistent with similar trials.

Conclusions/interpretation

This study demonstrates that a community-based lifestyle modification program is effective in reducing important risk factors for diabetes in individuals at high-risk of developing type 2 diabetes.

http://www.diabetesresearchclinicalpractice.com/article/S0168-8227(15)00470-2/abstract

Latest low-carb, high-fat (LCHF) interventions reducing sugar & carbohydrates show great success in reducing obesity, diabetes & CVD

HEALTHCARE DELIVERY

A successful lifestyle intervention model replicated in diverse clinical settings

S Mark,[1] MSc, PhD; S du Toit,[2] MD; T D Noakes,[3] MD, DSc; K Nordli,[2] D Coetzee,[4] MD; M Makin,[4] MD; S van der Spuy,[4] MD; J Frey,[4] MD; J Wortman,[5] MD

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[4] Omineca Medical Clinic, Vanderhoof, British Columbia, Canada
[5] Department of Family Practice, Faculty of Medicine, University of British Columbia, Vancouver, Canada

Corresponding author: S Mark (sean@approachanalytics.com)

Lifestyle interventions (LIs) can treat metabolic syndrome and prevent type 2 diabetes mellitus, but they remain underutilised in routine practice. In 2010, an LI model was created in a rural primary care practice and spread with few resources to four other rural practices. A retrospective chart review evaluated changes in health indicators in two practice environments by following 372 participants, mainly women (mean age 52 years). Participants had a mean body mass index of 37 kg/m² at baseline and lost an average of 12% of their initial body weight as a result of the intervention. Among participants at the first intervention site for whom cardiometabolic data were available, the prevalence of metabolic syndrome decreased from 58% at baseline to 19% at follow-up. Taken as a whole, our experience suggests that LIs are feasible and deliver meaningful results in routine primary care practice.

S Afr Med J 2016;106(8):763-766. DOI:10.7196/SAMJ.2016.v106i8.10136

populations.[3] Foods consumed on the maintenance diet included beef, poultry, fish, eggs, oils, moderate amounts of hard cheeses, and small amounts of nuts, nut butters, seeds and berries.

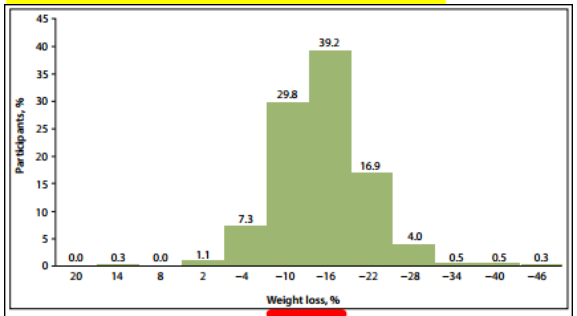


Fig. 1. Weight loss (%) among participants in LIs in two primary care practices in rural British Columbia, Canada (N=372).

Table 1. Characteristics at baseline and follow-up of participants at S1 in a service contract primary care practice in rural BC, Canada (*N*=139)

Characteristic	Baseline	Follow-up	Change	*p*-value
Age (years), mean (SD)	52.4 (13.1)	-	-	-
Sex, % female	80.4	-	-	-
Height (m), mean (SD)	1.7 (0.1)	-	-	-
Weight (kg), mean (SD)	97.2 (22.6)	84.2 (20.6)	−12.8 (8.9)	<0.0001
BMI (kg/m²), mean (SD)	35.4 (7.0)	30.7 (6.4)	−4.7 (3.2)	<0.0001
% with elevated waist circumference	90.7	66.2	−24.5	<0.0001
% with metabolic syndrome	57.6	19.4	−38.2	<0.0001
% with PHQ-9 score ≥10	23.7	7.9	−15.8	<0.0001
PHQ-9 score (*n*=111), mean (SD)	7.0 (5.2)	3.4 (4.6)	−3.6 (4.6)	<0.0001
Blood pressure (mmHg, *n*=119), mean (SD)	136.6/85.4	122.5/77.0	−14.1/8.4	<0.0001
HDL-C (mmol/L, *n*=119), mean (SD)	1.34 (0.35)	1.42 (0.35)	0.08 (0.27)	0.0019
LDL-C (mmol/L), mean (SD)	3.31 (1.04)	2.90 (0.88)	−0.41 (0.97)	<0.0001
Triglyceride concentration (mmol/L), mean (SD)	1.63 (0.80)	1.08 (0.59)	−0.56 (0.64)	<0.0001
Triglyceride/HDL-C ratio, mean (SD)	1.36 (0.91)	0.84 (0.73)	−0.52 (0.77)	<0.0001
Fasting blood glucose concentration (mmol/L, *n*=111), mean (SD)	5.91 (1.74)	5.32 (1.17)	−0.59 (1.47)	<0.0001
HbA1c concentration (%, *n*=18), mean (SD)	7.47 (1.64)	6.95 (1.09)	−0.52 (1.91)	0.089

HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol.

http://www.samj.org.za/index.php/samj/article/view/10136/7528

Improvement in Atherogenic Dyslipidemia at 70 Days Following a Reduced Carbohydrate Intervention for Treatment of Type 2 Diabetes

Sarah Hallberg, DO, MS, Amy McKenzie, PhD, Brent Creighton, PhD, Brittanie Volk, RD, PhD, Theresa Link, RD, Marcy Abner, RD, Roberta Glon, RN, Deklin Veenhuizen, James McCarter, MD, PhD, Jeff Volek, RD, PhD, Stephen Phinney, MD, PhD

Jump to Section ▾ Go

Study Funding

This study was funded by Virta Health Incorporated and has a financial relationship with its authors.

Jump to Section ▾ Go

Background/Synopsis

This initial report of a novel multi-disciplinary lifestyle intervention in adults with type-2 diabetes (T2D) demonstrates improved atherogenic dyslipidemia and improved glycemic control as indicated by HbA1c reduction despite markedly less medication use. Whereas intensive management of T2D by optimizing medication usually results in weight gain, this lifestyle intervention was associated with significant weight loss.

Jump to Section ▾ Go

Objective/Purpose

Atherogenic dyslipidemia (high circulating triglycerides, low HDL-C, and increased small LDL particles) is an important marker of increased cardiovascular disease risk in T2D. We have previously demonstrated marked improvement in atherogenic dyslipidemia in response to a very low-carbohydrate diet in subjects with metabolic syndrome, but reports of blood lipid responses to this intervention in type-2 diabetics are limited.

Jump to Section ▾ Go

Methods

We are performing a prospective study of over 200 subjects with T2D who chose to enroll in a lifestyle intervention involving initial carbohydrate restriction ≤ 30 grams/day. Here we describe initial blood lipid changes at 70 days versus baseline for the first 72 T2D subjects enrolled. Nutritional counseling and biofeedback were provided via an online mobile app that allowed tracking of weight, glucose and nutritional ketosis; diabetes medications were adjusted as necessary. Statin medications, if prescribed prior to enrollment, were not changed during the study period.

Jump to Section ▾ Go

Results

At baseline, mean (+/-SEM) age was 54+/-1 y, BMI was 41+/-1 kg·m-2 and 53 of 72 subjects were women. All subjects met diagnostic criteria for T2D and most were on multiple medications for T2D and hypertension. After 70 days, weight declined from 117.4+/-2.7 kg to 109.7+/-2.7 kg (p<0.0001), HbA1c was reduced from 7.4+/-0.2% to 6.5+/-0.1% (p<0.0001), and diabetes medications were halted or reduced in 63% of participants. Triglycerides were reduced from 191+/-19 mg/dL to 144+/-8 mg/dL (p=0.005) while HDL was unchanged (44+/-2 to 45+/-2 mg/dL), as was calculated LDL (98+/-4 to 102+/-5 mg/dL). The triglyceride/HDL ratio improved from 4.3 to 3.2. LDL heterogeneity was further examined by NMR LipoProfile revealing a reduction in small LDL particles from 764+/-45 nmol/L at baseline to 702+/-41 nmol/L at 70 days (p=0.02) while total LDL particle was unchanged (1291+/-58 to 1265+/-54 nmol/L).

Jump to Section ▾ Go

Conclusions

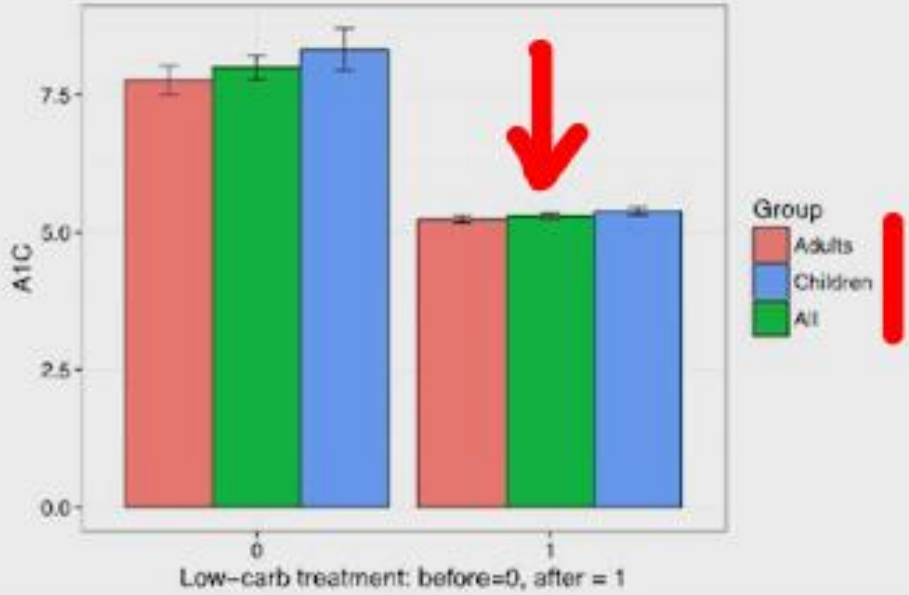
These initial data from an ongoing study indicate that a well-formulated low carbohydrate lifestyle intervention can improve type-2 diabetes control and atherogenic dyslipidemia concurrent with substantial weight loss in a community clinic setting.

http://www.lipidjournal.com/article/S1933-2874(16)30067-8/pdf

And not just Type 2 diabetes: LCHF intervention shows profound success in neutralising Type 1 diabetes in adults and children!

RESULTS: A1C REDUCTION

Hb A1c mean(SD)	n	Start	Recent	T-statistic	P-Value
Adults	51	7.75 (1.91)	5.23 (0.48)	9.7	<1e-4
Children	41	8.31 (2.40)	5.37 (0.41)	7.7	<1e-4
All	93	7.99 (2.14)	5.29 (0.46)	12	<1e-4

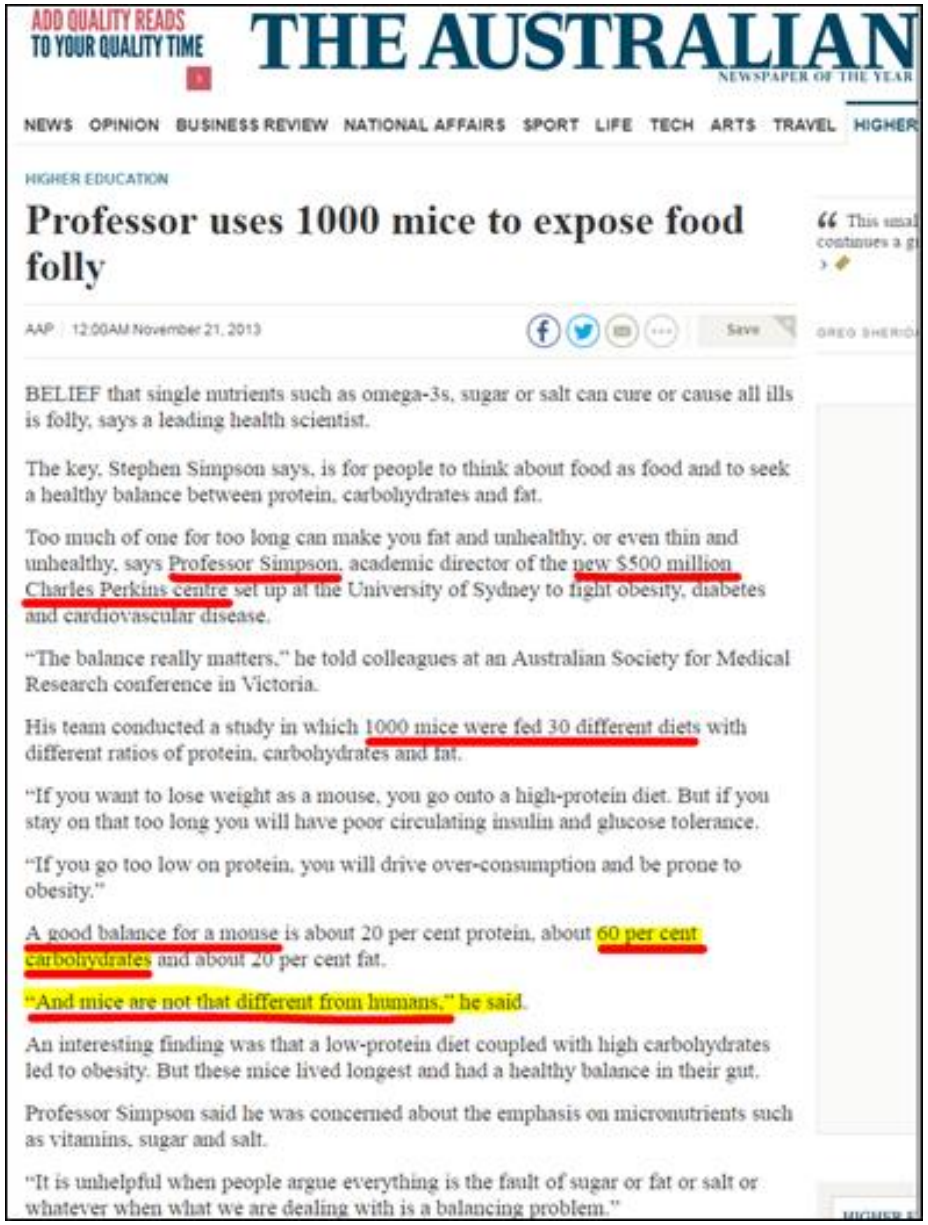


Slide via David Dikeman, a devoted parent of a child with Type 1 diabetes.
I met him at a San Diego health conference in 2016. Here he is discussing the results:

Minute 35:00 https://www.dietdoctor.com/member/presentations/dikeman

Also, please try Dr Troy Stapleton discussing how he manages his Type 1 diabetes using a LCHF diet https://www.youtube.com/watch?v=hxs63lOOH0U

Charlie Perkins' mobs dying young via type 2 diabetes on misguided mouse diet (~60% sugar&carbs) advised by Charles Perkins Centre



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THE AUSTRALIAN

NEWSPAPER OF THE YEAR

NEWS OPINION BUSINESS REVIEW NATIONAL AFFAIRS SPORT LIFE TECH ARTS TRAVEL HIGHER

HIGHER EDUCATION

Professor uses 1000 mice to expose food folly

AAP | 12:00AM November 21, 2013

BELIEF that single nutrients such as omega-3s, sugar or salt can cure or cause all ills is folly, says a leading health scientist.

The key, Stephen Simpson says, is for people to think about food as food and to seek a healthy balance between protein, carbohydrates and fat.

Too much of one for too long can make you fat and unhealthy, or even thin and unhealthy, says Professor Simpson, academic director of the new $500 million Charles Perkins centre set up at the University of Sydney to fight obesity, diabetes and cardiovascular disease.

"The balance really matters," he told colleagues at an Australian Society for Medical Research conference in Victoria.

His team conducted a study in which 1000 mice were fed 30 different diets with different ratios of protein, carbohydrates and fat.

"If you want to lose weight as a mouse, you go onto a high-protein diet. But if you stay on that too long you will have poor circulating insulin and glucose tolerance.

"If you go too low on protein, you will drive over-consumption and be prone to obesity."

A good balance for a mouse is about 20 per cent protein, about 60 per cent carbohydrates and about 20 per cent fat.

"And mice are not that different from humans," he said.

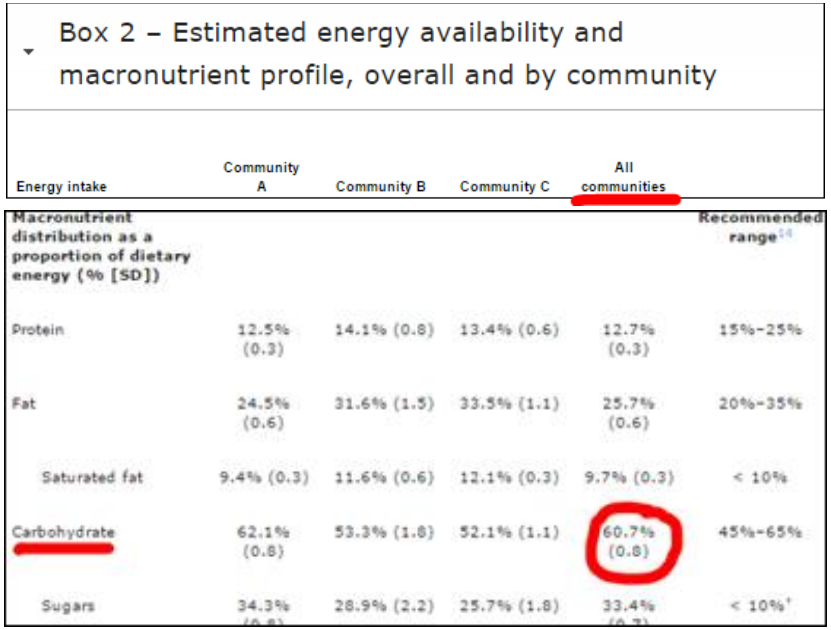
An interesting finding was that a low-protein diet coupled with high carbohydrates led to obesity. But these mice lived longest and had a healthy balance in their gut.

