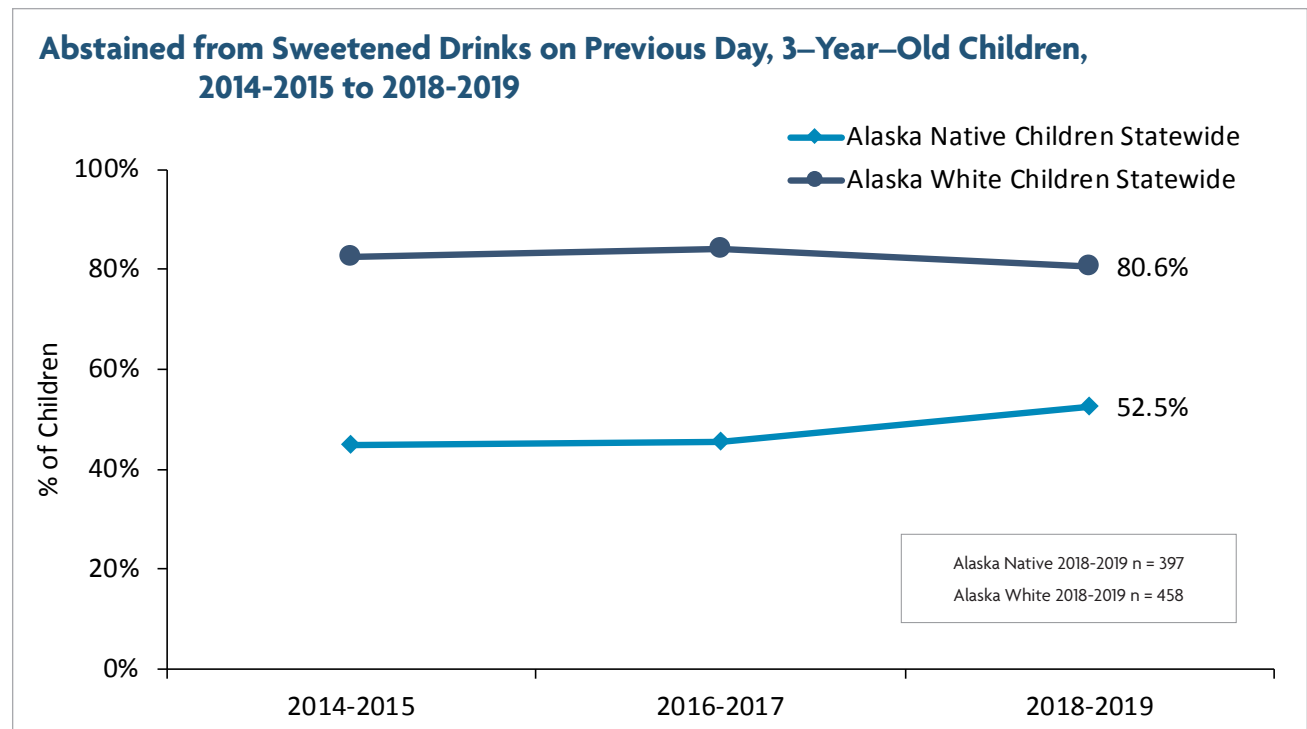


Diet - Sugar Sweetened Beverages



Data Source: Alaska Division of Public Health, Alaska Childhood Understanding Behaviors Survey (CUBS)
Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit
Table C-76

