

News Release

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(17-154)

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Drinking sugar-sweetened beverages among teens declines

OLYMPIA – The recent [2016 Washington Healthy Youth Survey](#) shows that teens are drinking fewer sugar-sweetened beverages in schools; a contributing factor is the [Smart Snacks in School](#) Program.

“We want our schools to be places where our kids thrive, and that includes providing them access to healthy, nourishing food, and drinks. Programs such as the [National School Lunch Program](#) truly can make a difference in helping our kids feel ready to learn,” said Governor Jay Inslee.

Students who drank sugar-sweetened beverages one or more times at school in the past 7 days

Year	Grade 8	Grade 10	Grade 12
	Percent	Percent	Percent
2006	70	78	76
2008	68	75	69
2010	67	71	68
2012	64	66	63
2014	40	49	44
2016	39	42	44

Drinking sugar-sweetened beverages, including non-diet sodas, sports drinks and other flavored sweetened drinks, is associated with obesity, type 2 diabetes, cardiovascular disease, and cavities.

Starting in the 2014-2015 school year, any school that participates in the National School Lunch Program had to replace sugary beverages sold anywhere on school campus during the school day with lower sugar products.

The HYS is voluntary, and given every two years to 6th, 8th, 10th, and 12th-graders. In the fall of 2016, more than 230,000 students from more than 1,000 schools, 236 school districts, and 39 counties took part.

The survey is a collaborative effort between four state agencies. It explores attitudes and behaviors of middle and high school students, and provides state and community organizations with information about which teen issues to focus on.

Washington's future depends on the health of its children. To learn more about efforts to support healthy eating and drinking in schools, check out the [Healthiest Next Generation Initiative](#).

For more information on the [survey questionnaire](#), [additional reports](#), and [fact sheets](#), visit the [HYS website](#).

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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:

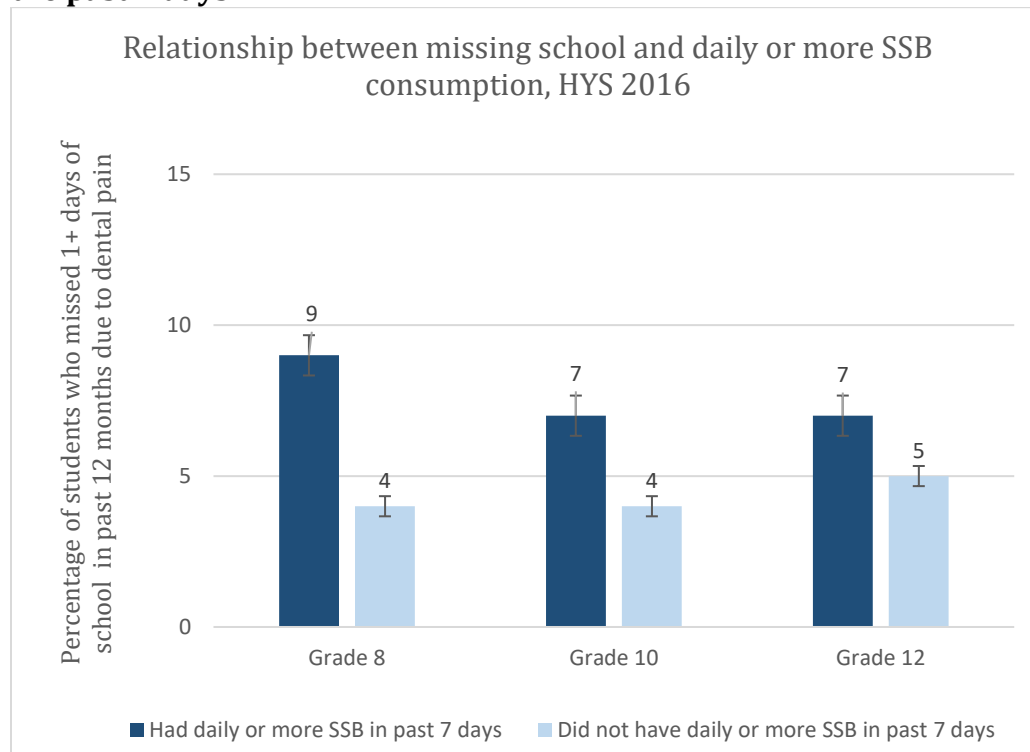
- 78 percent of 8th graders
- 77 percent of 10th graders
- 79 percent of 12th graders

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





Comunicado de prensa

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Se reduce el consumo de bebidas endulzadas con azúcar entre los adolescentes

OLYMPIA – La reciente [Encuesta de jóvenes sanos de Washington de 2016 \(HYS\)](#) (enlace solo en inglés) muestra que los adolescentes consumen menos bebidas endulzadas con azúcar en las escuelas; un factor contribuyente es el programa [Smart Snacks in School \(Bocadillos inteligentes en la escuela\)](#) (enlace solo en inglés).

