

## HAFL Master's Thesis Abstract

*Year:* 2019  
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*English Title:* **Consumption of Sugar Sweetened Beverages (SSB): Do SBB definitions matter when targeting health policies? The case of Switzerland**

*English Summary:* Background: High intake of sugar particularly of SSB are of great concern because they have been associated with obesity and overweight in both children and adults. In Switzerland, 42% of adults were obese or overweight in 2017; 51% among men and 33% among women.

Objective: The aim of the study was to identify which beverages contribute to the high consumption of SSB in Switzerland and to assess inequalities in the consumption of SSB across socio-demographic groups possibly revealing potential for public health interventions.

Data: The menu CH data conducted in 2014 was used for this study and includes a representative sample of 2,086 participants aged 18-75 years old.

Methods: Estimates were produced on the average daily intake of SSB by different sociodemographic characteristics and on the contribution of SSB to total sugar, energy and water intake with WHO definition (all categories of SSB) and current definition (excludes 100% fruit juices, milk beverages, milk substitutes, mineral water and tea with added sugar and with sweetener). A generalized linear model (GLM) with a log link function and robust standard errors was used for the analyses to identify the sociodemographic factors associated with the consumption of SSB.

Results: The average daily consumption of SSB in Switzerland was very high, 330 g per day with WHO definition and 241 g per day with the current definition. 66% of the difference between both WHO and current definition of SSB was due to the high consumption of 100% juices. The most consumed SSB were fizzy drinks/sodas (60.4 g /day) and 100% fruit juices (58.6 g/day), contributing to 11% of the overall sugar intake. We found great inequalities in the consumption of SSB across sociodemographic groups: Men, young adults (18-29), less educated, currently smoking, leaving in the German speaking region and obese significantly consumed more SSB. Young adults, men, less educated and leaving in the German speaking region were at higher risk of high consumption of soft drinks while people currently smoking, obese and leaving in the German speaking region to the high consumption of non-caloric sweetened beverages.

Conclusion: We found a very high daily consumption of SSB and large inequalities across sociodemographic groups in Switzerland. Soft drinks



and 100% juices were the most consumed beverages contributing to similar sugar intake. However, 100% juices are not counted as SSB by the current definition of SSB applied in many countries as opposed to WHO definition of SSB. This implies that the definition of SSB is key for designing effective policies to reduce sugar intake to fight obesity and overweight. This paper provides evidences to design policies to decrease the consumption of SSB beverages in Switzerland.

*Keywords:* SSB consumption; definition of SSB; sociodemographic inequalities; Switzerland.

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