

Short report

HBSC Ireland 2014: Trends in soft drink consumption in Irish schoolchildren from 1998 to 2014

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Introduction

The Health Behaviour in School-aged Children (HBSC) study is a cross-national research study conducted in collaboration with the World Health Organisation (WHO) Regional Office for Europe and runs on a four-year cycle. In 2014, Ireland participated for the fifth time in the HBSC study (www.nuigalway.ie/hbsc). The overall aims of the HBSC study are to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context. HBSC collects data on key indicators of health, health attitudes, and health behaviours, as well as the context of health for young people. The study is a school-based survey with information collected from students through self-completion questionnaires in classrooms. HBSC Ireland 2014 was funded by the Department of Health. Further information on the Irish HBSC can be found at www.nuigalway.ie/hbsc or at www.hbsc.org, the International HBSC website.

The most recent HBSC Ireland study was conducted in 2014 and included 13,611 school children from 3rd class in primary school to 5th year in post primary school. Overall, 42.2% boys and 57.8% girls participated. Collectively, 230 primary and post-primary schools across Ireland participated in this study. The methods employed comply with the International HBSC protocol and are detailed in the national report from the 2014 survey see http://www.nuigalway.ie/hbsc/hbsc_2014.html. Irish HBSC data was also collected in 1998, 2002, 2006 and 2010 and detail can be found in the trends report, see <http://www.nuigalway.ie/hbsc/documents/hbsctrends2013.pdf>.

Focus of this report

This short report describes the prevalence of soft drink consumption in Irish schoolchildren from the five Irish HBSC survey cycles (1998, 2002, 2006, 2010, and 2014). The findings are presented below in tables. Findings are weighted and are broken down by gender, age group and highest level of parent social class.

The questions analysed for Irish schoolchildren aged 10-17 years were:

In **2002-2014** the following soft drinks consumption question was asked:

- How many days a week do you usually eat or drink...? Coke or other soft drinks that contain sugar. Response options were: (1) never, (2) less than once a week, (3) once a week, (4) 2-4 days a week, (5) 5-6 days a week, (6) once a day, every day, (7) every day more than once.

In **1998** the following soft drinks consumption question was asked:

- How often do you eat or drink any of the following? Coke or other soft drinks that contain sugar. Response options were: (1) never, (2) rarely, (3) once a week but not daily, (4) once a day, (5) more than once a day.

Findings

Table 1 and 2 presents the percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998-2014. Table 3 and 4 presents the percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998-2014, by gender. Table 5 and 6 presents the percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998-2014, by age group. Table 7 and 8 presents the percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998-2014, by social class. Table 9 provides details on the sample size of each survey cycle and describes the population by gender, age group and social class.

Table 1: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998

	1998
Never	1.7
Rarely	10.3
Once a week but not daily	25.5
Once a day	27.7
More than once a day	34.8

column %

Table 2: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 2002-2014

	2002	2006	2010	2014
Never	5.0	8.5	8.0	10.7
Less than once a week	11.8	15.6	19.5	27.3
Once a week	11.7	14.9	16.9	19.4
2-4 days a week	22.6	24.0	24.4	21.8
5-6 days a week	11.6	11.4	10.3	7.8
once a day, every day	13.8	10.6	8.2	5.2
Every day more than once	23.6	15.0	12.6	7.7

column %

Table 3: Percentage of 10-17 year old girls and boys reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998

	1998	
	Girls	Boys
Never	2.3	1.1
Rarely	13.7	7.1
Once a week but not daily	29.2	22.0
Once a day	24.0	31.3
More than once a day	30.9	38.5

column %

Table 4: Percentage of 10-17 year old girls and boys reporting frequency of consumption of coke or other soft drinks that contain sugar in 2002-2014

	2002		2006		2010		2014	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Never	6.8	3.3	11.0	6.1	9.8	6.4	13.0	8.4
Less than once a week	15.4	8.4	19.9	11.6	24.4	14.9	32.3	22.5
Once a week	13.5	9.9	15.0	14.8	16.8	16.9	18.6	20.2
2-4 days a week	21.7	23.4	21.7	26.3	22.0	26.8	18.0	25.6
5-6 days a week	10.1	13.0	9.6	13.0	8.9	11.7	6.6	9.0
once a day, every day	12.2	15.2	9.7	11.5	7.0	9.4	4.4	6.0
Every day more than once	20.2	26.8	13.1	16.8	11.2	13.9	7.2	8.2

column %

Table 5: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998, by age group

	1998		
	10-11 year	12-14 years	15-17 years
Never	1.5	1.2	2.2
Rarely	12.7	9.4	9.8
Once a week but not daily	25.9	24.7	26.0
Once a day	25.1	27.1	29.8
More than once a day	34.8	37.6	32.2

column %

Table 6: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 2002-2014, by age group