“Deseamos que nuestras escuelas sean lugares donde nuestros niños triunfen, y esto incluye ofrecerles acceso a alimentos y bebidas saludables y nutritivos. Los programas tales como el [National School Lunch Program \(Programa nacional de almuerzo escolar\)](#) (enlace solo en inglés) realmente pueden marcar una diferencia al ayudar a nuestros niños a sentirse preparados para aprender”, dijo el gobernador Jay Inslee.

Estudiantes que consumieron bebidas endulzadas con azúcar al menos una vez en la escuela en los últimos 7 días

Año	8.º Grado Porcentaje	10.º Grado Porcentaje	12.º Grado Porcentaje
2006	70	78	76
2008	68	75	69
2010	67	71	68
2012	64	66	63
2014	40	49	44
2016	39	42	44

El consumo de bebidas endulzadas con azúcar, como las gaseosas regulares, bebidas deportivas y otras bebidas dulces saborizadas, se asocia con la obesidad, diabetes de tipo 2, enfermedad cardiovascular y caries.

A partir del año escolar 2014-2015, cualquier escuela que participe en el National School Lunch Program debió reemplazar las bebidas con azúcar vendidas en cualquier lugar del campus de la escuela durante el día escolar con productos de bajo contenido de azúcar.

La HYS es voluntaria, y se administra cada dos años a alumnos de 6.º, 8.º, 10.º y 12.º grado. En la primavera de 2016, más de 230,000 estudiantes de más de 1,000 escuelas, 236 distritos escolares y 39 condados participaron.

La encuesta es un esfuerzo de colaboración entre cuatro agencias estatales que analiza las actitudes y conductas de estudiantes de la escuela media y superior, y proporciona a las organizaciones estatales y de la comunidad información sobre los problemas de los adolescentes en que deben enfocarse.

El futuro de Washington depende de la salud de sus niños. Para obtener más información acerca de los esfuerzos por respaldar los alimentos y bebidas saludables en las escuelas, vea [Healthiest Next Generation Initiative \(Iniciativa por una próxima generación más saludable\)](#) (enlace solo en inglés).

Para obtener más información sobre el [cuestionario de la encuesta](#), [informes adicionales](#) y [hojas de datos](#), visite el [sitio web de HYS](#) (enlaces solo en inglés).

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2016 Healthy Youth Survey SSB at school results : County-Level

Cou	County Name	Year	Percentage of students who reported drinking SSB 1 or more times in past 7 days at school, HYS 2006-2016	Percentage of students who reported drinking SSB 1 or more times in past 7 days at school, HYS 2006-2016	Percentage of students who reported drinking SSB 1 or more times in past 7 days at school, HYS 2006-2016
			Grade 8 % +/-	Grade 10 % +/-	Grade 12 % +/-
1	Adams County	2006	73 8	85 7	66 12
1	Adams County	2008	72 8	76 7	79 9
1	Adams County	2010	57 9	73 7	70 11
1	Adams County	2012	suppressed	suppressed	suppressed
1	Adams County	2014	suppressed	suppressed	suppressed
1	Adams County	2016	41 8	65 8	70 9
2	Asotin County	2006	65 9	93 5	82 8
2	Asotin County	2008	63 11	84 7	83 8
2	Asotin County	2010	69 9	75 9	82 8
2	Asotin County	2012	72 8	72 11	69 10
2	Asotin County	2014	45 10	68 9	64 11
2	Asotin County	2016	48 9	66 10	55 10
3	Benton County	2006	67 4	81 3	suppressed
3	Benton County	2008	72 3	73 3	75 3
3	Benton County	2010	68 3	74 3	71 3
3	Benton County	2012	71 3	74 3	66 4
3	Benton County	2014	42 3	50 3	52 4
3	Benton County	2016	41 3	53 3	50 4
4	Chelan County	2006	80 4	79 4	79 5
4	Chelan County	2008	80 4	77 5	77 5
4	Chelan County	2010	78 4	74 5	74 5
4	Chelan County	2012	73 5	75 4	69 6
4	Chelan County	2014	49 5	57 5	48 6
4	Chelan County	2016	39 5	45 5	46 6
5	Clallam County	2006	suppressed	suppressed	suppressed
5	Clallam County	2008	71 7	suppressed	suppressed
5	Clallam County	2010	67 8	suppressed	suppressed
5	Clallam County	2012	suppressed	76 7	suppressed
5	Clallam County	2014	55 8	61 8	suppressed
5	Clallam County	2016	43 6	48 6	51 7
6	Clark County	2006	73 2	79 2	77 2
6	Clark County	2008	69 2	74 2	69 2

