

## Activity 6.20.2 – Collecting Data on Sugar Consumption

Competencies developed: Scholarship & Systems Thinking

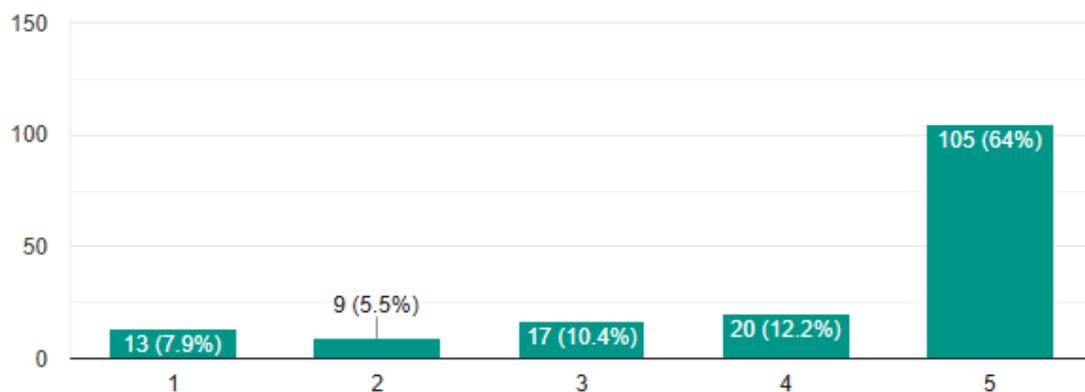
Results from Survey:

### Data Collection Tool 1: The Survey (questionnaire)

#### 2.1. "I add sugar to my tea/coffee."

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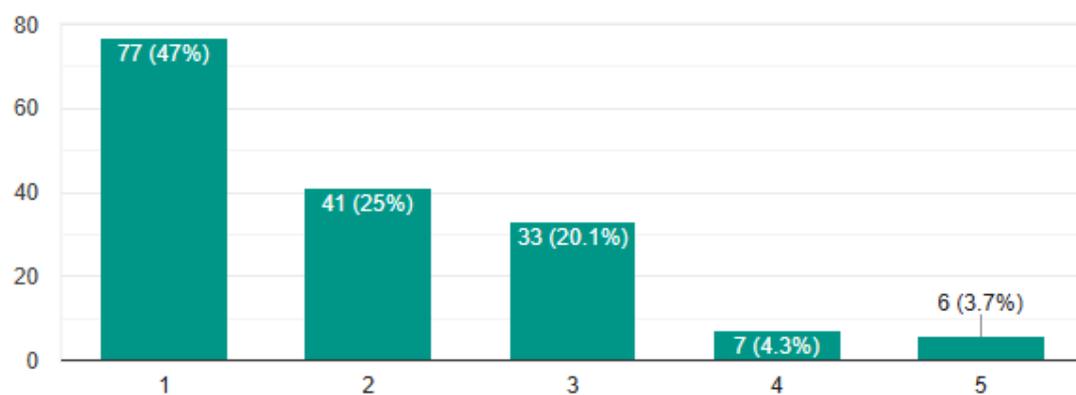
164 responses



#### 2.2. "I check the sugar content of the food I buy."

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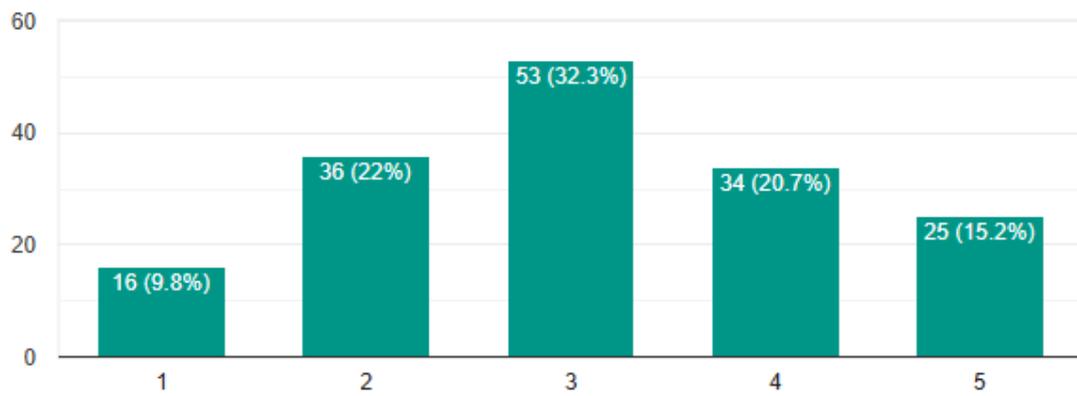
164 responses



