Evidence-Based **Learning Activities**

The following activities encourage you to explore the research evidence in more detail and consider how scientific findings are interpreted and communicated.

Article one

Bellou V. et al. (2018) Risk factors for type 2 diabetes mellitus: An exposure-wide umbrella review of meta-analyses. *PLoS One*. 13(3):e0194127.

1. What factors were linked with a higher risk of T2D?
2. To what do the authors attribute the associations between coffee and T2D?
3. What findings surprised you most, and why?

Article two

Ding M. et al. (2014). Caffeinated and decaffeinated coffee consumption and risk of type 2 diabetes: A systematic review and dose response meta-analysis. *Diab Care.* 37(2):569-86.

1. What differences in the incidence of T2D were observed between the highest and lowest coffee consumers?
2. What differences, if any, were observed between consumption of caffeinated and decaffeinated coffee?
3. What limitations were identified in this meta-analysis?

Article three

Makiso M.U. (2023). Bioactive compounds in coffee and their role in lowering the risk of major public health consequences: A review. *Food Sci Nutr,* 12(2):734-764.

1. What are the main non-volatile components of coffee, and what sensory characteristics do they contribute? How is chlorogenic acid broken down and absorbed in the body?
2. What health effects have been associated with diterpenes?