6	Clark County	2010	67 3	70 2	70 2
6	Clark County	2012	62 3	67 2	65 2
6	Clark County	2014	38 2	44 2	44 2
6	Clark County	2016	35 5	44 2	41 2
7	Columbia County	2006	71 19	83 17	67 31
7	Columbia County	2008	71 19	94 12	80 20
7	Columbia County	2010	86 15	87 17	83 21
7	Columbia County	2012	80 20	78 27	70 28
7	Columbia County	2014	62 26	63 24	50 28
7	Columbia County	2016	92 16	44 23	62 26
8	Cowlitz County	2006	74 4	80 3	83 4
8	Cowlitz County	2008	68 4	81 4	77 4
8	Cowlitz County	2010	69 4	80 3	78 4
8	Cowlitz County	2012	68 4	77 4	71 5
8	Cowlitz County	2014	51 4	54 5	51 6
8	Cowlitz County	2016	43 4	55 5	48 5
9	Douglas County	2006	78 6	86 6	75 7
9	Douglas County	2008	74 6	83 5	78 7
9	Douglas County	2010	67 6	82 5	77 7
9	Douglas County	2012	68 6	74 6	73 7
9	Douglas County	2014	43 6	52 7	58 9
9	Douglas County	2016	39 6	50 6	55 8
10	Ferry County	2006	suppressed	suppressed	95 9
10	Ferry County	2008	81 17	68 21	suppressed
10	Ferry County	2010	73 17	83 15	71 19
10	Ferry County	2012	suppressed	58 22	65 23
10	Ferry County	2014	46 27	59 21	suppressed
10	Ferry County	2016	suppressed	67 24	50 31
11	Franklin County	2006	75 4	83 4	81 7
11	Franklin County	2008	72 4	85 3	79 6
11	Franklin County	2010	suppressed	suppressed	suppressed
11	Franklin County	2012	suppressed	suppressed	suppressed
11	Franklin County	2014	suppressed	suppressed	suppressed
11	Franklin County	2016	suppressed	suppressed	suppressed
12	Garfield County	2006	suppressed	suppressed	suppressed
12	Garfield County	2008	suppressed	suppressed	suppressed
12	Garfield County	2010	83 21	91 17	100 0
12	Garfield County	2012	78 27	85 20	100 0
12	Garfield County	2014	56 24	86 26	77 23
12	Garfield County	2016	10 19	74 20	88 23

