



2016 Washington State Healthy Youth Survey

Data Brief: Sugar-sweetened beverages (SSB)

In fall 2016, over 230,000 students participated in the Healthy Youth Survey. Over 1,000 schools administered the survey, representing all 39 counties and 236 school districts.

On the Healthy Youth Survey, SSB are defined as non-diet sodas, sports drinks and other flavored sweetened drinks.

SSB consumption at school

About 4 out of 10 Washington high school students drank SSB at school in the past 7 days.

- Drinking SSB at school decreased among 10th graders between 2014 and 2016, and was steady among 8th and 12th graders. In 2016:
 - 39 percent of 8th graders
 - 42 percent of 10th graders
 - 44 percent of 12th graders

SSB consumption at school is higher in certain groups. Among 10th graders in 2016:

- American Indian/Alaska Native (AIAN) (56 percent), Blacks (53 percent) and Hispanics (46 percent) had higher rates of drinking SSB at school than Whites (39 percent).
- Males (46 percent) had higher rates of drinking SSB at school than females (39 percent).
- Those who received free and reduced lunch (45 percent) had higher rates of drinking SSB at school than those that did not (40 percent).

In 2016, fewer students who drank SSB at school bought the beverages at school compared to 2006. From 2006 to 2016:

- 40 percent to 15 percent among 8th graders.
- 46 percent to 23 percent among 10th graders.
- 38 percent to 14 percent among 12th graders.

Overall SSB consumption

Three fourths of high school students drank SSB in the past 7 days in 2016. Any SSB consumption in past 7 days declined among 10th graders from 2014 to 2016, and remained the same among 8th and 12th graders. In 2016:

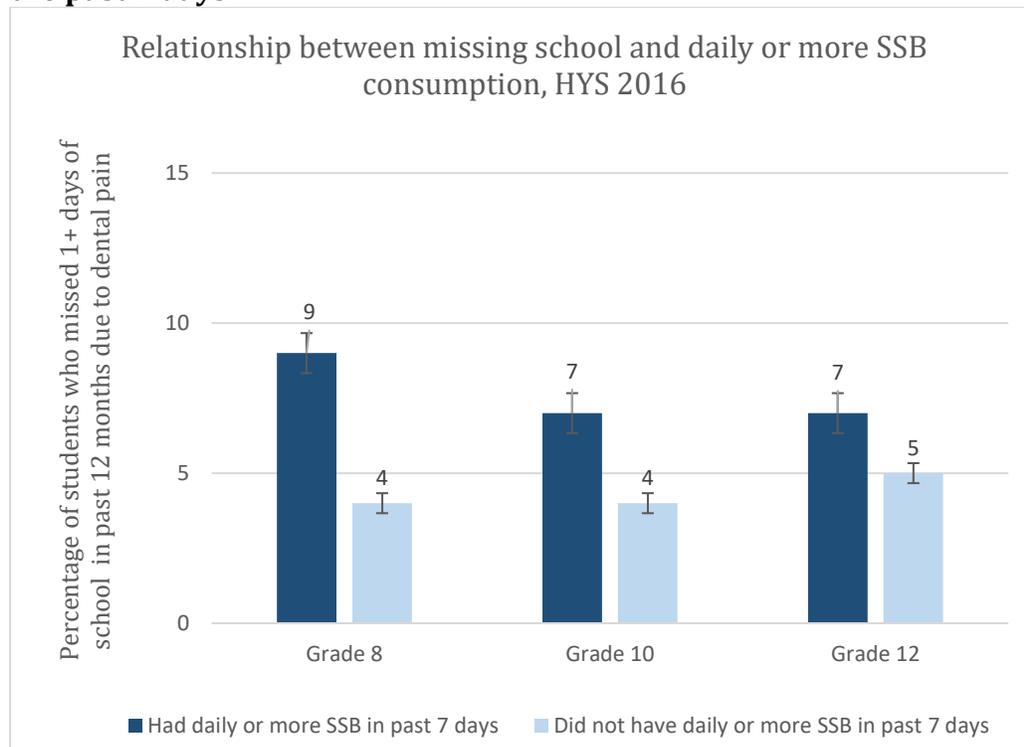
- 78 percent of 8th graders
- 77 percent of 10th graders
- 79 percent of 12th graders

A fourth of high school students did not drink any SSB in the past 7 days in 2016.

- The frequency of SSB consumption in past 7 days among 10th graders:
 - About 43% reported drinking SSB 1-3 times

- 17% reported drinking SSB 4-6 times
- 17% reported drinking SSB daily or more

More students who consumed SSB daily or more in past 7 days also missed school due to dental pain compared to students who did not consume SSB daily or more in the past 7 days.



- In 2016, one in 14 high school students who consumed at least one SSB a day or more (daily or more) in past 7 days reported missing one or more days of school in past 12 months because of a toothache compared to one in 25 who did not consume SSB daily or more in past 7 days.

Resources

Rethink Your Drink: https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Drink Up: <https://www.ahealthieramerica.org/drink-up-12>

For more Healthy Youth Survey fact sheets and reports, visit www.AskHYS.net

