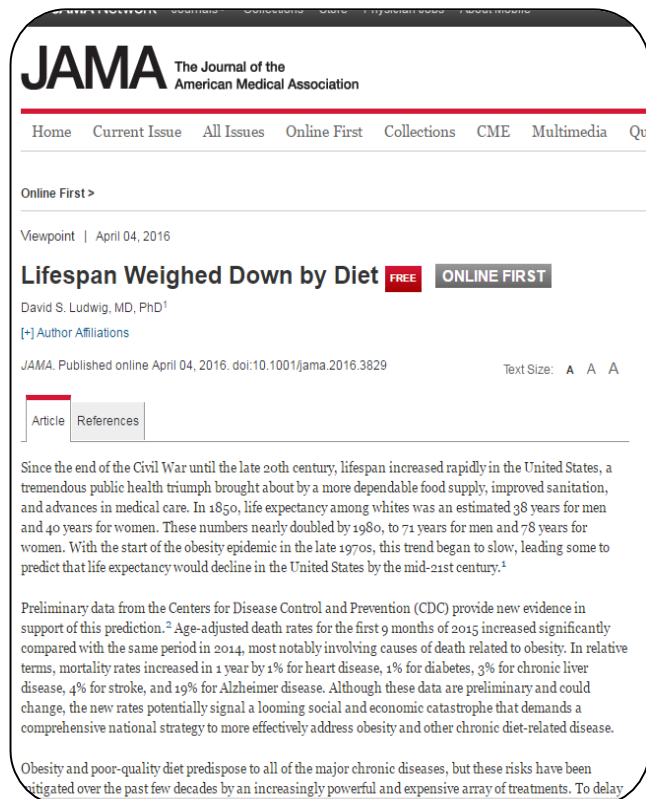# THE MANY ASPECTS OF SUGAR

THE CULPRIT BEHIND METABOLIC DYSFUNCTION

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TROUBLING TREND

Age-adjusted death rates for the first 9 months of 2015 **increased significantly** *… most notably involving causes of* **death related to obesity***…*

mortality rates increased *in 1 year*
- *1% for heart disease,*
- *1% for diabetes,*
- *3% for chronic liver disease*
- *4% for stroke, and*
- *19% for Alzheimer disease.*

US OBESITY MAP 2013

2013 U.S. adult obesity rates

Percentage of obese adults (body mass index of 30+)
- <25
- 25–29
- 30–34
- >35

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CHILDREN AND TYPE II DIABETES

➤ **1980:**

  ▪ **0 children** were diagnosed

➤ **2012:**

  ▪ **210,000 children** had diagnoses

NEWS RELEASES

Thursday, April 13, 2017

Rates of new diagnosed cases of type 1 and type 2 diabetes on the rise among children, teens

Fastest rise seen among racial/ethnic minority groups.

Rates of new diagnosed cases of type 1 and type 2 diabetes are increasing among youth in the United States, according to a report, Incidence Trends of Type 1 and Type 2 Diabetes among Youths, 2002-2012, published today in the New England Journal of Medicine.

In the United States, 29.1 million people are living with diagnosed or undiagnosed diabetes, and about 208,000 people younger than 20 years are living with diagnosed diabetes.

This study is the first ever to estimate trends in new diagnosed cases of type 1 and type 2 diabetes in youth (those under the age of 20), from the five