Professor Simpson said he was concerned about the emphasis on micronutrients such as vitamins, sugar and salt.

"It is unhelpful when people argue everything is the fault of sugar or fat or salt or whatever when what we are dealing with is a balancing problem."

http://www.theaustralian.com.au/higher-education/mice-expose-food-folly/news-story/66ca62c2aba4f641b2ba3a318d63094a

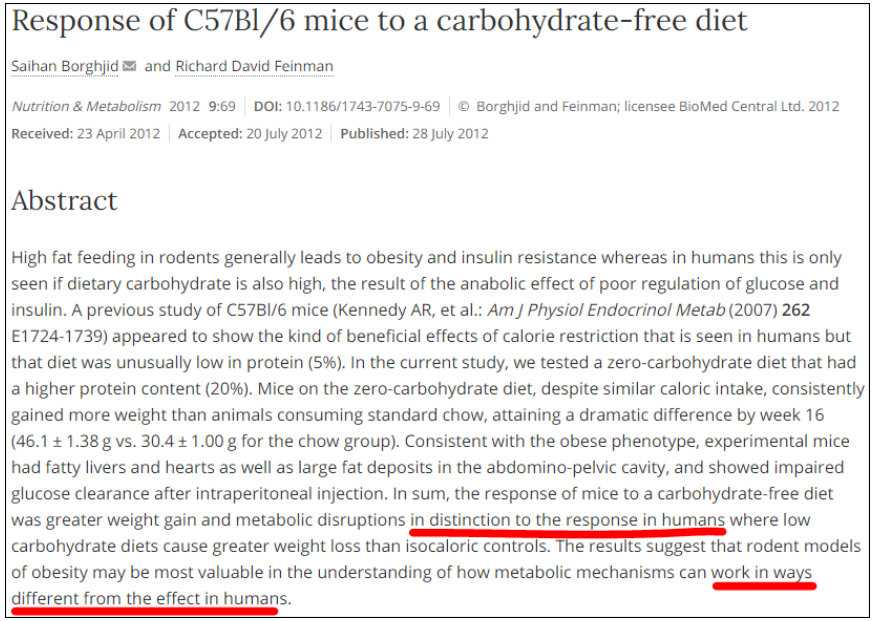
See comment by RR at http://www.cell.com/cell-metabolism/comments/S1550-4131(14)00065-5



Box 2 – Estimated energy availability and macronutrient profile, overall and by community

Energy intake	Community A	Community B	Community C	All communities	
Macronutrient distribution as a proportion of dietary energy (% [SD])					Recommended range[14]
Protein	12.5% (0.3)	14.1% (0.8)	13.4% (0.6)	12.7% (0.3)	15%–25%
Fat	24.5% (0.6)	31.6% (1.5)	33.5% (1.1)	25.7% (0.6)	20%–35%
Saturated fat	9.4% (0.3)	11.6% (0.6)	12.1% (0.3)	9.7% (0.3)	< 10%
Carbohydrate	62.1% (0.8)	53.3% (1.8)	52.1% (1.1)	60.7% (0.8)	45%–65%
Sugars	34.3%	28.9% (2.2)	25.7% (1.8)	33.4%	< 10%†

https://www.mja.com.au/journal/2013/198/7/characteristics-community-level-diet-aboriginal-people-remote-northern-australia **Please also see page 6, in Part 1.**



Response of C57Bl/6 mice to a carbohydrate-free diet

Saihan Borghjid ✉ and Richard David Feinman

Nutrition & Metabolism 2012 **9**:69 | **DOI:** 10.1186/1743-7075-9-69 | © Borghjid and Feinman; licensee BioMed Central Ltd. 2012

Received: 23 April 2012 | **Accepted:** 20 July 2012 | **Published:** 28 July 2012

Abstract

High fat feeding in rodents generally leads to obesity and insulin resistance whereas in humans this is only seen if dietary carbohydrate is also high, the result of the anabolic effect of poor regulation of glucose and insulin. A previous study of C57Bl/6 mice (Kennedy AR, et al.: *Am J Physiol Endocrinol Metab* (2007) **262** E1724-1739) appeared to show the kind of beneficial effects of calorie restriction that is seen in humans but that diet was unusually low in protein (5%). In the current study, we tested a zero-carbohydrate diet that had a higher protein content (20%). Mice on the zero-carbohydrate diet, despite similar caloric intake, consistently gained more weight than animals consuming standard chow, attaining a dramatic difference by week 16 (46.1 ± 1.38 g vs. 30.4 ± 1.00 g for the chow group). Consistent with the obese phenotype, experimental mice had fatty livers and hearts as well as large fat deposits in the abdomino-pelvic cavity, and showed impaired glucose clearance after intraperitoneal injection. In sum, the response of mice to a carbohydrate-free diet was greater weight gain and metabolic disruptions in distinction to the response in humans where low carbohydrate diets cause greater weight loss than isocaloric controls. The results suggest that rodent models of obesity may be most valuable in the understanding of how metabolic mechanisms can work in ways different from the effect in humans.

https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-9-69

Recent reviews of evidence on effectiveness of LCHF diets in reversing Type 2 diabetes, minimising CVD (ie.fixing Metabolic Syndrome)

NUTRITION™

January 2015 Volume 31, Issue 1, Pages 1–13 Next Article >

Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base

Richard D. Feinman, Ph.D., Wendy K. Pogozelski, Ph.D., Arne Astrup, M.D., Richard K. Bernstein, M.D., Eugene J. Fine, M.S., M.D., Eric C. Westman, M.D., M.H.S., Anthony Accurso, M.D., Lynda Frassetto, M.D., Barbara A. Gower, Ph.D., Samy I. McFarlane, M.D., Jörgen Vesti Nielsen, M.D., Thure Krarup, M.D., Laura Saslow, Ph.D., Karl S. Roth, M.D., Mary C. Vernon, M.D., Jeff S. Volek, R.D., Ph.D., Gilbert B. Wilshire, M.D., Annika Dahlqvist, M.D., Ralf Sundberg, M.D., Ph.D., Ann Childers, M.D., Katharine Morrison, M.R.C.G.P., Anssi H. Manninen, M.H.S., Hussain M. Dashti, M.D., Ph.D., F.A.C.S., F.I.C.S., Richard J. Wood, Ph.D., Jay Wortman, M.D., Nicolai Worm, Ph.D.

Open Access | Altmetric 873

DOI: http://dx.doi.org/10.1016/j.nut.2014.06.011 | CrossMark

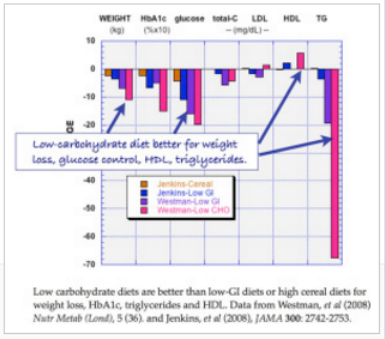
Article Info

Abstract Full Text Images References

Highlights

- We present major evidence for low-carbohydrate diets as first approach for diabetes.
- Such diets reliably reduce high blood glucose, the most salient feature of diabetes.
- Benefits do not require weight loss although nothing is better for weight reduction.
- Carbohydrate-restricted diets reduce or eliminate need for medication.
- There are no side effects comparable with those seen in intensive pharmacologic treatment.

Graphical abstract



Low carbohydrate diets are better than low-GI diets or high cereal diets for weight loss, HbA1c, triglycerides and HDL. Data from Westman, *et al* (2008) *Nutr Metab (Lond)*, 5 (36). and Jenkins, *et al* (2008), *JAMA* 300: 2742-2753.

Abstract

The inability of current recommendations to control the epidemic of diabetes, the specific failure of the prevailing low-fat diets to improve obesity, cardiovascular risk, or general health and the persistent reports of some serious side effects of commonly prescribed diabetic medications, in combination with the continued success of low-carbohydrate diets in the treatment of diabetes and metabolic syndrome without significant side effects, point to the need for a reappraisal of dietary guidelines. The benefits of carbohydrate restriction in diabetes are immediate and well documented. Concerns about the efficacy and safety are long term and conjectural rather than data driven. Dietary carbohydrate restriction reliably reduces high blood glucose, does not require weight loss (although is still best for weight loss), and leads to the reduction or elimination of medication. It has never shown side effects comparable with those seen in many drugs. Here we present 12 points of evidence supporting the use of low-carbohydrate diets as the first approach to treating type 2 diabetes and as the most effective adjunct to pharmacology in type 1. They represent the best-documented, least controversial results. The insistence on long-term randomized controlled trials as the only kind of data that will be accepted is without precedent in science. The seriousness of diabetes requires that we evaluate all of the evidence that is available. The 12 points are sufficiently compelling that we feel that the burden of proof rests with those who are opposed.

http://www.nutritionjrnl.com/article/S0899-9007(14)00332-3/abstract

Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review

Timothy David Noakes,[1] Johann Windt[2,3]

▸ Additional material is published online only. To view please visit the journal online (http://dx.doi.org/10.1136/bjsports-2016-096491).

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Accepted 21 November 2016

ABSTRACT

Low-carbohydrate high-fat (LCHF) diets are a highly contentious current topic in nutrition. This narrative review aims to provide clinicians with a broad overview of the effects of LCHF diets on body weight, glycaemic control and cardiovascular risk factors while addressing some common concerns and misconceptions. Blood total cholesterol and LDL-cholesterol concentrations show a variable, highly individual response to LCHF diets, and should be monitored in patients adhering to this diet. In contrast, available evidence from clinical and preclinical studies indicates that LCHF diets consistently improve all other markers of cardiovascular risk—lowering elevated blood glucose, insulin, triglyceride, ApoB and saturated fat (especially palmitoleic acid) concentrations, reducing small dense LDL particle numbers, glycated haemoglobin (HbA_{1c}) levels, blood pressure and body weight while increasing low HDL-cholesterol concentrations and reversing non-alcoholic fatty liver disease (NAFLD). This particular combination of favourable modifications to all these risk factors is a benefit unique to LCHF diets. These effects are likely due in part to reduced hunger and decreased ad libitum calorie intake common to low-carbohydrate diets, allied to a reduction in hyperinsulinaemia, and reversal of NAFLD. Although LCHF diets may not be suitable for everyone, available evidence shows this eating plan to be a safe and efficacious dietary option to be considered. LCHF diets may also be particularly beneficial in patients with atherogenic dyslipidaemia, insulin resistance, and the frequently associated NAFLD.

INTRODUCTION

Imagine a obese (BMI=32 kg/m^2) woman aged 57 years with other evidence for insulin resistance (IR), including hyperinsulinaemia and impaired glucose tolerance together with atherogenic dyslipidaemia (AD) (triglyceride (TG)=340 mg/dL (8.8 mmol/L), HDL-cholesterol (HDL-C)=42.4 mg/dL (1.1 mmol/L), LDL-cholesterol (LDL-C)=195 mg/dL (5.05 mmol/L)) who enters her family physician's office. Frustrated with her poor health and progressive weight gain, on the advice of a friend, she has decided to begin a low-carbohydrate high-fat (LCHF) Atkins-type diet. How should her physician respond? What evidence does the physician require to make an informed decision?

LCHF diets have polarised the opinions of medical caregivers, especially since the publication of *Dr Atkins' Diet Revolution* in 1972.[1] Some believe that these diets effectively treat type 2 diabetes mellitus (T2DM), obesity and metabolic syndrome.[2 3] Others consider them to be simply a fad[4] in conflict with current globally accepted dietary guidelines that advocate low-fat high-carbohydrate (LFHC) diets to reduce the risk of cardiovascular disease.[5 6] Faced with such conflicting opinions, the clinician may be unsure how to advise this or other similar patients. Here, we provide an updated narrative review of the large body of published evidence describing the physiological effects, efficacy and safety of LCHF diets for the management, especially of this type of patient characterised by IR and AD.

A number of systematic reviews have compared the effects of LCHF diets, traditional LFHC diets and other dietary strategies[7–13] on body weight control and cardiovascular risk factors. Collectively, they establish that, for weight loss, LCHF diets are just as effective, if not more so, than LFHC diets.[9 14–16] They also highlight a number of significant changes to cardiovascular risk factors in participants adhering to LCHF diets.[10 14 17] The strength of these reviews is their systematic research strategy and meta-analysis of data to answer specific research questions. However, this strength limits their relevance to their defined question, not allowing a broader overview of the evidence for metabolic, physiological and other effects of LCHF diets.

The aim of this review is not to argue whether LCHF diets are superior to other dietary strategies for any specific health outcome. Rather, we synthesise the evidence for the effects of LCHF diets on weight loss, glycaemic control, modification of cardiovascular risk factors as well as non-alcoholic fatty liver disease (NAFLD) and its associated AD. Further, we address common concerns sometimes presented as reasons why LCHF diets should not be prescribed to any patient. Through this process, we hope to provide clinicians with additional evidence to inform their clinical decision-making, better to understand the potential benefits of these eating plans for at least some patients.

DEFINITIONS

Though definitions of LCHF diets differ, the following three-tiered definition will be used in this paper.[2]

- Moderate carbohydrate diet (26–45% of daily kcal)
- LCHF diet (<26% of total energy intake or <130 g CHO/day)
- Very LCHF (ketogenic) diet (20–50 g CHO/day or <10% of daily kcal of 2000 kcal/day diet)

Reduced carbohydrate diets are those that have carbohydrate intakes below the Dietary Guidelines for Americans (DGA) recommendations (of 45–65% of total energy intake). However, we define LCHF diets as those that restrict carbohydrate intake to 130 g/day or less. Very LCHF (ketogenic)

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To cite: Noakes TD, Windt J. *Br J Sports Med* 2016;51:133–139.

http://bjsm.bmj.com/content/bjsports/51/2/133.full.pdf

Australian cricket-team doctor Peter Brukner is a leader in the LCHF community that is trying to improve public health

Peter Brukner is an Australian sports and exercise medicine physician and author of the leading sports medicine text book *Clinical Sports Medicine*. He is currently the Australian cricket team doctor after previous stints with Liverpool FC, the Socceroos, Australian national swimming, field hockey, athletics, Olympic and Commonwealth Games teams.

So you want to know about Low Carb High Fat (LCHF) …

Well let's start with a bit of history.

Up until about 30 years ago most Western societies ate a diet containing plenty of saturated fat in the form of butter, milk, cream and fatty meats. Then on the basis of some flimsy research, the U.S initially, followed by other countries, decided to adopt a low fat diet. It seemed to make sense and was an easy concept to sell – fatty foods lead to fat people with fatty arteries leading to cardiovascular disease.

The only problem is that it hasn't worked! In the last thirty years coinciding with the switch to a low fat diet, the incidence of obesity and Type 2 diabetes has steadily increased.

The reason for this is that the cause of obesity and diabetes is probably excess carbohydrates rather than excess fat. The low fat mantra and its associated food pyramid has resulted in increased carbohydrate intake in the form of grains, cereals, bread, pasta, rice etc. In addition, in many "low fat" foods when the fat was removed, the manufacturers replace it with carbs such as high fructose corn syrup to improve the taste.

To understand all this we need to look at what happens when we eat carbs. When eaten, carbs are broken down to their simplest form – glucose - in the gut and absorbed into the bloodstream. To keep the blood glucose levels down, the hormone insulin is secreted from the pancreas. Insulin, which is the hormone that is absent in Type 1 diabetes, causes the glucose to be taken up by tissues such as liver

EATING LCHF
EAT NATURAL FOODS & AVOID PROCESSED FOODS

EAT ALL YOU LIKE …

- Eggs
- Meat – beef, lamb, pork, chicken (preferably pasture fed not grain fed)
- Bacon
- Fish esp cold water fish (salmon, sardines)
- Vegetables that grow above ground – incl all cabbage (cauliflower, broccoli, cabbage and Brussels sprouts). asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes
- Berries – strawberries, raspberries, blackberries, blueberries
- Dairy – full fat milk, cream, butter, cheese, Greek yoghurt
- Drinks – water, coffee, green tea, beef broth
- Nuts – almonds, walnuts, Brazil nuts, hazelnuts, macadamia

Cook with ….

- Olive oil
- Coconut oil
- Butter

AVOID …

- Sugar - soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream
- Breakfast cereals
- Bread and related products (biscuits, crumpets, muffins, cakes)
- Rice
- Potatoes and other starchy vegetables
- Pasta
- Margarine
- Beans and legumes
- Most fruit (exc berries)
- Fruit juices
- Flavoured yoghurts
- Beer

Don't cook with ….

