Is added sugar endangering young adults?

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INTRODUCTION

Coronary heart disease is the most occurring type of cardiovascular disease. It caused 7.22 million deaths in 2002 and its prevalence is estimated to keep on increasing. Everyday diet was shown to be of influence and added sugar was linked with adverse health condition. It could therefore be a precursor of coronary heart disease. Since the atherosclerosis build-up starts at a younger age, it is useful to look at the eating habits of this population and the consequences for their health.

AIM

The aim is to look for the relation between added sugar consumption by young adults (18-40) and an increased risk of coronary heart disease.

METHOD

- Systematic review
- Search on MEDLINE, CINAHL, SPORTdiscus and Pubmed.
- In- and exclusion criteria following the PICO format
- The National Institute of Health Quality Assessment Tool for observational Cohort and Cross sectional studies
- EBRO and Best Evidence Synthesis

RESULTS

Duffey et al. (2010)
There is consistent evidence about an association between sugar-sweetened beverages and incident cardiometabolic risk but not with the whole metabolic syndrome.

Yoo et al. (2004)
The consumption of sweetened beverages is associated with the prevalence of metabolic syndrome in specific sex-ethnicity populations.

Høstmark (2010A)
Soft drink intake can be positively associated with the MetSRisk index. However, the association seems more consistent with cola than non-cola soft drinks.

Høstmark (2010B)
The consumption of soft drinks is positively associated with two outcome measures of the MetS (MetSRisk and SumRisk).

DISCUSSION

A small amount of studies have been found with as main limitations:
A) Use of Metabolic syndrome as only outcome measure
B) Cultural and geographical differences play a role on diet
C) Statistical heterogeneity between studies

INTERPRETATION

Health care givers should be the first to adopt an healthy lifestyle as they are an exemple for their patients. This, in order to promote it’s benefice and help preventing some of the most occurring diseases like coronary heart disease. A first interesting step could be increasing their knowledge with additional classes for students with as topic nutrition and healthy lifestyle.

CONCLUSION

There are available indications for the relation between the consumption of added sugar by young adults and an increase in risk for coronary heart disease.

REFERENCES