TYPE II DIABETES — FROM THE CDC

Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015
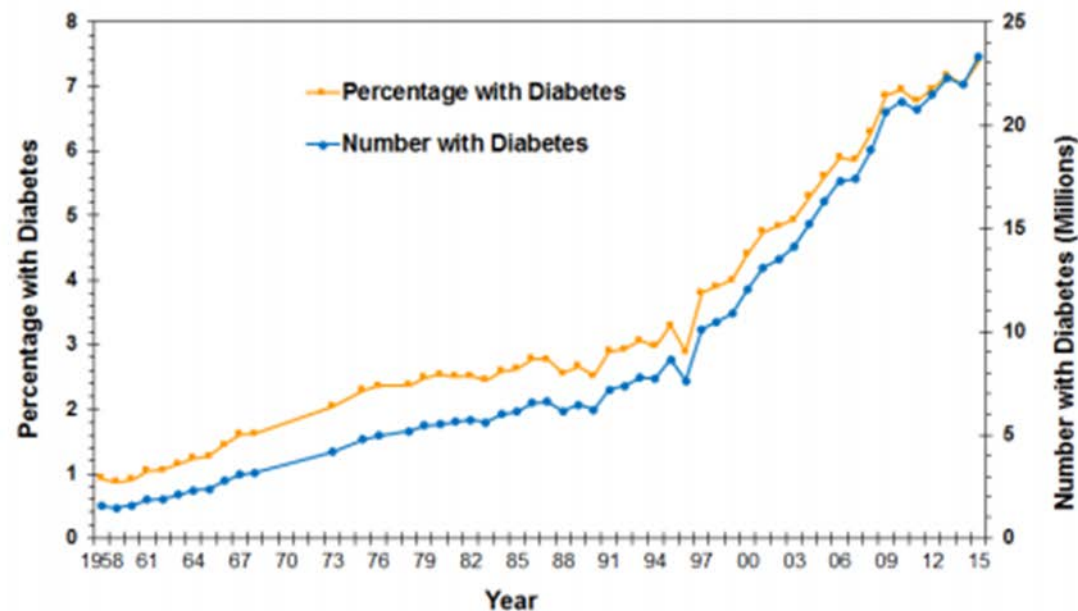
CDC's Division of Diabetes Translation. United States Diabetes Surveillance System available at http://www.cdc.gov/diabetes/data
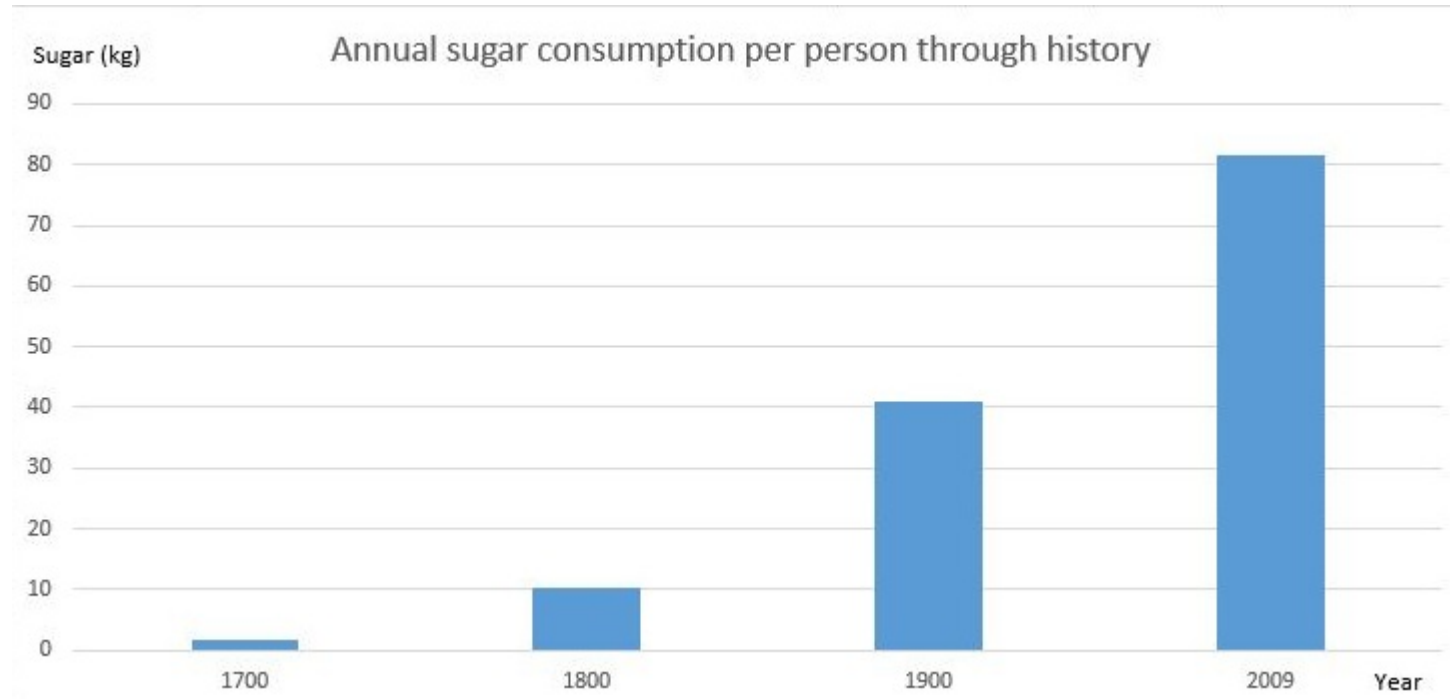
HOW MUCH ARE WE EATING?

