

# Sugar Consumption & Life Expectancy

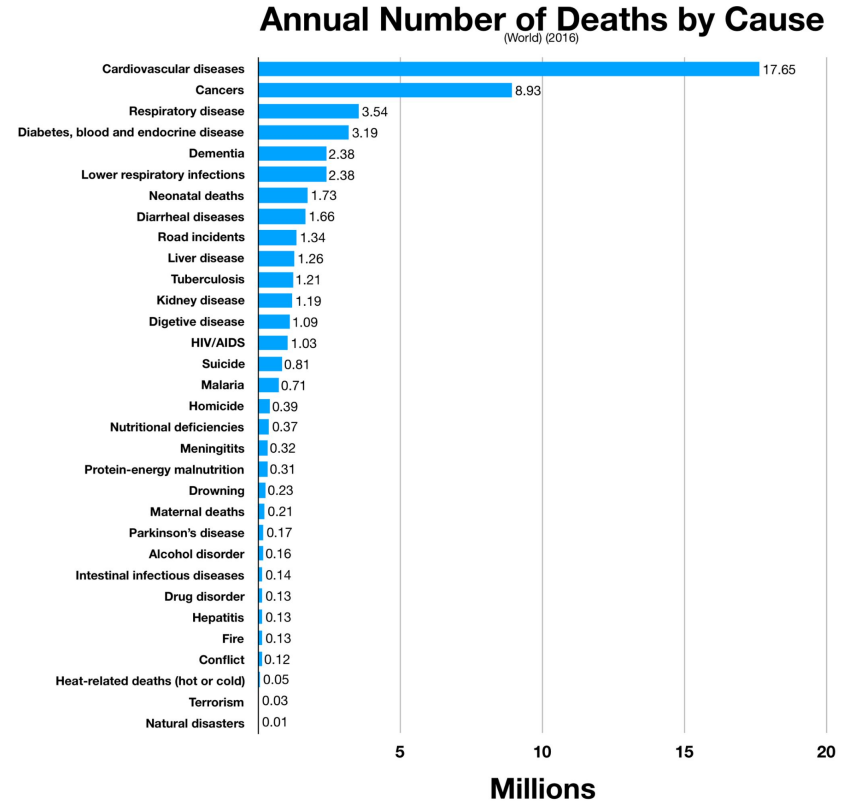
Does excessive sugar consumption  
lead to lower life expectancy globally?



# Why?

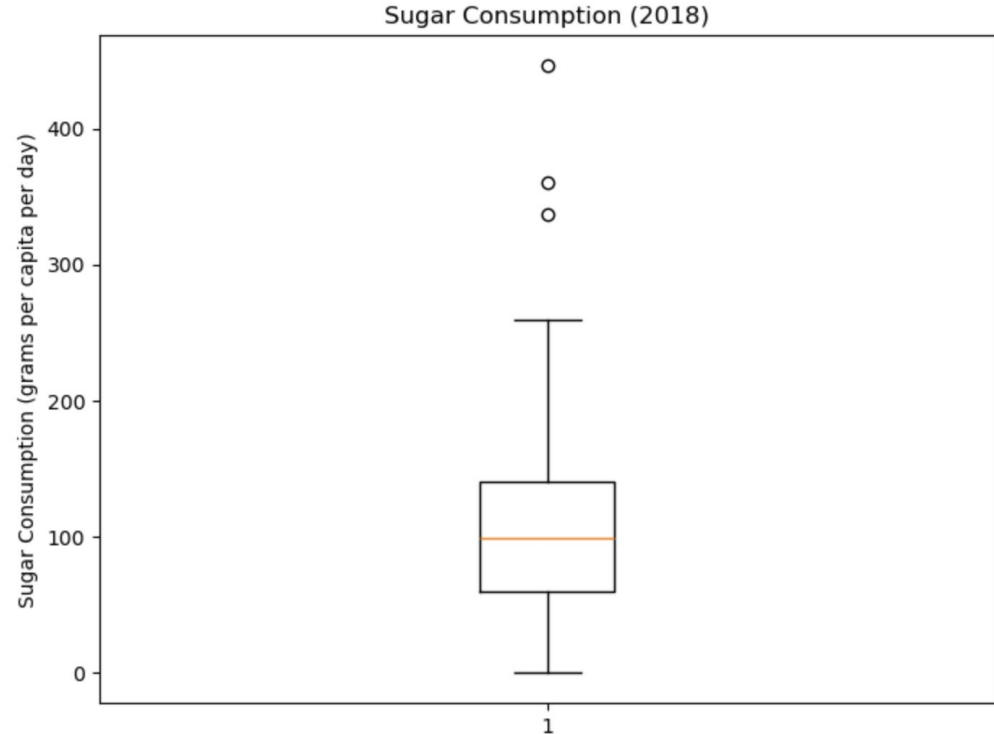
- Many studies have linked excessive sugar consumption to a higher risk of developing obesity and **diabetes**.
- A 15 year study by Harvard researchers found people who got 17% to 21% of their calories from refined sugar had a 38% higher risk of dying from **cardiovascular disease** than those who consumed only 8% of their calories as refined sugar.

