

Evaluation of Soft Drinks Intake Among 6-8 Years Old Portuguese Children and Overweight: COSI Portugal 2008-2016

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INTRODUCTION AND OBJECTIVES

Free sugars are one of the dietary components that can have several consequences in children's health, as weight gain, whereas soft drinks are one of its main dietary sources (1,2). Portugal has been investing in policies regarding sugar intake, such as the consumption tax on all sweetened beverages. COSI Portugal aim is to create a systematic network for collecting, analyzing, interpreting and sharing descriptive information about childhood nutritional status of school age children (6-9 year old) and produces comparable data between European countries every 2-3 years (3).

The aim of the present study is to evaluate the children's intake of soft drinks between the first and fourth round of Childhood Obesity Surveillance Initiative (COSI) Portugal and its impact on overweight.

METHODS

COSI Portugal is scientifically coordinated, conducted and implemented by Institutions of the Minister of Health. CEIDSS (Center of Studies and Research on Social Dynamics and Health) offers technical and scientific support, specifically in the collection and data management. This study uses data from the cross-sectional surveys presented in COSI Portugal regarding children's intake of soft drinks in 2008 and 2016. The anthropometric measurements were collected as stated in COSI protocol and manual of procedures and the nutritional status was calculated through WHO's tool AnthroPlus (4). The frequency of soft drinks intake was collected from the Family's Form, filled by the parents or caregivers (5). SPSS software was used to perform the statistical analyses.