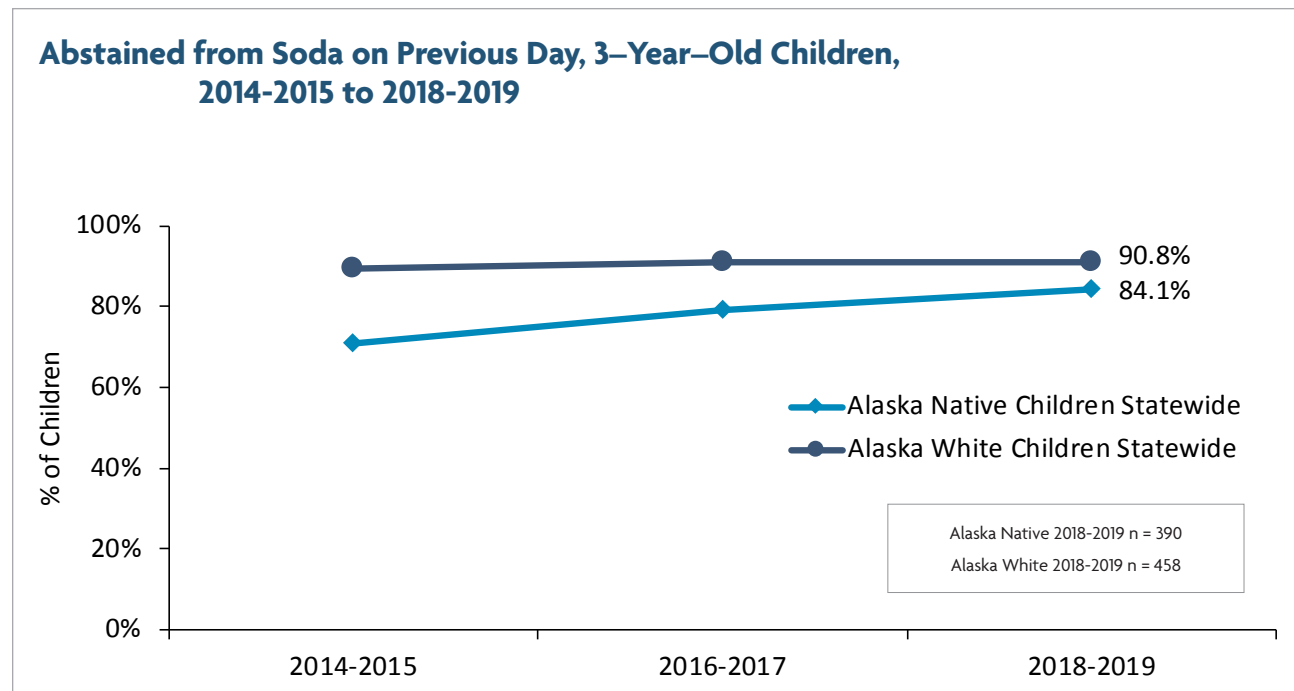
Definition

Sugar sweetened beverages include drink products with added sugar as an ingredient. These include regular soda (pop), fruit drinks, sport drinks, energy drinks, flavored water drinks, and iced teas. Diet drinks that contain artificial sweeteners with 0 grams of added sugar and juices made from 100% juice are excluded. Sugar sweetened beverages can contain up to 30 grams of added sugar per serving, and are associated with increased daily calorie consumption. Children's consumption of sugar sweetened beverages is associated with an increased risk of obesity, poor nutrition, and tooth decay.²⁰

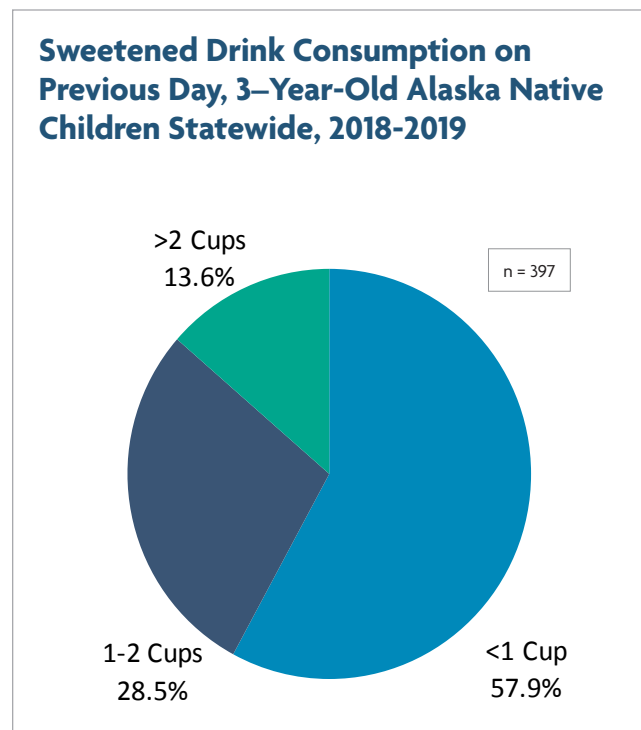
Summary

- » During 2018–2019, 52.5% of Alaska Native mothers of 3-year-old children reported that their child did not drink any sweetened drinks (excluding soda) on the previous day. This was significantly lower than among Alaska White mothers (80.6%) and among Alaska overall (73.0%).
- » During 2018–2019, 84.1% of Alaska Native mothers reported that their child did not drink any soda in the previous day.
- » Abstinence from soda has significantly increased among Alaska Native children between 2014-2015 and 2018-2019. Abstinence from sweetened drinks (excluding soda) has remained relatively stable among Alaska Native children between 2014-2015 and 2018-2019.