Sources: [Harvard Health Education](#), [NIH Obesity Study](#),  
[Diabetes.Co.Uk](#)



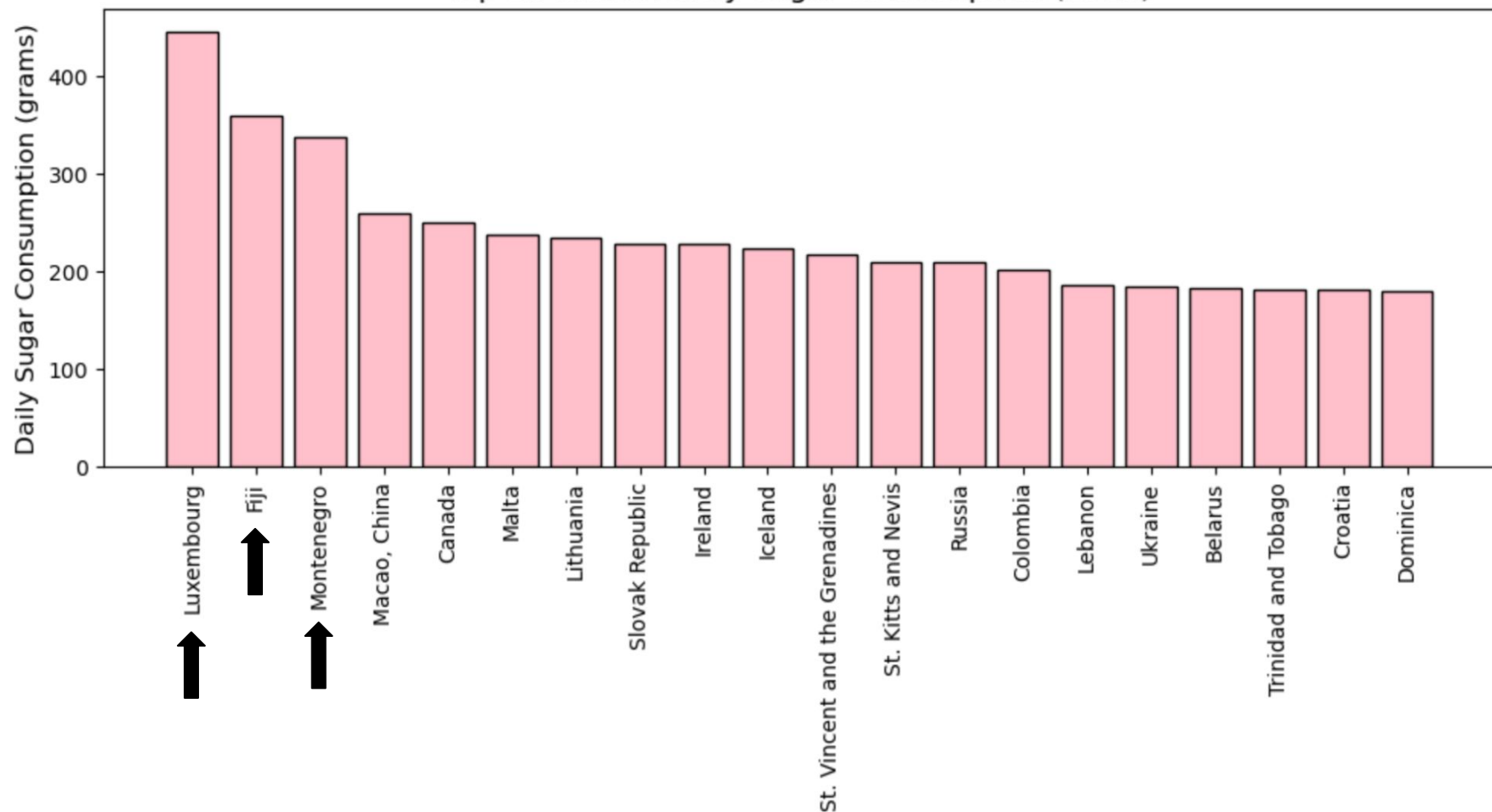
# Recommendations vs Reality

- **American Heart Association:**
  - 38 grams men
  - 25 grams women
- **National Health Service:**
  - 25 grams

