

Sugar-Sweetened Beverage Consumption In California Residents, 2012/2013

This data table shows the mean servings/times sugar-sweetened beverages consumed daily by California residents. Adults, adolescents, and children (with parental assistance) were asked about the sugar-sweetened beverages they drank over the previous 24 hour period. These data are from the 2013 California Dietary Practices Surveys (CDPS), 2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS), and 2013 California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS). These surveys are now discontinued.

Background: Children's Healthy Eating and Exercise Practices Surveys (CalCHEEPS) were the most extensive dietary and physical activity assessments of adults 18 years and older, adolescents 12 to 17, and children 6 to 11, respectively, in the state of California. CDPS and CalCHEEPS were administered biennially in odd years up through 2013 and CalTEENS was administered biennially in even years through 2014. The surveys were designed to monitor dietary trends, especially fruit and vegetable consumption, among Californians for evaluating their progress toward meeting the Dietary Guidelines for Americans and the Healthy People 2020 Objectives.

Methodology: All three surveys were conducted via telephone. Adult and adolescent data were collected using a list of participating CalFresh households and random digit dial, and child data were collected using only the list of CalFresh households. Older children (9-11) were the primary respondents with some parental assistance. For younger children (6-8), the primary respondent was parents. Data were oversampled for low-income and African American to provide greater sensitivity for analyzing trends among the target population. Dietary recall methods used for these analyses varied by survey (age group). The methods were as follows:

- **Adult:** Sugar-sweetened beverage consumption was collected using the following questions:
 1. About how often do you drink a can, bottle, or glass of regular soda that contains sugar?
 2. About how often do you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid, Sunny D, Hawaiian Punch, or lemonade?
 3. About how often do you drink a can, bottle, or glass of a sports drink like Gatorade, PowerAde, or Vitamin Water?
 4. About how often do you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl?
 5. About how often do you drink a coffee or tea with sugar, a sweetened hot espresso drink like a mocha, or a sweetened cold espresso drink like an iced mocha or Frappuccino?
- **Adolescent:** Sugar-sweetened beverage consumption was collected using the following questions:

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, Redbull, Rockstar or Sobe did you drink?
- **Child:** Prior to the telephone interview, participants were mailed a two-dimensional food models booklet for estimating portion sizes during the interview. Dialing hours were from 5:00 to 8:00 pm using a 24-hour dietary recall method with the child being the primary respondent with parental

assistance for older children (9 to 11 years). The recall sequence began by collecting children's intake after they got up in the morning the day of the interview and proceeding up to the present time. Then, the interviewer asks about intake from the afternoon until the child went to bed from the previous day to obtain a complete 24 hours. Recalls focused on time of day markers (before, during, and after school; when you got up; before you went to bed; after dinner; etc.) rather than clock-based times of day (7:00 am, 12:00 pm, 5:00 pm, etc.) to assist children in their recall. For younger children (6 to 8 years), parents were the primary respondents with child assistance and the dietary recall followed the standard midnight to midnight sequence. Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc.

Servings of beverages are measured as 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents; this definition is the same for all ages.