
Sweetened Beverage Consumption

Definition: Respondents who indicated they consumed at least three sweetened beverages per day based on the following two questions: “About how often do you drink regular soda or pop that contains sugar?” and “About how often do you drink sweetened fruit drinks, such as Kool-aid, cranberry juice, and lemonade?”

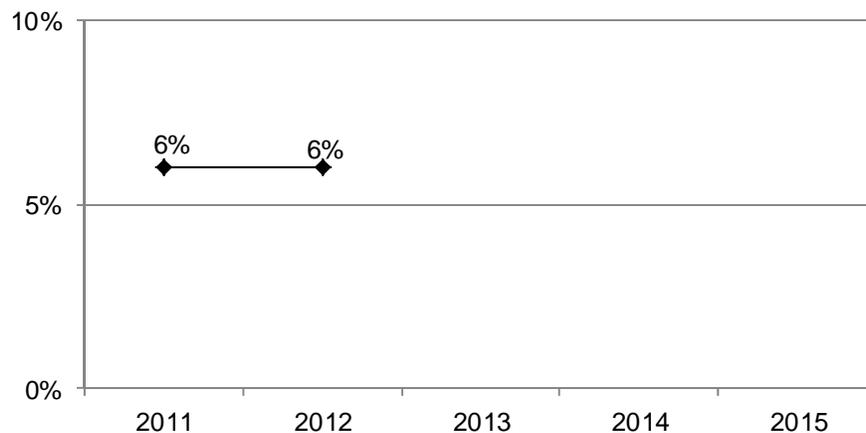
Prevalence of Sweetened Beverage Consumption

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

Healthy People 2020 Objective

There was no stated Healthy People 2020 Objective for sweetened beverage consumption.

Figure 114
Percent of Respondents Who Consume 3 or More Sweetened Beverages Every Day, 2011-2012



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012

Table 76				
Respondents Who Consume 3 or More Sweetened Beverages Every Day, 2011-2012				
		2011-2012	2011	2012
Total		6%	6%	6%
Gender	Male	9%	8%	9%
	Female	4%	4%	4%
Age	18-44	10%	9%	11%
	45-64	4%	4%	4%
	65+	1%	1%	1%
Race	White	5%	5%	5%
	American Indian	14%	*	*
Ethnicity	Hispanic	8%	*	*
	Non-Hispanic	6%	6%	6%
Household Income	Less than \$25,000	8%	7%	10%
	\$25,000-\$49,999	7%	6%	8%
	\$50,000+	4%	5%	4%
Education	High School, G.E.D., or Less	8%	7%	9%
	Some Post-High School	6%	6%	6%
	College Graduate	3%	3%	3%
Employment Status	Employed for Wages	7%	6%	7%
	Self-employed	6%	*	*
	Unemployed	11%	*	*
	Homemaker	7%	*	*
	Student	8%	*	*
	Retired	1%	1%	1%
	Unable to Work	9%	*	*
Marital Status	Married/Unmarried Couple	5%	5%	4%
	Divorced/Separated	8%	*	*
	Widowed	1%	*	*
	Never Married	11%	*	*
Home Ownership Status	Own Home	4%	4%	4%
	Rent Home	11%	9%	13%
Children Status	Children in Household (Ages 18-44)	9%	*	*
	No Children in Household (Ages 18-44)	12%	*	*
Phone Status	Landline	5%	6%	4%
	Cell Phone	11%	*	*
Pregnancy Status	Pregnant (Ages 18-44)	7%	*	*
	Not Pregnant (Ages 18-44)	6%	*	*

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012

Further Analysis

The following data show the percent of those who consume 3 or more sweetened beverages every day for various health behaviors and conditions. For example, 14 percent of respondents who are current smokers consume 3 or more sweetened beverages every day, while 4 percent of respondents who have never smoked consume 3 or more sweetened beverages every day.

