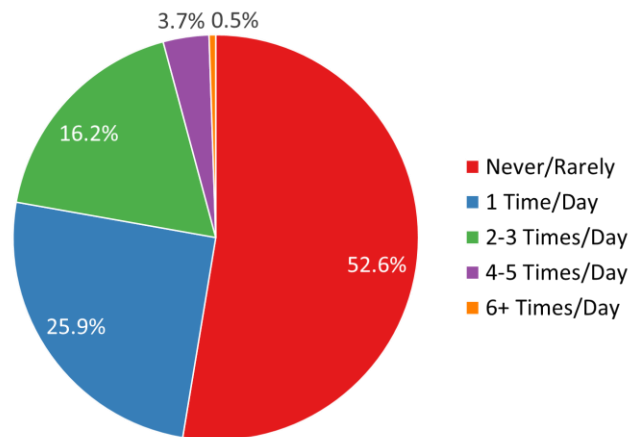


Sugar Sweetened Beverages

Key Findings

- Reducing consumption of calories from added sugars is an objective of Healthy People 2020. Daily consumption of sugar sweetened beverages is associated with chronic health conditions such as diabetes and cardiovascular disease.
- In the 2016 CHS, sugar sweetened beverages was defined as any drink with added sugar, syrups or sweeteners but not diet, sugar-free, or 100% fruit juices. Countywide, 47% of people consumed one or more sugar sweetened beverages per day.
- More Hispanic residents (69%) consumed sugar sweetened beverages at least once per day compared to non-Hispanic residents (40%).

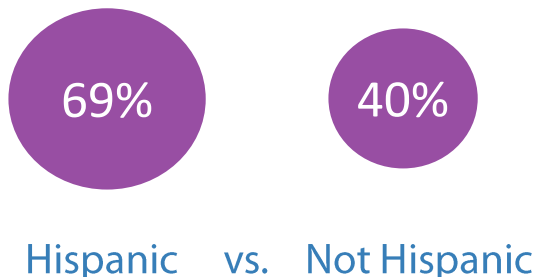
How Often Drink Sugar Sweetened Beverages



Drink Sugar Sweetened Beverages at Least Once Per Day by Region

North	45.5%
Southwest	46.7%
Southeast	44.6%
Greeley/Evans	49.1%

Drinks Sugar Sweetened Beverages at Least Once Per Day by Ethnicity

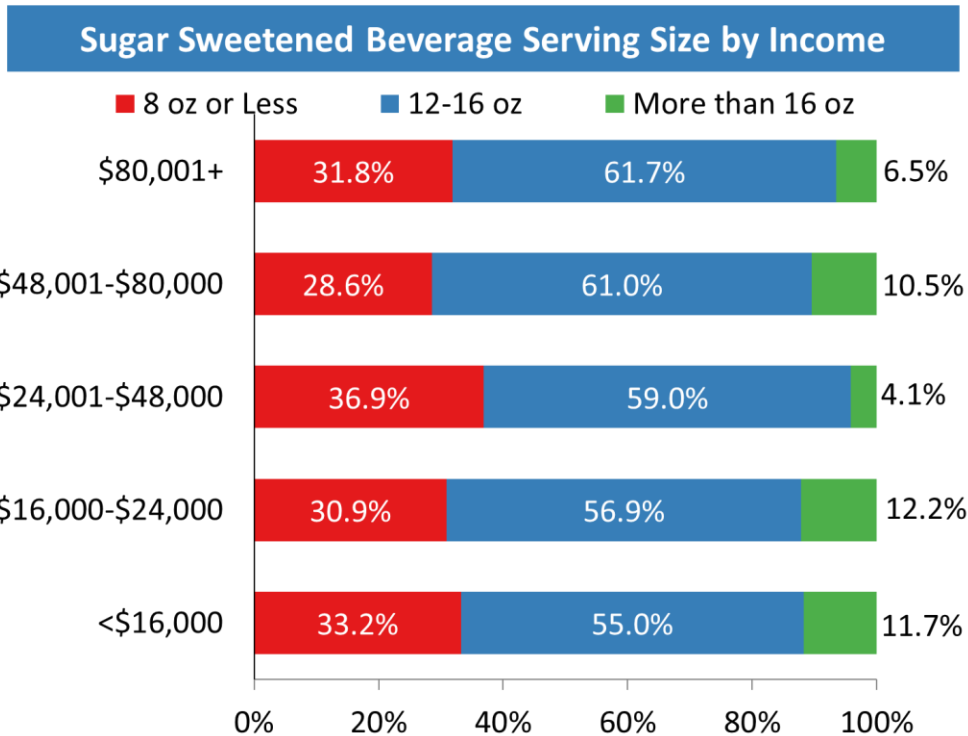
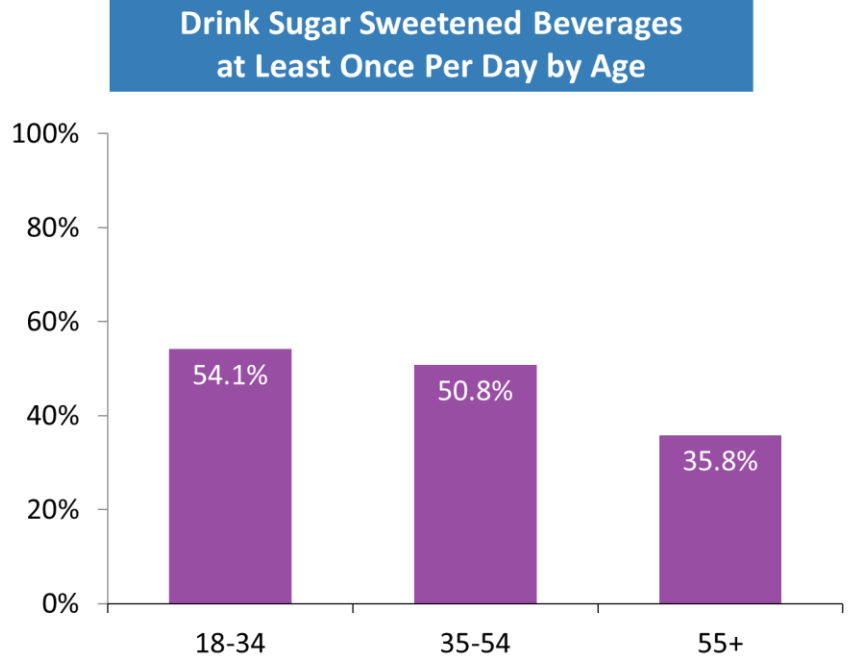