### 2.3. "When I go shopping, I purchase sweets or chocolates."

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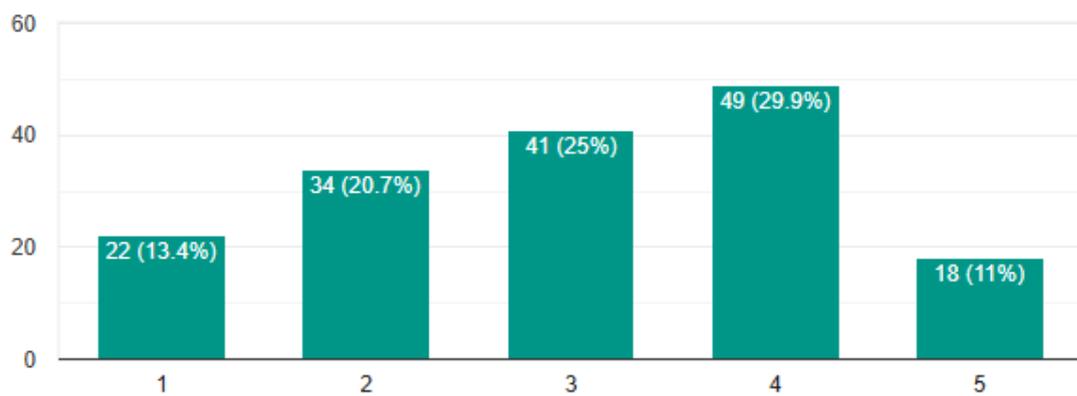
164 responses



### 2.4. "I add store-bought sauces (e.g. mustard sauce) to my food."

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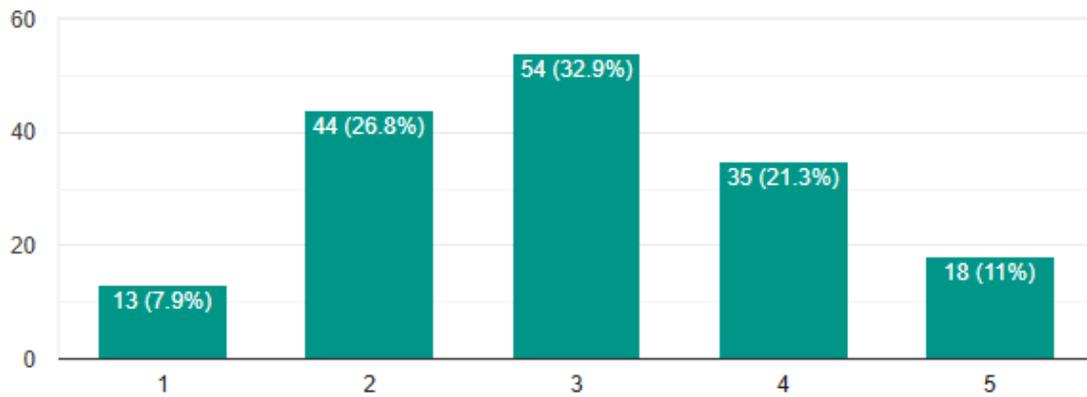
164 responses



