



The new plague of the 21st century: SUGAR

Obesity

The prevalence of obesity has increased worldwide in the past years, reaching pandemic levels because for many people, modern lifestyles involve excessive intake of foods rich in sugar and fat.

Source: World Health Organization

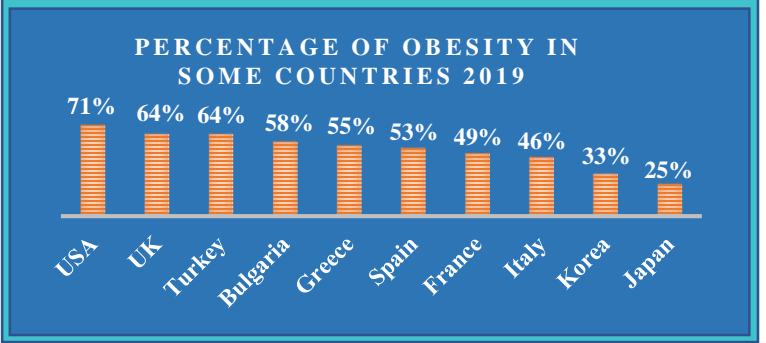
Consumption of large amounts of sweets, soft drinks, bottled juices, foods and beverages rich in sugar contribute to obesity.

Also, children seem to be glued to TVs and laptops that have taken away the desire for physical activity from them.

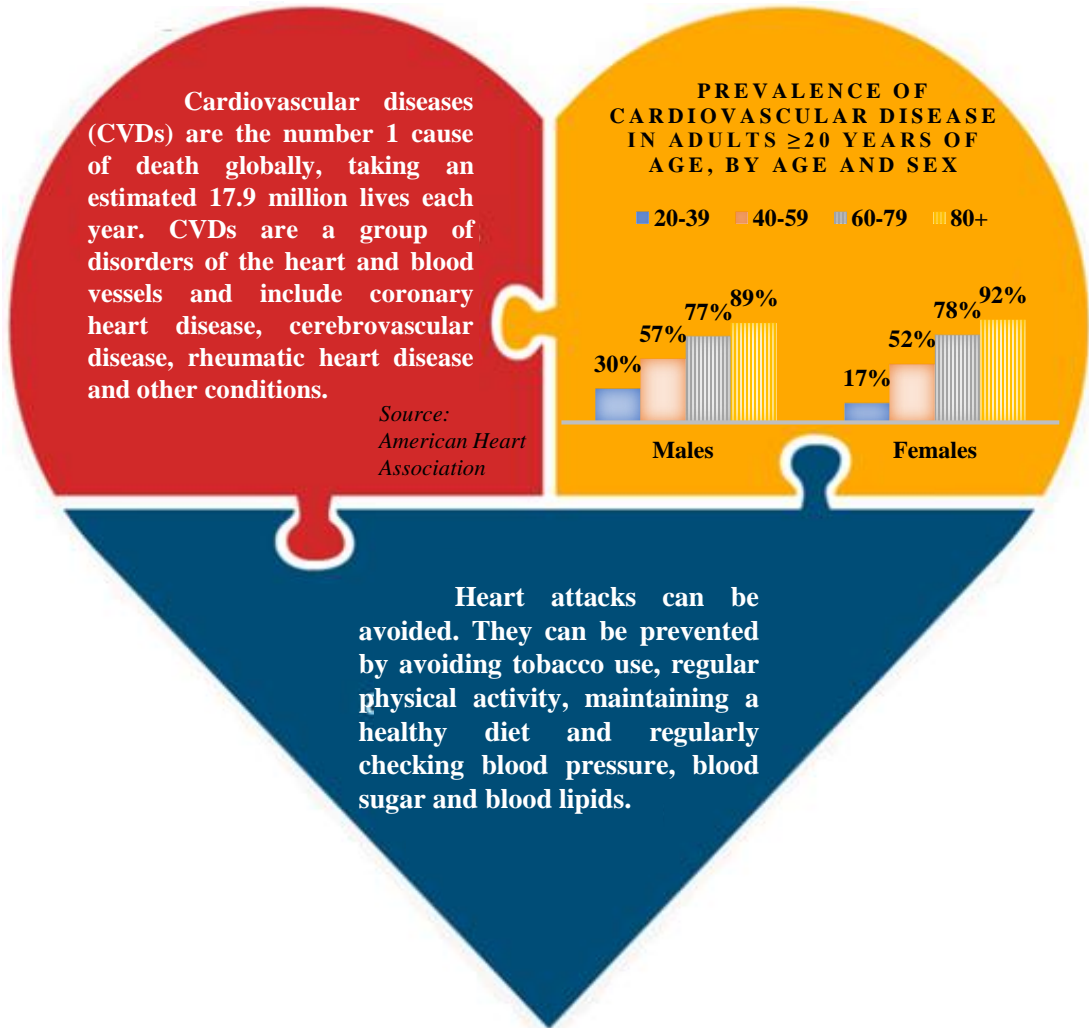
In 2019, about 38.2 million children under the age of 5 are overweight or obese. Almost half of them lived in Asia. Once considered a problem with high incomes, overweight and obesity are now on the rise in low- and middle-income countries, especially in urban areas.

