Sugar-sweetened beverages and their association with obesity in South Asian children living in UK and India

Abstract:

The consumption of Sugar Sweetened and Beverages related to childhood obesity is a growing concern in most of the Transition countries. This phenomenon is predominant among South Asian children population and the current relative study is aimed to examine the association with BMI, Waist Circumference and Screen Time, to establish if the 1st generation migrants are healthier than the general children population in India. 40 volunteers 20 each from UK (London) and India (Mumbai) fastest growing metropolitan cities were analyzed for their dietary habits, anthropometry measurement, screen time and physical activity in face-to-face depth interview with nutritionist. In the study the South Asian children displayed a positive significant association between SSB consumption (kcals/day) and BMI (kg/m2), $p = 0.000$ and $r = 0.706$. Similarly significant positive relationship was observed for SSB consumption (kcals/day) with waist circumference (cm), $p = 0.002$ and $r = 0.467$ and screen time (hours/week), $p = 0.000$ and $r = 0.590$. However, there was a notable difference between the demographics of South Asian children living in UK and India. The sample living in London had higher healthy dietary score, was more physically active, took regular breakfast and had less screen time than the volunteers from Mumbai. More education, awareness and implementation of actions are needed to control the obesity epidemic. By highlighting the difference from public health standpoint South Asian countries require similar policies and interventions used in UK to reverse the global childhood epidemic.