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| <b>Title</b>       | <b>Daily total fluid intake and changes in body mass index among Hong Kong primary school students</b> |
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| <b>Citation</b>    | <b>The 2014 East-West Alliance Global Symposia, Hong Kong, China, 27-28 October 2014</b>               |
| <b>Issued Date</b> | <b>2014</b>  |
| <b>URL</b>         | <b><a href="http://hdl.handle.net/10722/207866">http://hdl.handle.net/10722/207866</a></b>             |
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# Daily total fluid intake and changes in body mass index among Hong Kong primary school students

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**Frequency of daily fluid (cups) among Hong Kong primary school students ?**

**Prospective association between daily total fluid intake and BMI changes ?**

## Background

- Sugar-sweetened beverage (SSB) intake has been associated with weight gain.
- Emerging evidence has linked non-sugar-sweetened beverage (NSSB, e.g. water, tea, soup) intake to weight loss.
- SSB intake has been linked to various unhealthy behaviours.

## Methods

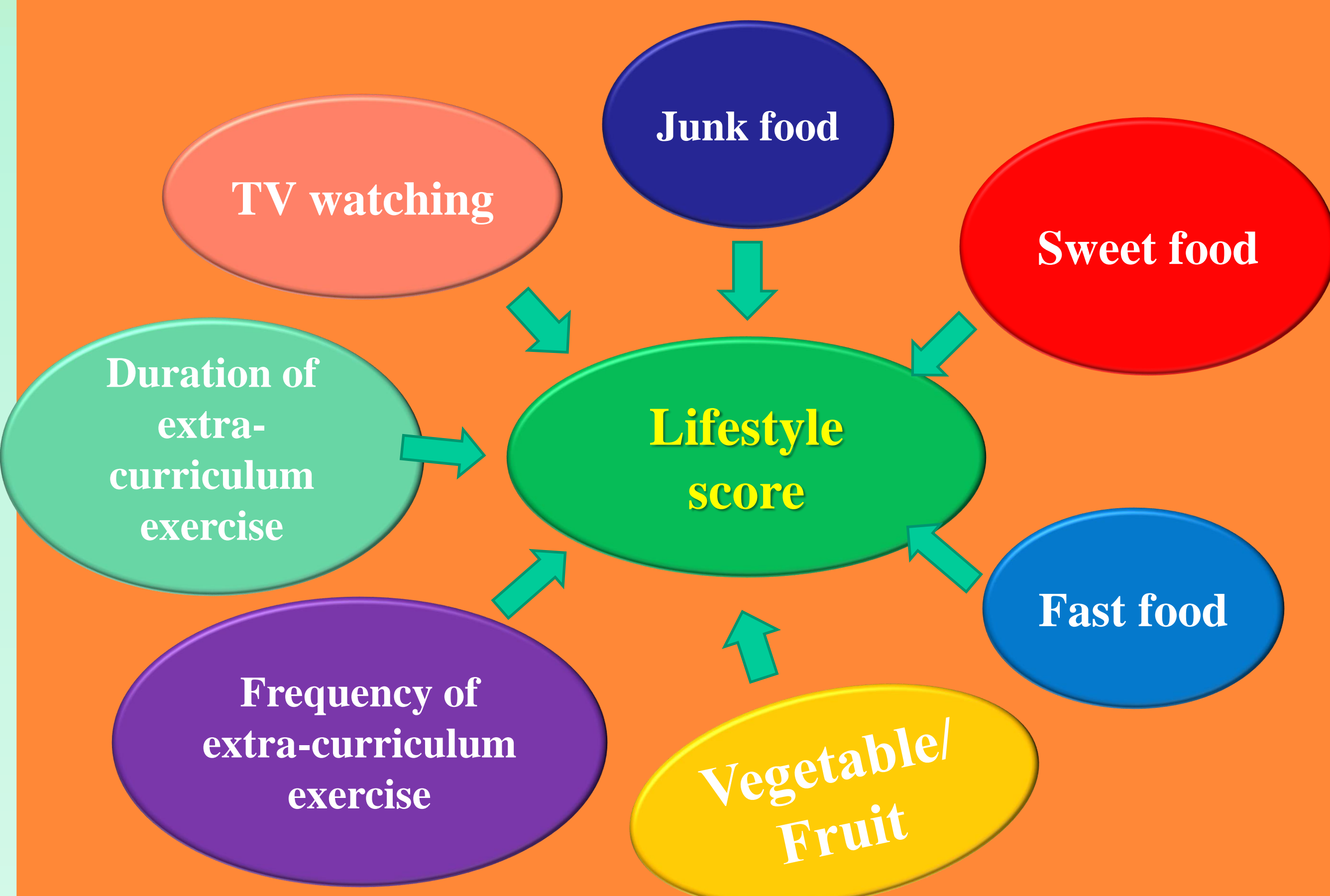
### Subjects

- Data source: **Student Health Service (SHS)**, Department of Health
- Sample size: **75635** Primary 4 students in Hong Kong
- Follow-up: 1998 - 2000
- Mean age: 10.0 years (SD 0.7); 50.9% were boys.