In the case of adults, most of the modern professions use computers, which again makes people sit in one place for long hours. In addition, today's fast-paced lifestyle makes it difficult for people to devote time to physical activity and healthy eating, and people usually remain stressed most of the time. All these factors have significantly contributed to the increase in obesity.

Source: <https://www.rethinkobesity.com>



Cardiovascular disease



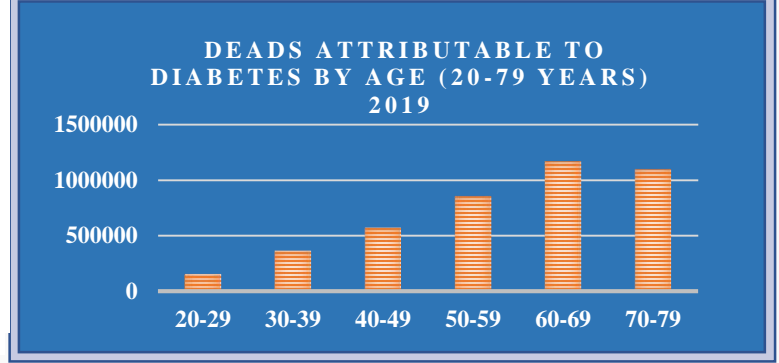
Diabetes



Diabetes mellitus is a group of metabolic disorders characterized by high blood sugar levels over a long period of time. If left untreated, diabetes can cause many complications. About 422 million people worldwide have diabetes. Both the number of cases and the prevalence of diabetes have been steadily increasing over the last few decades. All nations, rich and poor, suffer the consequences of diabetic epidemic. The impact is worse in these countries who are socially and economically disadvantaged.

The groups in which they do a seminar on diet and sports to fight diabetes are useful.

Source: Oputa R, Chinenye S.. Diabetes mellitus: a global epidemic with potential solutions, 2019, *Journal of Diabetes Medicine* 35



6 Sweet Facts About Sugar

1. WORLD RECORD
The highest blood sugar level ever measured was found in the American Michael Patrick Buonocore on March 23, 2008 - 147.6 mmol / l - at normal limits between 4.4 and 6.6 mmol / l.

2. SUGAR CAN STINK
The broken-down tissues in your body are like rotting flesh. It can get pretty gross and can make you have bad body odor even if you're a clean person.

3. ORIGIN
In 2019, 168 million tons of sugar were produced. The word "sugar" comes from the Sanskrit "sharkara", which means "material in the form of granules". According to the Food and Agriculture Organization of the United Nations, sugar cane is the largest crop in the world that first came from India and became known in Europe during Alexander the Great's campaigns in India.

4. IT IS NEVER ENOUGH
What's super ghostly is that sugar gives your brain the same chemical, dopamine, as some illegal drugs. The really scary part is that your brain needs more dopamine every time you indulge to achieve the same effect. Another frightening fact is that sugar and alcohol have similar toxic effects on the liver.

5. AROUND THE WORLD
Brazil is the largest producer of sugar in the world, and India is the largest consumer of sugar in the world. Bulgaria ranks 36th in sugar consumption.

6. OLD LEGEND
In the old days there was such a belief – the sugar spilling meant beginning of a sweet life.
Source: <https://www.mentalfloss.com>; <https://www.thefactsite.com>; <https://factcity.com>; <https://goomigroup.com>