

# Food Addiction and Sugar Consumption in College-Aged Females.

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## Introduction

- ❖ Addiction to highly refined foods, specifically sugar, may result in excessive caloric intake, which enhances comorbidity risks, such as obesity and cardiovascular disease.
- ❖ The American Heart Association recommends that women limit added sugar intake to 25 g per day.

## Purpose

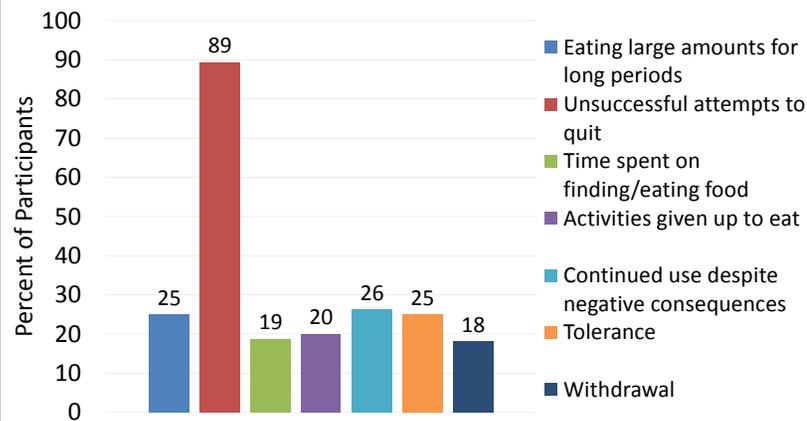
- ❖ To determine the relationship between food addiction and sugar consumption.



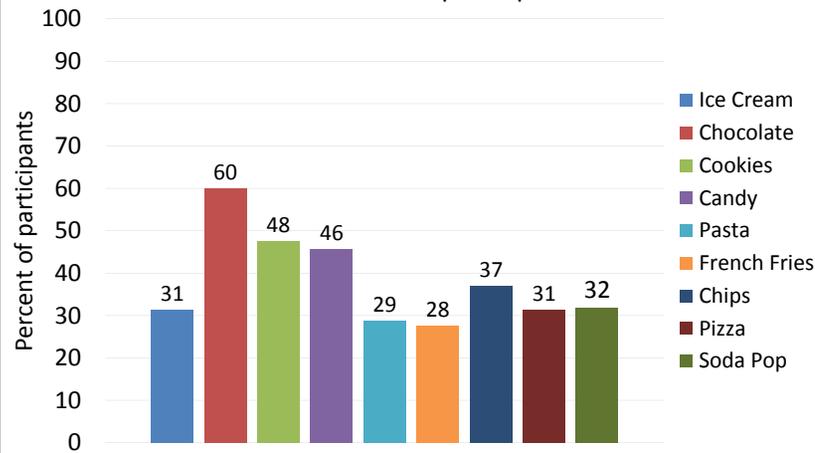
## Methods

- ❖ IRB approval and informed consent received.
- ❖ Recruitment email sent to 1992 college-aged females.
- ❖ Respondents filled out a survey on eating behavior (n=160).
  - ❖ 27 questions formed 7 criteria.
  - ❖  $\geq 3$  criteria met = food addict.
- ❖ Respondents filled out a 24-hour dietary recall (n=57, 35.6%).
- ❖ SPSS used for statistical analysis: one-way ANOVA and paired t-tests.

Participants that met food dependence criteria



Problematic foods for participants



## Acknowledgements

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## Results

- ❖ 31.3% of participants are food addicts (n=50) and 68.8% are non-food addicts (n=110).
- ❖ Food consumption caused significant psychological impairment, such as depression, anxiety, self-loathing, or guilt, to 31.9% of participants (n=51).
- ❖ 13 food addicts and 44 non-food addicts completed the dietary recall.
- ❖ Consumed added sugar ranged from 0 – 365 grams.
- ❖ There is no statistical difference between food addict added sugar consumption ( $77.5 \pm 101.5$  g) and non-food addict added sugar consumption ( $51.5 \pm 36.5$  g) ( $p=0.158$ ).
- ❖ There is statistical difference between food addict sodium consumption ( $2308 \pm 681$  mg) and non-food addict sodium consumption ( $2980 \pm 1051$  mg) ( $p=0.034$ ).



## Conclusions

- ❖ Most food addicts and non-food addicts (70%) are consuming more than the American Heart Association's recommended amount of added sugar (<25 grams per day).
- ❖ A surprising number of participants were categorized as food addicts (n=50, 31.3%), which is higher than other reports (8.8%).