

The Association between Sugar Sweetened Beverages and Anxiety Levels in College Students

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Background



- Men with the highest intake of sugar sweetened beverages and food are 23% more likely to develop CMD after 5 years, independent of other factors such as health behavior, social demographic, diet-related factors, etc.¹
- A study conducted on 450 college students found that there is an association between greater anxiety risk and diet with low macronutrient quality, with soda consumption.²

Objective



- The purpose of this study was to observe if there was any relationship between the amount of sugar sweetened beverages consumed on a typical day and general anxiety symptoms (GAD-7) in a college population (Current college student or graduated within the last 6 months).
- Hypothesis: Consumption of Sugar Sweetened Beverages are associated with anxiety level within college population

Methods



- Population:** Current college students or recently graduated college students (within the last 6 months)
- Measures:** General anxiety disorder questionnaire, GAD-7. Survey question about how much Sugar Sweetened Beverages respondent consume on typical day, "On a typical day, how many SSB's do you consume?"
- Analysis:** SPSS's pearson correlation test

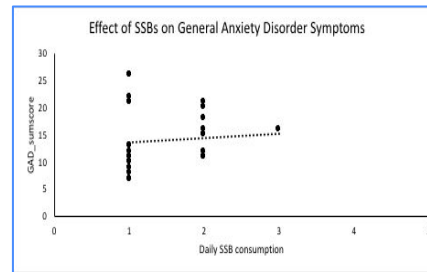
References

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Results



- 87.5% Age group: 18-24
- 65.6% Female
- 37.9% Asian
- 56.4% Reported **no SSBs** consumption
- 40.6% Consumed 1-2 drinks
- 43.8% Reported **Minimum Anxiety Symptoms**
- 31% Reported **Mild Anxiety Symptoms**



Association Between SSBs consumption and GAD score

Conclusion



There is no association between sugar sweetened beverage consumption and level of anxiety in college population.

Policy Implication



More studies should be done on this subject so we can further understand the correlation. Policy can then use those information to address appropriately.

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