

## Sugar Sweetened Beverages: In the Home

In 2017, as part of the Rapid Risk Factor Surveillance System (RRFSS), over 950 randomly sampled adult (18 years and older) residents of Simcoe Muskoka were asked questions about sugar sweetened beverages in the home. These survey questions were first introduced in 2014, but this is the first year that these have been asked within Simcoe Muskoka. This is a brief summary of the results of these survey questions.

### ***All Households***

In 2017, about one in three (32% (28.7%, 34.6%)) households in Simcoe Muskoka indicate that regular pop is kept in the home most or all of the time. 7% (5.8%, 9.1%) of all households indicate that regular pop is served with meals or snacks every day or most days, while 7% (5.6%, 8.9 %) and 14% (12.3%, 16.7%) of all households indicate that fruit flavoured drinks and chocolate or flavoured milk or milk alternatives are served every day or most days with meals or snacks.

### ***Households with Children Under 18***

In 2017, 28% (22.2%, 34.8%) of households with children under 18 indicate that regular pop is kept in the home most or all of the time. Only 8% (5.0%, 13.0%) of households with children under 18 indicate that regular pop is served with meals or snacks every day or most days, while 10% (6.7%, 15.3%) and 21% (15.7%, 27.2%) of households with children under 18 indicate that fruit flavoured drinks, and chocolate or flavoured milk or milk alternatives are served every day or most days with meals and snacks.