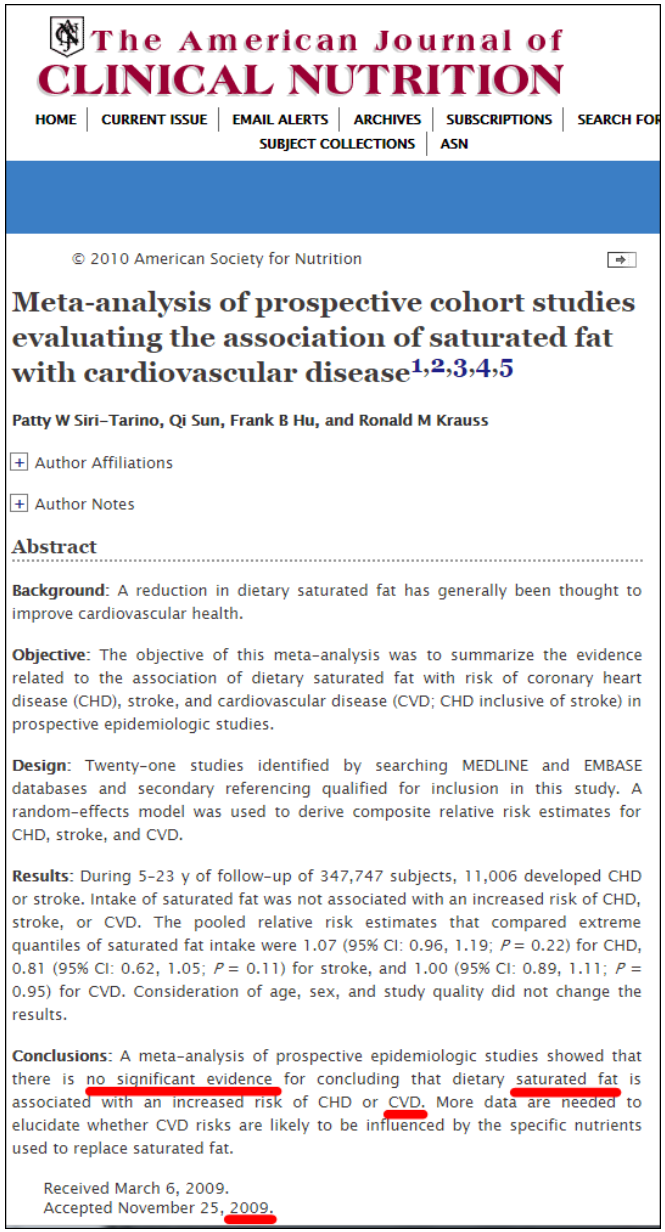
- Vegetable oil
- Seed oils (canola, sunflower, safflower, cottonseed, grapeseed oil etc)

Have occasionally

- Alcohol – red or white wine, spirits
- Chocolate – >70% cocoa

http://www.peterbrukner.com/wp-content/uploads/2014/08/All-you-need-to-know-about-LCHF1.pdf

Incompetence and worse in modern diet "science" spans much more than sugar, carbohydrates and diabetes: The false demonisation of saturated fats in meat and dairy has promoted sham "need" for, and widespread use of, expensive but ineffective Statins (drugs)



The American Journal of CLINICAL NUTRITION

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Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease[1,2,3,4,5]

Patty W Siri–Tarino, Qi Sun, Frank B Hu, and Ronald M Krauss

[+] Author Affiliations

[+] Author Notes

Abstract

Background: A reduction in dietary saturated fat has generally been thought to improve cardiovascular health.

Objective: The objective of this meta–analysis was to summarize the evidence related to the association of dietary saturated fat with risk of coronary heart disease (CHD), stroke, and cardiovascular disease (CVD; CHD inclusive of stroke) in prospective epidemiologic studies.

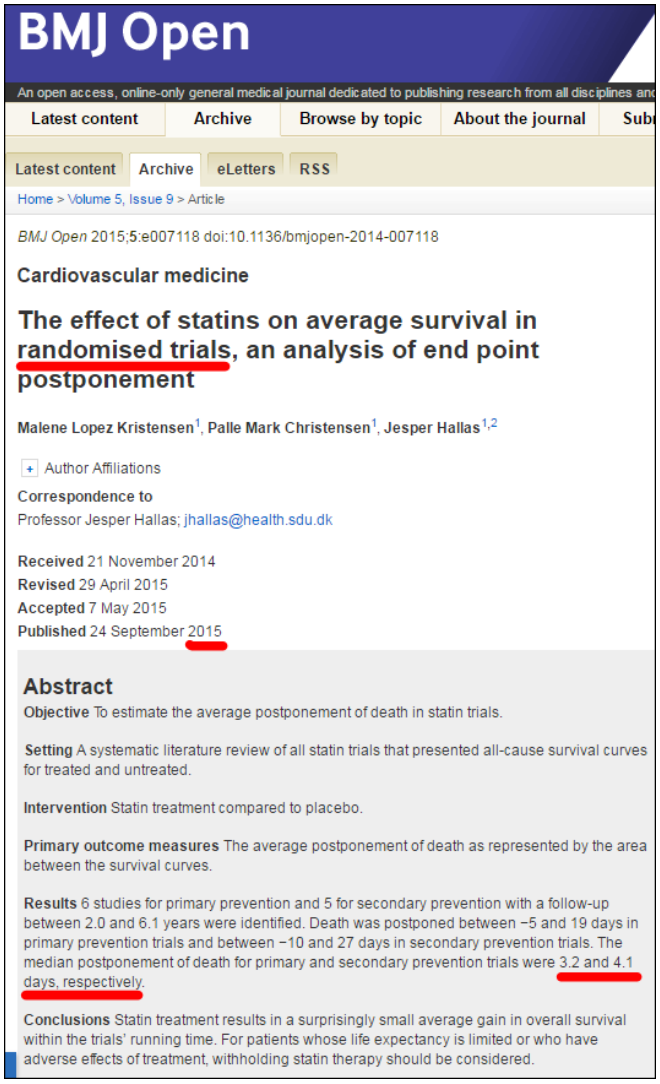
Design: Twenty–one studies identified by searching MEDLINE and EMBASE databases and secondary referencing qualified for inclusion in this study. A random–effects model was used to derive composite relative risk estimates for CHD, stroke, and CVD.

Results: During 5–23 y of follow–up of 347,747 subjects, 11,006 developed CHD or stroke. Intake of saturated fat was not associated with an increased risk of CHD, stroke, or CVD. The pooled relative risk estimates that compared extreme quantiles of saturated fat intake were 1.07 (95% CI: 0.96, 1.19; $P = 0.22$) for CHD, 0.81 (95% CI: 0.62, 1.05; $P = 0.11$) for stroke, and 1.00 (95% CI: 0.89, 1.11; $P = 0.95$) for CVD. Consideration of age, sex, and study quality did not change the results.

Conclusions: A meta–analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD. More data are needed to elucidate whether CVD risks are likely to be influenced by the specific nutrients used to replace saturated fat.

Received March 6, 2009.
Accepted November 25, 2009.

http://ajcn.nutrition.org/content/91/3/535



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Home > Volume 5, Issue 9 > Article

BMJ Open 2015;5:e007118 doi:10.1136/bmjopen-2014-007118

Cardiovascular medicine

The effect of statins on average survival in randomised trials, an analysis of end point postponement

Malene Lopez Kristensen[1], **Palle Mark Christensen**[1], **Jesper Hallas**[1,2]

[+] Author Affiliations

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Received 21 November 2014
Revised 29 April 2015
Accepted 7 May 2015
Published 24 September 2015

Abstract

Objective To estimate the average postponement of death in statin trials.

Setting A systematic literature review of all statin trials that presented all-cause survival curves for treated and untreated.

Intervention Statin treatment compared to placebo.

Primary outcome measures The average postponement of death as represented by the area between the survival curves.

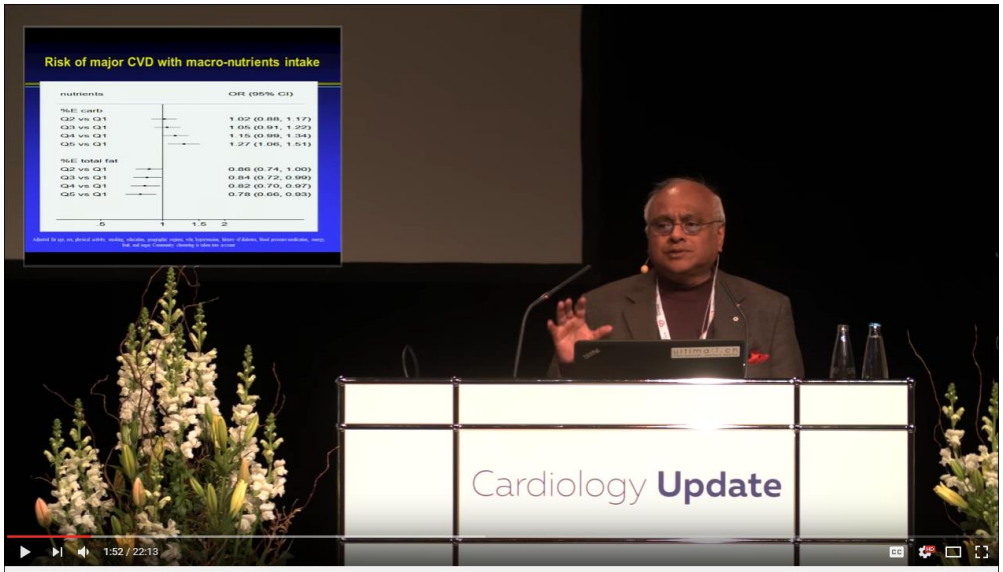
Results 6 studies for primary prevention and 5 for secondary prevention with a follow-up between 2.0 and 6.1 years were identified. Death was postponed between −5 and 19 days in primary prevention trials and between −10 and 27 days in secondary prevention trials. The median postponement of death for primary and secondary prevention trials were 3.2 and 4.1 days, respectively.

Conclusions Statin treatment results in a surprisingly small average gain in overall survival within the trials' running time. For patients whose life expectancy is limited or who have adverse effects of treatment, withholding statin therapy should be considered.

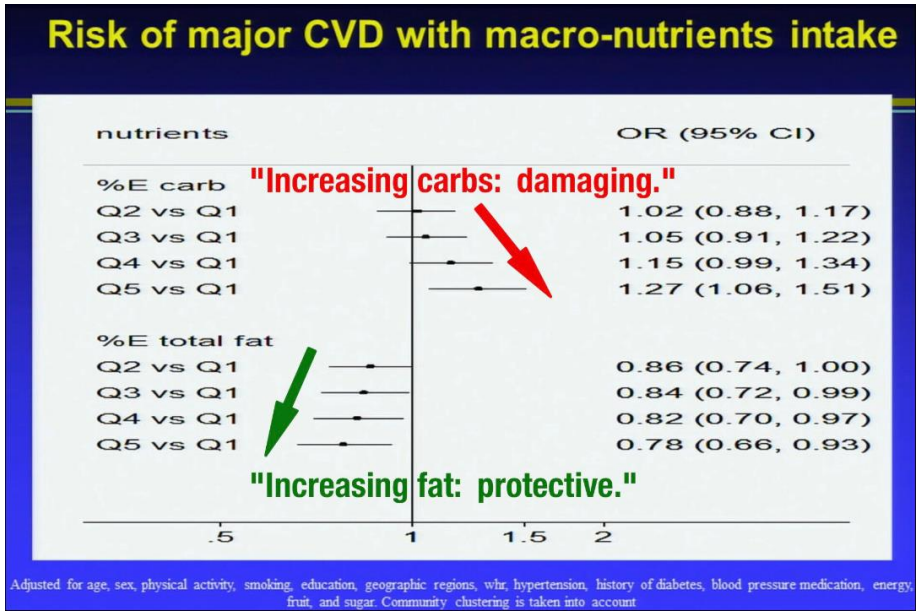
http://bmjopen.bmj.com/content/5/9/e007118.full

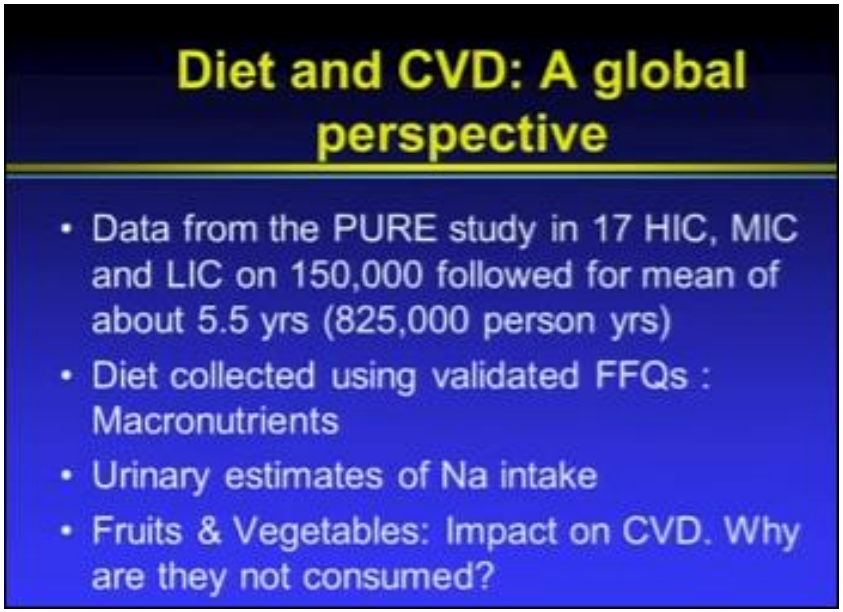
This extraordinarily awkward RCT-based BMJ paper was not included as one of the 309 references in Sir Rory Collins *et al*'s high-profile 2016 justification for Statins: http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(16)31357-5.pdf

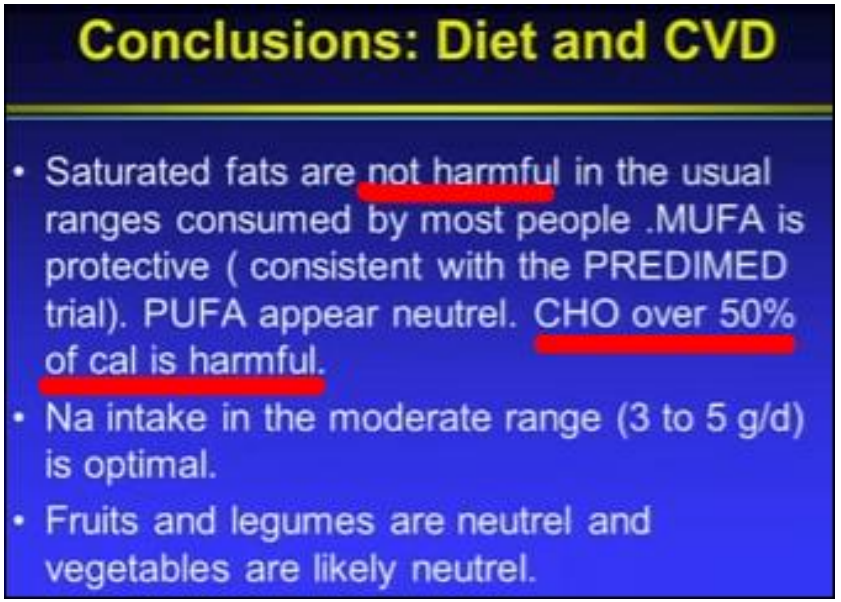
Salim Yusuf, recent President of World Heart Federation, explains carbohydrates not saturated or total dietary fat drive cardiovascular disease, thus junking centrepiece of modern nutrition "science" (Sat.fat = CVD) as wrong, insisting official diet guidelines are harmful



Nutrition and CVD: Data from 17 countries on 150'000 people







https://www.youtube.com/watch?v=DAScGnxaEKg ; https://www.youtube.com/watch?v=YCSw0I5Xgbw ; https://www.youtube.com/watch?v=0y3K3wkCHgM (same video, three links)

A. Low-fat *Australian Dietary Guidelines* based on shonky US demonisation of dietary fat, particularly saturated fat in meat and dairy

Proceedings of the Nutrition Society of Australia (1995) 19 1

DIETARY GUIDELINES: THEORY AND PRACTICE

A. STEWART TRUSWELL

When the first edition of Dietary Goals for the USA was published in February 1977 an early copy was brought across the Atlantic by Dr Hugh Trowell who gave it to the editor of the Lancet. The latter asked me to write an (unsigned) editorial and I welcomed the new goals (Anonymous 1977) without realizing the US political background. My editorial has pride of place in the 869 page volume of supplemental views (Select Committee on Nutrition and Human Needs 1977). It was the first international commentary to appear and a rare positive independent review to balance against a host of critics in the USA. In the next year I tried to pass on my enthusiasm

II. DEVELOPMENT OF DIETARY GOALS AND GUIDELINES IN AUSTRALIA

I came to Australia to start the Chair of Human Nutrition at Sydney University in May 1978 and one of the new ideas I brought with me from the north was dietary goals. I had the opportunity to explain them as opening speaker at a large seminar organized by the Dietitians' Association in Sydney in August (Truswell 1978b). The Association resolved at the end of the seminar to set up a committee to develop proposals for a national nutrition policy. The committee first tried to collect views from 150 people and organizations in Australia who might be interested or affected. But we received very few replies and so decided to draft ourselves a set of dietary guidelines for Australians (Australian Association of Dietitians 1979). Meanwhile I helped with the chapter on diet and health in the report by Davidson et al. (1979) on health promotion for the Commonwealth Department of Health. One of this report's main recommendations was that 'work on the formulation of a national nutrition policy with dietary goals for Australia be continued'.

'Dietary goals for Australia' were first presented on 27 April 1979 by Dr 'Spike' Langsford then First Assistant Director-General of the Public Health Division in the Commonwealth Department of Health. The setting was a two-day double conference on nutrition held at the Australian Academy of Science in Canberra, with support from dietitians' organizations, the food industry, consumer organizations, the National Heart Foundation and a postgraduate medical organization (Australian Commonwealth Department of Health 1979a; 1979b). Dr Langsford dealt with departmental publications, recommended dietary allowances, diet for pregnancy, infant feeding, etc. and concluded 'I would like to propose for your consideration a set of eight dietary goals for Australians, drawn from the Department's food and nutrition policy' (Langsford 1979). The setting was conducive to a positive reaction. These dietary goals were put together in small rooms in the Commonwealth Department of Health. I was the only nutritionist from outside the Department involved in the drafting. After they had been launched the goals were presented to the Nutrition Standing Committee of the National Health and Medical Research Council. They expressed disappointment that they had not been earlier involved, but adopted the goals unmodified (Australian Commonwealth Department of Health 1982). There was no backround review of the scientific literature at the time, though several of the papers at the April 27, 28 conferences served this purpose in an indirect way (Truswell 1982).