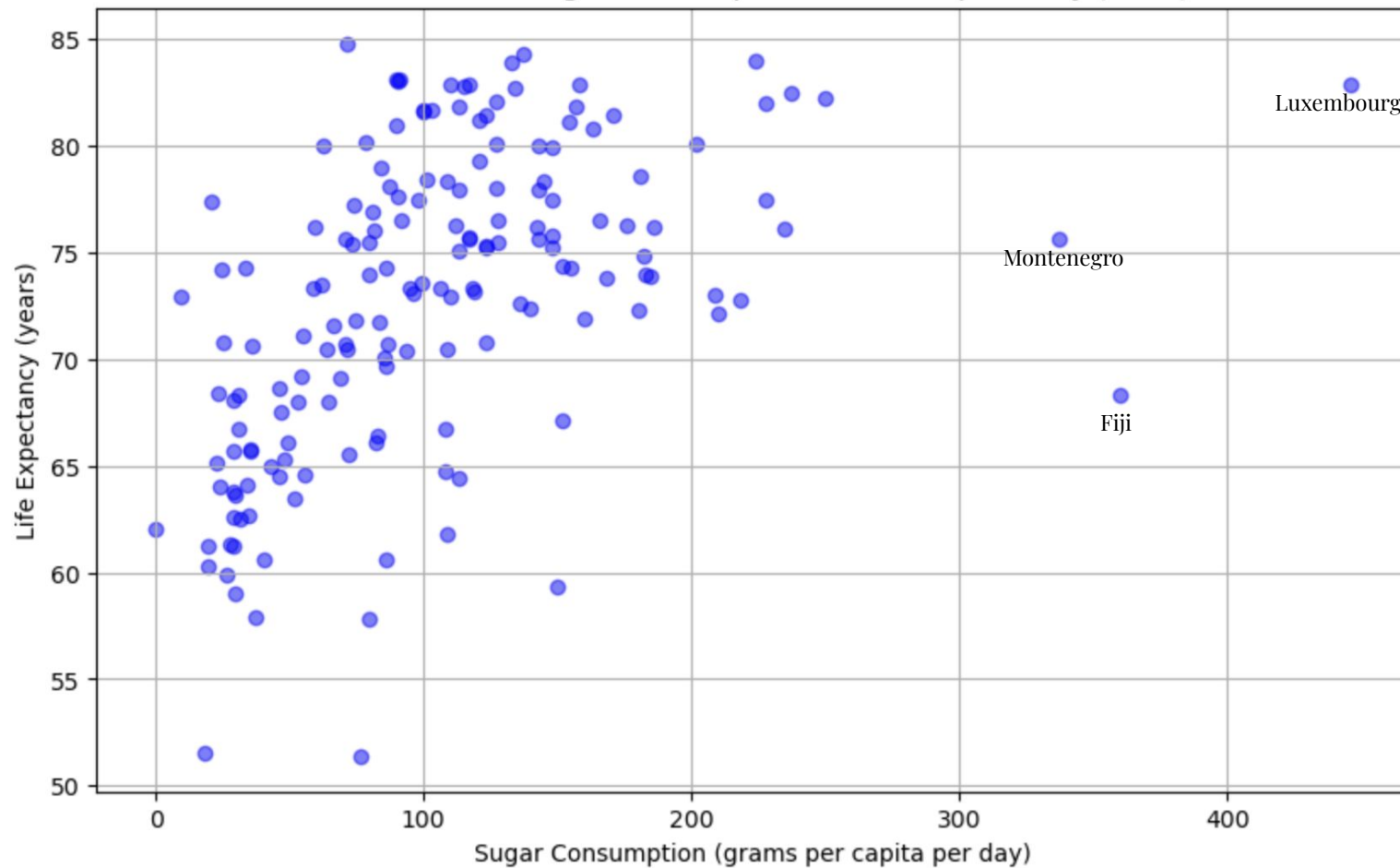


- 166 countries around the world
- Most people were consuming 50-150g per day

Top 20 Countries by Sugar Consumption (2018)



Scatter Plot of Sugar Consumption vs. Life Expectancy (2018)



# Conclusions

I was not able to find a consistent correlation between excessive sugar consumption and lower life expectancy. This is likely due to the fact that life expectancy is multifactorial.

- Access to Healthcare
- Socioeconomic Status
- Physical Activity
- Environmental Factors
- Genetic Factors
- Public Health Policies and Interventions