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Home Matters: Adolescents Drink More Sugar Sweetened Beverages When They Are Available at Home

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Presenter Information
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Keywords
sugar sweetened beverages, obesity, adolescents, diet

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Sugar sweetened beverage (SSB) consumption has increased by 300% in 20 years and is the largest source of added sugar in US diets. SSBs contain added caloric sweeteners, are energy dense, and provide little to no nutritional value (sodas, fruit drinks, energy drinks, sport drinks, etc). Adolescence is a period of growing autonomy, marked by increasing regulation of the individual's own behavior and decision making. The availability and accessibility of SSBs in adolescents' environment can influence their decisions and subsequent consumption. Approximately 54% of calories are consumed at home, suggesting the availability of SSBs in the home environment might be an important determinant of SSB consumption. The association of SSB availability across different environmental settings with adolescent SSB consumption is not well understood.

**BACKGROUND**

- Examining the association between availability of SSBs at home and adolescent SSB consumption.
- Evaluate whether this association was consistent across school and school neighborhood SSB availability.

**OBJECTIVE**

Evaluate whether the association between SSB home availability and SSB consumption is consistent across school and school neighborhood SSB availability, stratified by SSB availability in school and school neighborhood environments, examining associations of SSB availability across different environmental settings with adolescent SSB consumption.

**METHODS**

- Dataset: Family Life, Activity, Sun, Health and Eating (FLASHE) study
- Adolescent SSB Consumption – NCI SSB screener: Non Daily Consumption (<1) / Daily Consumption (1-2) / Daily Consumption (≥2)
- Home SSB Availability – Asked how often SSBs available in the home and categorized as: never / rarely or sometimes / often or always.
- School Neighborhood SSB Availability – Yes: at least one store within a 10-15 minute walk of school / No: zero stores in walking distance
- School SSB Availability – Yes: presence of vending machines that sell sodas, salty snacks and/or candy / No: absence of vending machines
- Covariates: Adolescent age, race, sex, BMI, parental marital status, housing insecurity.

**RESULTS**

Ordinal Logistic Regression Model (n=1,494) of the association between SSB availability in the home and adolescents (12-17yo) SSB consumption behaviors

<table>
<thead>
<tr>
<th>SSB Consumption</th>
<th>SSBs Availability at Home</th>
<th>Adjusted* OR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neve</td>
<td>Ref</td>
<td>Ref</td>
</tr>
<tr>
<td>Rarely/Sometimes</td>
<td>3.17 (3.16-3.18)</td>
<td>3.19 (3.18-3.21)</td>
</tr>
<tr>
<td>Often/Always</td>
<td>7.34 (7.32-7.37)</td>
<td>7.08 (7.05-7.12)</td>
</tr>
</tbody>
</table>

Ordinal Logistic Regression Model Stratified by School SSB Availability

Ordinal Logistic Regression Model Stratified by School Neighborhood SSB Availability

**CONCLUSION**

- Despite the availability of SSBs in school and school neighborhood environments, the home food environment remains an important determinant of adolescent SSB consumption.
- The study highlights the important role parents continue to play in adolescent’s SSB consumption through the drinks they make available in the home.

*SSB consumption outcome categories: non-daily <1, daily 1-2, daily ≥2
**Model adjusted for school SSB availability, school neighborhood SSB availability, adolescent age, sex, race, BMI, parent marital status and housing insecurity.