Image courtesy of http://www.divineeatingout.com/food-1/sugar-consumption-now-vs-100-years-ago

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SUGAR AND YOUR HEALTH

- Type II diabetes, and CVD
- Contributes to obesity
- Rapid rise of adrenaline in children
- Rise in triglycerides
- Migraines and headaches
- Depression
- Alzheimer's
- Weakens eyesight
- Interferes with calcium and magnesium absorption
- Contributes to osteoporosis
- Suppresses immune system (up to 2 hrs)
- Ages skin
- Increases fluid retention

Adapted from 146 Reasons Why Sugar Is Ruining Your Health by Nancy Appleton, Ph.D

WHO AND SUGAR

WHO calls on countries to reduce sugars intake among adults and children

Press release

4 MARCH 2015 | GENEVA - A new WHO guideline recommends adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. A further reduction to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

➢ **Acknowledges SUGAR as the main culprit behind global health problems**

➢ **Sugar should be reduced to below 5% of daily calories (25g / 6 tsp)**

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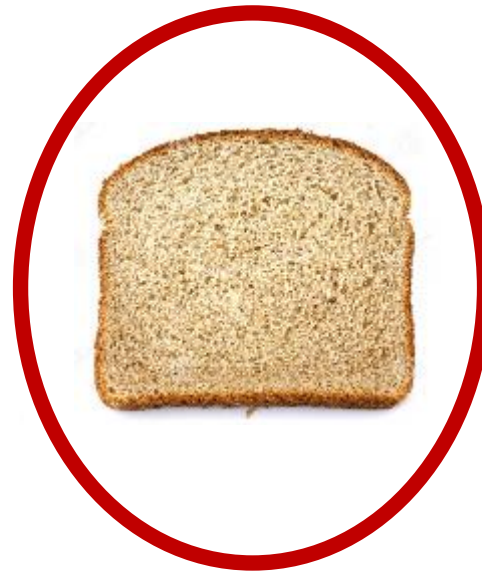
"HEALTHY" FOODS AND SUGAR

WHAT HAS THE HIGHEST GLYCEMIC INDEX?

54   **68**   **71-85**   **55**

LOWERING THE INSULIN RESPONSE

➢ **Fiber**

➢ **Fat**

➢ **Protein**

Always have a "buddy" when eating high carb or sugary food – even fruit!

RECENT HEADLINES

Epidemiological data have demonstrated an association between *artificial sweetener use and weight gain.*

- MESA study, 2010

THE WALL STREET JOURNAL.

ENVIRONMENT & SCIENCE

Research Shows Zero-Calorie Sweeteners Can Raise Blood Sugar

They Can Alter the Population of Gut Bacteria and Trigger Unwanted Changes

By GAUTAM NAIK

dated Sept. 17, 2014 7:21 p.m. ET

Artificial Sweeteners May Disrupt Body's Blood Sugar Controls

By KENNETH CHANG   SEPTEMBER 17, 2014 4:17 PM   370 Comments

eating and health

Diet Soda May Alter Our Gut Microbes And Raise The Risk Of Diabetes

by ALLISON AUBREY

September 17, 2014 4:47 PM ET

Study Shows Diets High In Sodium And Artificially Sweetened Soda Linked To Kidney Function Decline

CONQUERING CRAVINGS

➢ **Eliminate caffeine**

➢ **Hydrate**

➢ **Avoid artificial sweeteners**

➢ **Keep junk out of your home**

➢ **Eat fruit and sweet veggies**

➢ **Exercise**

➢ **Read Labels**

➢ **Eat good fat (stabilize blood sugar)**

➢ **Look at consumption of animal protein (too much / too little)**

WHAT IS METABOLIC SYNDROME?

- ➢ **HBP / HTN**
  - ▪ **>130 systolic, >85 diastolic**
- ➢ **Low HDL / high LDL**
  - ▪ **HDL <40 men, <50 women**
- ➢ **High Triglycerides > 150**
- ➢ **High fasting BS >100**
- ➢ **BMI >30**
- ➢ **Abdominal obesity**
  - ▪ Waste **>40 men, >35 women**

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IF YOU WANT TO KNOW MORE…

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