

# Sugary Drinks and High Blood Sugar

## Why is this study needed?

Sugary drinks like energy drinks are heavily consumed in the Caribbean and may contribute to high blood sugar. In recent years people are becoming aware of the negative health effects of sugary drinks, and countries have created policies to discourage people from consuming sugary sodas. This study is important because it helps us understand if sugary drinks are linked with high blood sugar in the Caribbean context.

## Who was involved?

This study looked at information collected between 2013 and 2018 from 2,961 people living in Barbados, Puerto Rico, Trinidad and Tobago, or the U.S. Virgin Islands. The study subjects were all over 40 years old and living independently in their communities.



## What were the study results?

- People who didn't know they had high blood sugar drank more sugary drinks compared to those who knew they had high blood sugar.
- Drinking sugary drinks increased the chances of having diabetes, whether the person knew they had it or not.

## Takeaway Message

*Sugary beverages are linked with high-blood sugar, which is a growing concern in the Caribbean. This study suggests the need for policies to discourage the consumption of sugary beverages, like reducing the price of healthy foods and/or raising the price of sugary beverages. It also suggests the need for campaigns to promote healthier beverages like water.*

Citation: Oladele CR, Khandpur N, Galusha D, Hassan SM, Colón-Ramos U, Miller M, Adams OP, Nazario CM, Nunez M, Pérez-Escamilla R, Hassell T, Nunez-Smith M. Consumption of sugar-sweetened beverages and T2D diabetes in the Eastern Caribbean. *Public Health Nutr.* 2023, March.