

11 May 2015



A sweet afternoon – without the come down

It was a full house last Tuesday at the showing of Damon Gameau's 'That Sugar Film' – sponsored by Hepburn Health Service in collaboration with the Daylesford Cinema.

The crowds were drawn to this stimulating and thought-provoking film - with complimentary afternoon tea from local food maestro Gary Thomas of Spade to Blade only a secondary consideration!

I won't ruin it for you, mainly because you should see it for yourself! It's a modern-era film with the factual content of a documentary, an engaging storyline, yet the casual style of a chat with the next door neighbour.

It examines the level of our sugar consumption and the many effects it has on us as people and as a society. Don't be concerned that it will make you feel guilty. But I'll warn you, its message is hard to digest.

As a parent, it helped me see behavioural issues from a new angle. As a doctor it helped me reflect on my practice.

The medical profession acknowledges that lifestyle changes are the most important area to focus on to achieve health gains. The information contained within the film was familiar, yet reminded me that the effects of sugar have been understated.

Whether the details of our messages have been influenced by (insidious) vested interests and historical distortions of scientific facts warrants some consideration.

I had some engaging discussions with folk from as far-flung places as Woodend and Castlemaine, and I hope there are more to come.

Thanks to Ally Parnaby and Brian Dunn and several others from Hepburn Health Service, together with the Daylesford Cinema, for putting on this event.

The scandals of modern life aside (and there are plenty more besides this one), it was great to see such wonderful community support for such a worthy event. It was better than a sugar high – it lasted longer, without the come down!

If you haven't yet seen the film, I highly recommend that you do. You can also find out more about it by visiting www.thatsugarfilm.com.

Dr Jeff Brownscombe is a GP at Springs Medical Centre in Daylesford and Director of Medical Services at Hepburn Health Service. He is working on addressing his chocoholic tendencies.

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