

2011 California Dietary Practices Survey

Table 62: Reported Consumption of Sugar-Sweetened Beverages (SSBs), Trends 1999-2011

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink?¹

	Percent who Reported Drinking Any SSBs ¹							Trends	
	1999	2001	2003	2005	2007	2009	2011	2009-11	1999-11
Total	47	49	52	48	49.9	49.9	42.3	-7.6***	-4.7*
Sex									
Male	53 ***	55 ***	58 ***	53 ***	56.2 ***	56.9 ***	45.9 **	-11.0***	-7.1**
Female	41	43	48	43	43.7	43.0	38.8	-4.2	-2.2
Males									
18 - 24	66 ***	68 **	63 **	54 **	66.2 **	68.3 ***	50.5 ***	-17.8**	-15.5*
25 - 34	61	56	67	62	63.9	65.4	63.2	-2.2	2.2
35 - 50	57	54	58	56	54.2	60.2	47.5	-12.7**	-9.5*
51 - 64	39	51	50	49	49.7	40.7	31.0	-9.7	-8.0
65+	36	43	47	38	45.2	40.6	26.0	-14.6	-10.0
Females									
18 - 24	60 ***	58 ***	64 ***	52 **	52.9 **	63.2 ***	51.6 ***	-11.6	-8.4
25 - 34	49	55	54	48	47.5	48.3	48.3	0.0	-0.7
35 - 50	40	38	51	46	46.5	39.5	42.2	2.7	2.2
51 - 64	32	36	39	42	40.6	38.1	27.9	-10.2	-4.1
65+	28	32	29	27	25.9	32.4	21.4	-11	-6.6
Ethnicity									
White	45 **	45 ***	49 **	43 ***	45.1 ***	43.5 ***	35.7 ***	-7.8**	-9.3***
Hispanic	55	56	61	62	60.9	59.7	52.9	-6.8	-2.1
Black	53	59	61	49	61.7	50.0	49.4	-0.6	-3.6
Asian/Pacific Islander	39	46	54	35	35.2	53.2	27.9	-25.3***	-11.1
Education									
Less than High School	54 ***	53 *	57 ***	59 ***	60.8 ***	52.5 *	61.9 ***	9.4*	7.9
High School Graduate	53	52	60	51	58.6	55.1	52.6	-2.5	-0.4
Some College	51	49	54	47	50.6	47.9	41.4	-6.5	-9.6**
College Graduate	37	44	44	39	33.4	45.0	23.3	-21.7***	-13.7***
Income									
Less than \$15,000	48 **	47	56	50 *	51.1 **	53.7	52.8 ***	-0.9	4.8
\$15,000 - 24,999	54	53	52	54	59.0	52.1	45.8	-6.3	-8.2
\$25,000 - 34,999	40	44	54	51	56.4	50.4	40.8	-9.6	0.8
\$35,000 - 49,999	48	58	56	45	49.8	45.9	32.0	-13.9*	-16.0**
\$50,000+	41	46	50	43	43.4	46.2	25.4	-20.8***	-15.6***
Overweight Status									
Overweight/Obese		53 **	56 **	53 ***	56.1 ***	52.6 *	45.1 **	-7.5**	NA
Not Overweight		45	48	41	39.9	46.4	37.6	-8.8**	NA
SNAP/CalFresh Status, % FPL									
Participant							50.0 ***	NA	NA
Likely Eligible, ≤ 130%							47.8	NA	NA
Not Eligible, > 185%							25.8	NA	NA

¹This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 62a: Reported Consumption of Sugar-Sweetened Beverages (SSBs)

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non-carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink?¹

