



Beverage patterns among Canadian children and relationship to overweight and obesity.

<https://arctichealth.org/en/permalink/ahliterature123475>

Author: Adrienne D Danyliw
Hassanali Vatanparast
Nooshin Nikpartow
Susan J Whiting

Author Affiliation: College of Pharmacy and Nutrition, University of Saskatchewan, Saskatoon, SK, Canada.

Source: Appl Physiol Nutr Metab. 2012 Oct;37(5):900-6

Date: Oct-2012

Language: English

Publication Type: Article

Keywords: Adolescent
Beverages - adverse effects
Body mass index
Canada - epidemiology
Child
Child Behavior
Child Development
Child, Preschool
Cluster analysis
Cross-Sectional Studies
Dietary Sucrose - administration & dosage - adverse effects
Female
Food Habits
Humans
Male
Nutrition Surveys
Obesity - epidemiology - etiology
Overweight - epidemiology - etiology
Risk
Sex Characteristics

Abstract:

Sweetened beverage intake has risen in past decades, along with a rise in prevalence of overweight and obesity among children. Our objective was to examine the relationship between beverage intake patterns and overweight and obesity among Canadian children. Beverage intake patterns were identified by cluster analysis of data from the cross-sectional Canadian Community Health Survey 2.2. Intake data were obtained from a single 24-hour recall, height and weight were measured, and sociodemographic data were obtained via interview. Data on children and adolescents aged 2-18 years who met inclusion criteria (n = 107038) were grouped into the following categories: 2-5 years (male and female), 6-11 years (female), 6-11 years (male), 12-18 years (female), and 12-18 years (male). χ^2 test was used to compare rates of overweight and obesity across clusters. Logistic regression was used to determine the association between overweight and obesity and beverage intake patterns, adjusting for potential confounders. Clustering resulted in distinct groups of who drank mostly fruit drinks, soft drinks, 100% juice, milk, high-fat milk, or low-volume and varied beverages (termed "moderate"). Boys aged 6-11 years whose beverage pattern was characterized by soft drink intake (553 ± 29 g) had increased odds of overweight-obesity (odds ratio 2.3, 95% confidence interval 1.2-4.1) compared with a "moderate" beverage pattern (23 ± 4 g soft drink). No significant relationship emerged between beverage pattern and overweight and obesity among other age-sex groups. Using national cross-sectional dietary intake data, Canadian children do not show a beverage-weight association except among young boys who drink mostly soft drinks, and thus may be at increased risk for overweight or obesity.

PubMed ID:

22694268 [View in PubMed](#) 