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The Home Matters: Adolescents Drink More SSBs When Available at Home

Christina F. Haughton  
*University of Massachusetts Medical School*

Molly E. Waring  
*University of Massachusetts Medical School*

Lori Pbert  
*University of Massachusetts Medical School*

*See next page for additional authors*

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Christina F. Haughton, Molly E. Waring, Lori Pbert, Milagros C. Rosal, and Stephenie C. Lemon

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THE HOME MATTERS: ADOLESCENTS DRINK MORE SSB’S WHEN AVAILABLE AT HOME

Christina F. Haughton, MPH1, Molly Waring, PhD2, Lori Pbert, PhD1, Milagros C. Rosal, PhD1, Stephenie C. Lemon, PhD1
1Department of Preventative and Behavioral Medicine, 2Department of Quantitative Health Sciences, University of Massachusetts Medical School

Objective: Sugar sweetened beverage (SSB) consumption has increased by 300% in the past three decades and the largest source of both added sugar and calories in the diets of US adolescents. It has been argued that the increased intake of SSBs has contributed to the rising prevalence of obesity. The availability and accessibility of foods/drinks in multiple levels of an adolescent’s environment can influence one’s choices and impact consumption. The aim of this study is to examine the association between adolescent self-report of the availability of SSBs in their home and SSB consumption and whether neighborhood and school SSB availability modifies the association between availability of SSBs in the home and adolescent SSB consumption.

Methods: The Family Life, Activity, Sun, Health and Eating (FLASHE) was used to conduct a cross sectional analysis of 1,484 parent-adolescent dyads. Each dyad completed four online surveys about dietary and activity health behaviors. Ordinal logistic regression analyses were conducted to determine the association between the measures of SSB availability in the home and teen SSB consumption behaviors. The potential moderators, school SSB availability and neighborhood SSB availability, were tested separately using stratified ordinal logistic regression analyses.

Results: The greater frequency of availability of SSB’s in the home had a positive association with teen SSB consumption. This association remained present despite the availability of SSB’s in other locations. There was no moderation effect present in either school SSB availability and neighborhood SSB availability.

Conclusion: Understanding the impact of the availability of SSB’s in multiple environments on consumption is important for obesity prevention efforts. This study found that parents can be important factors in reducing adolescent SSB consumption by influencing the home environment. Despite the availability of SSB’s in other environments, the home remains important for impacting consumption.

Contact: Christina Haughton
University of Massachusetts Medical School
Christina.Haughton@umassmed.edu