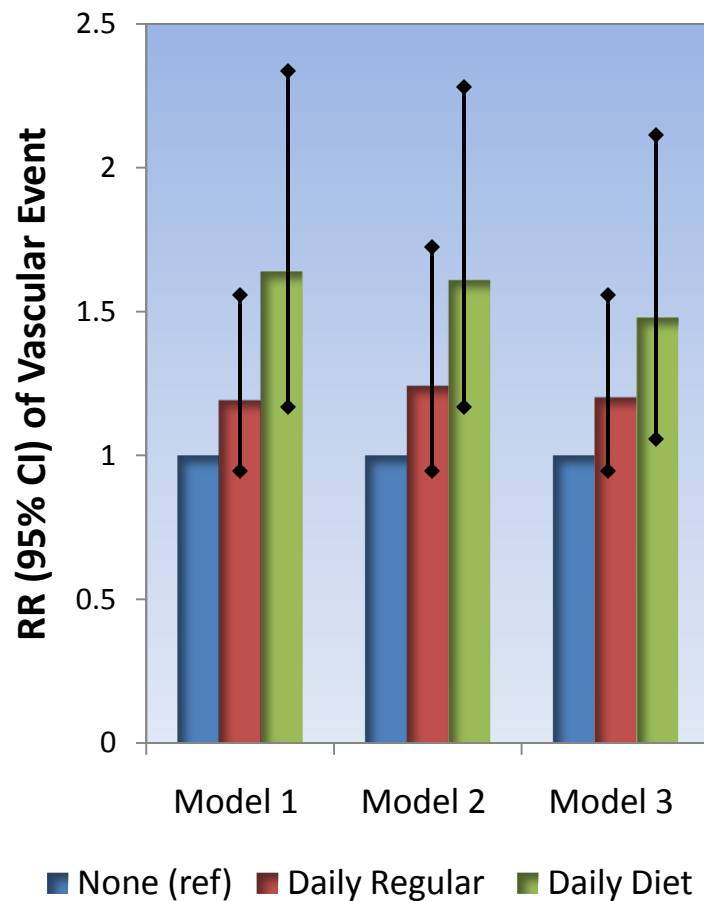


## Soda Consumption and Risk of Vascular Events in the Northern Manhattan Study

**BACKGROUND:** Positive association has been seen between diet soda consumption and risk of metabolic syndrome and diabetes, which are important vascular risk factors.

**PURPOSE:** To examine the association between soda consumption and risk of stroke, myocardial infarction (MI), or vascular death.

### OUTCOMES



**DESIGN:** The study population included participants with a mean of 9.3 years of follow-up from the Northern Manhattan Study, a multi-ethnic population-based cohort study. Diet and regular soda consumption were assessed by self-report using a semi-quantitative food frequency questionnaire.

**RESULTS:** After controlling for age, sex, race/ethnicity, smoking, physical activity, alcohol consumption, and calories consumed per day (Model 2), a 61% increased risk of vascular events was observed among those who drank daily diet soda only as compared to those who drank no soda and this association persisted after additionally controlling for metabolic syndrome, peripheral vascular disease, and CVD history (Model 3). No significant increased risk of vascular events was seen among those who consumed moderate or daily regular soda only (vs. no soda).

**CONCLUSION:** This study suggests that diet soda is not an optimal substitute for sugar-sweetened beverages, and may pose a greater risk of stroke, MI or vascular death than regular soda. Further studies are needed to explore the diet soda-vascular event association.