Slide 1

Good evening everyone, today I will be presenting to you my team’s (introduce team) analysis of sugar intake across the world.

Slide 2

Throughout this presentation, I will explain to you:

-The motivation behind the project and why we thought this was a topic of value.

-The questions we sought to answer.

-As well, I will discuss the process used to explore, cleanup, and analyze the data.

-Our findings and next steps of this project we’d like to see moving forward.

Slide 3

-In September of this year, the Irish Supreme Court ruled that Subway bread would be better categorized as a ‘discretionary indulgence’.

-This means it was better classified with food items such as ice-cream, cake, chocolate, and pastries.

-Keep in mind, the American Heart Association recommends an 37.5 g for adult males and 25 g for adult women. With a footlong sub, coming in at 10 g (30-50% of your daily take)… we wanted to explore exactly how much sugar is being consumed globally and whether it’s had an impact to our health over the years.

-Fun Fact: Subway bread sugar content is 10% of the weight of the flour included in the dough.

Slide 4

\*Quick Review of Questions\*

Slide 5

* Global Average years has been: 83.6 g (2011), 84.1 g (2012), 84.2 g (2013)
* The United States Average: 172 g (2011), 174 g (2012), 175 (2013)
* According to our data, soda contains X sugar per gram.
* Were you able to answer these questions to your statisfaction? Wish we had a more recent data set for average sugar consumption.
* This created limitations when analyzing other data for health effects and income.

Slide 6

1. Compare the sugar intake for all countries in the world.
2. Compared the impact of income on average sugar intake: World Bank Data
3. For Dental Health and Obesity comparisons, using
4. For top purchases grocery store data, we used Kroger Grocery Data set. Next, we used the Fat Secrets API to find and compare their sugar content.
5. Discuss insights you had while exploring the data that you didn't anticipate:

* Standardarized data was hard to come by as there are no set recommendations.
  + Time consuming to research the right data for our analysis
  + Not all countries have the ability to research and collect data on sugar consumption.
  + Not all information for a specific country may not be available as some of the countries were not independent until 1990-1993

6. Discuss any problems that arose after exploring the data, and how you resolved them:

* + Data was hard to retrieve as the sugar content was deeply embedded
  + Converting data types to conduct analysis
  + Reformatting CSV files in proper rows and columns, merging data frames to determine trends and correlation??

Slide 7, 8, 9

Slide 10

-World Average – fluctuates between 81 g– 84 g from 2004 – 2013.

-Canada Average – 149 g– 132g (small reduction of sugar intake from 2004 – 2013). Still well above the global average.

FYI:

-Malta – 150 g to 170 g

-Switzerland – 160 g to 166 g

-United States – 194 g to 175 g (similar trend to Canada, still highest intake).

Slide 11, 12, 13

Slide 14

Soda size = 1 can

Soda has the highest sugar content of 28 grams.

Slide 15

Change in accessibility to foods globally. Increase in globalization and world trade.

Unhealthy items are lower priced than healthy/organic products.

Households with higher income can afford to eat out and indulge more.

Slide 16

Difficulties – API 🡪

FatSecret Website API  
-         Had to call API twice with two keys– one for Food ID and then breakdown of nutrients.  
-         Had to run a complex loops to get sugar content (as it was deeply embedded into products id)  
-         Nutritional information not standardized.

- Data was skewed and had to clean data as the sugar contents would was not separated by sizes.

* Focusing on the Questions
  + Sugar intake is a broad topic
  + We narrowed down to the specific factors to look for the information

Slide 17

Questions – How it has impacts on other disease, how it relates to age, does having a healthy lifestyle affect it?