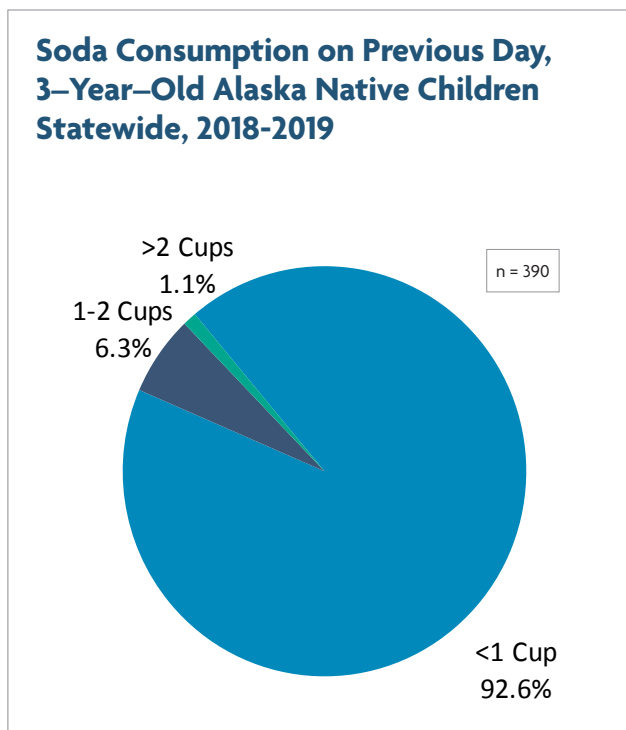
Diet - Sugar Sweetened Beverages



Data Source: Alaska Division of Public Health, Alaska Childhood Understanding Behaviors Survey (CUBS)
Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit Table C-77



Data Source: Alaska Division of Public Health, Alaska Childhood Understanding Behaviors Survey (CUBS)
Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit Table C-78



Data Source: Alaska Division of Public Health, Alaska Childhood Understanding Behaviors Survey (CUBS)
Data Analysis: Alaska Division of Public Health, Section of Women's, Children's & Family Health, Maternal & Child Health Epidemiology Unit Table C-79

Diet - Sugar Sweetened Beverages

Table C-76: Abstained from Sweetened Drinks on Previous Day, 3–Year–Old Children, 2014-2015 to 2018-2019

		Alaska Native Children Statewide	Alaska White Children Statewide
2014-2015	n (unweighted)	366	458
	% (weighted)	44.9%	82.5%
	95% Confidence Interval	(39.6%-50.3%)	(77.6%-86.6%)
2016-2017	n (unweighted)	387	497
	% (weighted)	45.6%	84.2%
	95% Confidence Interval	(40.5%-50.8%)	(79.7%-87.8%)
2018-2019	n (unweighted)	397	458
	% (weighted)	52.5%	80.6%
	95% Confidence Interval	(47.4%-57.6%)	(75.6%-84.9%)

Table C-77: Abstained from Soda on Previous Day, 3–Year–Old Children, 2014-2015 to 2018-2019

		Alaska Native Children Statewide	Alaska White Children Statewide
2014-2015	n (unweighted)	362	460
	% (weighted)	70.8%	89.2%
	95% Confidence Interval	(65.6%-75.5%)	(85.1%-92.2%)
2016-2017	n (unweighted)	388	493
	% (weighted)	79.0%	91.0%
	95% Confidence Interval	(74.4%-83.0%)	(87.2%-93.7%)
2018-2019	n (unweighted)	390	458
	% (weighted)	84.1%	90.8%
	95% Confidence Interval	(79.9%-87.6%)	(86.8%-93.6%)

Table C-78: Sweetened Drink Consumption on Previous Day, 3–Year–Old Alaska Native Children, 2018-2019

Alaska Native Children Statewide			
n (unweighted)			
397	Amount	% (weighted)	95% Confidence Interval
	<1 Cup	92.6%	(89.3%-95.0%)
	1-2 Cups	28.5%	(24.0%-33.4%)
	More than 2 Cups	13.6%	(10.4%-17.6%)

Table C-79: Soda Consumption on Previous Day, 3–Year–Old Alaska Native Children, 2018-2019

Alaska Native Children Statewide			
n (unweighted)			
390	Amount	% (weighted)	95% Confidence Interval
	<1 Cup	92.6%	(89.3%-95.0%)
	1-2 Cups	6.3%	(4.1%-9.4%)
	More than 2 Cups	1.1%	(0.4%-3.2%)

Data Source: Alaska Division of Public Health, Alaska Childhood Understanding Behaviors Survey (CUBS)
Data Analysis: Alaska Division of Public Health, Section of Women’s, Children’s & Family Health, Maternal & Child Health Epidemiology Unit

Note: Alaska total population includes respondents with unknown race.

20 Muth, N. D., Dietz, W. H., Magge, S. N., Johnson, R. K., Bolling, C. F., Armstrong, S. C., Haemer, M. A., Rausch, J. C., Rogers, V. W., Abrams, S. A., Kim, J. H., Schwarzenberg, S. J., Fuchs, G. J., Lindsey, C. W., & Rome, E. S. (2019). Public policies to reduce sugary drink consumption in children and adolescents. *Pediatrics*, 143(4)