BMI was derived from weight and height measured by trained nurses.

### Questionnaire

- ★ **Daily total fluid intake** was assessed with the item “**My habit of fluid intake (including plain water, tea, squash, milk, soup, etc.) each day is**”, with options of **<2 cups** (reference), **2 to 4 cups**, **4 to 6 cups** and **6+ cups**.
- ★ A Primary 4 **lifestyle score** (ranged from 7 to 28) was calculated based on 7 items (each scored 1 to 4).



- 7-13 → **Healthy lifestyle** → indicating **less SSB intake**
- 14-21 → **Moderately healthy lifestyle**
- 22-28 → **Unhealthy lifestyle** → indicating **more SSB intake**

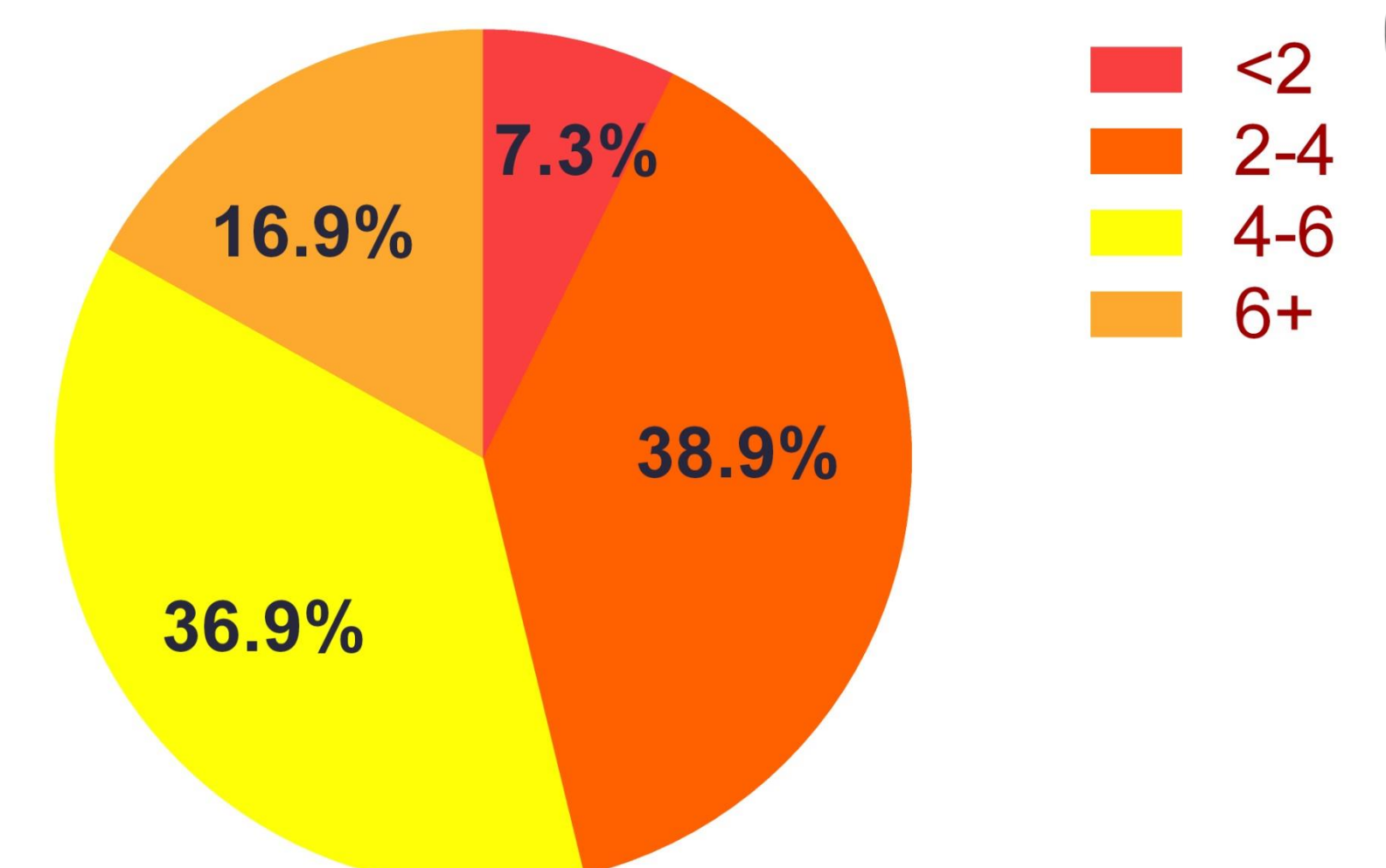
### Data analysis

- Generalized linear regression models were fitted to assess the effect of baseline fluid intake on BMI change.
- Adjustment for sex, socio-economic proxies and lifestyle score

## Results

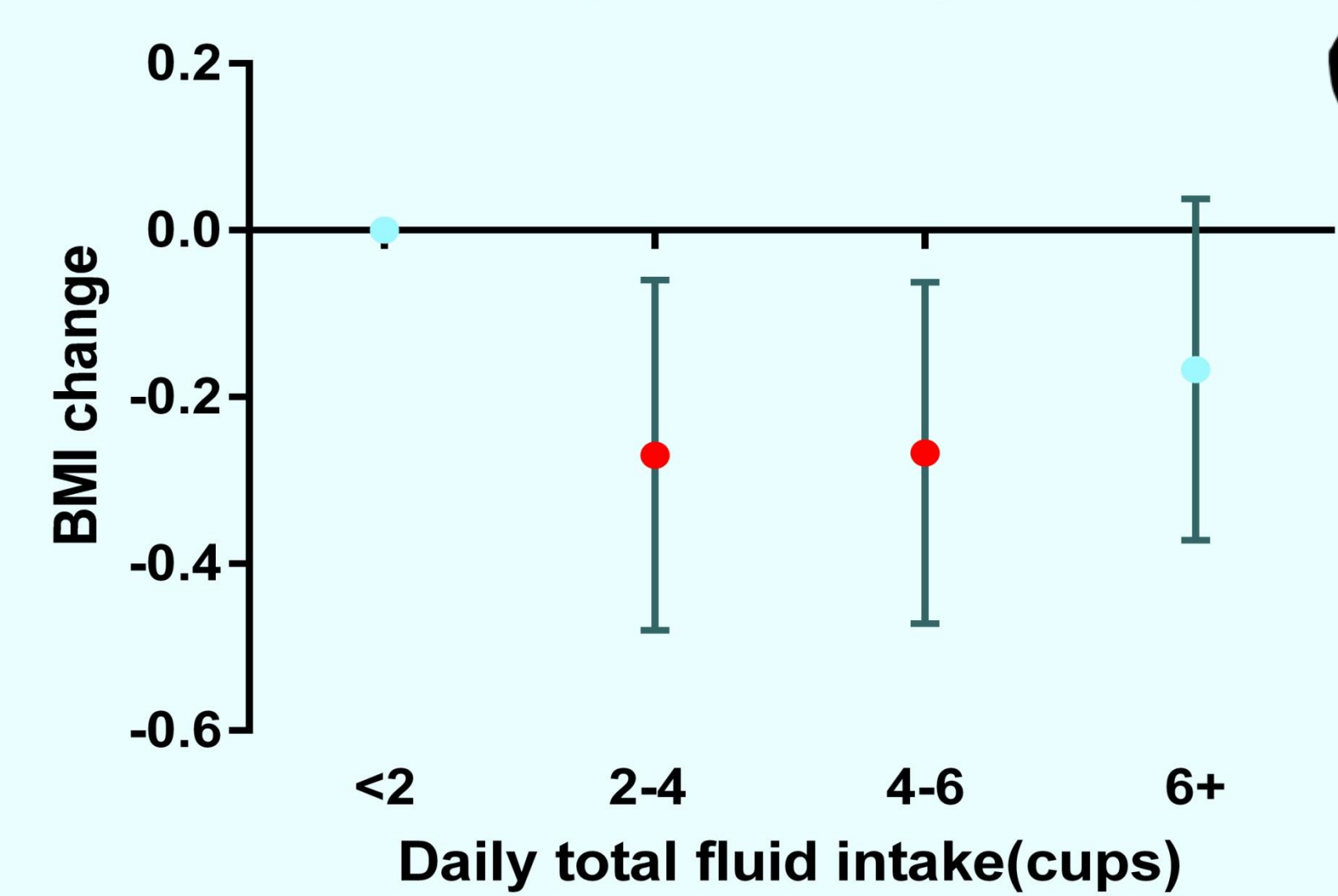
### Frequency of total daily fluid intake at baseline