## 2.5. "I consume soft drinks."

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164 responses

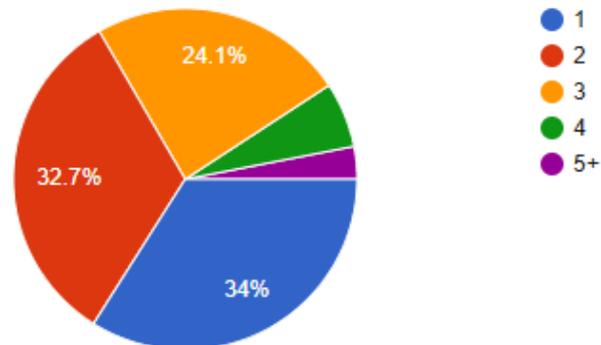


## Data Collection Tool 2: Structured Observations

### 3.1. How many products with sugar were consumed by the family member throughout the meal?

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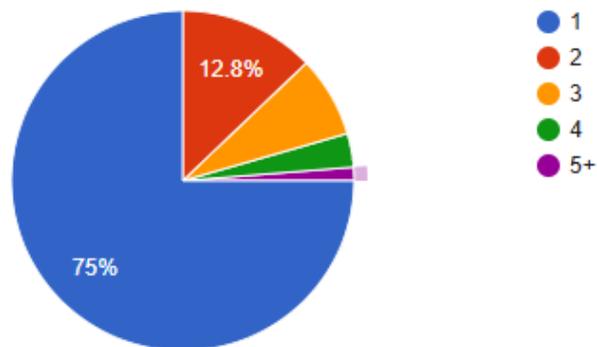
162 responses



3.2. How many glasses of soft drink were consumed by the family member throughout the meal?

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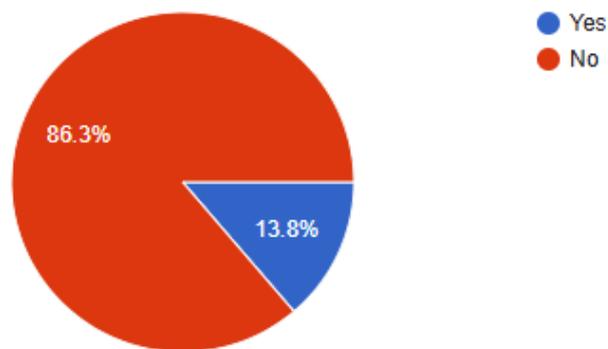
156 responses



3.3. Were sweets or chocolates consumed by the family member with the meal?

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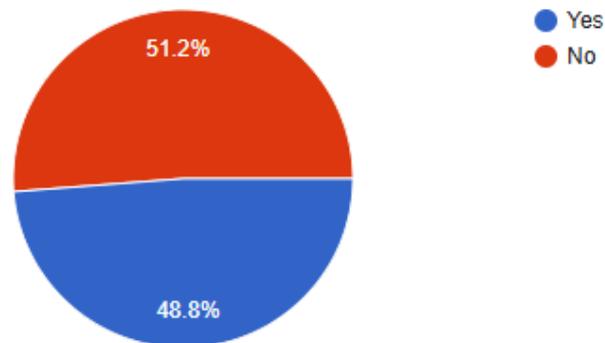
160 responses



3.4. Was table sugar consumed by the family member throughout the meal (this refers to sugar added to tea/coffee etc.)?

 Copy

162 responses



4.1. How do you define sugary foods? Probe: What does sugar in food mean to you? What types of food do you think have sugar in them? If they only list sweet food, ask them what they think about sugar in savoury food.

I answered: "I would define sugary foods as having any sort of added sugar content to them, any artificial sweetener, or having any natural sugars such as fructose, glucose, or maltose in it as is the case with fruits, milk and starches"

Some others answered:

Food that has too much sugar e.g sweets, chocolates, soft drinks, cakes etc. and about the sugary food he said it doesn't contain that much sugar.

"I would define sugary foods as having any sort of added sugar content to them, any artificial sweetener, or having any natural sugars such as fructose, glucose, or maltose in it as is the case with fruits, milk and starches"

"I like sugar in my food. Not all food though but I like it in my porridge or tea. Doughnuts, chocolates, sweets, cocopops, baked stuff."

" When I think of sugar I think of sweets, chocolate and brown sugar that I put in my tea. But I also know that there is sugar in things like Magwenya even though it doesn't taste like it. "

Sugary foods refer to foods that contain a lot of sugar, and are mostly sweet. Foods that have sugar in them are foods that are processed foods, like junk food. Examples are cakes, candy, soft drinks.

I define sugary foods as foods that have a sweet taste . sugar in food means not much to me because i tend to take it just as anything in our food,whether that be salt,

starch . I think food like white bread, and most food we consume like sauces, powder milk contain sugar.

4.2. How do you feel about sugary foods and/or drinks? Probes: Do you enjoy them, and why or why not? How often do you consume foods with sugar, and why or why not?

I answered: "I enjoy them. I think I enjoy them because sugar enhances taste. I think I consume something with sugar in it everyday. I eat the dining Hall food so whatever they have to offer is mainly what I'll eat"

Others Answered:

How they feel about sugary products: "I have a bit of a love-hate relationship with sugary foods and drinks. On one hand, I do enjoy them, especially desserts like ice cream or a good chocolate bar. They taste great and are kind of comforting."