13	Grant County	2006	76 4	suppressed	suppressed
13	Grant County	2008	68 4	81 4	85 4
13	Grant County	2010	69 4	79 4	73 5
13	Grant County	2012	75 4	77 4	77 5
13	Grant County	2014	44 4	59 5	56 6
13	Grant County	2016	44 4	52 4	54 5
14	Grays Harbor Count	2006	75 6	73 6	suppressed
14	Grays Harbor Count	2008	67 6	80 5	69 6
14	Grays Harbor Count	2010	68 5	73 5	74 5
14	Grays Harbor Count	2012	66 5	76 5	71 7
14	Grays Harbor Count	2014	50 6	52 6	48 7
14	Grays Harbor Count	2016	43 6	55 6	55 7
15	Island County	2006	65 6	72 5	68 6
15	Island County	2008	61 6	69 6	67 7
15	Island County	2010	61 6	64 6	65 7
15	Island County	2012	59 6	59 6	52 7
15	Island County	2014	40 6	43 6	44 7
15	Island County	2016	34 8	43 7	43 7
16	Jefferson County	2006	77 9	87 7	suppressed
16	Jefferson County	2008	70 9	66 11	65 11
16	Jefferson County	2010	60 11	78 10	suppressed
16	Jefferson County	2012	64 10	59 13	56 13
16	Jefferson County	2014	suppressed	41 11	45 14
16	Jefferson County	2016	34 10	39 11	41 12
17	King County	2006	72 2	76 2	72 3
17	King County	2008	65 2	72 3	68 3
17	King County	2010	64 2	68 2	65 2
17	King County	2012	56 5	62 4	54 5
17	King County	2014	36 4	47 4	41 5
17	King County	2016	38 3	37 4	38 5
18	Kitsap County	2006	71 3	76 2	71 3
18	Kitsap County	2008	66 3	75 3	68 3
18	Kitsap County	2010	67 3	68 3	67 3
18	Kitsap County	2012	64 3	62 3	59 3
18	Kitsap County	2014	42 3	43 3	41 4
18	Kitsap County	2016	34 3	39 3	40 4
19	Kittitas County	2006	76 7	80 7	80 8
19	Kittitas County	2008	77 7	77 7	83 7
19	Kittitas County	2010	72 7	79 7	69 8
19	Kittitas County	2012	suppressed	73 7	69 9
19	Kittitas County	2014	suppressed	55 8	61 9

19	Kittitas County	2016	49 8	54 10	59 10
20	Klickitat County	2006	81 8	81 8	81 9
20	Klickitat County	2008	75 9	78 8	80 9
20	Klickitat County	2010	77 9	73 10	79 9
20	Klickitat County	2012	72 10	82 10	80 10
20	Klickitat County	2014	60 12	suppressed	suppressed
20	Klickitat County	2016	50 11	60 11	56 13
21	Lewis County	2006	79 5	84 4	77 5
21	Lewis County	2008	74 5	78 5	78 6
21	Lewis County	2010	72 5	68 5	75 5
21	Lewis County	2012	76 5	71 5	72 6
21	Lewis County	2014	51 6	58 6	suppressed
21	Lewis County	2016	45 6	52 6	58 7
22	Lincoln County	2006	80 11	96 6	88 10
22	Lincoln County	2008	81 9	81 10	80 12
22	Lincoln County	2010	80 9	71 12	83 12
22	Lincoln County	2012	68 10	81 9	80 12
22	Lincoln County	2014	55 12	54 12	83 10
22	Lincoln County	2016	47 12	53 12	52 13
23	Mason County	2006	77 5	81 5	76 7
23	Mason County	2008	71 6	76 5	73 6
23	Mason County	2010	77 6	75 6	78 6
23	Mason County	2012	69 7	77 6	77 7
23	Mason County	2014	42 6	55 6	56 7
23	Mason County	2016	43 7	49 7	52 8
24	Okanogan County	2006	73 7	86 6	78 7
24	Okanogan County	2008	67 7	84 5	74 7
24	Okanogan County	2010	75 6	80 6	78 7
24	Okanogan County	2012	78 6	75 6	75 8
24	Okanogan County	2014	52 8	65 8	59 9
24	Okanogan County	2016	44 8	56 8	56 10
25	Pacific County	2006	80 8	81 8	71 12
25	Pacific County	2008	76 10	79 10	81 9
25	Pacific County	2010	75 9	76 9	73 10
25	Pacific County	2012	71 10	72 10	74 11
25	Pacific County	2014	43 11	45 12	46 12
25	Pacific County	2016	51 11	50 11	53 12
26	Pend Oreille County	2006	74 10	92 8	73 16
26	Pend Oreille County	2008	68 13	80 10	81 12
26	Pend Oreille County	2010	67 14	78 13	77 10

