

**DRINKING POP OR SODA and YOUTH RISK and PROTECTIVE FACTORS**  
 2007 Minnesota Student Survey Statewide Data  
 9<sup>th</sup> Grade Students

**What is the purpose of these tables and graphs?**

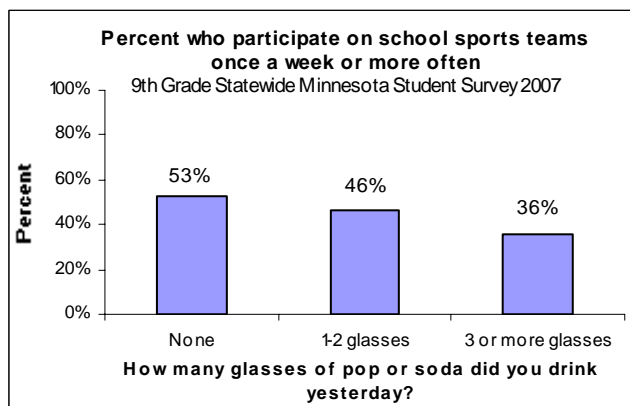
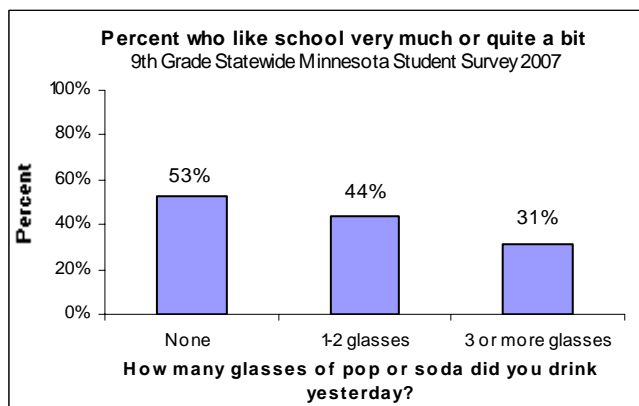
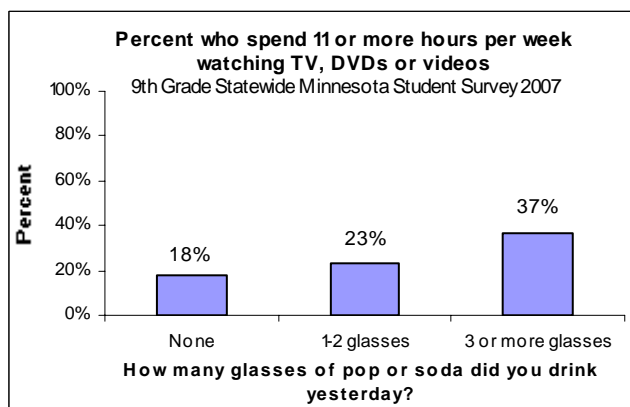
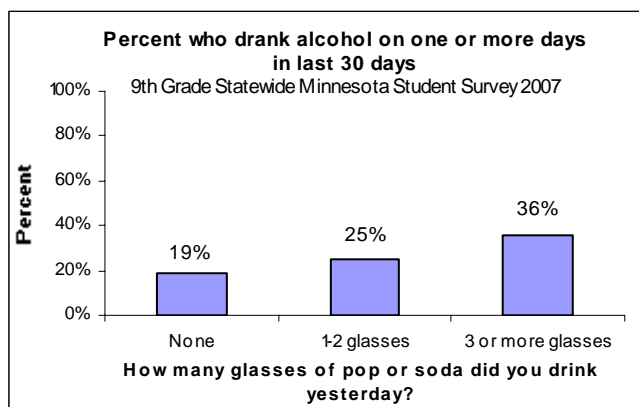
This issue brief provides data showing the extent to which selected risk and protective factors are associated with drinking sweetened beverages like pop or soda. The risk and protective factors selected for this brief are of interest to many who work with teens, but represent just a sample of all the survey questions that could be investigated. Each brief in this series uses the same set of risk and protective factors. An association only means that two factors often occur together. It is important to remember that the survey results alone cannot tell us if one factor “causes” or “predicts” the other. Just because two factors are associated with each other does not mean they are causally related.

**How should I read these tables and graphs?**

In this brief, 9<sup>th</sup> grade students are divided into three groups based on how much pop or soda they drank on the previous day. The table on the reverse side compares these three groups on various risk and protective factors. For example, 22,930 students said they did not have any drinks of pop or soda on the previous day; of these students, 19 percent reported drinking alcohol in the last 30 days. In contrast, 7,685 students said they had three or more glasses of pop or soda on the previous day, and 36 percent of these students reported drinking alcohol in the last 30 days.

**What do these tables and graphs say about drinking pop or soda and other risk and protective factors?**

Ninth grade students who reported drinking three or more glasses of pop or soda are more likely to engage in or be exposed to each of the *risk factors* examined in the table than are students who drank no glasses. Students who did not have any glasses of pop or soda are somewhat more likely to engage in or be exposed to each of the *protective factors* examined in the table.



This brief is based on responses by students in regular public schools to questions on the 2007 Minnesota Student Survey. Over 90 percent of the regular public school districts in the state participated in the 2007 survey. The participation rate for all 9<sup>th</sup> grade students was 76 percent. Statewide and county results can be found on the web at <http://www.health.state.mn.us/divs/chs/mss>.

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 2007 Minnesota Student Survey Statewide Data  
 9<sup>th</sup> Grade Students

*(continued from reverse side)*

Risk Factors	How many glasses of pop or soda did you drink yesterday?		
	None	1-2	Three or more
Number of Students (N)	22,930	18,081	7,685
Smoked cigarettes on one or more days in last 30 days	8%	12%	24%
Drank alcoholic beverages on one or more days in last 30 days	19%	25%	36%
Used marijuana on one or more days in last 30 days	7%	10%	19%
Have ever had sexual intercourse	14%	19%	34%
Felt sad all or most of the time in last 30 days	12%	13%	20%
Tried to kill themselves during past year	3%	4%	7%
Hit or beat up another person one or more times in last 12 months	20%	26%	41%
Skipped or cut one or more days of school in last 30 days	16%	21%	35%
Have been kicked, bitten or hit at least once on school property in last 12 months	20%	26%	37%
Have been teased, made fun of or excluded by other students once a week or more often	11%	12%	18%
Alcohol or drug use by family member has repeatedly caused problems	17%	20%	26%
Have experienced physical and/or sexual abuse by someone in their family	11%	12%	17%
Spend 11 or more hours per week watching TV, DVDs or videos	18%	23%	37%

Protective Factors	How many glasses of pop or soda did you drink yesterday?		
	None	1-2	Three or more
Number of Students (N)	22,930	18,081	7,685
Had 5 or more servings of fruits & vegetables yesterday	21%	16%	17%
Were physically active for at least 30 minutes on 5 or more days in past week	58%	54%	50%
Always wear a seat belt when they ride in a car	64%	55%	43%
Like going to school "very much" or "quite a bit"	53%	44%	31%
Say that "all" or "most" of their teachers show respect for students	77%	73%	62%
Live with two parents	74%	69%	59%
Can talk to at least one parent about problems "most of the time"	59%	56%	50%
Feel their friends care about them "very much" or "quite a bit"	78%	75%	64%
Spend 6 or more hours per week doing homework	34%	26%	18%
Participate on school sports teams 1 or 2 times per week or more often	53%	46%	36%
Participate in religious activities (including youth group, programs, etc) 1 or 2 times per week or more often	48%	40%	30%

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