

Dr. John Sievenpiper



TREATMENT | POPULATION HEALTH

Project: Are Non-Sugar Sweeteners Healthy for Diabetes? A Mega-Study to Find Out

Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will end diabetes.

Through your support, Dr. John Sievenpiper – Associate Professor of Nutritional Sciences and Medicine and the Lifestyle Medicine Lead in the MD Program of the Temerty Faculty of Medicine at University of Toronto, Staff Physician in the Division of Endocrinology & Metabolism, and Scientist in the Li Ka Shing Knowledge Institute at St. Michael's Hospital – is bringing us one step closer to decreasing the risk of type 2 diabetes.

Added sugars, especially in sugary drinks, increase the risk of type 2 diabetes. While non-sugar sweeteners (NSS) are often used as a substitute, their health effects are unclear. Some studies show they are helpful for achieving health goals, while others show they are not, leading to conflicting advice for people with type 2 diabetes.

Dr. Sievenpiper and his team are bringing together data from seven of the largest health studies globally – which include over 1.6 million people – to clarify the role of NSS in type 2 diabetes and its complications. They will analyze 10 years of data on changes in NSS use and how the substitution of NSS for sugary drinks impacts health.

This study will be the largest of its kind and use the best methods to reduce bias, in order to provide reliable answers to an important health question: whether NSS are beneficial for health by replacing excess sugar intake.

The project's results will help people with type 2 diabetes, healthcare providers, and health organizations make better decisions about using NSS and create health guidelines based on the best possible evidence that everyone can trust.