

Hennepin County
Public Health
Assessment Team

Sugar sweetened beverages

Why is this indicator important?

Sugar-sweetened beverages or sugary drinks are leading sources of added sugars in the American diet. Drinking sugar-sweetened beverages (SSB) can be associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis. Limiting the amount of SSB intake can help individuals maintain a healthy weight and have a healthy diet.¹

What is the current status?

In 2014, one in five (22%) Hennepin County adults aged 25 and older reported having a sugar-sweetened beverage daily or more often. In 2016, seven out of ten, 8th, 9th and 11th graders reported drinking one or more sugar-sweetened beverages in the previous day. The table below summarizes the consumption of sugar-sweetened beverages on the previous day for 8th, 9th and 11th graders.

Figure 1. Percentage of Suburban Hennepin County students' sugar-sweetened beverage consumption by grade, 2016

Suburban Hennepin County students attending school in public school districts	8 th graders	9 th graders	11 th graders
Consumed at least one sugar sweetened beverage	71%	71%	69%
Boys	74%	76%	73%
Girls	67%	66%	65%
Consumed pop or soda	35%	33%	33%
Boys	40%	39%	39%
Girls	29%	27%	27%
Consumed sports drinks, such as Gatorade or Powerade	25%	26%	23%
Boys	32%	34%	32%
Girls	17%	18%	14%
Consumed energy drinks, such as Red Bull or Jolt	6%	5%	6%
Boys	9%	7%	9%
Girls	4%	3%	4%
Consumed other sugar sweetened drinks	52%	50%	47%
Boys	51%	49%	46%
Girls	53%	52%	49%



FACT
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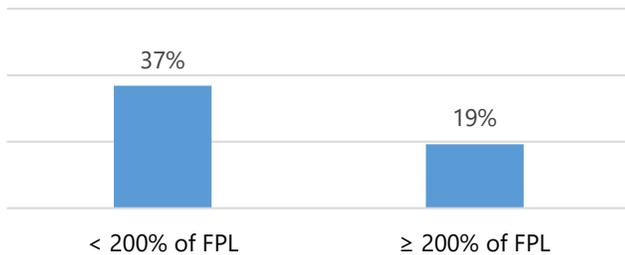
Hennepin County
Public Health

For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

What is the current status?

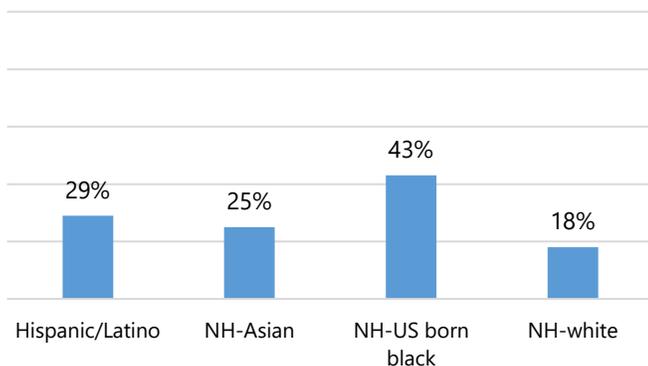
More than one-third of adults (37%) of adults age 25 and older in Hennepin County households where income is less than 200% of the Federal Poverty Level reported having sugar-sweetened beverages daily or more often compared to 19 percent of adults with higher income.

Figure 2. Percentage of adults age 25 and older who consumed sugar-sweetened beverages daily or more often by household income, 2014



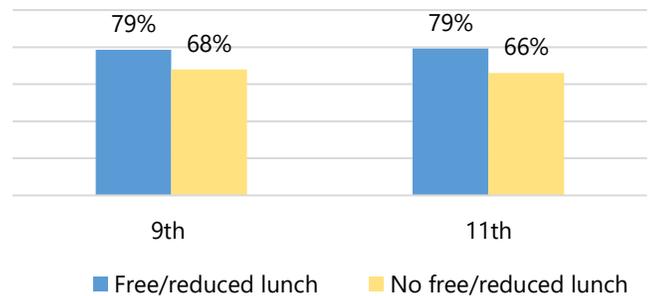
Non-Hispanic US born black adults are more likely to consume sugar sweetened beverages compared to other selected racial/ethnic groups in Hennepin County.

Figure 3. Percentage of adults age 25 and older who consumed sugar sweetened beverages by race/ethnicity, 2014



Ninth and eleventh graders in suburban Hennepin County receiving free/reduced lunch were more likely to consume at least one SSB daily compared to those not receiving free/reduced lunch.

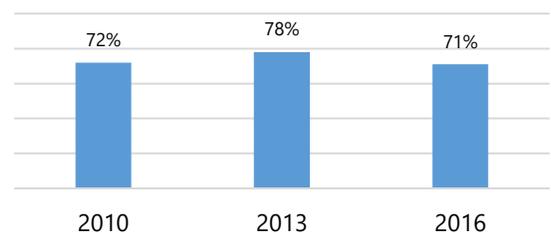
Figure 4. Percentage of ninth and eleventh grade students' sugar-sweetened beverage consumption by income, 2016



How do we compare?

Ninth graders in suburban Hennepin County reported consuming fewer sugar-sweetened beverages in 2016 compared to 2013 and 2010. It should be noted that the question changed slightly between 2010 and 2013/2016, most notably in that the 2013/2016 question asked about energy drinks and other sugar-sweetened beverages.

Figure 5. Percentage of ninth grade students' sugar-sweetened beverage consumption, 2016



The data shown in this fact sheet come from the Metro SHAPE 2014 survey for Hennepin County for adults aged 25 and older. Having sugar-sweetened beverage daily or more often is derived from responses to the following three questions: C4. *About how often do you drink...a. Pop or soda (regular); c. Energy drinks such as Red Bull, 5-hour Energy, or Monster; Other sugar-sweetened drinks such as sweet tea, coffee, drinks, juice, drinks, Kool-Aid, or Gatorade.*

The data on consumption of one or more sugar-sweetened beverages was drawn from the Minnesota Student Survey - 2016 data file. In 2016, eighth, ninth and 11th grade students attending public schools in suburban Hennepin County were asked: "How many cans, bottles or glasses of each of the following did you drink yesterday? Milk, Pop or soda, Sports drinks, Energy drinks, Other sugar-sweetened beverages such as sweet tea, lemonade, coffee drinks or juice drinks, or Water." The response options "Pop or Soda," "Sports Drinks," "Energy Drinks," and "Other sugar-sweetened beverages" were combined to calculate the number of students who consumed one or more of those beverages in the previous day.

¹ Cut back on sugary drinks. Retrieved December 14th, 2016 from <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>