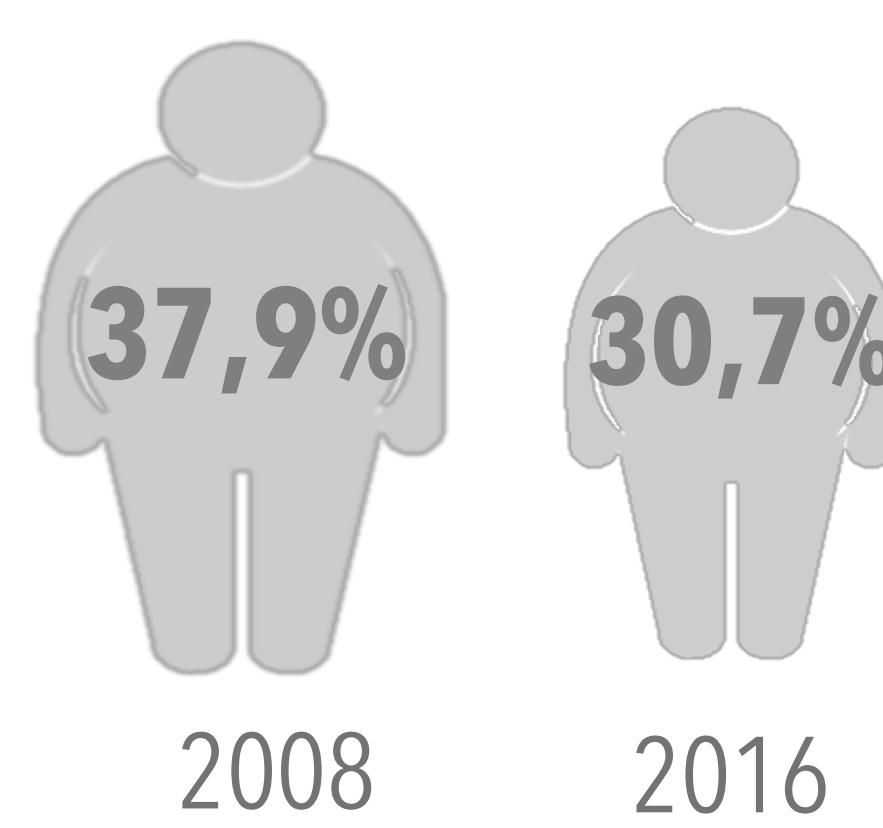
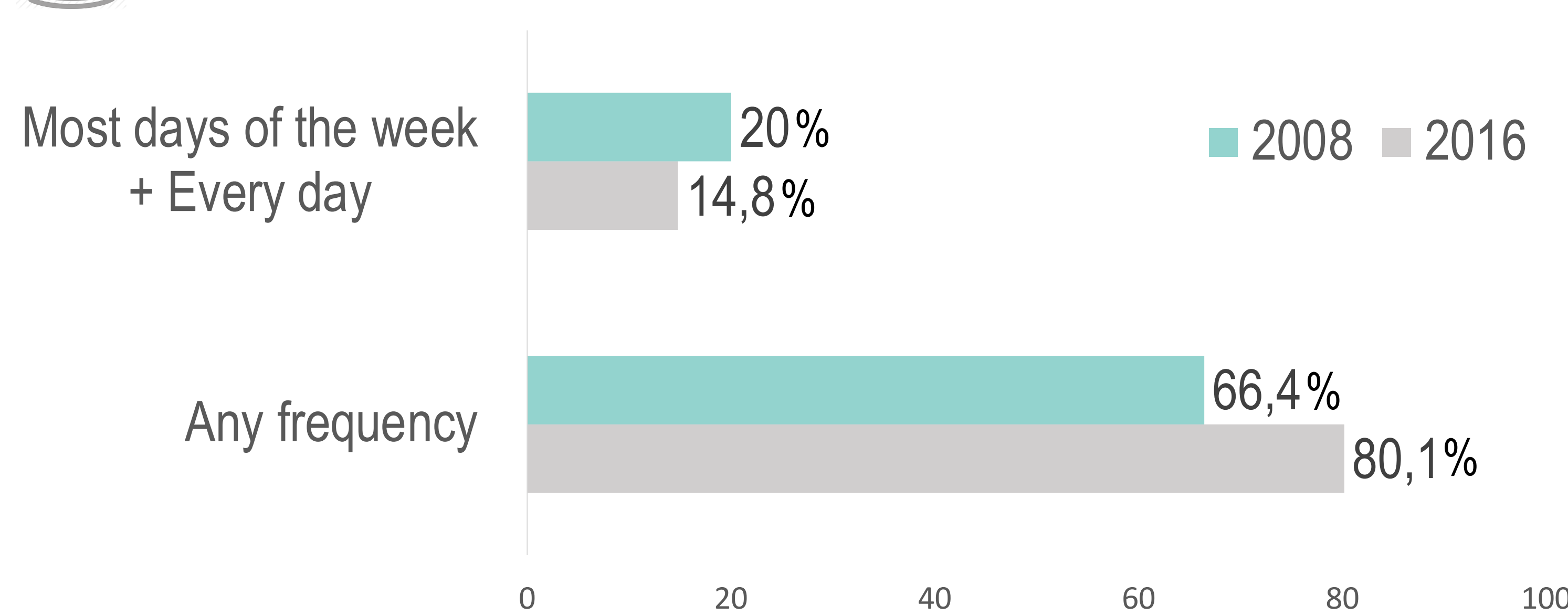
In this study, **6180** children aged 6 to 8 years old were included, from the 1st and 2nd round of COSI Portugal.

RESULTS

Prevalence of childhood overweight between 2008 and 2016 ($p < 0,001$) (6,7).



Soft Drinks Intake



Analysing data from 2016, **no differences** in soft drinks intake between overweight and non-overweight children were found

OR= 1.054, 95% CI 0.920, 1.208 in overall

OR= 1.089, 95% CI 0.901, 1.318 ♀

OR= 1.019, 95% CI 0.839, 1.239 ♂

CONCLUSION

The intake of SSB was not associated with increased risk of overweight in children with ages between 6 and 8 years in COSI Portugal. Nevertheless, there was an increase in the intake of soft drinks (any frequency), regardless of the children's nutritional status. This suggests that further action is still needed to promote healthier dietary patterns that consequently influence nutritional status.

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