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## **SUGAR ADDICTION AND ITS AFTEREFFECTS**

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**Relevance.** In the 21<sup>st</sup> century, the development of science and new technologies has resulted in the availability and consumption of different food products, yet people don't seem to think about what they eat and how much they eat, including sugar. The situation has led to increased morbidity and mortality associated with obesity and diabetes mellitus throughout the world, leading to 1.5 million deaths each year according to WHO statistics 2023.

**Aim:** the main aim of the research project is to examine the students of BSMU for the presence of sugar addiction and find the relationship between sugar consumption and health effects.

**Materials and methods.** In the course of the study I used the method of deep analysis of web pages and carried out a survey based on a questionnaire. To conduct the survey, I asked 59 students of BSMU between the ages of 18 and 22 who filled in the questionnaire containing 11 questions.

**Results and their discussion.** Sugar consumption causes neurochemical changes and neural adaptations, including changes in the dopaminergic system, which cause emotional and behavioural changes after eating something sugary. Ingesting sugar can lead to neuroadaptation in the reward system, which causes compulsive overeating and absence of correlation of eating behavior with calorie needs. Excessive sugar consumption is associated with obesity, diabetes mellitus, and inflammatory diseases, which highlights the harmful effects of sugar on health. In practice, the survey revealed 100% of the responders to prefer the sweet taste of food. Among them 62.7% considered themselves addicted to sweet food. The survey also showed that 55.9% of responders sometimes resorted to eating sweets to cope with stress. Furthermore, 49.2% don't monitor their sugar intake and blood sugar levels. The survey proved that such problems as facial rashes (49.15%) and excess weight (22%) were common among the surveyed students. The most preferred sweet products turned out to be chocolate (62.7%) and pastries (27.4%). Moreover, a significant part of the participants (30.5%) believed the consumption of sugar to cause the development of diabetes mellitus and obesity.

**Conclusions.** Analyzing the results of the study, on the basis of the survey of BSMU students, a significant amount of young people tend to consume increased amounts of sugar-containing products. Frequent consumption of sweets and stress eating among BSMU students can be assumed to be caused by a responsible approach to their studies and lack of sufficient time for a full meal. At the same time BSMU students, who are young people, aren't as responsible for taking care of their health due to the absence of significant health problems as adults are, this fact contributing to the risk of developing various diseases.