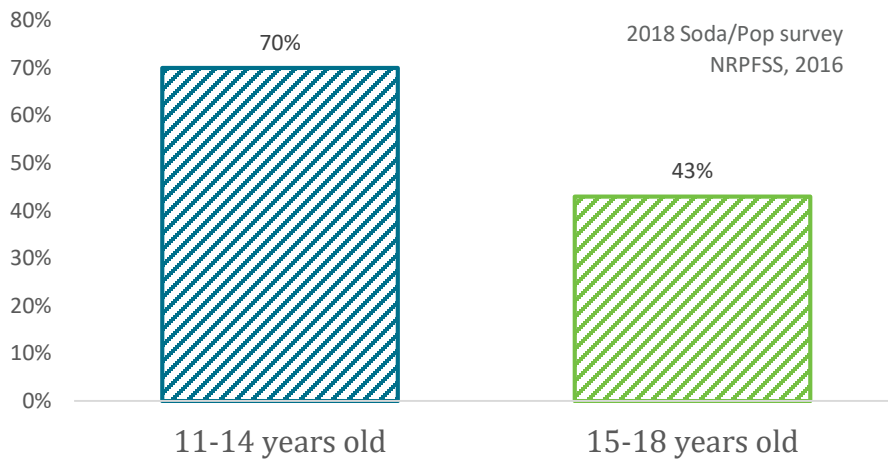


# Sugar-sweetened Beverage Concerns for Winnebago youth age 11-18

The CDC defines Sugar-sweetened beverages as any liquids that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.

Daily Soda Consumption

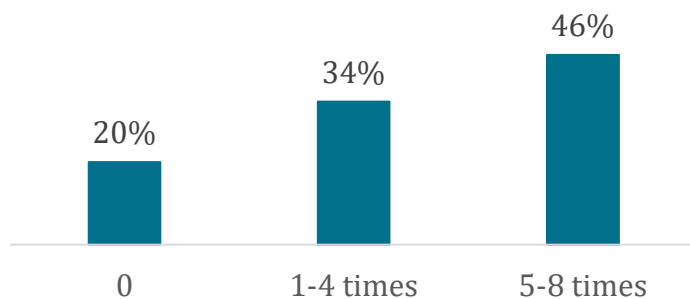


**Winnebago male youth consume more soda/pop daily compared to female Winnebago youth. (1.8x more).**



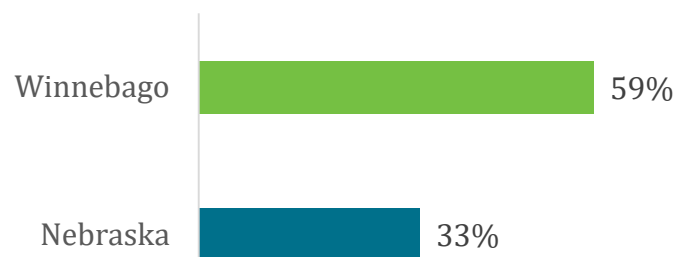
Nearly 1 in 3 Nebraska high school students reported drinking any sugar sweetened beverage on average of one + drinks per day in the past week (NRPFSS, 2016).

Weekly Sugar Sweetened beverage consumption



2018 Soda/Pop survey  
NRPFSS, 2016

Age 11-18 daily sugar-sweetened beverage consumption comparison



2018 Soda/Pop survey  
NRPFSS, 2016



Recent research shows that “**sugar-sweetened beverage** intake associates with all-cause mortality.” (Anderson et al., 2019)

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According to the CDC, Beverages contribute approximately **20%** of calories to the diets of children and adolescents



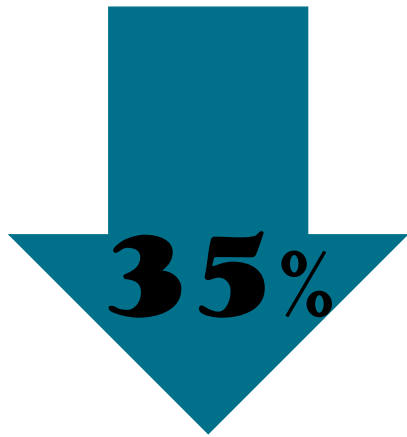
**Goal:** Reduce consumption of calories from added sugars by 5%

Healthy People goal 2020

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## Youth Staying Healthy Classes are offered to **7<sup>th</sup>** and **8<sup>th</sup>** grade students in Winnebago through the Good Health and Wellness Grant.

GHWIC project. 2019



35% of the youth staying healthy students decreased soda intake after the class.

GHWIC project. 2019



“I have learned that there are **many names for sugar.** ... **Looking at the nutrition label is important. I also learned about good carbs and bad carbs.**”

GHWIC project. 2019



If you have questions, contact the Winnebago Public Health Department or go to our website at [www.Winnebagopublichealth.com](http://www.Winnebagopublichealth.com).

