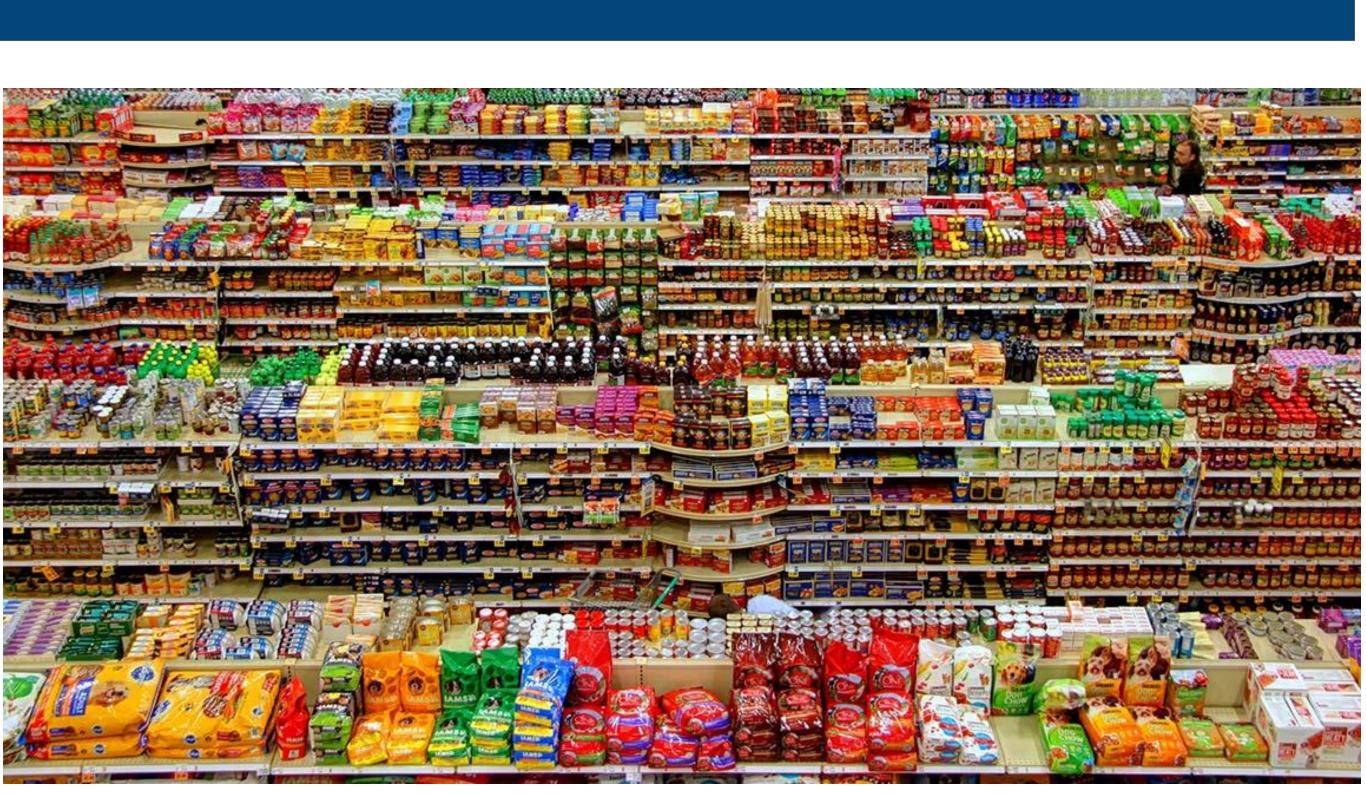
The Health Impact of Non-Sugar Sweetened Beverages on Child and Adolescent Diets: A Review