Whether they enjoy them or not: "Yeah, I enjoy them, mainly because they're delicious and can be a nice treat. But I'm also aware they're not good for me if I have too much, so I try to keep it in check." How often they consume them: "I try to limit my sugar intake, so I probably have something sugary once a day, like a sweet snack or a sugary drink. I'm trying to cut back, though, because I know it's not healthy, and I don't want to deal with things like weight gain or dental issues."

I do not like sugary foods I do not eat chocolates and sweets but I do enjoy cake and I do not eat it often and that is both from a health perspective and the fact that I just do not like it.

"I enjoy them. I think I enjoy them because sugar enhances taste. I think I consume something with sugar in it everyday. I eat the dining Hall food so whatever they have to offer is mainly what I'll eat"

"I love sugary foods, you know everytime I buy groceries I make sure that I buy Pepsi. I eat it with my noodles and it just hits the spot after a long day on campus. I don't eat sugary foods that much. When I'm on main I will buy chips from Jimmy's and that's it, I don't really go to that shop next to karanichas for sweet stuff like doughnuts or croissants."

i ENJOY SUGARY FOODS BECAUSE THEY HELP ME TO RELEASE STRESS. I USUALLY EAT A CANDY WHEN I FEEL DOWN OR IF I FEEL PRESSURED BY SOMETHING.

Yes I like sweet things they taste nice. A lot because I like them.

Sugary food is good and I enjoy it because of its sweetness and how it makes me feel. Very often, because it makes me happy.

I don't have a sweet tooth so I don't really consume food items with a high or noticeable sugar content. I don't enjoy soft drinks and desserts because I find them too sweet for my liking. I sometimes do consume sugary foods or drinks – I might eat cake or drink juice or a soft drink at a function like a party – but I limit my intake.

4.3. What influences your purchase of sugary foods? Probe: Price, packaging, availability. taste.

I answered: "Taste and availability"

Others Answered:

Taste

taste

Taste

Price

Price and taste

Price and taste

Price

Taste and price.

"I usually go for sugary foods if they're on sale or if the packaging looks appealing. Taste is definitely a big factor for me too. If something tastes good, I'm more likely to buy it."

It being available and affordable.

Taste and availability

"Test week"

Definitely the taste, but also because the foods are affordable in comparison to healthy alternatives. 6 bread rolls is cheaper and more filling than rye bread, and it tastes better. Sugar is everywhere on the shelves at shops, from the sweets to the bread, and there is no escaping it.

The availability, mood and budget. If the budget is not flexible the sugary foods purchased are minimal.

Price, taste, and availability are the main factors for me. If it's affordable, tastes good, and is easy to find, I'm more likely to buy sugary foods. Packaging might catch my eye, but it's not as important.

Sarah explained, "Absolutely, there are a few factors that influence my choices when it comes to sugary foods. Price is definitely a consideration. If a sweet treat is too

### 5.1. What do they think about the impact of sugar on health?

I answered: "Sugar is bad for you but some sugars can be used to provide energy for cellular metabolism so there are two sides of the coin"

Others answered:

Lebo: "I think sugar can have a pretty negative impact on health if you consume too much of it. It's linked to things like obesity, diabetes, and dental problems. I try to limit my intake, but it's not always easy." Neo: "Yeah, I agree. Too much sugar can definitely lead to health issues. It's something I'm aware of, but I find it hard to cut back because sugary foods are everywhere and so tempting."

High intake of sugar may lead to diabetes, weight gain, higher blood pressure, inflammation and fatty liver disease.

"Sugar is bad for you but some sugars can be used to provide energy for cellular metabolism so there are two sides of the coin"

"I know too much is not good for your health and it makes you gain weight. Also when I eat a lot of sugar I do notice my acne breakouts increase."

"Well, it depends on what type of sugar you are talking about. If you mean in chocolate and energy drinks, then that definitely can cause increase in sugar blood pressure, which could lead me to get diabetes. If you talking about fruits or natural sugar in vegetables, that is important for our body to function. The key is to know if it's commercial, processed foods with high sugar, or is it the healthy glucose required for bodily function. Remember too much of anything is too bad for, including sugar"

They know that too much sugar is not good for one's health as it can lead to diseases like diabetes.

