

**JUIN SANS
SUCRES
AJOUTÉS**

2e édition

*Un challenge
personnel,
une expérience
collective*



**C'EST DÉCIDÉ,
JE RELÈVE LE DÉFI !**

sos hépatites
Fédération
Hépatites & Maladies du foie

ELPA
European Liver
Patients' Association

Juin Sans Sucres Ajoutés

THE RETURN

SLD Working Group – 31 July 2024

SUMMARY OF PREVIOUS EPISODES

- A new disease: metabolic dysfunction-associated steatohepatitis (MASH)
- A new audience: **8 million** persons have fatty liver disease in France
- A new field of activity for our patients' association: viral hepatitis → metabolic hepatitis.

Juin Sans Sucres Ajoutés, a triple objective

1. To raise awareness about the systemic and multifactorial nature of the disease
2. To meet this unknown public
3. To support our advocacy work

FLASHBACK TO THE FIRST EDITION IN 2023

Initial ambition: to validate the relevance of the action with a group of volunteers via an online questionnaire (377 respondents to the initial questionnaire, early June)

After 1 month (203 respondents)

- 88% say they have reduced their consumption of added sugars
- 62% have feelings of withdrawal
- 100% want to continue to eat less (or no at all) added sugars after the end of the challenge

After 6 months (104 respondents)






- 83% say they have reduced their consumption of added sugars
- 76% pay more attention to the food they buy

A specific impact on the consumption of **ultra-processed foods**

- **52%** of those who consumed **industrial meals** no longer consume them at all, **28%** much less
- **40%** of those who consumed **industrial desserts** no longer consume them at all, **38%** much less

(Methodology warning: weak samples)

THE INITIAL AMBITIONS FOR 2024

1. To have more resources for a second edition  **THANK YOU ELPA***
2. To mobilize partners  but...
3. To gain visibility and reach more people  but...
4. To raise awareness amongst the public that has not been yet targeted 
5. Better support for participants, especially those who feel incapable to finish the challenge 

**ELPA is in 2024 our unique financial support (national project).
The challenge had no support in 2023, but we used ELPA support to publish our
“guide ANTI-NASH”, <https://soshepatites.org/le-guide-anti-nash/>
Its 2nd edition would be launched in 2025.*

In **2024**, the challenge had
more visibility with a
specific website

[**www.juinsanssucresajoutes.org**](http://www.juinsanssucresajoutes.org)



JUIN SANS SUCRES AJOUTÉS

The **Facebook group** has existed
since 2023. It is opened only during
the challenge, so it was **closed on**
July 15th and will be reopened next
year.



2024: PARTNERS AND SUPPORTS

www.juinsanssucresajoutes.org

Nos partenaires



PARTNERS

ELPA, <https://elpa.eu/>

ANGH, National Association of Hepato-Gastroenterologists of General Hospitals,
<https://angh.net/>

SUPPORTS

FPRH, National Federation of Hepatitis Reference Centers and Networks

Fédération Addiction,
<https://www.federationaddiction.fr/>

Avec le soutien :



Fédération Nationale des Pôles de
Référence et Réseaux Hépatites



EDITION 2024: SOME NUMBERS

1. The number of registered participants was nearly multiplied by 10 compared to the 2203 first edition: **more than 3500 participants**



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~500 members in 2023, **~2700 members** in **2024**

2069 accepted to answer the questionnaire (59%). Among them, 1 991 accepted to answer for BMI (91%):

1054 with BMI > 25 (53%)

397 with BMI > 30 (20%)

As for diseases:

213 (11%) declare having steatosis or MASH (average BMI 29,9)

98 (5%) declare having diabetes (average BMI 30,8) with **63** (3%) having another chronic disease like obesity (44 participants)

Participation goals are not the same for people with a disease or without it: the main priority for people with obesity or MASLD is to lose weight, **60%** for obesity and **54%** for MASLD

37% of participants are without obesity or steatosis

AND **THREE LESSONS** TO BE LEARNED FROM EXPERIENCE

1. A new form of “**going towards**” that is effective and useful
2. A project that ~~can~~ must assert itself as **inter-associative**
3. An illustration of the richness of our (representatives of patients and society) common function of **observing** user experience

EDITION 2025: COLLABORATIVE RESEARCH

Since January 2024, we have exchanged with the Inserm UMR 1252 SESSTIM*** and as a result, we foresee a **scientific project for 2025.**



**Inserm, National Institute of Health and Medical Research*
***UMR, joint research unit*
****SESSTIM, Economic and Social Sciences of Health and Processing of Medical Information*

ANNEX: first English translation of the 2024 flyer Juin Sans Sucres Ajoutés

<https://juinsanssucresajoutes.org/les-outils-du-defi/>

WHAT IS IT?

This is a challenge whose goal is to try to reduce your consumption of added sugars. The goal is not necessarily to eliminate them completely, but to become aware of the quantity consumed, in order to better control it.

WHEN IS IT?

From Saturday, June 1st to Sunday, June 30th, 2024. However, if you cannot start on June 1st, nothing is stopping you from joining the challenge when you can.

WHO IS IT?

The challenge Juin Sans Sucres Ajoutés was launched in 2023 at the initiative of activists from the French patients' defense association SOS hepatitis & maladies du foie. The association has long been committed to fighting fatty liver disease, caused in particular by excessive sugar consumption. The initial idea was to see if being a part of a group, it would be easier to reduce consumption.

HOW?

You will find all the information on the challenge website: juinsanssucresajoutes.org. As well as at the Facebook group: [JUIN SANS SUCRES AJOUTÉS](#).

WHY?

Excessive sugar consumption leads to health problems, including fatty liver disease. Limiting your consumption of added sugars is primarily about maintaining your health.

Both sides

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C'EST QUOI ?
C'est un défi dont le but est d'essayer de réduire sa consommation de sucres ajoutés. L'objectif n'est pas forcément de les supprimer totalement, mais de prendre conscience de la quantité consommée, pour mieux la maîtriser.

C'EST QUAND ?
Du samedi 1er au dimanche 30 juin 2024. Toutefois si vous ne pouvez pas commencer le 1er juin, rien ne vous interdit de prendre le train en marche lorsque vous le pourrez.

C'EST QUI ?
Le défi Juin sans sucres ajoutés a été lancé en 2023 à l'initiative de militants de l'association de défense des malades SOS hépatites & maladies du foie. L'association est engagée depuis longtemps contre la maladie du foie gras, provoquée notamment par une consommation excessive de sucre. L'idée initiale était donc de voir si, à plusieurs, il était plus facile de réduire sa consommation.

COMMENT ?
Vous retrouverez toutes les informations sur le site internet du défi : juinsanssucresajoutes.org. Ainsi que sur le groupe Facebook : Juin sans sucres ajoutés.

POURQUOI ?
Une consommation excessive de sucre entraîne des problèmes de santé, notamment LA maladie du foie gras. Limiter sa consommation de sucres ajoutés a comme premier objectif celui de préserver sa santé.

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Pour en savoir plus : www.juinsanssucresajoutes.org

en partenariat avec : ELPA ANGH SOS hépatites Fédération Hépatites & Maladies du foie

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THANK YOU

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