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The association between sugar-sweetened carbonated beverage consumption and hypertension prevalence in Korean adults

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Hypertension has been an important public health concern with a global prevalence of 26% among adults. Several studies reported that sugar-sweetened beverage consumption (SSBC) has been associated with higher blood pressure (BP) levels. These previous studies on the association between SSBC consumption and hypertension were conducted in Western countries. Therefore, we examined the association between hypertension prevalence and SSBC intake among Korean adults aged 19 through 65. This study used data from 2007-2009 Korea National Health and Nutrition Examination Surveys. We excluded subjects who had a diagnosis of or were receiving treatment for hypertension. Hypertension was defined as having a systolic blood pressure higher than 140 mmHg or a diastolic blood pressure higher than 90 mmHg. SSBC intakes were calculated using food frequency questionnaires for the past year. Odds ratios (ORs) for hypertension were assessed by using logistic regression and multivariable models. 14.5% of all subjects were classified as having hypertension. A high SSBC (>2.3 servings/week) was associated with a higher prevalence of hypertension after adjusting for confounding factors such as total daily energy intake, sodium intake and others. In the subgroup analysis by gender and obesity, SSBC was significantly associated with a higher prevalence of hypertension in obese women but was marginally associated in obese men. Further longitudinal and randomized clinical studies are warranted to confirm this causal relationship.

Biography

Hae-Jeung Lee is a Professor at Eulji University in the Republic of Korea. She graduated and received her PhD from Seoul National University. She worked as a research fellow at Harvard Medical School and Harvard Public Health School. She carried out projects using various national nutrition surveys and health promotion programs and policies upon request from various Korean governmental agencies including the Ministry of Health and Welfare (MOHW), Korea Centers for Disease Control and Prevention (KCDC) and the Ministry of Food and Drug Safety (MFDS). She has conducted numerous randomized clinical trials as well.

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