The term dietary goals is usually used for national objectives (Truswell 1987), macro-nutrition. They do not advise individuals on food choices. This was done in 1981 by 'Dietary Guidelines for Australians', written mainly by Ruth English, a simple anonymous version, comprehensible by the interested lay person (Australian Commonwealth Department of Health

background papers. The decision was made to try and express the quantity recommended in ordinary language, eg 'Eat a diet low in fat', as the heading for most people, but for professionals and those with a special interest, numbers in technical language were to be found in the full text, eg 'total fat 30% of energy'. The process was completed with only three meetings (one of these by phone), with a lot of drafting and correspondence before, between and after. The only guideline

http://apjcn.nhri.org.tw/server/apjcn/ProcNutSoc/1990-1999/1995/1995%20p1-10.pdf

In 2017, Australia's #1 dietary evil is saturated fat (2013 edition)

EAT FOR HEALTH

Australian Dietary Guidelines

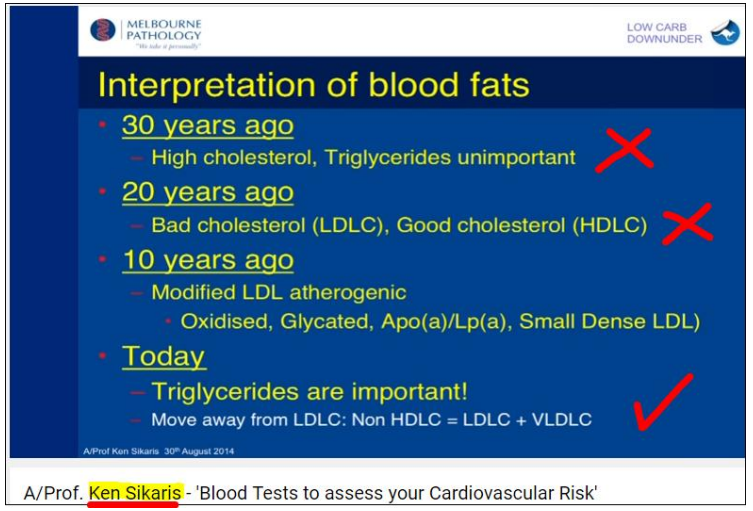
Providing the scientific evidence for healthier Australian diets

3.1	Limit intake of foods high in saturated fat	68
3.1.1	Setting the scene	68
3.1.2	The evidence for 'limit intake of foods high in saturated fat'	69
3.1.3	How limiting intake of foods high in saturated fat may improve health outcomes	71
3.1.4	Practical considerations: limit intake of foods high in saturated fat	71

How the Guidelines were developed

These Guidelines are an evolution of the 2003 edition of the dietary guidelines and build upon their evidence and science base. New evidence was assessed to determine whether associations between food, dietary patterns and health outcomes had strengthened, weakened, or remained unchanged. Where the evidence base was unlikely to have changed substantially (e.g. the relationship between intake of foods high in saturated fat and increased risk of high serum cholesterol) additional review was not conducted.

p5 https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_australian_dietary_guidelines.pdf



A/Prof. Ken Sikaris - 'Blood Tests to assess your Cardiovascular Risk'

https://www.youtube.com/watch?v=9BFRi-nH1v8

B. Low-fat *Australian Dietary Guidelines* based on shonky US demonisation of dietary fat, particularly saturated fat in meat and dairy

The New York Times http://nyti.ms/2cynH0S

WELL | EAT

How the Sugar Industry Shifted Blame to Fat

By ANAHAD O'CONNOR SEPT. 12, 2016

The sugar industry paid scientists in the 1960s to play down the link between sugar and heart disease and promote saturated fat as the culprit instead, newly released historical documents show.

The internal sugar industry documents, recently discovered by a researcher at the University of California, San Francisco, and published Monday in JAMA Internal Medicine, suggest that five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, may have been largely shaped by the sugar industry.

"They were able to derail the discussion about sugar for decades," said Stanton Glantz, a professor of medicine at U.C.S.F. and an author of the JAMA Internal Medicine paper.

The documents show that a trade group called the Sugar Research Foundation, known today as the Sugar Association, paid three Harvard scientists the equivalent of about $50,000 in today's dollars to publish a 1967 review of research on sugar, fat and heart disease. The studies used in the review were handpicked by the sugar group, and the article, which was published in the prestigious New England Journal of Medicine, minimized the link between sugar and heart health and cast aspersions on the role of saturated fat.

The Harvard scientists and the sugar executives with whom they collaborated are no longer alive. One of the scientists who was paid by the sugar industry was D. Mark Hegsted, who went on to become the head of nutrition at the United States Department of Agriculture, where in 1977 he helped draft the forerunner to the federal government's dietary guidelines. Another was Dr. Fredrick J. Stare, the chairman of Harvard's nutrition department.

http://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html

Dr Ancel Keys attacks Prof. Yudkin's sugar story in "Sucrose in the Diet and Coronary Heart Disease" (1971):

http://www.australianparadox.com/pdf/keys_1971.pdf

The revelations are important because the debate about the relative harms of sugar and saturated fat continues today, Dr. Glantz said. For many decades, health officials encouraged Americans to reduce their fat intake, which led many people to consume low-fat, high-sugar foods that some experts now blame for fueling the obesity crisis.

"It was a very smart thing the sugar industry did, because review papers, especially if you get them published in a very prominent journal, tend to shape the overall scientific discussion," he said.

Dr. Hegsted used his research to influence the government's dietary recommendations, which emphasized saturated fat as a driver of heart disease while largely characterizing sugar as empty calories linked to tooth decay. Today, the saturated fat warnings remain a cornerstone of the government's dietary

The documents show that in 1964, John Hickson, a top sugar industry executive, discussed a plan with others in the industry to shift public opinion "through our research and information and legislative programs."

At the time, studies had begun pointing to a relationship between high-sugar diets and the country's high rates of heart disease. At the same time, other scientists, including the prominent Minnesota physiologist Ancel Keys, were investigating a competing theory that it was saturated fat and dietary cholesterol that posed the biggest risk for heart disease.

Mr. Hickson proposed countering the alarming findings on sugar with industry-funded research. "Then we can publish the data and refute our detractors," he wrote.

In 1965, Mr. Hickson enlisted the Harvard researchers to write a review that would debunk the anti-sugar studies. He paid them a total of $6,500, the equivalent of $49,000 today. Mr. Hickson selected the papers for them to review and made it clear he wanted the result to favor sugar.

Harvard's Dr. Hegsted reassured the sugar executives. "We are well aware of your particular interest," he wrote, "and will cover this as well as we can."

As they worked on their review, the Harvard researchers shared and discussed early drafts with Mr. Hickson, who responded that he was pleased with what they were writing. The Harvard scientists had dismissed the data on sugar as weak and given far more credence to the data implicating saturated fat.

"Let me assure you this is quite what we had in mind, and we look forward to its appearance in print," Mr. Hickson wrote.

C. Low-fat *Australian Dietary Guidelines* based on shonky US demonisation of dietary fat, particularly saturated fat in meat and dairy

Dietary Fat and Its Relation to Heart Attacks and Stroke

REPORT BY THE CENTRAL COMMITTEE FOR MEDICAL AND COMMUNITY PROGRAM OF THE AMERICAN HEART ASSOCIATION*

Circulation, Volume XXIII, January 1961

Third, the blood cholesterol concentration may also be reduced by controlling the amount and type of fat in the diet without altering caloric intake. Not all fats in the diet have the same effect on the amount of cholesterol in the blood. In the usual diet eaten in the United States, a large part of the fat is of the saturated type (Appendix II). Too much of this type of fat tends to increase the cholesterol in the blood. Considerable amounts of saturated fat are present in whole milk, cream, butter, cheese and meat. Coconut oil and the fat in chocolate also have a high content of fats of the saturated type. Most shortenings and margarines have less than half as much saturated fat, and the common vegetable oils have still less. When the intake of saturated fats is reduced, blood cholesterol levels usually decrease.

In contrast to the above food fats, many natural vegetable oils, such as corn, cotton and soya, as well as the fat of fish, are relatively low in saturated fats and high in fats of the poly-unsaturated type (Appendix II). When these fats are substituted for a substantial part of the saturated fats without increasing calories, blood cholesterol decreases. Finally, some food fats, such as olive oil, are fats, is recommended as a possible means of preventing atherosclerosis and decreasing the risk of heart attacks and strokes. This recommendation is based on the best scientific information available at the present time.

More complete information must be obtained before final conclusions can be reached. Such information can be obtained only through intensified research into the causes and prevention of atherosclerosis—a program to which the American Heart Association is fully dedicated.

and/or who lead sedentary lives of relentless frustration should consider modifying their diets. A diet moderate in calories and fat (about 25-35 per cent of total calories from fat) may be helpful for these coronary-prone persons. Substitution of poly-unsaturated for a substantial part of the saturated fat in the diet may also be a valuable addition to this program.

C) Those people who have had one or more atherosclerotic heart attacks or strokes may reduce the possibility of recurrences by such a change in diet.

It should be borne in mind that moderate amounts of fat, particularly those containing an appreciable quantity of the poly-unsaturated type, are necessary for good health. Fat is an economical, and in limited amounts, a wholesome food. Food faddism of any sort should be avoided and significant changes in diet should not be undertaken without medical advice.

In Conclusion

The reduction or control of fat consumption under medical supervision, with reasonable substitution of poly-unsaturated for saturated

Circulation, Volume XXIII, January 1961

DIETARY FAT, HEART ATTACKS AND STROKES 135

*Ad Hoc Committee on Dietary Fat and Atherosclerosis:**
Irvine H. Page, M.D., *Chairman*, Cleveland, Ohio
Edgar V. Allen, M.D., Rochester, Minnesota
Francis L. Chamberlain, M.D., San Francisco, California
Ancel Keys, Ph.D., Minneapolis, Minnesota
Jeremiah Stamler, M.D., Chicago, Illinois
Fredrick J. Stare, M.D., Boston, Massachusetts

*The Ad Hoc Committee on Dietary Fat and Atherosclerosis reported to the Central Committee for Medical and Community Program of the Association.

http://circ.ahajournals.org/content/circulationaha/23/1/133.full.pdf?wptouch_preview_theme=enabled

ROSEMARY STANTON

EASY DIET COOKBOOK

THE Low-fat way

What makes people fat?

For many years, nutritionists have taught that too much of almost any kind of food could be converted to body fat. Recent research has shown this to be wrong: in almost all cases, the only thing that adds to body fat is the fat we eat.

It seems the body does not like turning protein into fat, and will only convert carbohydrates into body fat if you eat huge amounts. Carbohydrates are generally used to power the body. Any excess is stored as glycogen in the muscles, and can also increase the energy used for metabolism. It's not until you eat more than 500 grams of carbohydrate at one sitting—the amount in more than 30 slices of bread—that the body converts it to fat.

This means we should stop avoiding bread and blame the spread instead.

Alcohol, so often blamed for excess fat, is not directly converted to body fat. It's obvious, since alcoholics who take in many calories from alcohol but eat little food are almost always thin. Alcohol, however, does contribute indirectly to body fat by making it more difficult for the body to burn up the fats in food. Alcohol plus fat is therefore a bad combination for those who gain weight easily.

Sugar (a rapidly absorbed carbohydrate) when combined with fat may have a similar effect in preventing the body burning fat to provide energy. But in all cases, it's fatty foods that are the root cause of excess weight.

http://www.australianparadox.com/pdf/rosemarystanton.pdf

Stewart Truswell imported shonky US guidelines, converted to ADGs, then controlled false saturated-fat and sugar stories for 40 years?

Dietary Guidelines for Australian Adults

Endorsed 10 April 2003

1.6 LIMIT SATURATED FAT AND MODERATE TOTAL FAT INTAKE

A Stewart Truswell

BACKGROUND

The first *Dietary Guidelines for Australians*[2], published in 1982, recommended, 'Avoid eating too much fat'—that is, total fat. The type of fat was not considered, unlike the 1977 *Dietary Goals for the United States*[3], which recommended 10 per cent of total energy from saturated fats, 10 per cent from mono-unsaturated fats, and 10 per cent from polyunsaturated fats.

In the second edition of *Dietary Guidelines for Australians*[4], published in 1992, the guideline had evolved to 'Eat a diet low in fat and, in particular, low in saturated fat'. The more recent *Dietary Guidelines for Older Australians*[5],

REFERENCES

1. Truswell AS. *Dietary fat: some aspects of nutrition and health and product development*. Brussels: ILSI Europe, 1995.
2. Department of Health. *Dietary guidelines for Australians*. Canberra: Australian Government Publishing Service, 1982.

33. Hegsted DM, McGandy RB, Myers ML, Stare FH. Quantitative effects of dietary fat on serum cholesterol in man. *Am J Clin Nutr* 1965;17:281–95.

54. Shrapnel WS, Truswell AS, Nestel PJ, Simons LA. Dietary fatty acids and blood cholesterol. Canberra: National Heart Foundation of Australia, 1994.

[AS Truswell memo item: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3684314/]

Fat is energy dense and as such a high-fat diet can result in a high-energy diet, which may lead to obesity if physical activity is not maintained.

CONCLUSIONS

Total fat is providing about one-third of dietary energy in Australia. Consumption appears to have declined a little but is still relatively high from a world perspective. For anyone who is overweight, a reduction in total fat intake to 20–25 per cent of energy should be part of dietary management, as a contribution to

…Saturated fatty acids raise plasma LDL cholesterol, a major risk factor for coronary heart disease. … Saturated plus trans-fatty acid intakes averaged over 12.5 per cent of energy in Australia in 1995. A population average of 10 per cent of energy is recommended as a realistic target. (pp. 123-124)

https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n33.pdf

In 1992 ADGs, Stewart Truswell also controlled the sugar recommendation

Coronary heart disease

Sucrose was first implicated as a risk factor for CHD by Yudkin[32] and although the hypothesis gained some popular credibility it was quickly refuted.[33,34,32,34] Willet, in reviewing the evidence, keeps an open mind and notes 'that the hypothesis has not been securely confirmed or refuted'.[34] Truswell, however, reviewed ten case-control studies of sucrose and CHD and found that none supported the hypothesis.[34] One cause of the confusion has been that sugar is often correlated with fat consumption and therefore becomes a confounding factor in population based studies. As Truswell notes, the international scientific community thinks so little of this hypothesis that 'no prevention trial of CHD with sugar has been completed, started, planned or even contemplated'.[34]

34 Truswell AS. Sugar and health: a review. Food Technol Aust 1987;39:134–40.

35 Yudkin J. Dietary fat and dietary sugar in relation to ischaemic heart disease and diabetes. Lancet 1964;2:4–5.

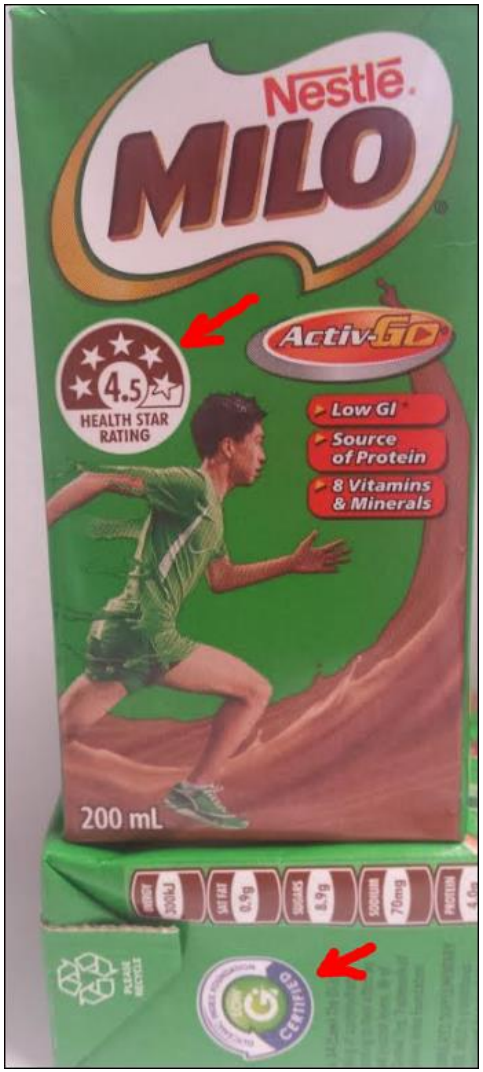
....

