



How are sugars added to foods and drinks related to being overweight and developing new diabetes in pregnancy?

Dasgupta, Kaberi "How are sugars added to foods and drinks related to being overweight and developing new diabetes in pregnancy?"
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What the researcher(s) did

The researchers investigated the relationship between being overweight (and developing GDM) and consuming more free sugars from solids and liquids. They did so by studying dietary information and Body Mass Index (BMI) (data from 2004 to 2017) for females 12 to 50 years old, examining their chances of developing Gestational Diabetes Mellitus (GDM).

What the researcher(s) found

Consuming more liquid added-sugars was associated with increased odds of being overweight, which was associated with increased chances of developing GDM. Consuming more food added-sugars did not affect the chances of being overweight or developing GDM. Consuming more than 5% of total calories as food added-sugars was associated with lower chances of developing GDM and being overweight.

RDC Datasets used

2004–2005 Canadian Community Health Survey (CCHS) 2.2

Canadian hospital Discharge Abstract Database

Policy areas this research can inform

- Agriculture and food
- Health

Policy implications of this research

This study was conducted upon request from the Canadian Institutes of Health Research and Health Canada, who asked the researchers to provide evidence to guide policy for added sugar consumption from foods. Current guidelines that support limiting dietary free sugars are based on evidence for sugar sweetened beverages but do not distinguish between beverages and foods. The WHO recommends a 10% limit on added sugars from foods and beverages combined. The researchers' findings suggest that in this young to middle aged group of females, no specific guideline for foods is required but the upper limit from beverages could be lowered.

Read the full article

Mussa, J., Brazeau, A.S., Peters T., Dahhou, M., Sanmartin, C., Ross, N., ... Dasgupta, K. (2021). Associations of overweight and gestational diabetes mellitus with free sugars from solid and liquid sources: cross-sectional and nested case-control analyses. *BMC Public Health*, 21, 1923. doi:10.1186/s12889-021-12000-3.

