

Does sugar make you hyper?

BBC school report

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Here is question for you all, does sugar make you hyper? Parents may say yes, but statistics prove the opposite. Many tests were made to prove this theory. Later on we will be explaining that this test proves many parents wrong. A researcher called Nathan green wrote in the guardian newspaper 'correlation does not cause causation.'

Many parents swear that a single hit of birthday cake holds the power to morph their perfectly well-behaved children into a sticky mess that jumps around a room while making unbearable shrieks. Anyone who has had the pleasure to attend a 5 year Old's birthday party knows that the hypothesis sounds reasonable, except that science has found that it's not true.

Sugar doesn't change a kids behaviour, a study found way back in 1994. A sugary diet didn't affect behaviour or awareness skills, the researchers report. Sugar does change one important thing though: parents expectations. After hearing that their children had just consumed a big sugar fix, parents were more likely to say their child was hyper active, even when the big sugar fix was placebo, another study found .

A year later similar research was carried out, psychologists Daniel Hoover and Richard Milich, came up with an experiment in 1995s to test whether sugar made children hyper or whether it was all a myth.

The test was carried out on 31 boys aged 5-7. The parents of these boys identified them as 'sugar sensitive'. The boys were given aspartame-sweetened kool aid. The researchers told half the mothers that the children were given sugar and the other half the truth. The children were then videotaped to see how they would react with their mothers. Statistics show that the parents who were told their child had consumed sugar were criticized more severely and rated as hyper.

Richard Milich and Daniel Hoover came to the conclusion that the link between sugar and behavioural issues could be based on the expectations on parents not on sugar itself

Sugar itself can cause blood sugar levels to rise, prompting a surge in insulin. Theories suggest that if your diet is constantly high in simple sugars, your body can lose sensitivity to this process and become insulin resistant, which is a precursor to type 2 diabetes, a condition that currently affects 2.9 million people in the UK.

The new research suggests the strongest link between sugar and obesity, and may also explain why many previous studies have been unable to find such a link: overweight people are more likely to underestimate how much sugar they eat than those with a healthier weight.

Researchers from various universities compared sugar intake in 1,700 people in Norfolk, UK, using two different methods: self-reported sugar consumption and sugar levels in urine samples - a more accurate test. After three years, the study participants had their body mass index measured.

They found that those who actually consumed the most sugar, as measured with the urine test, were 54% more likely to be overweight than those who were objectively shown to be eating the least sugar in their diet. Yet obese people tend to misrepresent how much sugar they were eating. Those who said they were eating the most sugar were actually 44% less likely to be obese than those who claimed to be consuming the least sugar of all.