26	Pend Oreille County	2012	80 11	73 12	suppressed
26	Pend Oreille County	2014	50 15	57 13	suppressed
26	Pend Oreille County	2016	30 12	42 14	54 15
27	Pierce County	2006	70 2	77 2	71 2
27	Pierce County	2008	66 2	72 2	66 2
27	Pierce County	2010	68 2	70 2	67 2
27	Pierce County	2012	63 3	68 4	64 3
27	Pierce County	2014	45 4	51 3	47 3
27	Pierce County	2016	41 4	48 3	44 2
28	San Juan County	2006	suppressed	83 11	70 13
28	San Juan County	2008	64 12	74 11	50 16
28	San Juan County	2010	46 14	69 12	65 13
28	San Juan County	2012	63 15	73 13	58 14
28	San Juan County	2014	suppressed	36 14	38 15
28	San Juan County	2016	38 17	37 13	54 16
29	Skagit County	2006	71 4	78 3	74 4
29	Skagit County	2008	65 4	74 4	69 4
29	Skagit County	2010	67 4	72 4	69 4
29	Skagit County	2012	69 4	66 4	63 5
29	Skagit County	2014	52 4	51 4	50 5
29	Skagit County	2016	42 4	46 4	43 5
30	Skamania County	2006	91 10	84 13	84 12
30	Skamania County	2008	82 13	84 12	79 14
30	Skamania County	2010	suppressed	suppressed	72 18
30	Skamania County	2012	79 15	75 16	75 17
30	Skamania County	2014	45 18	53 16	suppressed
30	Skamania County	2016	42 17	67 17	suppressed
31	Snohomish County	2006	68 2	76 2	76 2
31	Snohomish County	2008	66 2	71 2	70 3
31	Snohomish County	2010	64 2	69 2	65 2
31	Snohomish County	2012	65 3	65 4	63 3
31	Snohomish County	2014	44 3	45 3	43 5
31	Snohomish County	2016	38 3	39 2	40 4
32	Spokane County	2006	69 2	75 2	76 2
32	Spokane County	2008	64 2	74 2	72 3
32	Spokane County	2010	65 3	72 2	70 3
32	Spokane County	2012	64 3	69 2	64 3
32	Spokane County	2014	44 3	53 3	50 3
32	Spokane County	2016	37 2	48 3	suppressed
33	Stevens County	2006	72 7	suppressed	suppressed

33	Stevens County	2008	61 7	77 6	suppressed
33	Stevens County	2010	69 9	suppressed	suppressed
33	Stevens County	2012	71 10	suppressed	suppressed
33	Stevens County	2014	47 9	67 9	55 10
33	Stevens County	2016	48 8	51 8	53 9
34	Thurston County	2006	67 3	74 3	72 3
34	Thurston County	2008	64 3	71 3	68 3
34	Thurston County	2010	62 3	70 3	68 3
34	Thurston County	2012	65 3	67 3	61 3
34	Thurston County	2014	43 3	50 3	46 3
34	Thurston County	2016	36 3	45 3	45 3
35	Wahkiakum County	2006	suppressed	suppressed	suppressed
35	Wahkiakum County	2008	suppressed	suppressed	suppressed
35	Wahkiakum County	2010	95 9	88 15	78 27
35	Wahkiakum County	2012	86 18	80 20	80 20
35	Wahkiakum County	2014	53 25	42 28	83 21
35	Wahkiakum County	2016	NA	63 24	45 29
36	Walla Walla County	2006	73 6	74 5	69 7
36	Walla Walla County	2008	67 6	80 5	78 6
36	Walla Walla County	2010	73 6	77 5	71 6
36	Walla Walla County	2012	68 6	suppressed	suppressed
36	Walla Walla County	2014	47 7	55 6	50 7
36	Walla Walla County	2016	45 6	45 7	44 7
37	Whatcom County	2006	74 3	75 3	73 4
37	Whatcom County	2008	62 3	73 3	64 4
37	Whatcom County	2010	62 4	70 3	63 4
37	Whatcom County	2012	62 3	66 4	61 4
37	Whatcom County	2014	42 4	49 4	46 4
37	Whatcom County	2016	38 3	42 4	suppressed
38	Whitman County	2006	67 8	82 6	76 7
38	Whitman County	2008	68 8	77 7	68 8
38	Whitman County	2010	60 8	74 8	80 8
38	Whitman County	2012	57 9	66 9	64 9
38	Whitman County	2014	48 9	49 11	49 10
38	Whitman County	2016	38 9	46 9	suppressed
39	Yakima County	2006	80 2	83 2	79 3
39	Yakima County	2008	75 2	80 2	77 3
39	Yakima County	2010	73 2	77 2	80 2
39	Yakima County	2012	72 2	75 3	75 3
39	Yakima County	2014	51 3	56 3	51 3
39	Yakima County	2016	46 3	48 3	50 3