

Health Reports: Change in total sugars consumption among Canadian children and adults

Released at 8:30 a.m. Eastern time in *The Daily*, Wednesday, January 16, 2019

A new study released today in *Health Reports* is the first to look at the long-term trend in total sugars consumption using the most recent data from the Canadian Community Health Survey—Nutrition 2015. Overall, total sugars consumption—which includes free and naturally-occurring sugars—decreased for all age groups from 2004 to 2015.

The data, from more than 45,000 Canadians aged 2 years and older, show that in 2015, the average daily total sugars consumption was 101 grams (compared with 104 grams in 2004) for children aged 2 to 8, 115 grams (compared with 128 grams) for children aged 9 to 18, and 85 grams (compared with 93 grams) for adults.

The decrease in total sugars intake reflects a decline in the consumption of sugary beverages. From 2004 to 2015, young children's average daily total sugars consumption from beverages decreased by 15 grams, older children's consumption decreased by 20 grams and adults' decreased by 11 grams. In contrast, consumption of sugar from food increased across all age groups (+12 grams for young children, +8 grams for older children and +3 grams for adults).

Despite the decrease in sugars consumption from sugary beverages, they are still the main source of total sugars for all Canadians, accounting for 22% of total sugars for younger children, 30% for older children and 24% for adults.

Note to readers

Data are from the 2004 and 2015 Canadian Community Health Survey—Nutrition. The target population was Canadian household residents aged 2 years and older living in the 10 provinces.

Daily total sugars intakes represent the sugars in all foods and beverages reported during the 24-hour dietary recall. Total sugars content for each food and beverage comes from the Canadian Nutrient File provided by Health Canada used for each survey.



Definitions, data sources and methods: survey number 5049.

"Change in total sugars consumption among Canadian children and adults" is now available in the January 2019 online issue of *Health Reports*, Vol. 30, no. 1 (**82-003-X**).

This issue of *Health Reports* also contains the article "Prevalence of laser beam exposure and associated injuries."

To enquire about "Change in total sugars consumption among Canadian children and adults," contact Didier Garriguet (didier.garriguet@canada.ca), Health Analysis Division.

To enquire about "Prevalence of laser beam exposure and associated injuries," contact media relations at Health Canada (613-957-2983).

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; STATCAN.infostats-infostats.STATCAN@canada.ca).

For more information about *Health Reports*, contact Janice Felman (613-799-7746; janice.felman@canada.ca), Health Analysis Division.