

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

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OBJECTIVES



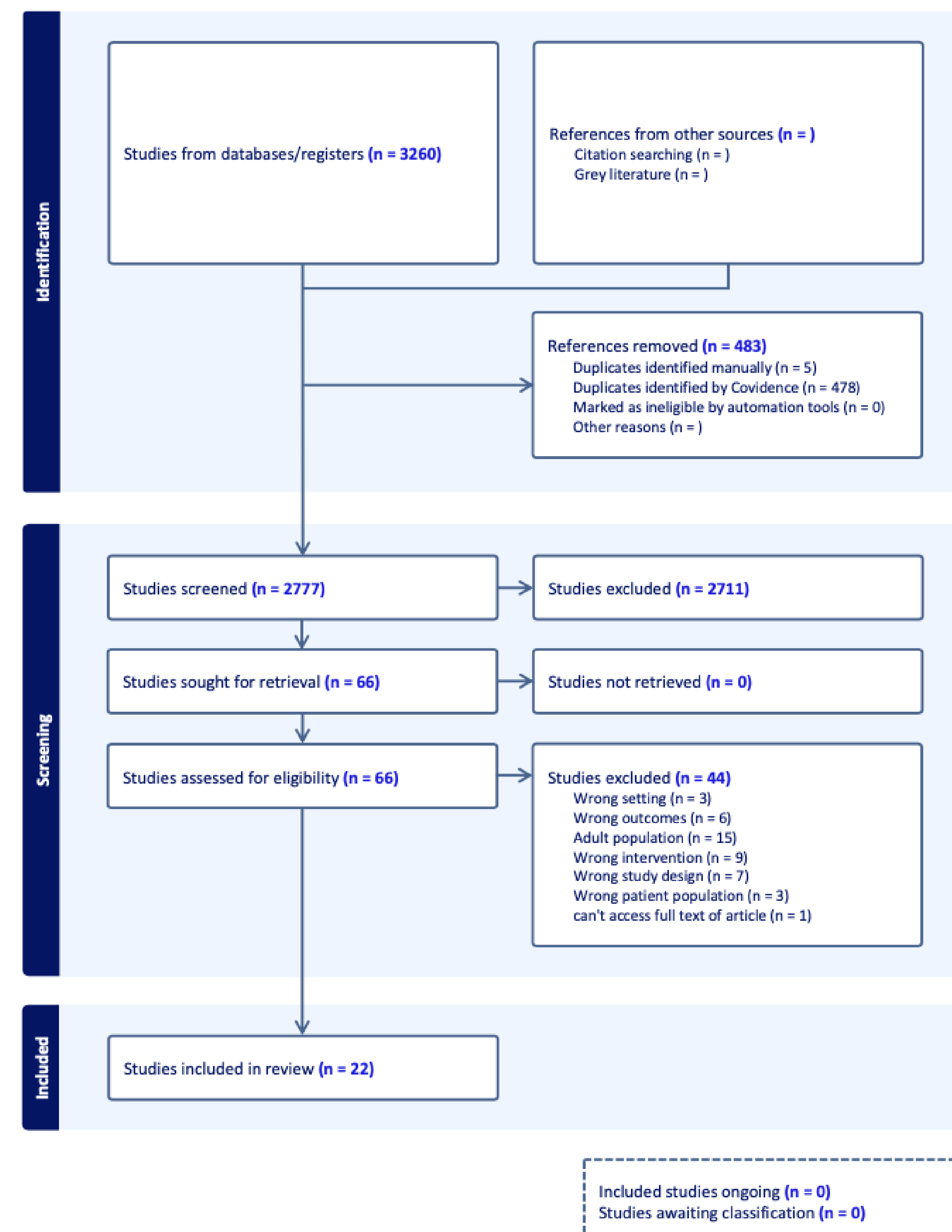
Learning about the impact of NSS beverage consumption on child and adolescent health outcomes

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.



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-age children
 - dysregulation of gut-brain regulation
 - higher daily caloric and carbohydrate intake
- Adult data suggests significant safety concerns such as increased risk of cancer, cardiovascular events, and metabolic diseases



Duke student workers at the HER annual meeting