#### Frequency of total daily fluid intake (cups)



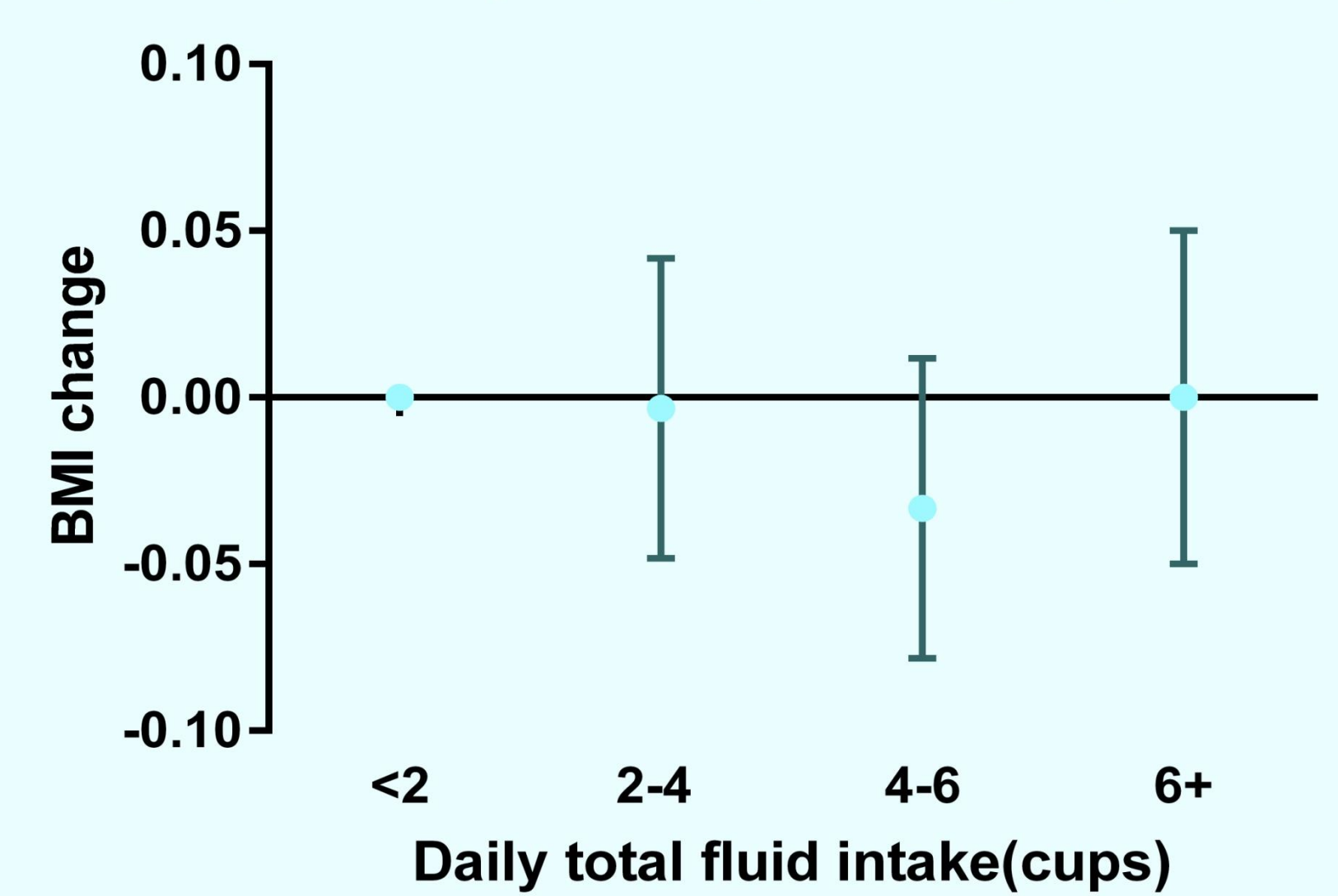
In children with **healthy lifestyle**, greater total fluid intake predicted lower BMI.

