

In case you missed it, the obesity crisis in Australia has reached epidemic proportions with more than half of all Aussies now classified as overweight or obese!

Last month, the Australian government was hit with an eight-point plan called "Tipping the Scales" – a strategy pitched to tackle the rising obesity problem. And the good news? A sugar tax has again been presented as part of this agenda.

With more than 1 in 4 Aussie kids now overweight or obese and with tooth decay, type 2 diabetes and impaired brain function all linked to excess sugar in drinks, enough is enough.

In 2016, Sarah and the IQS team launched a petition with Change.org, pioneering calls for a sugar tax and with global momentum now at an all-time high, we're petitioning to get this tax across the line – once and for all!

A note from Sarah:

"We know so many parents are trying to reduce sugar in their family's diets – but until soft drink companies are forced to act too, we're not going to fix the child obesity crisis. Soft drink is a low hanging fruit – plus, liquid sugar is the most dangerous! We need your help to sign and share this petition!"

What can you do?

Visit [Change.org](http://Change.org) to sign our petition.

Share our petition with friends and family via Facebook, Instagram and Twitter.

Stay up to date with the latest sugar tax news by following our blog!

About I Quit Sugar and the 8-Week Program:

IQuitSugar.com is Australia's leading health and wellness hub for everything you need to know about quitting sugar. With simple, delicious recipes and expert advice on how you can ditch the sweet stuff and find food freedom, it also incorporates the I Quit Sugar 8-Week Program – the ONLY real and proven, sugar-quitting solution.

About Sarah Wilson:

Sarah is a New York Times best-selling author and entrepreneur and founder and director of IQuitSugar.com. Her journalism career spanned 20 years, across television, radio, magazines, newspapers and online. She's the former editor of Cosmopolitan magazine and host of the first series of MasterChef Australia, the highest-rating show in Australian TV history.

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