Spas: The Great Sugar Detox

Before the year is out, a new study published at the American College of Sports Medicine (ACSM) has raised concerns about the impact of sugary drinks on health. The study found that consuming sugary drinks regularly can lead to an increased risk of type 2 diabetes, heart disease, and obesity.

The study, led by researchers at the University of California, San Diego, analyzed data from more than 17,000 adults who were followed for an average of 12 years. The findings showed that those who consumed sugary drinks regularly were more likely to develop type 2 diabetes, heart disease, and obesity, even after controlling for other factors such as age, sex, race, and lifestyle.

The study's lead author, Dr. Jason Fung, said: "Our findings highlight the importance of reducing sugar intake, particularly from sugary drinks, in order to prevent these chronic diseases."

The results of the study are in line with previous research, which has shown that sugary drinks can lead to weight gain and an increased risk of chronic diseases. The ACSM has called for a reduction in sugar intake as part of a healthy diet, and these findings reinforce the need for such a change.

KEY MESSAGES

- Regular consumption of sugary drinks is associated with an increased risk of type 2 diabetes, heart disease, and obesity.
- The ACSM has called for a reduction in sugar intake as part of a healthy diet.
- The findings of the study are in line with previous research.

EVENT SCHEDULE

- 10:00 AM - 11:00 AM: Keynote Address by Dr. Jason Fung
- 11:00 AM - 12:00 PM: Panel Discussion on the Impact of Sugary Drinks on Health
- 12:00 PM - 1:00 PM: Lunch
- 1:00 PM - 2:00 PM: Breakout Session on Reducing Sugar Intake
- 2:00 PM - 3:00 PM: Workshop on Developing a Sugar-Free Diet Plan
- 3:00 PM - 4:00 PM: Closing Remarks and Future Directions