



Can drinking coffee be healthy? Beliefs and behaviours across Europe

The Institute for Scientific Information on Coffee surveyed¹ 10 European countries to investigate the relationship between people's health awareness and the latest scientific research on coffee.

Coffee plays a major role in the daily life of Europeans. The three most popular places to drink coffee are:



68% of Europeans say they don't feel awake until they've had a cup of coffee



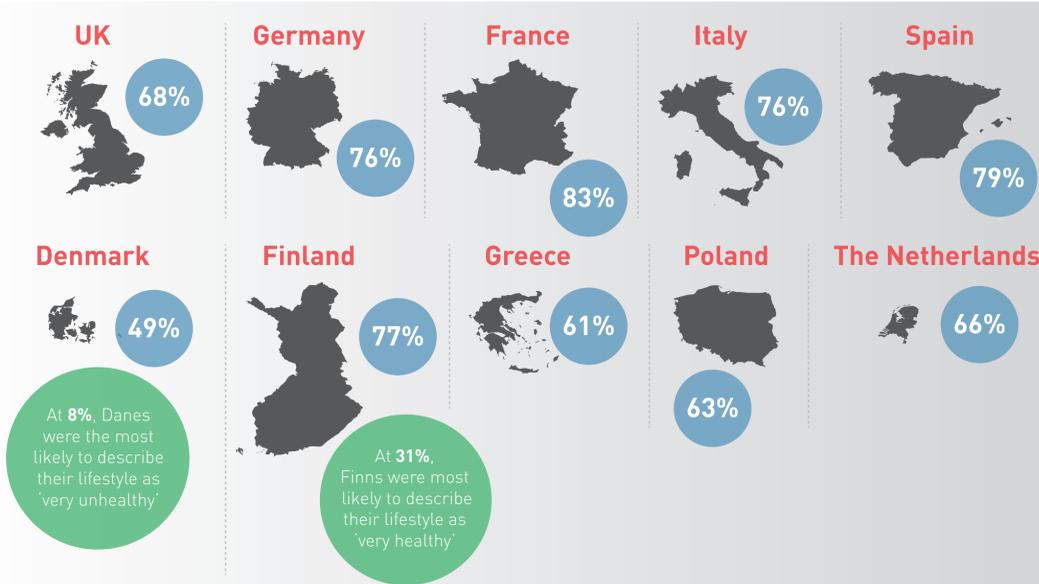
67% say they can't imagine life without it

Europeans care about their diet:



46% of women and **40%** of men plan on eating more healthily in 2016, but as a continent of coffee lovers, how much do we know about coffee consumption and health?

Which European countries described their lifestyle as either 'fairly' or 'very' healthy?



62% of coffee drinkers described their lifestyle as 'fairly healthy'



Compared to **48%** of non-coffee drinkers

Coffee and health: can we tell fact from fiction?

More than half of Europeans are confused as to whether coffee is good or bad for their health:

Coffee and type 2 diabetes

Research suggests that drinking 3-4 cups of coffee per day is associated with an approximate 25% lower risk of developing type 2 diabetes, compared to consuming none, or less than two cups per day^{2,3}.



71% of Europeans believe that drinking coffee does not help to reduce the risk of type 2 diabetes.

Coffee and cognitive decline e.g. Alzheimer's and Parkinson's disease

Research suggests that regular, life-long moderate coffee consumption at 3-5 cups per day is associated with a reduced risk of developing Alzheimer's disease by up to 20%⁴. Caffeine consumption is also associated with a reduced risk of developing Parkinson's disease⁵.



63% of Europeans believe that drinking coffee does not help to reduce mental decline in older people.

Coffee and mental performance

The European Food Safety Authority (EFSA) concluded that a 75mg serving of caffeine (the amount found in approx. one regular cup of coffee) can increase attention and alertness⁶.



79% of Europeans believe that moderate coffee consumption can increase concentration and alertness.

Coffee and cardiovascular (heart) disease risk

Two meta-analyses suggest an association between coffee consumption and cardiovascular disease risk, proposing a 'U-shaped' pattern whereby optimal protective effects were achieved with 3-5 cups of coffee per day^{7,8}.



42% of Europeans believe that drinking coffee increases the risk of cardiovascular (heart) disease.

Older respondents displayed very poor knowledge of diseases that could potentially pose the highest statistical risk to them: **56%** of those aged 35 and above are not aware of the potential health benefits of coffee relating specifically to cognitive decline, type 2 diabetes, and cardiovascular disease risk.

Did you know?



Drinking coffee does not lead to dehydration⁹, and has even been shown to improve sports performance¹⁰. Respectively, **36%** and **55%** of respondents thought this was untrue.



Italians are the most aware of coffee's suggested health benefits, with almost **50%** stating they drink coffee specifically for its health benefits.

So, can coffee be consumed as part of a healthy diet?

Moderate consumption of coffee at 3-5 cups per day has been associated with a range of desirable physiological effects and fits within a healthy diet and active lifestyle. Pregnant and breastfeeding women are advised by EFSA to consume no more than 200mg of caffeine, per day, from all sources¹¹. This is equivalent to 2 cups of coffee per day.

Further information can be found on the **Coffee and Health** website

References

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