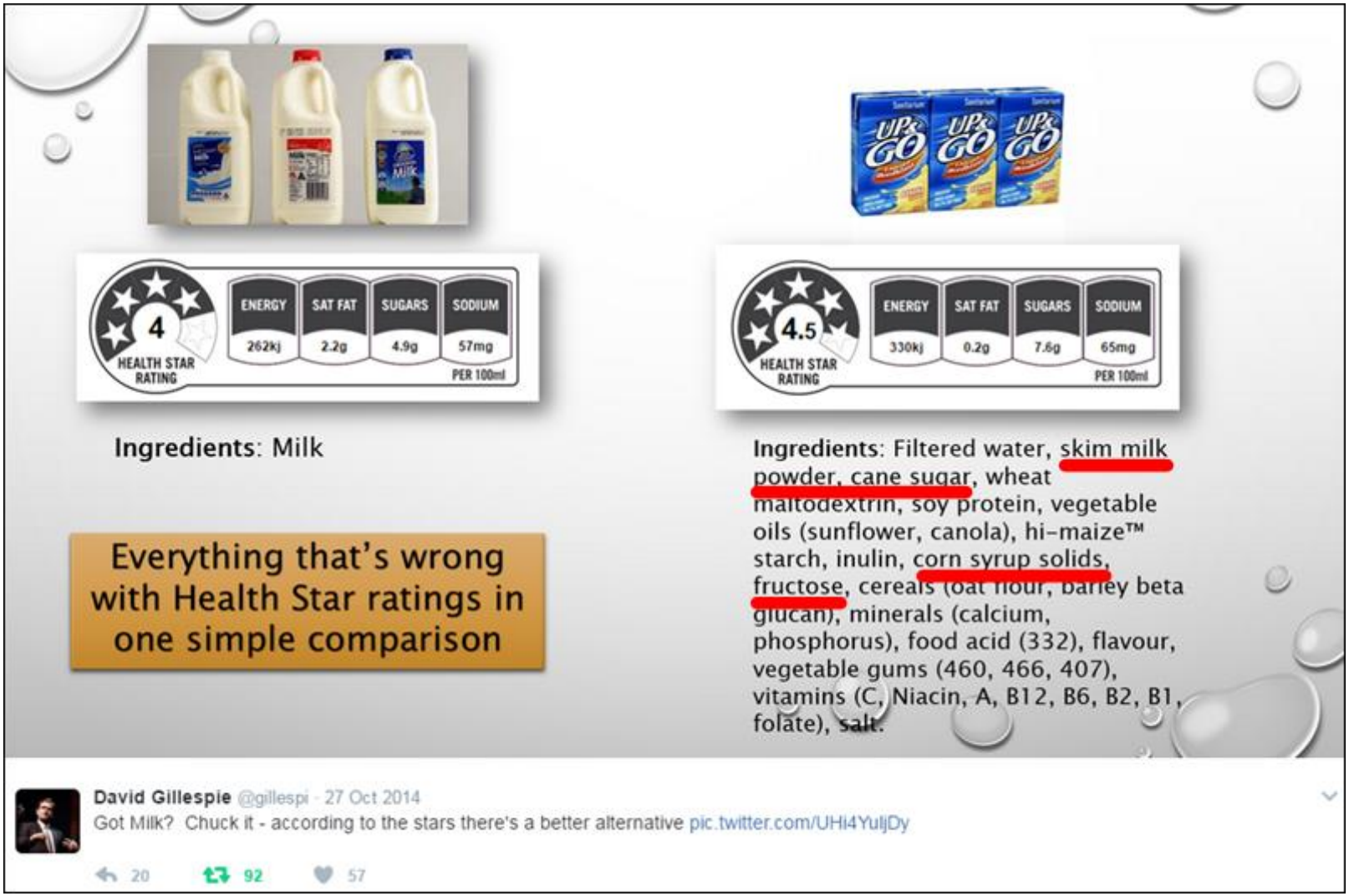
In addition the revision of the dietary guidelines has changed their order, to better reflect the relative importance of the recommendations being made by dietary guidelines to the Australian diet. The guideline on sugars has been moved down from the previous fourth position, to the new sixth position.

https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n4.pdf

Harmful *Health Stars* advice just a marketing vehicle for industry: Don't drink plain milk, drink added sugar +++++ and milk powder!

It's a disgrace that University of Sydney's flawed *Low-GI* methodology helps sell harmful sugary "healthdrinks" to parents and children





https://twitter.com/gillespi

Milo's Low-GI healthdrink is via RR photo

“Mediterranean Diet” excluding red meat a sham because inventor Prof. Walter Willett imposed his faulty choices over historical fact

go up. “If the thirty-three lined up perfectly with respect to some predicted hypothesis,” he told me, “one of the possibilities might be fraud.” Small data sets that “look ‘too good’ are considered signs of possible fraud,” he said. “In other words, those Keys data sound as shaky as Jell-O in a Cretan earthquake.”

Long after Keys published the data, in the 1980s, the Seven Countries study leaders acknowledged that even in that tiny sample, there was so much variation from one visit to the next that not much about the diet could be concluded from these data. But that qualifier has been lost to history.

Then, atop that shaky data, Walter Willett built his pyramid. And his team of researchers had an even more precarious connection to the original reality of the Cretan diet of the 1960s. For example, their pyramid contains no fresh milk, but this seemed to be a mistake. I asked members of the Harvard team about this oversight at an Oldways meeting in 2008; they were onstage, and I raised my hand from the audience. Keys had published a paper only a few years before the pyramid came out, stating that the average Cretan consumed 8 ounces (1 cup) of fresh milk every day, mainly from goats but also from cows, which was more than the US cohort was drinking. Why did this information not make it into the pyramid? I asked. Willett even cited this paper by Keys* but then explained that he is nevertheless excluding milk because it is so “high in saturated fatty acids, which are believed to cause CHD.” A fear of saturated fat appeared to trump all other considerations, even the actual data on milk consumption itself. And in answering my question, the team onstage in Cambridge remembered only Willett’s assertion from fifteen years earlier: milk was “not generally consumed,” they replied.

Another historical inaccuracy of the Mediterranean diet pyramid is the near-absence of red meat. This is ironic because the Cretans actually *preferred* red meat. “In Crete the meat is mostly goat, beef, and mutton, with an occasional chicken or rabbit. In Corfu, the meat is mostly beef and veal,” Keys wrote. An earlier survey of the Cretan diet also found the same

*Indeed, Keys’s paper is the *only* one that Willett’s team cites to document milk consumption from that period (their other principal source was a study that lumped together “milk and cheese”) (Kushi, Lenart, and Willett 1995, 1410S).

thing. And it’s hard to find a cookbook or historical text on Italy, Spain, or Greece that does not make clear how the populations in these countries favored lamb, goat, and oxen over fowl. Nor were the ancient Greeks feasting on chicken. *The Iliad* describes the dinner given by Achilles for Odysseus this way: “Patrokles put a big bench in the firelight and laid on it the backs of a sheep and a fat goat and the chine of a great wild hog rich in lard.”

So how is it that the Mediterranean Diet pyramid recommends the reverse: poultry several times per week and red meat only a few times a *month*? After all, the dramatically lower red meat recommendation was, as Willett wrote, a “major hallmark” of his pyramid.

Part of the answer is that Keys simply ground up all the food that the Cretans ate and sent the mixture back to his lab in Minnesota to have it analyzed. The resulting data that scrolled out of his printer were not a list of food items like snails, mutton, liver. Instead it was a list of macronutrients: saturated fat, monounsaturated fat, protein, carbohydrate, and so on. The saturated-fat content turned out to be low, probably because Keys collected a third of his Cretan data during the fasting holiday of Lent, when animal foods are greatly restricted. Yet in their paper on meat, Willett and his colleagues don’t cite any of Keys’s original reports about the actual foods eaten. Willett told me that he relied on his own epidemiological findings about red meat instead and that to the extent that he consulted Keys’s work, he simply looked at the macronutrient profile and selected poultry as the meat that would best fit the low-saturated-fat specification.*

It was quite a leap. Not only did the selection of chicken as the dominant meat source have no basis in the history of the Mediterranean diet, but one could reasonably question whether chicken has the same effect on health as do Cretan goats or kids or lamb. Red meat, for example, has a far

*Willett’s team cites only one study to support the chicken recommendation: his own Nurses’ Health Study, which showed an association between lower heart disease rates and a higher consumption of a category called “chicken and fish.” The observed association could therefore have been due to the fish rather than the chicken. The rest of the evidence that Willett and his team used to support the choice of chicken is not pro-chicken but rather anti–red meat, and almost all the studies employed to support this case were epidemiological.

http://www.australianparadox.com/pdf/MedDiet.pdf

Many respected nutrition "experts" suggest falsely that carbohyrates essential for human brain to operate, yet it's been known for a century – eons! - that even meat-only diets are healthy. Ham-fisted "scientists" also invented those silly false meat and cancer stories**

CLINICAL CALORIMETRY.

XLV. PROLONGED MEAT DIETS WITH A STUDY OF KIDNEY FUNCTION AND KETOSIS.*

By WALTER S. McCLELLAN and EUGENE F. Du BOIS.

(From the Russell Sage Institute of Pathology in Affiliation with the Second Medical (Cornell) Division of Bellevue Hospital, New York.)

(Received for publication, February 13, 1930.)

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INTRODUCTION.

Two normal men volunteered to live solely on meat for one year, which gave us an unusual opportunity of studying the effects of this diet. The term "meat," as used by us, included both the lean and the fat portions of animals. The subjects derived most of their calories from fat and the diet was quite different from what one, who uses the term "meat" as including chiefly lean muscle, would expect. Rubner (1) called attention to the fact that a man cannot live on meat alone because of the

SUMMARY AND CONCLUSIONS.

1. Two men lived on an exclusive meat diet for 1 year and a third man for 10 days. The relative amounts of lean and fat meat ingested were left to the instinctive choice of the individuals.

2. The protein content varied from 100 to 140 gm., the fat from 200 to 300 gm., the carbohydrate, derived entirely from the meat, from 7 to 12 gm., and the fuel value from 2000 to 3100 calories.

3. At the end of the year, the subjects were mentally alert, physically active, and showed no specific physical changes in any system of the body.

7. Vitamin deficiencies did not appear.

11. In these trained subjects, the clinical observations and laboratory studies gave no evidence that any ill effects had occurred from the prolonged use of the exclusive meat diet.

http://www.jbc.org/content/87/3/651.full.pdf

For example: Jim Mann and A. Stewart Truswell (Editors), *Essentials of Human Nutrition* (Fourth Edition, 2012), Oxford University Press, p. 39

DC's Improbable Science

Truth, falsehood and evidence: investigations of dubious and dishonest science

Another update. Red meat doesn't kill you, but the spin is fascinating

Published April 13, 2013

Jump to follow-up

This article has been re-posted on The Winnower, so it now has a digital object identifier: DOI: 10.15200/winn.142935.50603

The latest news: eating red meat doesn't do any harm. But why isn't that said clearly? Alarmism makes better news, not only for journalists but for authors and university PR people too.

I've already written twice about red meat.

In May 2009 *Diet and health. What can you believe: or does bacon kill you?* based on the WCRF report (2007).

In March 2012 *How big is the risk from eating red meat now? An update.*

In the first of these I argued that the evidence produced by the World Cancer Research Fund (WCRF) for a causal relationship was very thin indeed. An update by WCRF in 2010 showed a slightly smaller risk, and weakened yet further the evidence for causality, though that wasn't reflected in their press announcement.

The 2012 update added observations from two very large cohort studies. The result was that the estimates of risk were less than half as big as in 2009. The relative risk of dying from colorectal cancer was 1.21 (95% Confidence interval 1.04–1.42) with 50 g of red or processed meat per day, whereas in the new study the relative risk for cancer was only 1.10 (1.06–1.14) for a larger 'dose', 85 g of red meat. Again this good news was ignored and dire warnings were issued.

Meta

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- WordPress.org

Download *Lectures on Biostatistics* (1971). Corrected and searchable version of

http://www.dcscience.net/2013/04/13/another-update-red-meat-doesnt-kill-you-but-the-spin-is-fascinating/

The measure of statistical strength in observational (associational) studies is the Hazard (or Risk) Ratio (HR or RR). ***Only if the HR is greater than 2 and preferably greater than 5 …can one begin to believe that the associated risk factor is the direct cause of the disease of interest.*** *Classic examples for high HR values in epidemiological studies include an 1875 study showing an HR of 2000 for scrotal cancer in London chimney sweeps, and* ***a 1950 study that found the HR for lung cancer was 10-30 in smokers depending on how heavily they smoked.*** *In 1849 John Snow calculated that the HR for infection with cholera was 14 in those London residents who received their (cholera-infected) water from the Southwark and Vauxhall Company; many argue that his study heralded the beginning of modern epidemiology.* ...http://www.thenoakesfoundation.org/news/blog/noakes-risk-factors-and-insulin-resistance-part-2

Entity representing 100,000 US dietitians concedes huge errors; meanwhile, NHMRC, DAA and Diabetes Australia pretend all is fine

B. Saturated Fat

In the spirit of the 2015 DGAC's commendable revision of previous DGAC recommendations to limit dietary cholesterol, the Academy suggests that HHS and USDA support a similar revision deemphasizing saturated fat as a nutrient of concern. While the body of research linking saturated fat intake to the modulation of LDL and other circulating lipoprotein concentrations is significant, this evidence is essentially irrelevant to the question of the relationship between diet and risk for cardiovascular disease. The 2010 Institute of Medicine (IOM) report on the use of biomarkers as

We commend the DGAC on a thorough and accurate review of the current best evidence with regard to the body of evidence relating dietary fats to cardiovascular disease outcomes. However, we are concerned that the evidence does not lead to the conclusion that saturated fats should be replaced with polyunsaturated fats for the greatest health benefit.

Equation 3 demonstrates that carbohydrate intake conveys a greater amount of cardiovascular disease risk than does saturated fat. Combined with the evidence from multiple studies that have estimated the impact of saturated fat to be near zero,[46] it is likely that the impact of carbohydrate on cardiovascular disease risk is positive. Furthermore, the impact of polyunsaturated fat can be

http://www.eatrightpro.org/resource/news-center/on-the-pulse-of-public-policy/from-the-hill/academy-submits-2015-dga-recommendations

The US Academy of Nutrition and Dietetics is "the world's largest organisation of food and nutrition professionals, representing more than 100,000 registered dietitian nutritionists and nutrition and dietetics technicians".

By
NINA TEICHOLZ
Updated May 6, 2014 10:25 a.m. ET

"Saturated fat does not cause heart disease"—or so concluded a big study published in March in the journal Annals of Internal Medicine. How could this be? The very cornerstone of dietary advice for generations has been that the saturated fats in butter, cheese and red meat should be avoided because they clog our arteries. For many diet-conscious Americans, it is simply second nature to opt for chicken over sirloin, canola oil over butter.

The new study's conclusion shouldn't surprise anyone familiar with modern nutritional science, however. **The fact is, there has never been solid evidence for the idea that these fats cause disease. We only believe this to be the case because nutrition policy has been derailed over the past half-century by a mixture of personal ambition, bad science, politics and bias.**

Our distrust of saturated fat can be traced back to the 1950s, to a man named Ancel Benjamin Keys, a scientist at the University of Minnesota. Dr. Keys was formidably persuasive and, through sheer force of will, rose to the top of the nutrition world—even gracing the cover of Time magazine—for relentlessly championing the idea that saturated fats raise cholesterol and, as a result, cause heart attacks.

This idea fell on receptive ears because, at the time, Americans faced a fast-growing epidemic. Heart disease, a rarity only three decades earlier, had quickly become the nation's No. 1 killer. Even President Dwight D. Eisenhower suffered a heart attack in 1955. Researchers were desperate for answers.

As the director of the largest nutrition study to date, Dr. Keys was in an excellent position to promote his idea. The "Seven Countries" study that he conducted on nearly 13,000 men in the U.S., Japan and Europe ostensibly demonstrated that heart disease wasn't the inevitable result of aging but could be linked to poor nutrition.

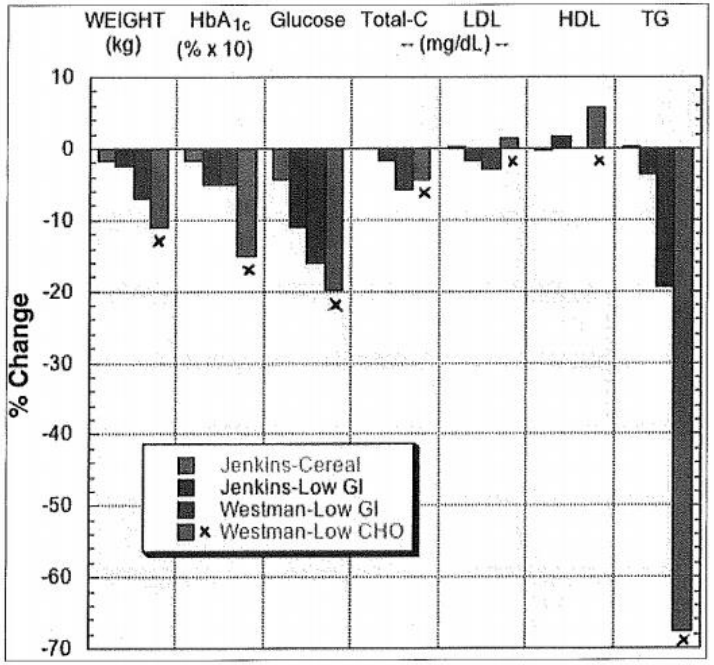
Critics have pointed out that Dr. Keys violated several basic scientific norms in his study. For one, he didn't choose countries randomly…
http://www.wsj.com/articles/SB10001424052702303678404579533760760481486

OBESITY AUSTRALIA ANNUAL SUMMIT

The Charles Perkins Centre – 19-20 November 2014

The Charles Perkins Centre's main objective is "easing the burden of obesity, diabetes, cardiovascular disease and related conditions"

Attached are randomized-controlled trials and other evidence supporting the case for carbohydrate-restriction as the primary intervention to reverse obesity, fix type 2 diabetes and minimise cardiovascular disease



Feinman RD, et al., Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base, Nutrition (2014), http://dx.doi.org/10.1016/j.nut.2014.06.011

Comments, criticisms, questions, compliments, whatever are welcome
Rory Robertson strathburnstation@gmail.com 0414703471

15 articles

www.strathburn.com
Strathburn Cattle Station is a proud partner of YALARI,
Australia's leading provider of quality boarding-school educations for Aboriginal and Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php

http://www.australianparadox.com/pdf/obesitysummit.pdf

The New York Times

A Call for a Low-Carb Diet That Embraces Fat

By ANAHAD O'CONNOR SEPT. 1, 2014

iStock

People who avoid carbohydrates and eat more fat, even saturated fat, lose more body fat and have fewer cardiovascular risks than people who follow the low-fat diet that health authorities have favored for decades, a major new study shows.