	2002			2006			2010			2014		
	10-11 year	12-14 years	15-17 years	10-11 year	12-14 years	15-17 years	10-11 year	12-14 years	15-17 years	10-11 year	12-14 years	15-17 years
Never	4.6	4.1	6.1	6.9	7.2	10.8	10.0	7.0	8.4	11.4	9.3	11.8
Less than once a week	14.8	10.7	11.1	18.9	14.7	14.5	23.3	19.2	18.6	34.8	26.6	25.5
Once a week	15.5	12.0	9.0	20.8	15.6	10.6	24.0	17.9	13.3	22.6	20.5	17.3
2-4 days a week	25.6	22.3	21.0	24.9	24.8	22.8	21.2	24.3	25.7	17.7	22.1	23.0
5-6 days a week	11.2	12.5	10.9	9.9	12.0	11.7	7.2	11.1	10.7	5.7	8.4	8.0
once a day, every day	11.1	14.7	14.5	8.8	10.9	11.5	6.1	7.6	9.6	3.8	5.2	5.7
Every day more than once	17.2	23.7	27.4	9.8	14.8	18.2	8.4	12.9	13.7	4.0	7.9	8.8

column %

Table 7: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 1998, by social class (SC)

	1998		
	SC 1-2	SC 3-4	SC 5-6
Never	2.0	1.6	1.3
Rarely	12.2	8.8	8.1
Once a week but not daily	30.8	24.2	20.5
Once a day	27.8	28.2	27.6
More than once a day	27.2	37.2	42.5

column %

Table 8: Percentage of 10-17 year olds reporting frequency of consumption of coke or other soft drinks that contain sugar in 2002-2014, by social class (SC)

	2002			2006			2010			2014		
	SC 1-2	SC 3-4	SC 5-6	SC 1-2	SC 3-4	SC 5-6	SC 1-2	SC 3-4	SC 5-6	SC 1-2	SC 3-4	SC 5-6
Never	5.8	4.3	4.7	10.6	7.6	6.6	9.2	7.1	5.7	14.0	8.6	8.2
Less than once a week	13.8	10.2	10.2	19.0	14.1	12.1	23.1	18.3	13.8	33.1	26.3	20.9
Once a week	13.4	10.7	8.7	17.2	13.7	14.1	18.9	15.9	14.2	20.1	19.4	19.8
2-4 days a week	23.9	22.0	18.6	24.0	24.6	24.1	24.4	25.4	24.3	19.4	23.8	23.8
5-6 days a week	11.4	10.9	13.6	9.9	11.7	13.7	8.8	11.3	12.4	6.2	8.3	9.8
once a day, every day	13.1	15.2	13.1	9.2	11.3	11.3	7.1	8.6	10.6	3.4	5.7	6.5
Every day more than once	18.6	26.7	31.0	10.0	17.0	18.0	8.6	13.4	19.0	4.0	7.9	11.1

column %

Table 9: Description of the Irish HBSC survey cycles from 1998-2014 by gender, age group and social class (unweighted Ns, weighted %s)

		1998	2002	2006	2010	2014
	N*	8234	8089	9701	11735	10120
		n (%)				
Gender	Girls	4218 (48.7)	4612 (48.8)	4744 (48.7)	5643 (48.6)	5920 (49.3)
	Boys	4011 (51.3)	3474 (51.2)	4953 (51.2)	6064 (51.4)	4150 (50.7)
Age group	10-11	1621 (22.8)	1287 (24.0)	1268 (23.6)	1505 (14.9)	1467 (14.3)
	12-14	4159 (36.4)	3856 (36.5)	4625 (37.2)	5852 (43.0)	4637 (43.1)
	15-17	2454 (40.8)	2946 (39.5)	3808 (39.2)	4378 (42.2)	3958 (42.6)
Social class	SC 1-2	3345 (44.8)	3591 (48.9)	3773 (43.0)	5259 (54.0)	4200 (49.4)
	SC 3-4	2801 (37.4)	2835 (37.8)	3609 (42.8)	3564 (35.9)	3283 (39.1)
	SC 5-6	1330 (17.8)	971 (13.4)	1191 (14.2)	1006 (10.1)	987 (11.6)

***N is for those who responded to the question on consumption of coke or other soft drinks that contain sugar**

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