GRANNY: Excessive sugar can lead to health problems such as diabetes and obesity.(PROBABLY BECAUSE SHE ALREADY HAS THEM, LOL, jks I love my granny so much) MOM: Too much sugar can affect heart health and lead to chronic diseases. FRIEND: Balance is crucial; it's about making healthier choices rather than completely giving up sweet foods.(SHE'S A HEALTH SCIENCE STUDENT THATS WHY)

### 5.2. Do they think it is easy or difficult to give up sugary foods? Probe: Why or why not

I answered: "Sugar is in everything, to completely eliminate sugary foods will be difficult. Some behaviors like lessening sugar intake by putting less sugar in your tea or refraining from soft drinks can help"

Others answered:

Lebo: "It's pretty difficult for me. I love sweet treats, and they're so readily available. Even when I try to cut back, I end up craving them and giving in." Neo: "I find it hard too. It's not just about cravings; it's also about the convenience and how sugary foods are often used as rewards or comfort food. Breaking that habit is tough."

Yes it is because apparently you may find it difficult to concentrate when you quit sugar.

"Sugar is in everything, to completely eliminate sugary foods will be difficult. Some behaviors like lessening sugar intake by putting less sugar in your tea or refraining from soft drinks can help"

"No, not for me, because I like sweet stuff. I put sugar in my tea, porridge, even the 3 in 1 coffee I add extra sugar for the taste."

'Yoh, it is very hard. I put sugar into everything, my coffee, my mince, my scones. I could not live without it. It just enhances the flavour of the meal'

I think it is hard because sugar just like a drug is addictive.

easy, since in church it is advised not to eat sweets, my family will probably follow

Mom: "Its not easy, especially if one has made it a habit because sugary foods tend to have an addictive effect." Me: "I think it is very difficult to give up sugary foods. I love sweet things like your cakes, candies, muffins, custard, ice-cream, donuts - I love it all. I personally can't go a week without having gelatine candy - like your Jelly Babies or Sour Worms - because I literally go crazy without them."

No it is not easy . We have all read articles that compare the effects of sugar to drugs . It is an addiction and an easy comfort food.

"Difficult because it's become part of my lifestyle and if I don't have it I crave for it. I know it's not healthy for me but that doesn't stop me from having a 2l of coca cola now and then.", (member 1) "Absolutely it is very difficult to give up sugar. It's very addictive and most of the things that we consume have sugar.", (member 2) "Too much sugar can also affect your skin. It can lead to breakouts and make your skin age faster by damaging collagen, which keeps your skin firm and smooth.", (member 3)

Giving up sugary foods is notoriously difficult due to their addictive nature, appealing appearance, and the cravings they induce which makes it difficult to resist. They also release dopamine which is associated with pleasure and reward and this creates a feeling of euphoria which is similar to the effects of drugs and alcohol .

It is difficult to give up sugary foods because for many, sugary foods are a regular part of their daily routine, such as having desserts after meals or snacking on sweet treats. Breaking these established habits can be challenging.

It is sooo hard to give up sugary food. There is sugar in so many foods you don't realise. I have been trying for a year and I still can't fully.

Yes, if they actively worked on not eating sugar it would be easy to give it up. They have done it before to lose weight.

No Sugary foods are so nice, so leaving them is very hard. It needs discipline

No, if it is heavily incorporated into your diet. Such as always having a sugary drink during a meal, regularly eating fast food and eating deserts and snacking after and between meals.

My friend finds it difficult to give up sugary foods because they enjoy the taste and sometimes crave sweets. They also feel that sugary foods are readily available and often tempting, making it challenging to resist.

MOM: Initially difficult, but alternatives like fruits and dark chocolate helped.

GRANNY: Tough initially, but natural sweeteners and recipes helped. FRIEND: Not easy, especially when stressed; keeping healthier snacks nearby helps.

It's difficult because of the addicting taste

its not difficult, if i were to do it i would easily do it, my health comes first, rather stick onto normal food (rice, mealie meal, meat, vegetables and fruits)..im not a sugar dependent person, and if sugar is a serious threat to me i wouldn't hesitate leaving it

It is easy because all that it takes is free will and also the marginal utility of sugary foods is low

no because they cannot give up the taste

No- since your body gets used to it and you will often crave it so therefore giving up sugar is difficult

It is difficult to give up on sugary foods because most of food we eat they contain sugar is just the matter of controlling the amount of consumption.

