Lifestyle habits, consumption of non-nutritive sweeteners and obesity in students and young adults’ population in Latvia.

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RESULTS

- 16.6 % of respondents were overweight or obese (BMI>85th perc.) (Chart No 1)
- Only 36.9% of adults do physical activities at the level that WHO recommends for prevention of noncommunicable diseases. Men are more physical active than women p=0.03. There was no significant difference in physical activities among overweight and normal weight respondents, except age group 8-19 y with normal weight make more extra sport activities (p=0.0103).
- 74.2% of young adults have screen time more than 3 hours per day, young adults have more screen time than students (12% vs. 3.2%; more than 8 hours per day (p=2x10^-16)).
- 67.3% of respondents eat less fruits and vegetables than WHO recommended 5 portions per day (Normal weight = 64.3%)
- Overweight = 75%
- 27.7%, of respondents add extra sugar to tea or coffee, only 3.3% of respondents add non-nutritive sweeteners in daily use. 12.5% of respondents use natural sweetener stevia.
- 51.20 % of respondents drink at least 250ml of sweetened beverages per day (men more than women p = 0.00187). (Chart No 2) Overweight adults drink more sweetened beverages than those with normal weight (p = 0.0194). Most popular sweetened beverage is fruit juice (40% drink once per month, men only, p=0.02) (Chart No 3). Overweight people drink more Coca Cola Zero than adults with normal weight (p<0.009).

CHART NO 2 USE OF SWEETENED BEVERAGES IN POPULATIONS COMPARISON IN PERCENT

Conclusions

Obesity, screen time, lack of physical activities and lack of fruits and vegetables in daily intake increase with age.

Young adults and students choose more sugar sweetened meals than non-nutritive sweetened. Being overweight correlates with the consumption of non-nutritive sweeteners, the consumption of fruits and vegetables as well as the level of physical activities.

METHOD

A cross-sectional population study was carried out in three different schools and on social media with 997 respondents aged 8-30, divided into three age subgroups 8-13 y, 14-17y, 19-30y.

A voluntary anonymous questionnaire about their anthropometric data, lifestyle habits, eating and physical activities habits was handed. Data was statistically analyzed by Microsoft Excel 2010, SPSSS version 19.0 and RStudio IDE 1.3.

REFERENCES

- S. Klimchuk, and A. M. Laskin. “Children’s lifestyle habits, consumption of non-nutritive sweeteners, the consumption of fruits and vegetables as well as the level of physical activities.” [Online].

CONTACT INFORMATION

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