	Percent who Reported Drinking Any SSBs ²	Mean Servings of SSBs ³
Total	42.3	1.1
<i>Sex</i>		
Male	45.9 **	1.4 ***
Female	38.8	0.8
<i>Males</i>		
18 - 24	50.5 ***	1.6 ^{bc} ***
25 - 34	63.2	2.2 ^c
35 - 50	47.5	1.4 ^{bc}
51 - 64	31.0	0.8 ^{ab}
65+	26.0	0.4 ^a
<i>Females</i>		
18 - 24	51.6 ***	1.4 ^d ***
25 - 34	48.3	1.0 ^{cd}
35 - 50	42.2	0.9 ^{bc}
51 - 64	27.9	0.6 ^{ab}
65+	21.4	0.3 ^a
<i>Ethnicity</i>		
White	35.7 ***	1.1 ^u **
Hispanic	52.9	1.2 ^b
Black	49.4	1.2 ^b
Asian/Pacific Islander	27.9	0.4 ^a
<i>Education</i>		
Less than High School	61.9 ***	1.5 ^b ***
High School Graduate	52.6	1.4 ^b
Some College	41.4	1.2 ^b
College Graduate	23.3	0.5 ^a
<i>Income</i>		
Less than \$15,000	52.8 ***	1.4 ^b ***
\$15,000 - 24,999	45.8	1.2 ^b
\$25,000 - 34,999	40.8	0.8 ^{ab}
\$35,000 - 49,999	32.0	0.9 ^{ab}
\$50,000+	25.4	0.7 ^a
<i>Overweight Status</i>		
Overweight/Obese	45.1 **	1.2 *
Not Overweight	37.6	1.0
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	50.0 ***	1.4 ^b ***
Likely Eligible, ≤ 130%	47.8	1.0 ^{ab}
Not Eligible, > 185%	25.8	0.6 ^a

N=1,420

¹This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

²A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

³A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 62b: Reported Consumption of Healthy and Less Healthy Beverages

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non-carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink?¹

Yesterday, how many cups of water did you drink?

Yesterday, how many glasses of milk, or drinks made with milk, such as chocolate milk, a milkshake, chai, latte, or milk on cereal did you drink? Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Mean		
	Cans or Glasses of SSBs	Cups of Water	Glasses of Nonfat or Lowfat Milk
Total	1.1	6.4	0.4
<i>Sex</i>			
Male	1.4 ***	6.7 *	0.4
Female	0.8	6.1	0.4
<i>Males</i>			
18 - 24	1.6 ^{bc} ***	7.2 ^{bc} ***	0.2 ^a **
25 - 34	2.2 ^c	6.6 ^{bc}	0.3 ^{ab}
35 - 50	1.4 ^{bc}	7.6 ^c	0.4 ^{ab}
51 - 64	0.8 ^{ab}	6.0 ^{ab}	0.7 ^b
65+	0.4 ^a	4.7 ^a	0.7 ^b
<i>Females</i>			
18 - 24	1.4 ^d ***	5.2 ^{ab} ***	0.5
25 - 34	1.0 ^{cd}	7.1 ^c	0.3
35 - 50	0.9 ^{bc}	6.3 ^{bc}	0.4
51 - 64	0.6 ^{ab}	6.1 ^{abc}	0.4
65+	0.3 ^a	4.8 ^a	0.6
<i>Ethnicity</i>			
White	1.1 ^d **	6.4	0.5 ^d **
Hispanic	1.2 ^d	6.4	0.3 ^a
Black	1.2 ^d	5.7	0.3 ^{ab}
Asian/Pacific Islander	0.4 ^a	5.4	0.3 ^{ab}
<i>Education</i>			
Less than High School	1.5 ^b ***	5.8	0.3 ^a ***
High School Graduate	1.4 ^d	6.8	0.3 ^a
Some College	1.2 ^d	6.5	0.4 ^{ab}
College Graduate	0.5 ^a	6.2	0.7 ^b
<i>Income</i>			
Less than \$15,000	1.4 ^b ***	6.1	0.3 ^a **
\$15,000 - 24,999	1.2 ^b	6.6	0.3 ^a
\$25,000 - 34,999	0.8 ^{ab}	7.0	0.6 ^{ab}
\$35,000 - 49,999	0.9 ^{ab}	6.6	0.8 ^b
\$50,000+	0.7 ^a	6.4	0.5 ^{ab}
<i>Overweight Status</i>			
Overweight/Obese	1.2 *	6.6 *	0.5
Not Overweight	1.0	6.0	0.3
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	1.4 ^d ***	6.6 *	0.3 ^a ***
Likely Eligible, ≤ 130%	1.0 ^{ab}	5.6	0.4 ^{ab}
Not Eligible, > 185%	0.6 ^a	6.1	0.6 ^d

N=1,420; 1,419; 752

¹This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

* p<.05

** p<.01

*** p<.001