

Research Brief

Home matters: adolescents drink more sugar sweetened beverages when they are available at home

Overview

Sugar-sweetened beverages, such as sodas, fruit drinks, and sports drinks contain added calories with little to no nutritional value. As both the consumption of these beverages has increased more than 300% in the past 3 decades, and the percentage of adolescents who are overweight or obese has also increased, research points to these beverages as being a major contributor to weight gain. As adolescents are the highest consumers of sodas, fruit drinks, and other sugar-sweetened beverages, this study explored the availability of these beverages at home, the school and neighborhood.

Main Questions

- How often are sugar-sweetened beverages available at home?
- How often are sugar-sweetened beverages available in vending machines at school?
- How often are sugar-sweetened beverages available in stores in the neighborhood?

Study

This study performed secondary data analyses with the 2014 cross-sectional, Internet-based Family Life, Activity, Sun, Health, and Eating (FLASHE) study of 1494 adolescents (age 12-17 years). Ordinal logistic regression analyses were conducted to examine the association between sugar-sweetened beverage availability in the home and adolescents' frequency of sugar-sweetened beverage consumption adjusting for adolescent age, sex, race, and body mass index and parent marital status and housing insecurity. Stratified ordinal logistic regression analyses were used to examine the associations by school and school neighborhood sugar-sweetened beverage availability.

The Bottom Line

Sugar-sweetened beverage availability in the home was associated with adolescent sugar-sweetened beverage consumption, regardless of sugar-sweetened beverage availability in other settings.

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Source

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Spotlight on Results

- 32.6% of adolescent did not consume sugar-sweetened beverages every day.
- 33.9 % of teens consumed sugar-sweetened beverages every day.
- 44.4 % reported sugar-sweetened beverages were often or always available at home.
- The frequency of sugar-sweetened beverage availability at home was associated with more sugar-sweetened beverage consumption.

Call for Action

Interventions that focus on parents and their purchase of sugar-sweetened beverages can be a key target for preventing overweight and obesity among adolescents.