Emily Fisher, MSGH Candidate

OBJECTIVES



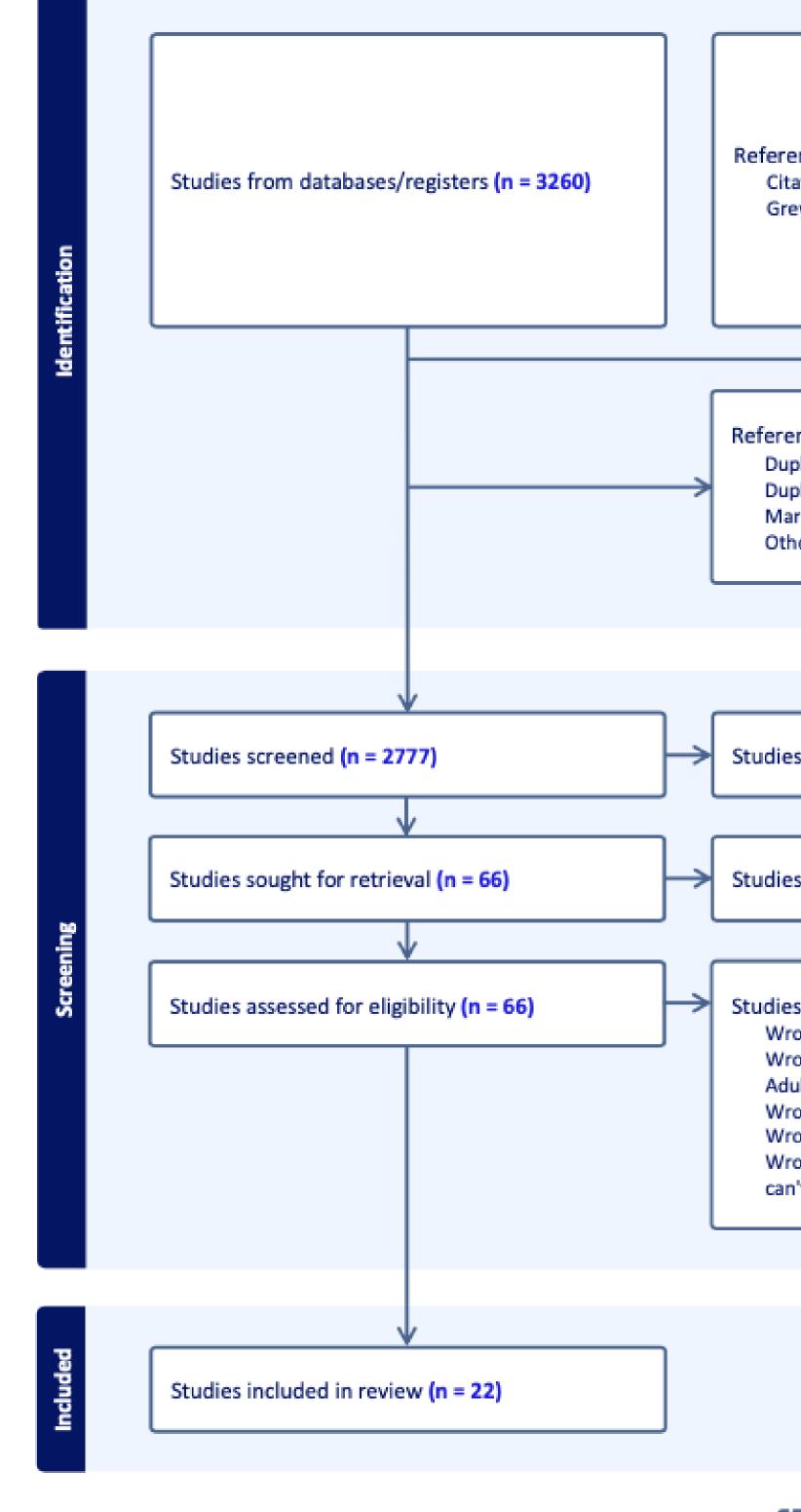
Learning about the impact of NSS beverage consumption on child and adolescent health outcomes

This project sought to identify the health impacts of consuming non-sugar sweetened (NSS) beverages among children and adolescents ages 5-18 years old. A scoping review was conducted with the aim of:

- Defining NSS and understanding their unique properties
- Identifying how many NSS are approved by the FDA and investigating any safety concerns
- Understanding the health impacts of consuming NSS beverages
- Highlighting global policies around NSS consumption

METHODOLOGY

The search strategy was developed by HER and informed by the methodology used by the 2020 **Dietary Guidelines for Americans Advisory** Committee. Searches were run in PubMed, Embase, and Cochrane databases. Using Covidence, 2,777 article abstracts were reviewed and 22 articles met the criteria for final review and data extraction.



ACKNOWLEDGEMENTS: Special thanks to Mary Story, PhD, RD and Megan Lott, MPH, RDN for their expertise and guidance throughout this project

GLOBAL HEALTH Duke

| rences from other sources (n =) itation searching (n =) irey literature (n =) |
|--|
| |
| rences removed (n = 483) uplicates identified manually (n = 5) uplicates identified by Covidence (n = 478) larked as ineligible by automation tools (n = 0) ther reasons (n =) |
| |
| |
| |
| ies excluded (n = 2711) |
| |
| ies not retrieved (n = 0) |
| |
| ies excluded (n = 44) /rong setting (n = 3) /rong outcomes (n = 6) dult population (n = 15) /rong intervention (n = 9) /rong study design (n = 7) /rong patient population (n = 3) an't access full text of article (n = 1) |
| |
| |
| |
| Included studies ongoing (n = 0) |

Studies awaiting classification (n = 0)

- age children

- events, and metabolic diseases



Duke student workers at the HER annual meeting



CONCLUSIONS

Limited and mixed data on the relationship between NSS consumption and child and adolescent health outcomes suggests:

• negative oral health outcomes such as increased risk of caries

Increased blood glucose levels among school-

dysregulation of gut-brain regulation

higher daily caloric and carbohydrate intake

• Adult data suggests significant safety concerns such as increased risk of cancer, cardiovascular