Health Behavior or Condition	% Consume 3+ Sweetened Beverages a Day
Underweight (BMI < 18.5)	7%
Recommended (BMI = 18.5-24.9)	6%
Overweight (BMI = 25.0-29.9)	6%
Obese - Class I (BMI = 30.0-34.9)	5%
Obese - Classes II & III (BMI = 35.0+)	6%
Leisure Time Exercise	5%
No Leisure Time Exercise	7%
Current Smoker	14%
Former Smoker	3%
Never Smoked	4%
Smokeless Tobacco	11%
No Smokeless Tobacco	6%
Diabetes	3%
No Diabetes	6%
High Blood Pressure	5%
No High Blood Pressure	6%
Health Insurance (18-64)	6%
No Health Insurance (18-64)	16%
Employer Based Coverage (18-64)	5%
Private Health Plan (18-64)	4%
Medicare (18-64)	7%
Medicaid or Medical Assistance (18-64)	19%
The Military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	19%
Breast Exam Within Past Two Years	3%
No Breast Exam Within Past Two Years	6%
Mammogram Within Past Two Years (40+)	1%
No Mammogram Within Past Two Years (40+)	5%
Pap Smear Within Past Three Years	5%
No Pap Smear Within Past Three Years	5%
Blood Stool Test Within Past Two Years (50+)	3%
No Blood Stool Test Within Past Two Years (50+)	3%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	1%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	5%
PSA Test Within the Past Two Years (40+)	2%
No PSA Test Within the Past Two Years (40+)	7%
Flu Shot (65+)	1%
No Flu Shot (65+)	2%
Pneumonia Shot (65+)	1%
No Pneumonia Shot (65+)	2%
Previously Had Heart Attack	4%
Never Had Heart Attack	6%
Have Angina or Coronary Heart Disease	4%
Do Not Have Angina or Coronary Heart Disease	6%

Table 77 (continued)
Consume 3 or More Sweetened Beverages Every Day for Selected Health Behaviors and Conditions, 2011-2012

Health Behavior or Condition	% Consume 3+ Sweetened Beverages a Day
Previously Had a Stroke	4%
Never Had a Stroke	6%
Cancer	5%
No Cancer	6%
Skin Cancer	2%
No Skin Cancer	6%
Current Asthma	9%
Former Asthma	5%
Never Had Asthma	6%
Arthritis	5%
No Arthritis	6%
COPD	10%
No COPD	6%
Depression	8%
No Depression	5%
Kidney Disease	7%
No Kidney Disease	6%
Vision Impairment	7%
No Vision Impairment	6%
Been to the Dentist in the Past Year	5%
Haven't Been to the Dentist in the Past Year	11%
Always/Almost Always Wear Seat Belt	5%
Sometimes/Seldom/Never Wear Seat Belt	11%
Drank Alcohol in Past 30 Days	6%
Did Not Drink Alcohol in Past 30 Days	6%
Binge Drinker	9%
Not a Binge Drinker	5%
Heavy Drinker	10%
Not a Heavy Drinker	6%
Good/Very Good/Excellent Health Status	6%
Fair/Poor Health Status	8%
Physical Health Not Good for 0-29 Days of the Past 30	6%
Physical Health Not Good for 30 Days of the Past 30	7%
Mental Health Not Good for 0-19 Days of the Past 30	6%
Mental Health Not Good for 20-30 Days of the Past 30	11%
Usual Activities Unattainable for 0-9 Days of the Past 30	6%
Usual Activities Unattainable for 10-30 Days of the Past 30	9%
Physical, Mental, or Emotional Problems	6%
No Physical, Mental, or Emotional Problems	6%
Disability with Special Equipment Needed	5%
No Disability with Special Equipment Needed	6%
Heard of "Healthy South Dakota" Program	5%
Not Heard of "Healthy South Dakota" Program	7%
Injured in a Fall in Past 12 Months (45+)	6%
Not Injured in a Fall in Past 12 Months (45+)	3%
Been Tested for HIV (18-64)	10%
Never Been Tested for HIV (18-64)	5%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012