The findings are unlikely to be the final salvo in what has been a long and often contentious debate about what foods are best to eat for weight loss and overall health. The notion that dietary fat is harmful, particularly saturated fat, arose decades ago from comparisons of disease rates among large national populations.

But more recent clinical studies in which individuals and their diets were assessed over time have produced a more complex picture. Some have provided strong evidence that people can sharply reduce their heart disease risk by eating fewer carbohydrates and more dietary fat, with the exception of trans fats. The new findings suggest that this strategy more effectively reduces body fat and also lowers overall weight.

The new study was financed by the National Institutes of Health and published in the Annals of Internal Medicine. It included a racially diverse group of 150 men and women — a rarity in clinical nutrition studies — who were assigned to follow diets for one year that limited either the amount of carbs or fat that they could eat, but not overall calories.

"To my knowledge, this is one of the first long-term trials that's given these diets without calorie restrictions," said Dariush Mozaffarian, the dean of the Friedman School of Nutrition Science and Policy at Tufts University, who was not involved in the new study. "It shows that in a free-living setting, cutting your carbs helps you lose weight without focusing on calories. And that's really important because someone can change what they eat more easily than trying to cut down on their calories."

https://www.nytimes.com/2014/09/02/health/low-carb-vs-low-fat-diet.html

ABC TV's *Catalyst* and Dr Maryanne Demasi produced four excellent shows that helped to inform Australians about the lack of competence and integrity at the heart of some of the critical dietary and medical advice provided by our GPs and dietitians

Toxic Sugar?
ABCTVCatalyst

https://www.youtube.com/watch?v=UU3GvRsFHqY

Low Carb Diet: Fat or Fiction?
ABCTVCatalyst

https://www.youtube.com/watch?v=8GUIBNKnT1M

Heart of the Matter Part 1 Dietary Villains

https://www.youtube.com/watch?v=imJQinUiMcg

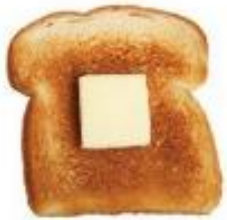
Heart of the Matter Part 2 - Cholesterol Drug War

https://www.youtube.com/watch?v=AY4eTGMe-EY&t=1307s

"A very important book."
—DR. ANDREW WEIL, *NEW YORK TIMES* BESTSELLING AUTHOR

"Gary Taubes is a brave and bold science journalist who does not accept conventional wisdom." —*NEW YORK TIMES*

GOOD CALORIES, BAD CALORIES



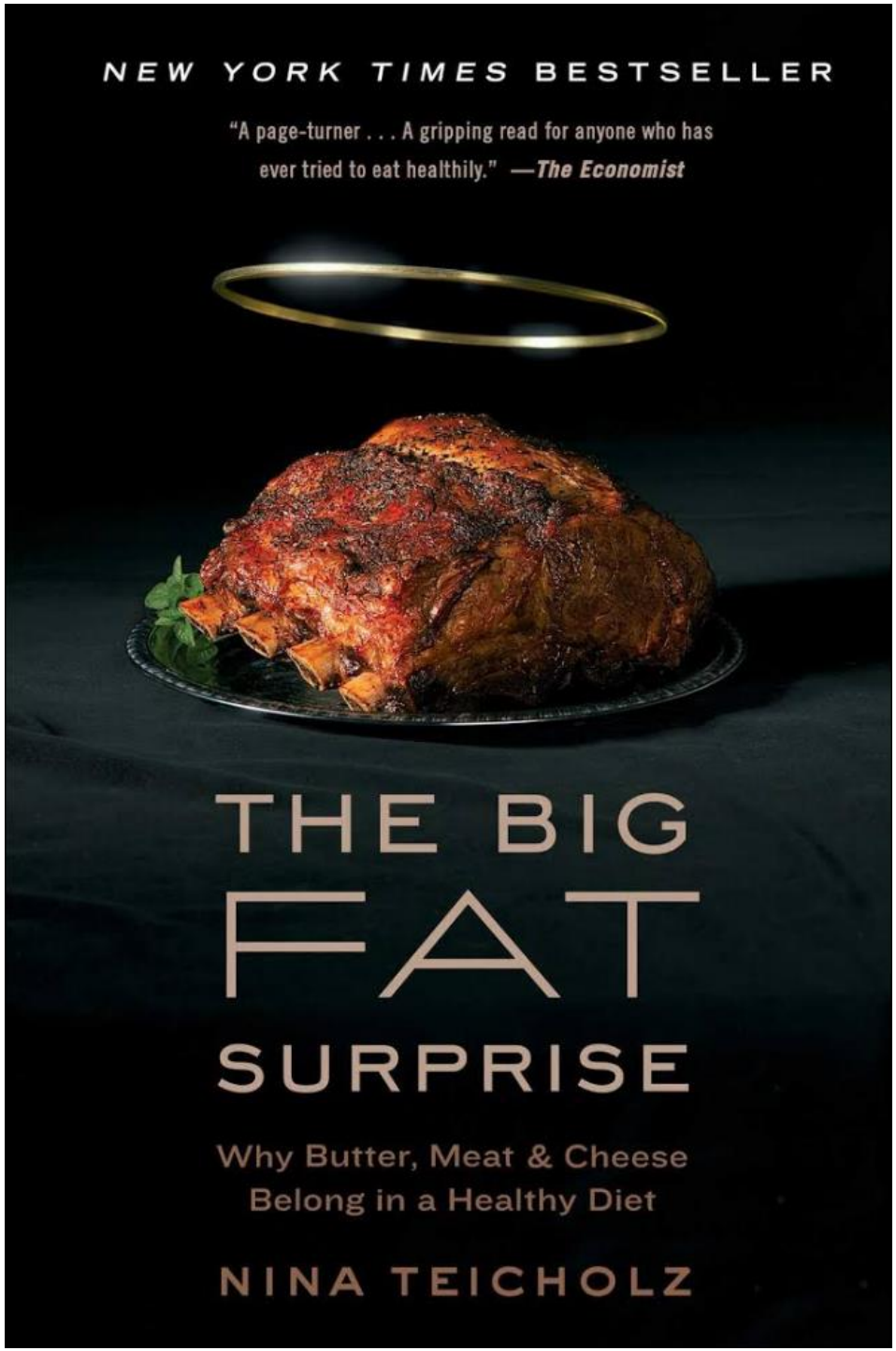
FATS, CARBS, AND THE CONTROVERSIAL SCIENCE OF DIET AND HEALTH

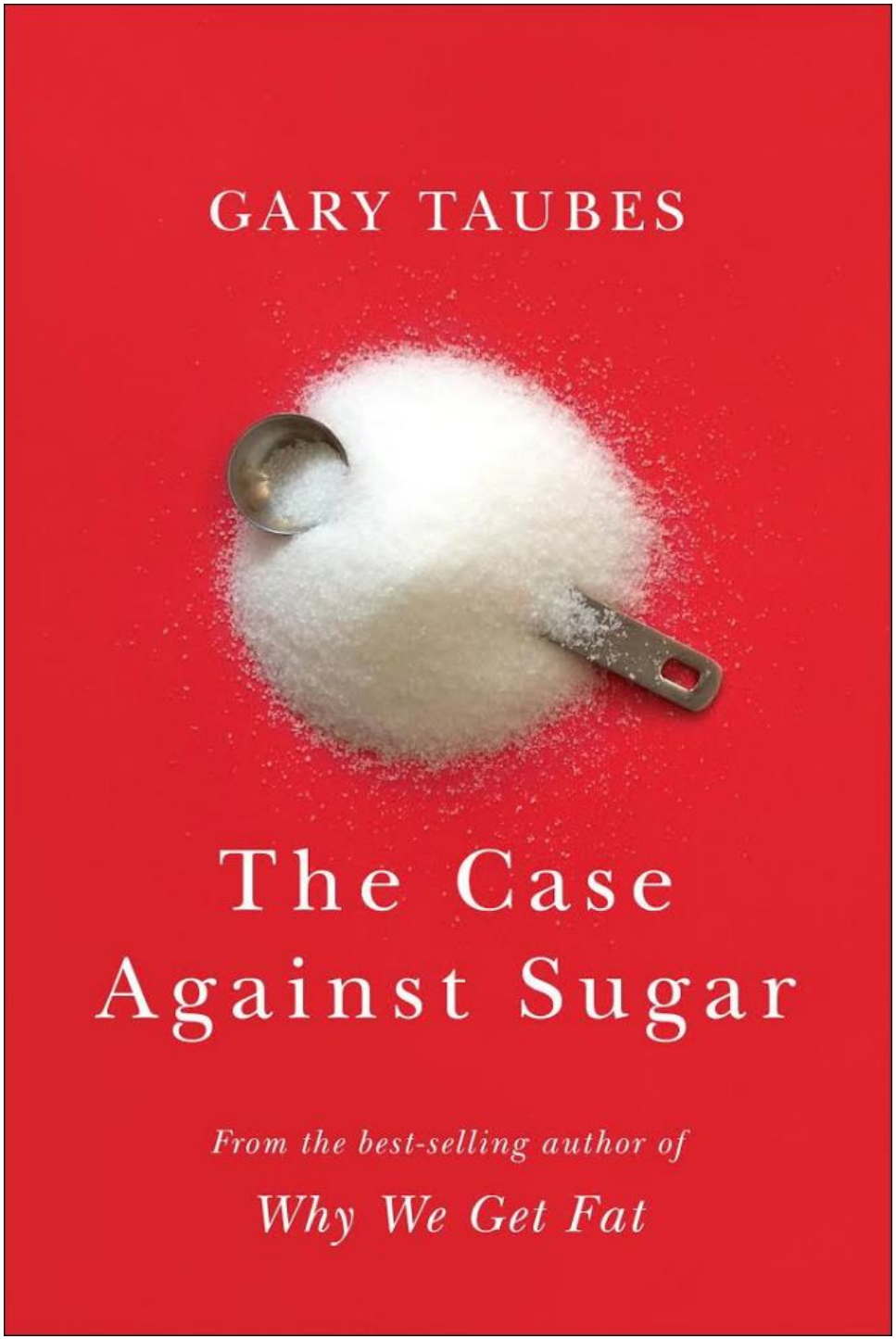
GARY TAUBES

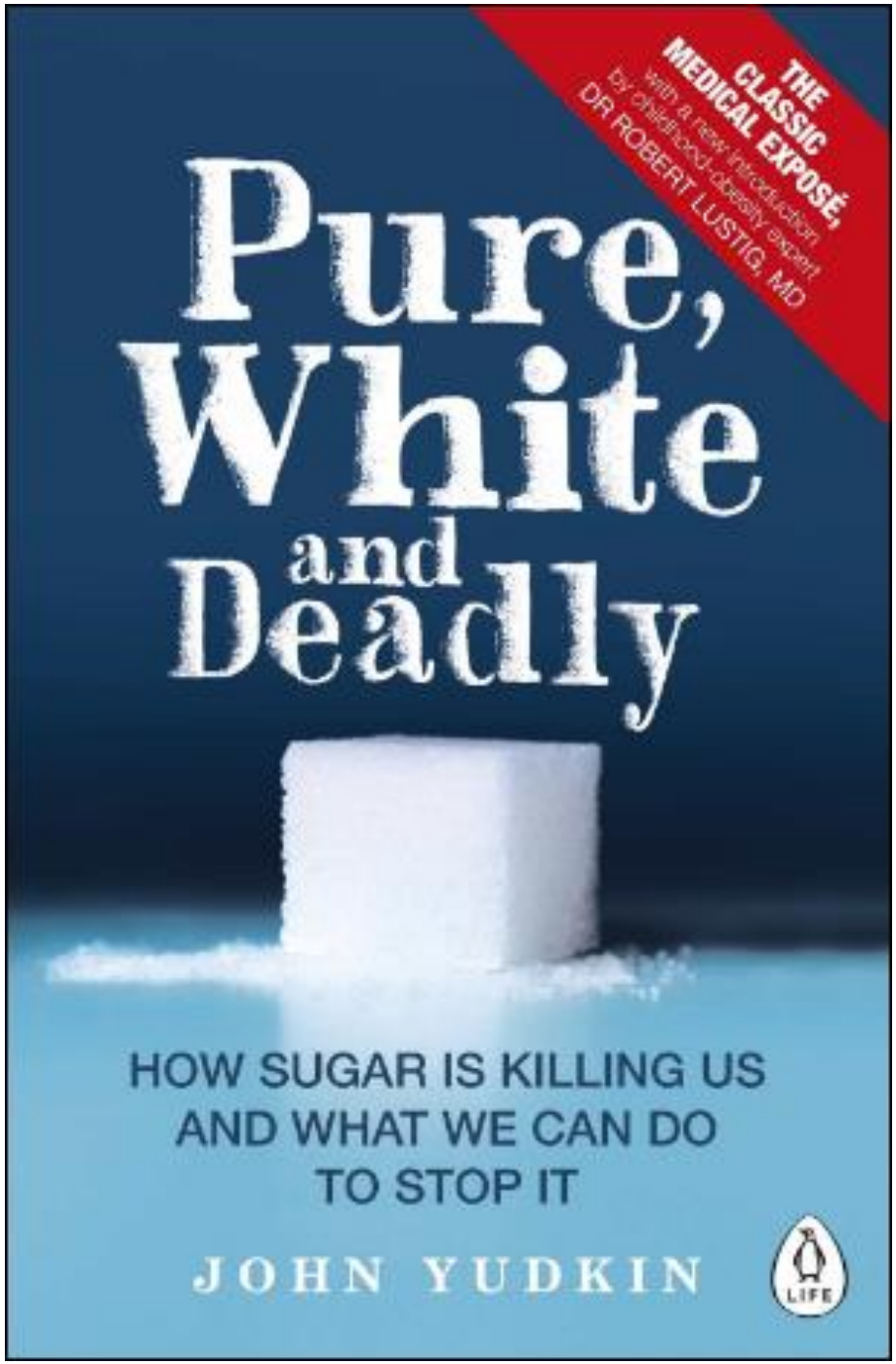
SWEET POISON

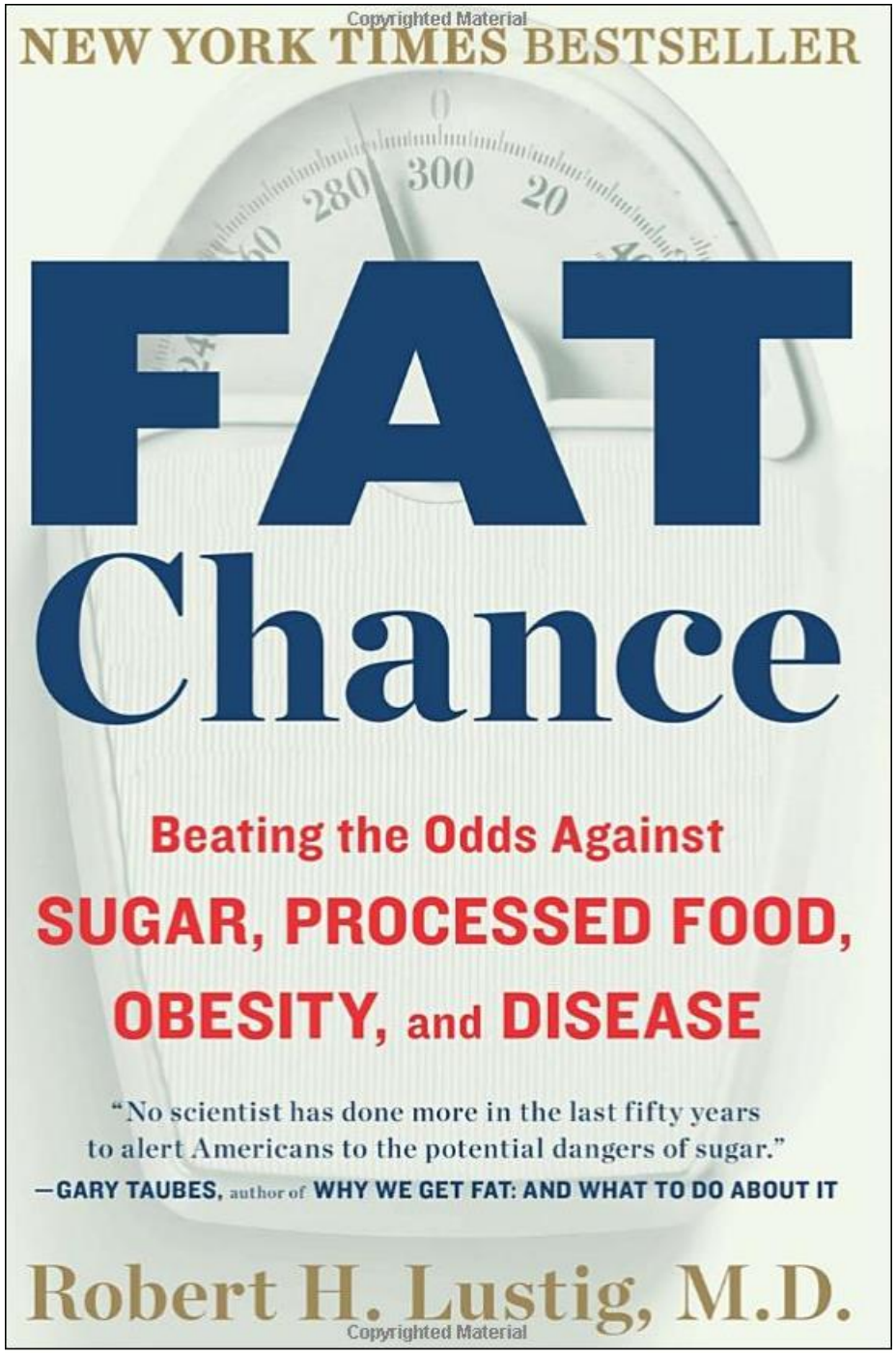
WHY SUGAR MAKES US FAT

DAVID GILLESPIE


NEW YORK TIMES BESTSELLER
"A page-turner . . . A gripping read for anyone who has ever tried to eat healthily." —The Economist
THE BIG FAT SURPRISE
Why Butter, Meat & Cheese Belong in a Healthy Diet
NINA TEICHOLZ


