INTAKE OF SUGAR-SWEETENED BEVERAGES AND ITS RELATION TO OCCURRENCE OF METABOLIC RISK FACTORS AMONG FILIPINO ADULTS

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BACKGROUND

Consumption of sugar-sweetened beverages (SSBs) is perceived to be a key contributor to the increasing prevalence of overweight and obesity globally.

OBJECTIVES

This study determined the consumption of SSBs among Filipino adults, compared SSB intake by socio-economic profile and analyzed associations between intake of SSBs and occurrence of metabolic risk factors.

METHODS

Data on beverage intake and metabolic risk factors of 7461 Filipino adults were obtained from the 8th National Nutrition Survey in 2013. SSBs specifically fruit juice drinks, softdrinks, coffee and tea, energy drinks, milk-based, chocolate-based and soya-based SSBs were included in the study. Mean intakes were computed by socio-economic profile. Spearman’s correlation was utilized to test the associations between intake of SSBs and metabolic risk factors, namely, high fasting blood sugar, low level of high-density lipoprotein (HDL) cholesterol, high triglyceride level, increased blood pressure and large waist circumference.

RESULTS

Younger adults aged 19-29 years old, female, those living in urban residences, adults belonging to the richest quintile and those working as associate professionals have higher intakes of SSBs than their counterparts. Consumption of SSBs showed significant association with metabolic risk factors particularly large waist circumference ($r_s = 0.1022; p<0.0001$), elevated triglyceride ($r_s = 0.0237; p=0.041$), and low level of HDL cholesterol ($r_s = 0.0809; p<0.0001$).

CONCLUSION AND RECOMMENDATION

Intake of SSBs and some metabolic risk factors in Filipino adults were significantly associated but weak. Nevertheless, consumption of SSBs poses potential nutritional consequences, thus, initiatives to prevent high consumption of SSBs especially among younger population and adults in richest quintile should be in place. The importance of diet diversity and healthy lifestyle should be emphasized in nutrition education classes among students, mothers, communities and even in workplaces.