#### Healthy Lifestyle (n=3800)



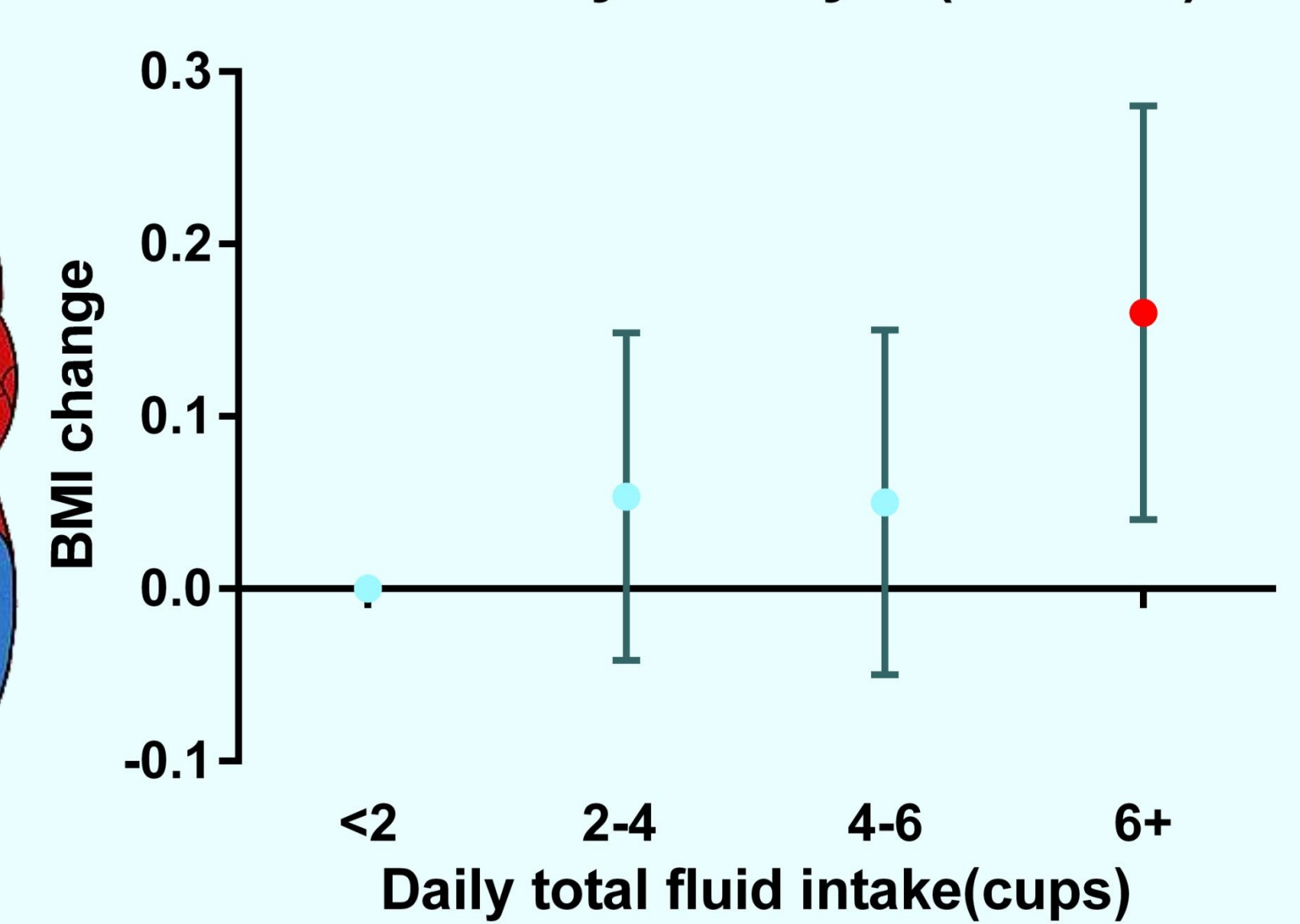
In children with **moderately healthy lifestyle**, total fluid intake was not associated with BMI.

#### Moderately Healthy Lifestyle (n=64002)



In children with **unhealthy lifestyle**, greater total fluid intake predicted higher BMI.

#### Unhealthy Lifestyle (n=7833)



Source: Alex Solis

## Conclusions

In Hong Kong primary school children with **healthy** (indicating lower SSB intake) and **unhealthy** (indicating higher SSB intake) lifestyle, greater daily total fluid intake predicted a decrease and increase in BMI, respectively.

Future studies with better measurement of SSB and non-SSB intake are warranted.