- Sugar sweetened beverage consumption was higher among people who lived in Greeley/Evans (49%) and residents whose income was less than \$16,000 per year (63%; chart not shown).

Weld County 2016 Community Health Survey

Key Findings

- Sugar sweetened beverage consumption varied by age also. Over half (54%) of adults between 18 to 34 years drank sugar sweetened beverages at least once per day whereas just over one-third (36%) of adults 55 years or older drank sugar sweetened beverages.
- Most people from each income group who drank sugar sweetened beverages reported they typically drank a 12 to 16 ounce serving size.
- About one third from each income group reported they typically drank 8 ounce servings or smaller (see chart below).

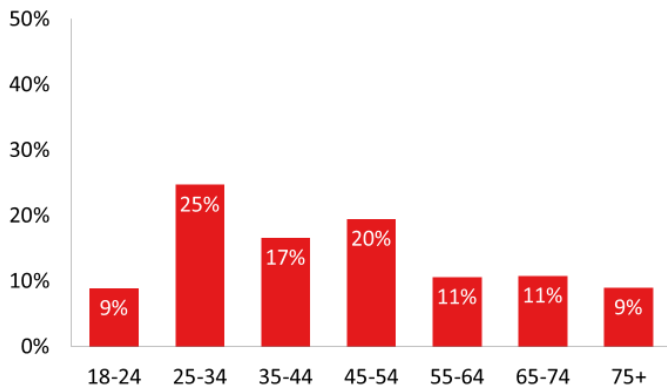


Weld County 2016 Community Health Survey

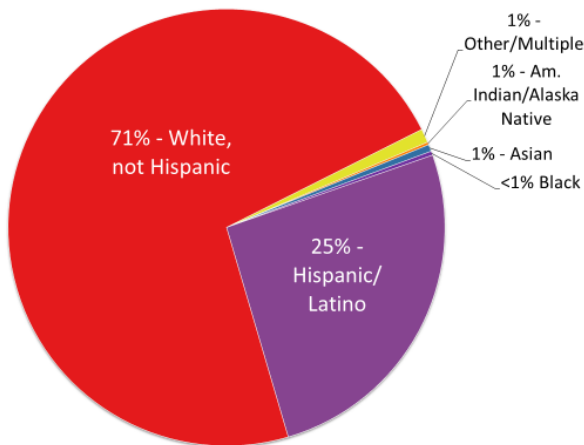
About the Survey

Description of Responders

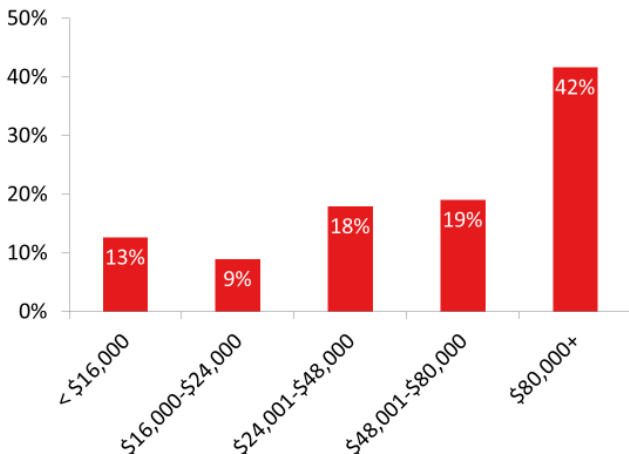
Age Groups



Race/Ethnicity

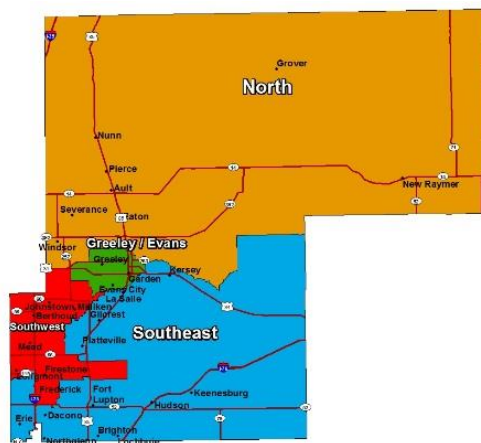


Household Income



The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a ± 5.0 percent margin of error.
- To see the actual survey go to: www.weldhealth.org



Questions?

Cindy Kronauge, MPH PhD, Data Specialist
Weld County Department of Public Health & Environment
ckronauge@weldgov.com 970-400-2221