GARY TAUBES
The Case Against Sugar
From the best-selling author of
Why We Get Fat


THE CLASSIC MEDICAL EXPOSÉ,
with a new introduction by childhood obesity expert
DR ROBERT LUSTIG, MD
Pure, White and Deadly
HOW SUGAR IS KILLING US AND WHAT WE CAN DO TO STOP IT
JOHN YUDKIN
LIFE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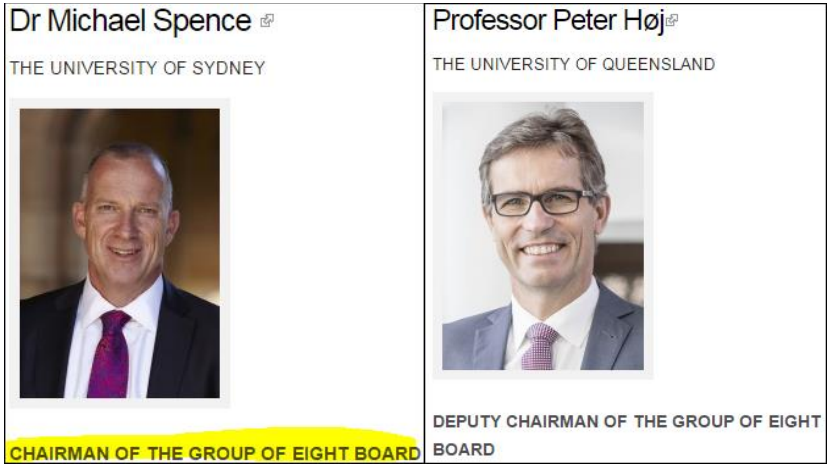
NEW YORK TIMES BESTSELLER
FAT Chance
Beating the Odds Against
SUGAR, PROCESSED FOOD, OBESITY, and DISEASE
"No scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar."
—GARY TAUBES, author of WHY WE GET FAT: AND WHAT TO DO ABOUT IT
Robert H. Lustig, M.D.
Copyrighted Material

PART 9: Sample of heavy-hitters in Australian universities, public-health entities and scientific journals who should do more to fix the *Australian Paradox* fraud and/or correct profoundly faulty official dietary advice, helping to reduce widespread harm to public health

Group of Eight universities solicit taxpayer funding on promise of "excellence" in research, yet Go8 supports *Australian Paradox* fraud



https://go8.edu.au/page/go8-board (downloaded January 2017)

With our best chance of fixing major problems in society centred on hard information and reliable science, it's a problem that "findings" from Group of Eight science cannot be trusted. We've seen that (outgoing) Group of Eight Chair Michael Spence is indifferent to facts, choosing in the *Australian Paradox* matter to prioritise Academic Freedom over "excellence" in research, and refusing to correct blatantly false information that is poisoning important public debates – including in the Federal Parliament – and harming public health.

Readers, if you end up agreeing with me that the *Australian Paradox* paper is an academic disgrace and a menace to public health, you might choose to email Vice-Chancellor Spence - michael.spence@sydney.edu.au - or others on the left who run the expensive Group of Eight. Or perhaps you will write to one or more of the academic and public-health entities and officials mentioned in this section (Part 9).

So too, writing to Federal and State parliamentarians may be useful, as they increasingly are having their credibility damaged by citing shonky Group of Eight nutrition "science". Sadly, their children and/or friends - like ours - also tend to be harmed by the NHMRC's profoundly faulty official dietary advice that has its origins in the overconfident incompetence and worse tolerated in Group of Eight nutrition "science".

Notably, Parliamentarians are the officials who have to find the funding via taxpayers to mop up the misery inflicted by the growing pandemics of obesity, type 2 diabetes, cardiovascular disease, obesity-related cancers and dementia, all of which are maladies boosted by the false and harmful diet-and-health information widely promoted and/or supported by university managements, academics and other careerists in the public-health space:

- http://sydney.edu.au/secretariat/senate-committees/senate/fellows.shtml#fellows
- http://www.gisymbol.com/about/gif-foundation/board-members-2/
- http://www.aph.gov.au/Senators_and_Members/Parliamentarian_Search_Results?q=&sen=1&par=-1&gen=0&ps=0

University of Sydney Academic Board advised of big *Paradox* problems in 2013, disingenuously chooses to pretend there's no problem

The current membership of the Academic Board is as follows:

Position	Member
5.1.1 the Chair	Associate Professor Tony Masters
5.1.2 the Vice-Chancellor	Dr Michael Spence AC
5.1.3 ex officio members	
5.1.3.1 the Deputy Vice-Chancellors	
Provost and Deputy Vice-Chancellor	Professor Stephen Garton
Deputy Vice-Chancellor (Education)	Professor Philippa Pattison
Deputy Vice-Chancellor (Indigenous Strategy and Services)	Professor Shane Houston
Deputy Vice-Chancellor (Registrar)	Professor Tyrone Carlin
Deputy Vice-Chancellor (Research)	Professor Duncan Ivison
5.1.3.2 the Pro-Vice-Chancellors	
Pro-Vice-Chancellor (Education - Enterprise and Engagement)	Professor Richard Miles
Pro-Vice-Chancellor (Global Engagement)	Professor Kathy Belov
Pro-Vice-Chancellor (Strategic Collaborations and Partnerships)	Professor Laurent Rivory
5.1.3.3 the Deans	
Faculty of Agriculture and Environment	Professor Alex McBratney (Acting)
Faculty of Architecture, Design and Planning	Professor John Redmond
Faculty of Arts and Social Sciences	Professor Annamarie Jagose
Faculty of Dentistry	Professor Chris Peck
University of Sydney Business School	Professor Gregory Whitwell
Faculty of Education and Social Work	Professor Diane Mayer
Faculty of Engineering and Information Technologies	Professor Archie Johnston
Faculty of Health Sciences	Professor Kathryn Refshauge
Faculty of Law	Professor Joellen Riley
Faculty of Medicine	Professor Arthur Conigrave (Acting)
Faculty of Nursing and Midwifery	Professor Donna Waters
Faculty of Pharmacy	Professor Iqbal Ramzan
Faculty of Science	Professor Trevor Hambley
Sydney College of the Arts	Professor Margaret Harris (Acting)
Sydney Conservatorium of Music	Professor Anna Reid
Faculty of Veterinary Science	Professor Rosanne Taylor
5.1.3.4 the Director, University Libraries	Anne Bell
5.1.3.5 the Director, Teaching and Learning	*Vacant*
5.1.3.6 the Director, Student Centre	*Vacant*
5.1.3.7 the President of the Students' Representative Council (SRC)	Isabella Brook
5.1.3.8 two other undergraduate students nominated by the executive of the Students' Representative Council	Imogen Grant Ivana Radix
5.1.3.9 the President of the Sydney University Postgraduate Representative Association (SUPRA)	Ahmed Bin Suhaib (Co-President) Lily Matchett (Co-President)

5.1.4 elected academic staff members of faculties	
Faculty of Agriculture and Environment	Associate Professor Tina Bell Associate Professor Tom Bishop Professor Robyn McConchie Professor Balwant Singh
Faculty of Architecture, Design and Planning	Associate Professor Wendy Davis Professor Nicole Gurran Dr Sandra Loschke
Faculty of Arts and Social Sciences	Dr Frances Di Lauro Dr Nerida Jarkey Associate Professor Susan Park Dr Rebecca Suter Associate Professor Graham White
Faculty of Dentistry	Dr Jinlong Gao Associate Professor Tania Gerzina Lucy Michalewska
University of Sydney Business School	Patty Kamvounias Dr Eric Knight Associate Professor Susan McGrath-Champ Associate Professor Maurice Peat Associate Professor Catherine Sutton-Brady
Faculty of Education and Social Work	Associate Professor Tim Allender Associate Professor Judy Anderson Dr Jen Scott Curwood Dr Ilektra Spandagou
Faculty of Engineering and Information Technologies	Dr Douglass Auld Professor Alan Fekete Associate Professor Chengwang Lei Professor David Lowe Associate Professor Marjorie Valix
Faculty of Health Sciences	Professor Patrick Brennan Dr Anne Honey Associate Professor Mark McEntee Dr Rhonda Orr Professor Roger Stancliffe
Faculty of Law	Dr Emily Crawford Dr Penelope Crossley Associate Professor James Glister Dr Scott Grattan
Faculty of Medicine	Associate Professor Rachel Codd Professor Manuel Graeber Professor Inam Haq Dr Lenka Munoz Associate Professor Henry Woo
Faculty of Nursing and Midwifery	Dr Jacqueline Bloomfield Associate Professor Tom Buckley Professor Robyn Gallagher
Faculty of Pharmacy	Associate Professor Thomas Balle Associate Professor Thomas Grewal Professor Jane Hanrahan Dr Carl Schneider
Faculty of Science	Helen Agus Associate Professor David Easdown Associate Professor John O'Byrne Dr Jenny Saleeba Associate Professor Charlotte Taylor

http://sydney.edu.au/secretariat/academic-board-committees/academic-board/membership.shtml

Dietitians Association of Australia (DAA) leads the way in suppressing LCHF cure for Type 2 diabetes that was GPs' standard in 1923

DAA Dietitians Association of Australia

LEADERSHIP IN DIETETICS

Board of Directors and Executive

Elizabeth Kellett, President

BSc, DipNutriDiet, AdvAPD

Elizabeth is an Advanced Accredited Practising Dietitian who graduated as a dietitian from the University of Sydney in 1975, after completing a science degree at the University of Adelaide in 1973. She has worked in a range of organisations and settings in South Australia, including Chief Dietitian Adelaide Children's Hospital, and roles in community health and private practice. She worked in

Phil Juffs, Vice President

BAppSc, GradDipNutrDiet, GradCertHlthMgt, AdvAPD

Phil is an Advanced Accredited Practising Dietitian. He completed a Bachelor of Science and a Graduate Diploma in Nutrition and Dietetics from QUT in 1997. He has worked as a Clinical Dietitian in Murwillumbah, Alice Springs, Scotland and London. He worked as a dietitian at Princess Alexandra Hospital Brisbane from 2003. Since 2006 he was Medical Team Leader and Renal Dietitian at Royal Brisbane and Women's Hospital, and spent 2012 in the role of Assistant Director of Nutrition & Dietetics. Phil manages Patient Food

Claire Hewat

CEO Dietitians Association of Australia

Canberra, Australia | Health, Wellness and Fitness

Current	Dietitians Association of Australia, PEN Global (Practice-Based Evidence in Nutrition - online), Asian Federation of Dietetic Associations
Previous	South Western Sydney Area health Service
Education	University of Sydney

DAA Board and Executive Staff: Liz Kellett, Philip Juffs, Danielle Gallegos, Kim Crawley, Melissa Armstrong, Robyn Delbridge, Karen Walton, Melanie McGrice, Claire Hewat, Paul Wilkinson, Sara Grafenauer, Tania Passingham.

https://daa.asn.au/wp-content/uploads/2016/09/Annual-Report-Summary-2015-1.pdf

Challenging Misinformation

DAA regularly responds to inaccurate or misleading stories on nutrition in the media.

https://daa.asn.au/voice-of-daa/challenging-missinformation/

Our Spokespeople

New South Wales

Professor Clare Collins

PhD, BSc, Dip Nutr&Diet, Dip Clin Epi, AdvAPD AN

Areas of Interest: Children's health, evidence based practice, weight loss and fad diets, family nutrition, cystic fibrosis, nutrition research methods.

› View Full Profile

Dr Trent Watson

PhD, BHSc(N&D), APD AN

Areas of Interest: Obesity, diabetes, general nutrition, vitamin and mineral supplements, fad diets, men's health, sports nutrition, nutrition and fatigue.

› View Full Profile

Dr Alan Barclay

BSc, Grad Dip Dietetics, PhD, APD AN

Areas of Interest: Metabolic syndrome, diabetes and pre-diabetes, overweight and obesity, food allergy and intolerance, carbohydrates (sugars, starches and maltodextrins), and food law (e.g., labelling).

Dr Rosemary Stanton, chief defender of deeply flawed *Australian Dietary Guidelines*

https://daa.asn.au/voice-of-daa/daa-spokespeople/

Public Statements

Marika Sboros series of blog posts

DAA is aware of a series of blog posts by Marika Sboros, starting on 23 January 2017. We provided responses to the many questions Ms Sboros (who is not based in Australia) asked of us over several months in 2016.

From the outset, her line of questioning indicated her blog would be critical of DAA.

https://daa.asn.au/voice-of-daa/public-statements/

http://foodmed.net/2017/01/23/daa-bed-big-food-low-fat-paleo-lchf/

http://foodmed.net/2017/01/24/daa-talking-heads-time-for-new-conversation/

http://foodmed.net/2017/01/25/why-daa-may-regret-sleeping-with-enemy/

http://foodmed.net/2017/01/30/daa-targets-dietitians-with-fake-news/

Nor can NHMRC's or Diabetes entities' advice be trusted, given they suppress GPs' LCHF advice for diabetes that was standard in 1923

Australian Government
National Health and Medical Research Council

ABOUT THE NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL

OVERVIEW

The *National Health and Medical Research Council Act 1992* (NHMRC Act) requires the NHMRC:

- to raise the standard of individual and public health throughout Australia
- to foster the development of consistent health standards between the states and territories
- to foster medical research and training and public health research and training throughout Australia
- to foster consideration of ethical issues relating to health.

On behalf of the Australian Government, NHMRC is the leading national investor in health and medical research to advance health and medical knowledge in order to improve the health of all Australians.

NHMRC also develops evidence-based health advice for the Australian community, health professionals and governments, and develops advice on ethical practice in health care and the conduct of health and medical research. Key stakeholders include governments, researchers, research institutions, health consumers, health professionals and the Australian community.

Chief Executive Officer

Chief Executive Officer

› Professor Anne Kelso AO

General Manager

› Mr Tony Kingdon

Leadership team

› Dr Tony Willis: Executive Director, Research Programs
› Ms Samantha Robertson: Executive Director, Evidence, Advice and Governance
› Mr Alan Singh: Executive Director, Research Policy and Translation
› Mr Tony Krizan FCPA: Corporate Operations and Information

https://www.nhmrc.gov.au/
https://www.nhmrc.gov.au/about/council-nhmrc/members-council-2015-2018-triennium

Members of Council 2015 - 2018 triennium

Chair of Council

Professor Bruce Robinson AM

Chair of Research Committee

Professor Kathryn North AM

Chair of Australian Health Ethics Committee

Professor Ian Olver AM

Chair of Health Translation Advisory Committee

Professor Sharon Lewin

Chair of Health Innovation Advisory Committee

Professor Graeme Samuel AC

Professor Brendan Murphy
Commonwealth Chief Medical Officer

Dr Kerry Chant PSM
NSW Chief Health Officer

Dr Jeannette Young PSM
QLD Chief Health Officer

Professor Paddy Phillips PSM
SA Chief Medical Officer

Professor Gary Geelhoed
WA Chief Medical Officer

Professor Anthony Lawler
TAS Principal Medical Advisor

Dr Paul Kelly
ACT Chief Health Officer

Professor Sandra Eades
Expertise in the health needs of Aboriginal persons and Torres Strait Islanders

Ms Karen Carey
Expertise in consumer issues

Professor Michael Kidd AM
Expertise in health care training

Professor David Story
Expertise in professional and postgraduate medical training

Professor Brendan Crabb AC
Expertise in health research and medical research issues

Professor Jonathan Carapetis
Expertise in public health

Members

Professor Ingrid Scheffer AO

Professor Elizabeth Sullivan

https://www.nhmrc.gov.au/about/council-nhmrc/members-council-2015-2018-triennium

For decades, the influential Australian Heart Foundation has promoted profoundly faulty US diet-and-health advice on dietary fat, saturated fat, carbohydrates, cholesterol and cardiovascular disease. It remains a menace to public health

Clinical Issues Committee	Research Committee	Cardiovascular Health Advisory Committee
Prof David Brieger, Chair	Prof Anushka Patel (Chair)	Prof Leonard Kritharides, Chair
Prof Derek Chew, Deputy Chair	Prof Chris Semsarian (Deputy Chair)	Dr Jennifer Johns, National President
Assoc Prof David Sullivan	Assoc. Prof James Sharman	Prof Garry Jennings AO, Chief Medical Advisor, Heart Foundation
Assoc Prof Andrea Driscoll	Assoc. Prof Livia Hool	Prof David Brieger, Chair Clinical Issues Committee
Prof Gemma Figtree	Prof David Kaye	Prof Sally Redman, Chair Research Committee
Dr Genevieve Gabb	Assoc. Prof John Atherton	Prof David Dunstan, Chair National Physical Activity Committee
Prof Graham Hillis	Prof Emily Banks	Dr Mick Adams, Chair National Aboriginal Health Advisory Committee
Dr Marcus Ilton		Mr Nick Goddard, Chair National Food and Nutrition Advisory Committee
Ms Maria Sheehan		Prof Leonard Arnolda, Chair National Blood Pressure and Vascular Disease Advisory Committee
Prof Mark Harris (NSW)		Dr Roger Wilkinson, Queensland Director
Dr Phillip Roberts-Thomson		Prof Jonathan Kalman, CSANZ representative
Prof Siaw-Teng Liaw		Dr John Aloizos AM, expert
Assoc Prof Tom Briffa		
Dr Warrick Bishop		

https://heartfoundation.org.au/about-us/our-charity

Governance

Diabetes Australia is governed by a Board and is chaired by an independent President and Directors from our member organisations. Currently the Board is led by the Honourable Judi Moylan as the Diabetes Australia President.

