

# Healthy Beverage Initiative

## Student Survey Results

### Background

#### What are sugar sweetened beverages?

Sugar-sweetened beverages (SSBs) are defined as liquids that are sweetened with various forms of added sugars, such as corn syrup, glucose, or lactose \*

Frequent consumption (2 SSBs per day) is associated with the development of obesity, type II diabetes, and cardiovascular disease \*\*



#### Why a survey?

UBC Wellbeing has a commitment to supporting the health of the university community. A survey will serve to inform the best approaches to promote tap water and decrease SSB consumption

#### How were the results obtained?

The results are combined from short and long versions of the survey. Only responses from undergraduate and graduate students were analyzed



This is a student-led collaboration with faculty and staff as part of the SEEDS Sustainability Program

### Who was surveyed?

695 Students

75.5%

Undergraduate

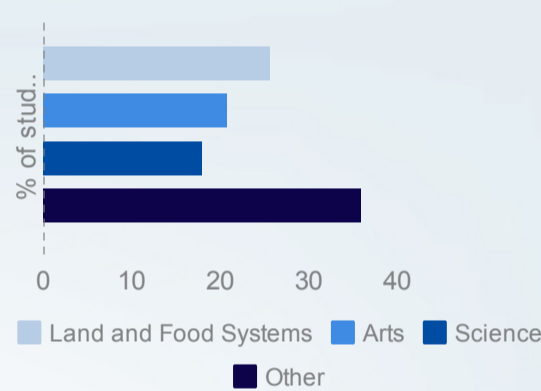


24.5%

Graduate



Faculty Distribution



### How much do they consume?

25%

Consume SSBs at least once or twice a week



34%

Consume too little water



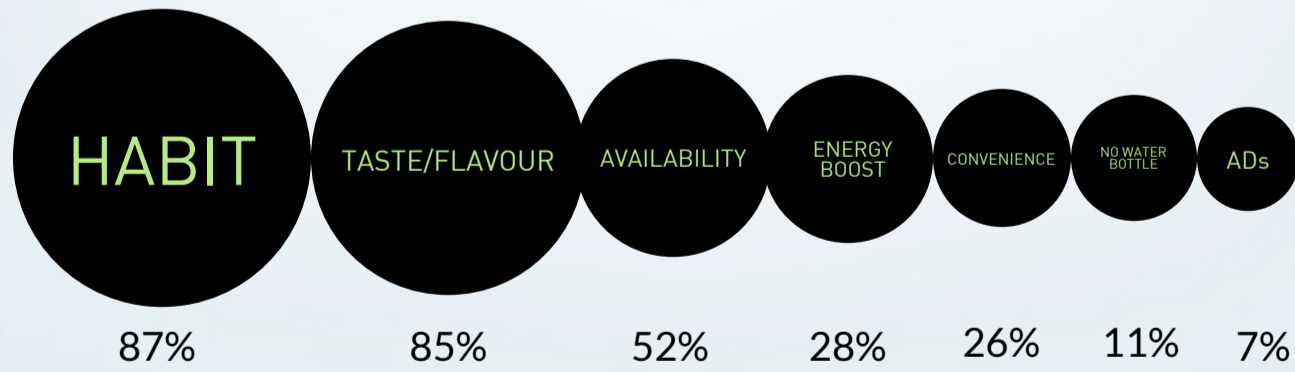
37%

Trying to cut down on SSBs

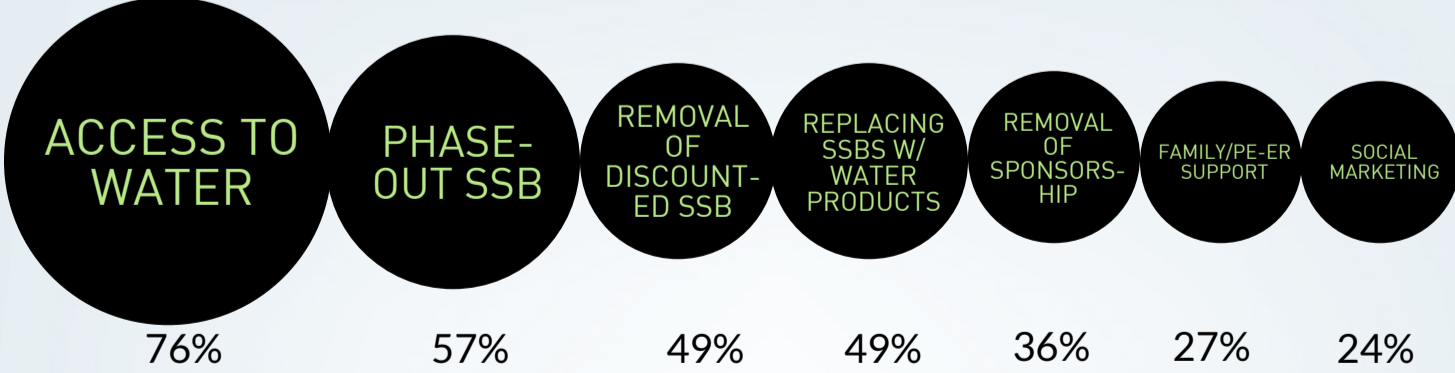


### What do they think?

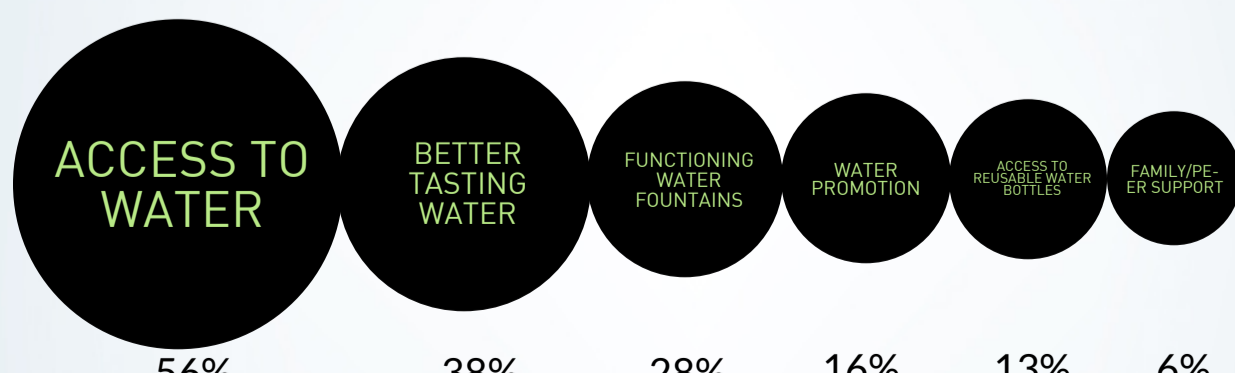
What influences students to consume SSBs multiple times a day?



What would help these students cut-down on SSBs?



What would encourage students who drink too little water to drink more?



\*Centers for Disease Control and Prevention. (2017). Get the Facts: Sugar-Sweetened Beverages and Consumption. Retrieved February 25, 2018, from <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

\*\*Vasanti, S.M., Barry, M.P., George, A.B., Jean-Pierre, D., & Frank, B.H. (2010). Sugar-Sweetened Beverages, Obesity, Type 2 Diabetes Mellitus, and Cardiovascular Disease Risk. American Heart Association, Inc., 121, 1356-1364. doi:10.1161/CIRCULATIONAHA.109.876185