
Sweetened Beverage Consumption

Definition: Respondents who indicated they consumed at least three sweetened beverages per day based on the following question: “In the past 7 days, how many times did you drink a can, bottle, or glass of a sugar sweetened beverage?” (Including regular soda, sports drinks, energy drinks, flavored coffee, etc.)

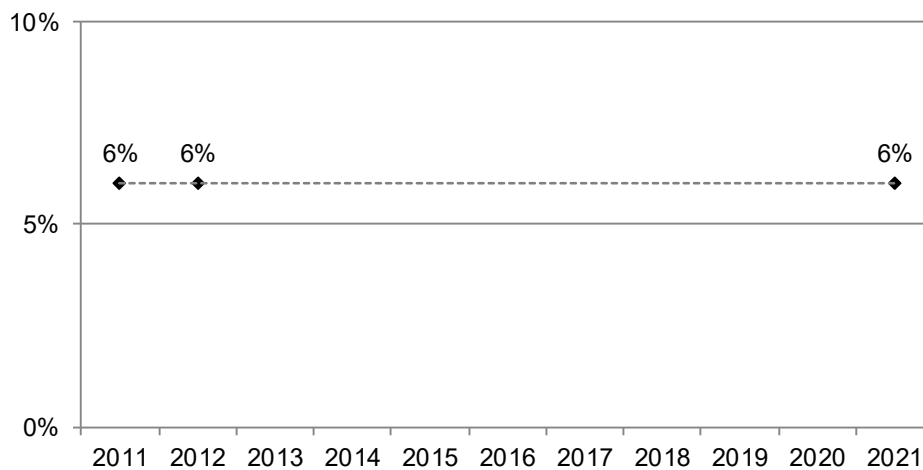
Prevalence of Sweetened Beverage Consumption

- South Dakota 6%
- There is no nationwide median for sweetened beverage consumption

Trend Analysis

Overall, the percent of South Dakotans who drink three or more sweetened beverages per day has remained the same since 2011.

Figure 55
Percentage of South Dakotans Who Consume 3 or More Sweetened Beverages Every Day, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 52
South Dakotans Who Consume 3 or More Sweetened Beverages Every Day, 2021

		2021	95% Confidence Interval	
			Low	High
Gender	Male	7%	5.6%	9.4%
	Female	4%	3.1%	5.6%
Age	18-29	7%	4.3%	10.8%
	30-39	8%	5.1%	12.8%
	40-49	6%	3.7%	9.8%
	50-59	6%	3.5%	8.9%
	60-69	5%	3.1%	8.2%
	70-79	2%	1.3%	3.0%
	80+	4%	2.0%	7.9%
Race	White, Non-Hispanic	5%	3.8%	6.2%
	American Indian, Non-Hispanic	10%	6.5%	14.6%
	American Indian/White, Non-Hispanic	*	*	*
	Hispanic	18%	8.8%	33.9%
Household Income	Less than \$35,000	8%	5.8%	10.9%
	\$35,000-\$74,999	6%	4.4%	9.0%
	\$75,000+	4%	2.5%	6.9%
Education	Less than High School, G.E.D.	11%	5.0%	21.2%
	High School, G.E.D.	7%	4.8%	9.1%
	Some Post-High School	6%	4.3%	8.3%
	College Graduate	3%	2.0%	4.2%
Employment Status	Employed for Wages	6%	4.5%	7.5%
	Self-employed	6%	3.3%	9.6%
	Unemployed	17%	8.2%	31.3%
	Homemaker	2%	0.6%	4.4%
	Student	6%	1.9%	17.3%
	Retired	3%	2.0%	4.1%
	Unable to Work	13%	5.2%	29.1%
Marital Status	Married/Unmarried Couple	5%	3.6%	6.4%
	Divorced/Separated	8%	5.1%	11.5%
	Widowed	4%	2.1%	7.2%
	Never Married	8%	5.1%	11.3%
Home Ownership Status	Own Home	4%	3.5%	5.6%
	Rent Home	9%	6.4%	13.9%
Children Status	Children in Household (Ages 18-44)	6%	3.6%	9.1%
	No Children in Household (Ages 18-44)	9%	5.9%	13.2%
Phone Status	Landline	4%	2.9%	6.0%
	Cell Phone	6%	4.9%	7.8%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	4%	2.5%	6.4%
County	Minnehaha	7%	4.6%	11.7%
	Pennington	4%	2.1%	6.8%
	Lincoln	4%	2.7%	7.2%
	Brown	9%	5.9%	13.0%
	Brookings	7%	4.3%	12.1%
	Codington	8%	6.2%	11.5%
	Meade	6%	3.2%	9.3%

Note: *Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2021

DEMOGRAPHICS

Gender	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to differ by gender.
Age	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to consistently change as age increases.
Race/ Ethnicity	American Indians and Hispanics exhibit a very high prevalence of consuming three or more sugar sweetened beverages a day, while whites show a very low prevalence.
Household Income	The prevalence of consuming three or more sugar sweetened beverages a day decreases as household income increases.
Education	The prevalence of consuming three or more sugar sweetened beverages a day decreases as education levels increase. This includes a significant decrease as the college graduate level is reached.
Employment	Those who are unemployed or unable to work demonstrate a very high prevalence of consuming three or more sugar sweetened beverages a day, while those who are a homemaker or retired show a very low prevalence.
Marital Status	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to differ by marital status.
Home Ownership	Those who rent their home show a significantly higher prevalence of consuming three or more sugar sweetened beverages a day than those who own their home.
Children Status	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to differ based on the presence of children in the household.
Phone Status	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to differ based on phone status.
County	The prevalence of consuming three or more sugar sweetened beverages a day does not seem to differ among the available counties.