

## Module: Sugar Sweetened Beverages and Menu Labeling

**NNHS.Q56: During the past 30 days, how often did you drink regular soda or pop that contains sugar?  
Do not include diet soda or diet pop.**

	Mean	Lower Estimate	Upper Estimate	N
<b>Sodas per day</b>	0.90	0.69	1.11	2,295
<b>Male</b>	1.01	0.80	1.22	806
<b>Female</b>	0.78	0.54	1.03	1,489

**During the past 30 days, how often did you drink regular soda or pop that contains sugar, by Age Group**

	Point	Lower	Upper	N
<b>&lt;30</b>	1.29	0.63	1.94	322
<b>30-39</b>	1.09	0.74	1.44	264
<b>40-49</b>	0.84	0.60	1.07	327
<b>50-59</b>	0.65	0.49	0.82	496
<b>60-69</b>	0.47	0.34	0.60	452
<b>70-79</b>	0.61	0.37	0.85	306
<b>80+</b>	0.45	0.28	0.62	128

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During the past 30 days, how often did you drink regular soda or pop that contains sugar, by Agency

Agency	Point	Lower	Upper	N
Chinle	1.06	0.79	1.32	698
Eastern	1.15	0.80	1.50	474
Ft. Defiance	0.70	0.54	0.87	337
Northern	0.82	0.67	0.97	512
Western	0.81	0.27	1.34	274

Daily Soda Consumption: Yes

Gender	Point	Lower Estimate	Upper Estimate	N
Male	45.6%	35.9%	55.5%	806
Female	32.0%	27.0%	37.4%	1,489

Daily soda consumption, by Age Group

	Point	Lower	Upper	N
<30	47.2%	40.2%	65.0%	322
30-39	43.3%	30.6%	56.9%	264
40-49	41.2%	28.3%	55.5%	327
50-59	33.7%	24.1%	44.9%	496
60-69	23.1%	15.8%	32.5%	452
70-79	27.8%	18.5%	39.4%	306
80+	28.8%	17.7%	43.2%	128

Data Source: Report of the Navajo Behavioral Risk Factor Surveillance Survey, 2013, 2015, 2016.

All Result Responses – Sugar Sweetened Beverages and Menu Labeling.

Navajo Epidemiology Center/Navajo Department of Health

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## Daily soda consumption, by Agency

Agency	Point	Lower	Upper	N
Chinle	43.9%	38.6%	49.4%	698
Eastern	48.7%	38.5%	59.0%	474
Ft. Defiance	38.6%	27.9%	50.6%	337
Northern	38.1%	26.8%	50.9%	512
Western	25.1%	12.6%	43.9%	274

NNHS.Q57: During the past 30 days, how often did you drink sweetened fruit drinks, such as Kool-aid, cranberry juice cocktail, and lemonade? Include fruit drinks you made at home and added sugar to.

	Mean	Lower Estimate	Upper Estimate	N
Drinks per day	0.76	0.55	0.97	2,292
Male	0.71	0.56	0.87	808
Female	0.74	0.47	1.01	1,484

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During the past 30 days, how often did you drink sweetened fruit drinks, such as Kool-aid, cranberry juice cocktail, and lemonade, by Age Group

	Point	Lower	Upper	N
<30	1.38	0.63	2.13	324
30-39	0.68	0.49	0.87	263
40-49	0.59	0.45	0.73	329
50-59	0.49	0.33	0.64	497
60-69	0.49	0.34	0.63	451
70-79	0.34	0.22	0.45	301
80+	0.31	0.13	0.49	127

During the past 30 days, how often did you drink sweetened fruit drinks, such as Kool-aid, cranberry juice cocktail, and lemonade, by Agency

Agency	Point	Lower	Upper	N
Chinle	0.90	0.67	1.14	703
Eastern	0.77	0.56	0.97	471
Ft. Defiance	0.45	0.34	0.55	331
Northern	0.87	0.33	1.41	514
Western	0.76	0.31	1.21	273

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### Daily sweetened fruit drinks: Yes

Gender	Point	Lower Estimate	Upper Estimate	N
Male	35.6%	28.4%	43.6%	808
Female	29.2%	24.4%	34.4%	1,484

### Daily sweetened fruit drinks, by Age Group

	Point	Lower	Upper	N
<30	40.1%	29.7%	51.5%	324
30-39	40.9%	29.6%	53.3%	263
40-49	32.1%	22.3%	43.8%	329
50-59	22.6%	17.3%	29.0%	497
60-69	27.4%	18.4%	38.5%	451
70-79	20.7%	14.1%	29.2%	301
80+	17.8%	8.9%	32.6%	127

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### Daily sweetened fruit drinks, by Agency

Agency	Point	Lower	Upper	N
Chinle	40.6%	31.9%	50.0%	703
Eastern	36.7%	29.9%	44.0%	471
Ft. Defiance	30.8%	21.2%	42.4%	331
Northern	32.1%	27.5%	37.2%	514
Western	25.0%	18.4%	33.0%	273

**NNHS.Q58: The next question is about eating out at fast food and chain restaurants. When calorie information is available in the restaurant, how often does this information help you decide what to order? (N=2,248)**

Frequency	Total	Male (N=788)	Female (N=1,460)
Always	10.6% (7.1%, 15.4%)	9.0% (4.6%, 16.8%)	13.5% (9.7%, 18.6%)
Most of the time	7.0% (5.3%, 9.3%)	7.8% (4.5%, 13.0%)	6.3% (4.5%, 8.7%)
Half the time	3.9% (2.4%, 6.2%)	3.8% (1.9%, 7.4%)	3.4% (2.2%, 5.4%)
Sometimes	15.9% (13.6%, 18.6%)	15.1% (11.2%, 19.9%)	16.2% (12.5%, 20.7%)
Never	55.3% (50.8%, 59.7%)	58.1% (49.9%, 65.9%)	52.9% (47.0%, 58.7%)
Never noticed	7.1% (4.5%, 10.9%)	5.9% (3.0%, 11.0%)	7.7% (4.3%, 13.2%)
Usually can't find calorie information	0.3% (0.1%, 0.7%)	0.5% (0.1%, 1.6%)	0.1% (<0.1%, 0.4%)

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When calorie information is available in the restaurant, how often does this information help you decide what to order, by Age Group, Response of “Never”

	Point	Lower	Upper	N
<b>&lt;30</b>	54.2%	44.5%	63.5%	324
<b>30-39</b>	48.2%	37.0%	59.7%	260
<b>40-49</b>	52.1%	41.1%	62.8%	325
<b>50-59</b>	57.8%	47.2%	67.7%	485
<b>60-69</b>	56.6%	45.9%	66.8%	442
<b>70-79</b>	70.1%	58.5%	79.6%	300
<b>80+</b>	76.2%	54.0%	89.7%	112

When calorie information is available in the restaurant, how often does this information help you decide what to order, by Agency, Response of “Never”

Agency	Point	Lower	Upper	N
<b>Chinle</b>	57.2%	46.6%	67.2%	684
<b>Eastern</b>	57.7%	48.7%	66.2%	464
<b>Ft. Defiance</b>	52.5%	42.9%	62.0%	339
<b>Northern</b>	61.4%	56.5%	66.1%	489
<b>Western</b>	51.5%	41.9%	61.2%	272