Current Board members:

Hon Judi Moylan AO- Independent President and Board Chair

Directors

- Associate Professor Sof Andrikopoulos
- Ms Tracy Aylen
- Mr Craig Beyers
- Mr Chris Jose
- Mr Robert Manning
- Mr John Townend AM
- Mr Leo Tutt
- Dr Moira Watson
- Associate Professor Paul Williams
- Professor Sophia Zoungas

Read more about the Board and Directors

Chief Executive Officer

Professor Greg Johnson

Greg Johnson joined Diabetes Victoria as Chief Executive in January 2003. He was Acting Chief Executive of Diabetes Australia from July 2009 to February 2011 and was appointed permanently in November 2012.

He has over 25 years experience in healthcare leadership in CEO and Board roles and has lived and worked in NSW, Victoria, SA and Tasmania.

He is an Adjunct Professor with Deakin University and holds a degree in pharmacy, post-graduate qualifications in hospital pharmacy and health service management, and a masters degree in business administration.

He has participated in a wide range of health industry and government advisory committees and has a particular interest in prevention and has led the establishment of a number of leading diabetes prevention initiatives. Greg is also a passionate advocate for people affected by diabetes and raising awareness of the seriousness and impact of diabetes on the health and productivity of Australia.

Senior Management Team

- General Manager Corporate Services - Paul Southcott
- General Manager NDSS - Susan Davidson
- National Policy and Program Director- Taryn Black

https://www.diabetesaustralia.com.au/governance

Diabetes NSW & ACT is the largest member-based diabetes organisation in Australia

The Board of Directors

- Leo Tutt – Chairman
- Arthur Koumoukelis
- Anna Pino
- Bruce Hayman
- Bruce King
- Geraldine Daley
- John Bell
- Kenneth Boorman
- Liz Hare
- Phil Tuck
- Nicole Woloszuk

Financial members of Diabetes NSW & ACT elect the Board members in accordance with the constitution. The Board is responsible for:

- Safeguarding the good name and values of the organisation
- Acting in the best interests of Diabetes NSW
- The overall policy, direction and control of the organisation
- Shaping strategy
- Ensuring financial stability
- Improving performance

The Executive Team

- Chief Executive Officer – Sturt Eastwood
- Chief Operating Officer – Trish Egan
- General Manager, Diabetes ACT – Ian Peters
- General Manager, Corporate Services – Francis Harris
- General Manager, Diabetes Qualified – Linda Farrugia
- Head of Corporate Social Responsibility & Corporate Partners – Sally Cox-Mulvenney

Governance Committees

The Governance Committees assist and advise the Board and the organisation on its effective management and sustainability.

Finance, Audit and Risk Management Committee (FARM)

- Kenneth Boorman (Chairman)
- Bruce Hayman
- Arthur Koumoukelis
- Leo Tutt

Nomination and Remuneration Committee

- Phil Tuck
- John Bell
- Anna Pino

https://diabetesnsw.com.au/about-us/board-and-executive-team/

News from the CEO

Every fortnight, our CEO Craig Bennett discusses important diabetes issues and sums up what is happening at Diabetes Victoria.

Craig took up his appointment as the CEO of Diabetes Victoria in March 2013. He is a health economist by training (University of York) and a Fellow of the Australasian College of Health Service Management.

Craig has held senior management positions in both the private and public health care sectors in Australia and overseas and has also worked for an international consulting firm and as an academic economist.

https://www.diabetesvic.org.au/

The Royal Australian College of General Practitioners (RACGP) is "responsible for maintaining standards for quality clinical practice, education and training, and research in Australian general practice"

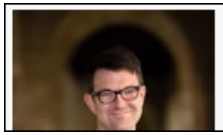
RACGP's harmful high-carb advice: p. 33

https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/5d3298b2-abf3-487e-9d5e-0558566fc242.pdf

The RACGP's mission is to improve the health and wellbeing of all people in Australia by supporting GPs, general practice registrars and medical students through its principal activities of education, training and research and by assessing doctors' skills and knowledge, supplying ongoing professional development activities, developing resources and guidelines, helping GPs with issues that affect their practice, and developing standards that general practices use to ensure high quality healthcare

Council Members

Dr Tim Koh
MBBS FRACGP
Chair RACGP Council
Chair RACGP Western Australia



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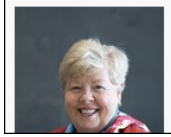
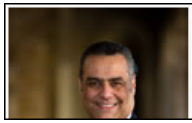


Christine Nixon is a prominent, experienced public speaker and advocate for women, disadvantaged youth and multifaith/multicultural communities. She is the Deputy Chancellor at Monash University and Chair of Monash College and the Good Shepherd Microfinance.

Christine was the chief commissioner of Victoria Police from 2001-

Associate Professor Peter O'Mara
Chair RACGP Aboriginal and Torres Strait Islander Health

Associate Professor Peter O'Mara is from the Wiradjuri people of NSW. Peter has worked with the Tobwabba Aboriginal Medical Service since 2002, and describes himself as an Aboriginal man who loves being a doctor.



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http://www.racgp.org.au/yourracgp/organisation/council/council-members/

AUSTRALIAN MEDICAL ASSOCIATION

AMA

Leading Australia's Doctors - Promoting Australia's Health

The Australian Medical Association (AMA) is the most influential membership organisation representing registered medical practitioners and medical students of Australia.

The AMA exists to promote and protect the professional interests of doctors and the health care needs of patients and communities.

Advocacy

The AMA advocates on behalf of its members at the Federal, and State and Territory levels by:

- working with governments to increase and maintain provision of world class medical care to all Australians
- tracking and reporting government performance on health policy, financing and services
- challenging governments on policy that potentially harms the interests of patients
- leading the health policy debate by developing and promoting alternative policies to those government policies
- providing informed, expert medical commentary on health issues
- responding to issues in the health debate through provision of a wide range of expert resources
- commissioning and conducting research on health issues

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https://ama.com.au/about-ama

AHPRA

Australian Health Practitioner Regulation Agency

- Aboriginal and Torres Strait Islander health practice
- Chinese medicine
- Chiropractic
- Dental
- Medical
- Medical radiation practice
- Nursing and Midwifery
- Occupational therapy
- Optometry
- Osteopathy
- Pharmacy
- Physiotherapy
- Podiatry
- Psychology

The main priority of the AHPRA is supposed to be "**Protecting the public**". Instead, it insists on **harmful high-carb treatment of obesity and diabetes**

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From left to right: Dr Peggy Brown, Ms Barbara Yeoh AM, Mr Michael Gorton, AM, Chair, Professor Merrilyn Walton AM, Mr Ian Smith, PSM, Mr David Taylor, Ms Jenny Taing, Ms Karen Crawshaw, PSM.

...

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http://www.ahpra.gov.au/About-AHPRA/Who-We-Are.aspx

Federal and State departments of Health must lift their game, start promoting effective LCHF cure for obesity and type 2 diabetes

Australian Government
Department of Health

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A list of the Executives of the Department of Health.

Page last updated: 18 November 2016

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Deputy Secretary

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Deputy Secretary

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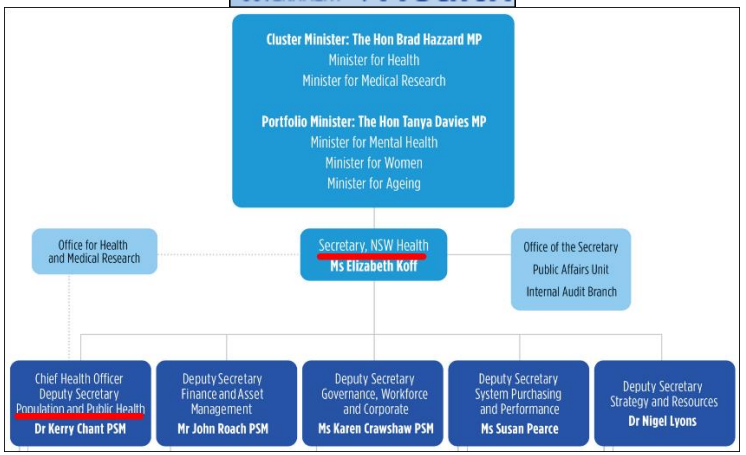
Deputy Secretary

http://www.health.gov.au/internet/main/publishing.nsf/Content/health-executive.htm

NSW GOVERNMENT Health



http://www.health.nsw.gov.au/about/ministry/Pages/chart.aspx

VICTORIA State Government | Health and Human Services

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https://www.dhhs.vic.gov.au/leadership-and-organisation

If MDPI *Nutrients*' Editor-in-Chief and/or Editorial Board were competent, the *Paradox* paper would have been formally retracted

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Lack of competence in quality control and follow-up means dishonest *Australian Paradox* defence sitting in *BMC Public Health* journal

CORRESPONDENCE | OPEN ACCESS

Trends in added sugar supply and consumption in Australia: there is an Australian Paradox

Alan W Barclay and Jennie C Brand-Miller

BMC Public Health 2013 **13**:898 | **DOI:** 10.1186/1471-2458-13-898 | © Barclay and Brand-Miller; licensee BioMed Central Ltd. 2013

Received: 11 September 2013 | **Accepted:** 12 September 2013 | **Published:** 30 September 2013

Open Peer Review reports

Abstract

In 2011, Barclay and Brand-Miller reported the observation that trends in refined sugar consumption in Australia were the inverse of trends in overweight and obesity (*The Australian Paradox*). Rikkers et al. claim that the *Australian Paradox* is based on incomplete data because the sources utilised did not incorporate estimates for imported processed foods. This assertion is incorrect. Indeed, national nutrition surveys, sugar consumption data from the United Nations Food and Agricultural Organisation, the Australian Bureau of Statistics and Australian beverage industry data all incorporated data on imported products.

Keywords

Public health – Sugar – Obesity – Food supply

The Australian Paradox has not been refuted

In the July 2013 issue of *BMC Public Health*, Rikkers et al. [1] attempt to estimate Australian refined sucrose supply and consumption over recent decades. They conclude that it is not possible to produce a reliable and robust estimate because of 'data limitations and a lack of current data sources'. Nonetheless, their analysis suggests that *imported foods* are now a greater contributor to intake of refined sucrose than they were in the past. Common sense would suggest that's true because over the past decade we have imported more foods in general, but this finding does not prove that added sugars intake from all sources is now higher than in the past. Indeed, new data indicate that Australia now *exports* more foods and ingredients containing refined sucrose than 10 years ago [2]. There is evidence that not only Australians, but Americans are consuming less refined sugars than a decade ago [3].

In 2011, Barclay and Brand-Miller [4, 5] reported three separate lines of evidence indicating downward

http://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-13-898#Abs1

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https://bmcpublichealth.biomedcentral.com/

University of Sydney and Group of Eight supporting scientific fraud, and thus defrauding Australian taxpayers on a massive scale

In an epic failure of leadership in 2016, University of Sydney Vice-Chancellor and Chair of the Group of Eight, Dr Michael Spence, ditched the Go8's promise of "excellence" in research, as he embraced Academic Freedom and refused to correct blatantly false information tending to harm public health. Critically, formal retraction is the standard approach to fixing false and harmful "findings" on the scientific record. Over 600 faulty peer-reviewed papers are retracted each year (~2 per day). Supporting false and harmful "findings" published without proper quality control is unethical and unacceptable: http://retractionwatch.com/2016/12/05/retractions-holding-steady-650-fy2016/

"Dear Mr Robertson

I have received your e-mail of 24 May [2012].

On the advice available to me the report of Professor Brand-Miller's research which appears in Nutrients was independently and objectively peer-reviewed prior to its publication in that reputable journal.

In that circumstance there is no further action which the University can or should take in relation to your concerns.

Yours sincerely

Michael Spence

DR MICHAEL SPENCE | Vice-Chancellor and Principal UNIVERSITY OF SYDNEY": Chart 6 at http://www.australianparadox.com/pdf/22Slideshowaustraliangoestoparadoxcanberrafinal.pdf

http://www.australianparadox.com/pdf/quickquizresearch.pdf

Dear Mr Robertson

An independent enquiry has found there to have been no academic misconduct in the publication of this research justifying any type of disciplinary action or requiring the retraction of this paper.

Universities are not advocacy organisations. They do not promote particular points of view. They are fora for research and debate and must, absent independently established research misconduct or some type of unlawfulness, protect the right of their academic staff to undertake and publish research. This includes research that you may believe to be wrong in its conclusions. Indeed, the whole progress of scientific understanding depends upon the constant correction and re-correction of published research. For a university to require the retraction of a piece of research simply on the basis that someone believes it to be wrong, even patently wrong, would be a fundamental blow to the tradition of free enquiry that has made universities such powerful engines of innovation and of social development over many centuries. I repeat, we will not censor or require the retraction of the the academic work of our staff on any grounds save independently verified research misconduct or unlawfulness.

Your campaign of public vilification will not change this position.

Yours sincerely

Michael Spence

20 April 2016 http://www.australianparadox.com/pdf/Go8Chair-academicfreedom.pdf

	2015 $M	2014 $M	Change $M	Change %
Teaching and learning operating grants	304.4	299.5	4.9	1.6
Capital funding	1.3	6.9	(5.6)	(81.4)
Federal government operating and capital grants	**305.7**	**306.4**	**(0.7)**	**(0.2)**
Research block grant funding	150.9	150.4	0.5	0.3
Other federal agencies - research	157.2	160.6	(3.4)	(2.1)
Australian Research Council	64.1	73.0	(8.9)	(12.2)
Scholarships	30.3	29.1	1.2	4.0
Federal research funding	**402.5**	**413.2**	**(10.7)**	**(2.6)**
Total federal funding	**708.2**	**719.6**	**(11.4)**	**(1.6)**

p. 51 of 136 http://sydney.edu.au/dam/corporate/documents/about-us/values-and-visions/University-of-Sydney-2015-Annual-Report.pdf

While soliciting billions of dollars from hapless taxpayers and politicians, the University of Sydney and its Group of Eight partners promised to pursue "excellence" in research; yet post-funding, they actively support blatantly false, harmful research "findings"!

The Group of Eight: *Research intensive universities promote **excellence in research**...**integrity is the requirement, excellence the standard**...the application of **rigorous standards of academic excellence**...**placing a higher reliance on evidence than on authority**...the **excellence**, breadth and volume of their research...help position the standards and **benchmarks for research quality**...research intensive universities are **crucial national assets**...*[they have] *the right and responsibility to publish their results and participate in national debates...provide information that supports community well-being...they are **citadels of ability and excellence**... **Excellence attracts excellence**...The reputation of these universities **reflects substance, not public relations**...the research intensive universities are **critical**. The way in which they operate ensures the **highest possible standards of performance** across a broad range of disciplines and helps set **national standards of excellence**.* https://go8.edu.au/sites/default/files/docs/role-importanceofresearchunis.pdf

Finally, readers, that request again: If you consider anything in this document to be factually incorrect or otherwise unreasonable, please email me on strathburnstation@gmail.com. I will correct any errors, if any, as soon as possible.

--

rory robertson (phone +61 414 703 471)
economist and former-fattie
https://twitter.com/OzParadoxdotcom

ABC TV *Lateline* re *Australian Paradox* scandal: http://www.abc.net.au/lateline/content/2015/s4442720.htm

Letters to USyd requesting formal retraction of Charles Perkins Centre's *Australian Paradox* paper: http://www.australianparadox.com/pdf/18May2016-Letter-USydAcademicBoard.pdf ; http://www.australianparadox.com/pdf/Harmful-misconduct-Charles-Perkins-Centre.pdf

RR to-and-fro with USyd VC and Chair Go8 Dr Michael Spence, with RR highlighting what appears to be blatant scientific fraud by USyd, and USyd & Go8 management defrauding taxpayers on a massive scale: http://www.australianparadox.com/pdf/Go8Chair-academicfreedom.pdf

Tragically, USyd Charles Perkins Centre researchers are falsely exonerating as harmless the substance that's promoting early death for many in mobs Charlie fought hard to protect:
http://www.abc.net.au/news/2016-02-12/scullion-says-sugar-is-killing-remote-communities/7162974
http://www.australianparadox.com/pdf/diabetes.pdf
http://www.foodpolitics.com/2016/03/sugar-in-australia-its-better-for-you/
http://www.australianparadox.com/pdf/1923-Medicine-Textbook.pdf
pp.12-16 http://www.australianparadox.com/pdf/obesitysummit.pdf

Want to stop trends in your family and friends towards obesity, type 2 diabetes, heart disease and various cancers? Stop eating and drinking sugar: http://www.youtube.com/watch?v=xDaYa0AB8TQ&feature=youtu.be ; http://www.peterbrukner.com/wp-content/uploads/2014/08/All-you-need-to-know-about-LCHF1.pdf

Evidence from 26 doctors on why low-carbohydrate, high-fat (LCHF) diets MUST become standard treatment for obesity and type 2 diabetes (aka metabolic syndrome): http://www.sciencedirect.com/science/article/pii/S0899900714003323

A life in our times: Vale Alexander "Sandy" Robertson (1933-2015): http://www.australianparadox.com/pdf/AlecRobertson-born2oct33.pdf

Comments, criticisms, questions, compliments, whatever welcome at strathburnstation@gmail.com

www.strathburn.com
**Strathburn Cattle Station is a proud partner of YALARI,
Australia's leading provider of quality boarding-school educations for Aboriginal and
Torres Strait Islander teenagers. Check it out at http://www.strathburn.com/yalari.php**