It can be hard in the beginning but over time it gets easier as you get used to it.

It's not that easy because I am still struggling with giving up on energy drinks.

very difficult, because sugar is very addictive

Hard because it is addictive due to the chemical used called sweetener that release a bit of dopamine, which as human can never get enough of

No, one because if you grow up without these foods being readily available you kind of go into a cycle of just exploring all types of sugary foods and two if food has become that source of comfort, its really hard to let go of something that makes you feel better.

6.1. If you were asked to use the data from this research <http://www.hsrc.ac.za/en/research-outputs/view/6154> to analyze the prevalence of sugar intake in South Africa, what type of data collection tool would this be?

I answered: Secondary data analysis / Document review because I would be using existing data collected by another organization (the HSRC) rather than gathering new data myself. This makes it a secondary data source and the tool a document or data review.

Others answered:

Survey

survey

Secondary analysis

Secondary Analysis

Surveys

Historical research

quantitative

secondary analysis

Qualitative data collection tool

Quantitative data collection tool

Secondary analysis

Quantitative

Secondary data analysis

surveys

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Secondary data analysis / Document review because I would be using existing data collected by another organization (the HSRC) rather than gathering new data myself. This makes it a secondary data source and the tool a document or data review.

Secondary analysis.

an Interview

Historical research

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Secondary data analysis. This method entails analyzing existing data that has already been collected by other researchers or organizations. In this case, you would use the data from the HSRC (Human Sciences Research Council) research document to conduct your analysis.

6.2. If you were to observe and note down how members of your household talk about sugar over a week, including how they talk to you about it, what data collection tool would this involve?

I answered: Observation because I would be systematically watching and recording behaviours, conversations, and interactions as they naturally occur, making this an observational data collection method.

Others answered:

Unstructured observation

Unstructured observations

Unstructured Observations

participant observation

unstructured observation

Structured observations

Unstructured observation

unstructured observations

qualitative

Survey

Qualitative data collection

Unstructured observations

Structured observations

unstructured observations

Focus groups

Structured observation

Qualitative

Unstructured Observation

a participant observation tool.

Interview and focus groups

Surveys

Unstructured, participant observation.

Non-participant observations.

structured observation

Participant unstructured observation qualitative data collection tool.

Focus Groups

Quantitative Survey questionnaire's

Participant observation. Participant observation involves immersing yourself in the environment and systematically recording behaviors, conversations, and interactions as they naturally occur. In this case, you would observe and note down how household members talk about sugar, including how they communicate with you about it, over the course of a week.

6.3. If you had to review your friend's posts on a food blog to explore their experiences of sugar consumption, what type of data collection tool would you be using?

I answered: Content analysis / Document analysis because I would be analysing written or digital text (blog posts) to identify patterns, themes, and meanings, which falls under content or document analysis.

Others answered:

Secondary analysis

Historical Research

Historical research

Historical research

Unstructured observation

secondary analysis

Unstructured observation

content analysis

Qualitative

If I had to review my friend's posts on a food blog to explore their experiences of sugar consumption, the data collection tool I would be using is content analysis. Content analysis involves systematically examining and interpreting the content of written, visual, or audio materials to identify patterns, themes, and insights. In this case, I would analyze the blog posts my friend has written about food, paying specific attention to how they discuss and share their experiences related to sugar consumption. By analyzing the language, tone, frequency of mentions, and any personal anecdotes or reflections, I could gain a deeper understanding of their attitudes, behaviors, and thoughts about sugar in the context of their food experiences. This method would provide valuable qualitative insights into their perspectives on sugar consumption.

Link to form:

[https://docs.google.com/forms/u/0/d/e/1FAIpQLSdv2j-6-JrygazLuv98FLxKzJEdX0FchewMqwgeqAJR3MzkA/formResponse?pli=1&edit2=2\\_ABaOnuf\\_VFXHEMQ8mVNZwzLJR324m6lkhqhXP5xruR9fi0YVI6BryDw5bR8wd5K5pW1x3yk](https://docs.google.com/forms/u/0/d/e/1FAIpQLSdv2j-6-JrygazLuv98FLxKzJEdX0FchewMqwgeqAJR3MzkA/formResponse?pli=1&edit2=2_ABaOnuf_VFXHEMQ8mVNZwzLJR324m6lkhqhXP5xruR9fi0YVI6BryDw5bR8wd5K5pW1x3yk)