



Americans Are Cutting Back on Sugary Drinks



Drinking lots of sugary beverages can wreak havoc on your health, but new research finds more Americans are turning away from those high-calorie drinks.

And that includes many people who used to drink large quantities of sweetened beverages -- the equivalent of 3.5 cans of soda daily.

"Our study found the percentage of children and adults who are heavy [sugar-sweetened beverage] drinkers has declined significantly over time," said study author Kelsey Vercammen. She's a doctoral degree candidate in the department of epidemiology at the Harvard T.H. Chan School of Public Health, in Boston.

For the study, the researchers reviewed data from the U.S. National Health and Nutrition Examination Survey from 2003 to 2016, studying responses from more than 21,000 children (aged 2 through 19 years) and 32,000 adults.

The investigators found that the percentage of heavy consumers of sugar-sweetened beverages -- 500 calories or more daily -- among children declined from 11% to 3%. The percentage of heavy sugar-sweetened beverage consumers among adults dropped from 13% to 9%.

"Our research team was particularly interested in looking at the heavy sugar-sweetened beverage consumers because these individuals are the ones who are obviously drinking the most sugar-sweetened beverages, so we think that they likely face the biggest health risks," Vercammen said.

Potential explanations for the recent steep decline in intake include the impact of beverage taxes imposed by local jurisdictions, ordinances that have required serving healthy beverages with children's meals instead of sugar-sweetened beverages, and public health campaigns about the harms of sugary drinks, Vercammen noted.

"We think that these efforts combined with the awareness that they have generated in the public may be driving some of the declines that we've seen in the recent years of data," she added.

For a couple of groups, the results were not as positive.

Adults aged 40 to 59 saw no reduction in heavy sugar-sweetened beverage consumption. Older adults had a slight increase in consumption. Adults who are Hispanic, but not Mexican, also had no reduction in consumption. Reasons could include that racial/ethnic minorities are often disproportionately exposed to and targeted for marketing of sugary drinks, Vercammen said. In addition, adults aged 40 to 59 grew up at a time when there was increasing availability and marketing of ultra-processed foods, she said.

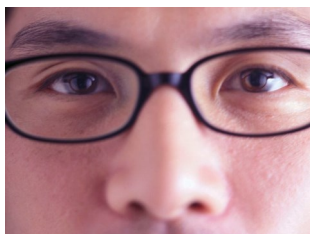
According to Dr. Lona Sandon, program director in the department of clinical nutrition at University of Texas Southwestern Medical Center, "The habits we develop throughout young childhood and teenage years, we do tend to carry those eating habits throughout the rest of our life whether they're good or bad."

Tell Us Your Stories!

I will be coming by every other Friday to get more of your stories and to say hello. We love our seniors here Pictured below: Iva Delany, Smith James, Debra Joan and Mike Morgan at Dunson



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Do regular eyeglasses offer protection against Covid –19?

Eyeglasses keep you from tripping over footstools and walking into walls, but they also might have a side benefit to spark envy among those with 20/20 vision.

People who wear glasses every day might be less susceptible to COVID-19 infection, a Chinese study reports.

Only about 6% of 276 patients hospitalized for COVID-19 at Suizhou Zengdu Hospital in China needed to wear glasses daily due to their nearsightedness. But the proportion of nearsighted people in Hubei province, where the hospital is located, is much higher -- around 32%, according to the study. For all of the article please visit <https://www.activedailyliving.com/Resources/Category/7/Article/9326>