



Sugary drinks, including fruit drink, sweetened fruit juice, soft drinks, energy drinks, sports drinks, flavoured mineral water, cordial or flavoured milk drinks.

Sugary drinks are high in added sugar with little nutritional value. Overconsumption of sugary drinks can increase the risk of tooth decay, weight gain and chronic diseases such as heart disease and diabetes¹. Sugary drinks are the biggest source of sugar in Australians' diets². The World Health Organization recommends adults limit intake of sugar from food and drink to six teaspoons per day³. A can (375mL) of sugary soft drink contains up to 10 teaspoons of sugar, almost double the daily recommended limit³. The **WA Nutrition Monitoring Survey 2022** indicates that Western Australian adults overconsume sugary drinks.



- Almost one in four (22 per cent) adults consume sugary drinks four or more times a week.
- Adults with obesity (25 per cent) are more likely to consume these drinks four or more times a week than those with overweight (20 per cent) or a healthy weight (19 per cent).
- Males (28 per cent) are more likely than females (17 per cent) to consume sugary drinks four or more times a week.

How often do Western Australian adults usually consume fruit drink or sweetened fruit juice, and how much do they consume?

- Overall, almost one in ten (9 per cent) adults consume these drinks more than twice a week.
- Non-metropolitan residents (16 per cent) are twice as likely to consume these drinks once or twice a week, compared with metropolitan Perth residents (8 per cent).
- Most adults (61 per cent) drink one cup (250 mL) or less of fruit drink or sweetened fruit juice per sitting, while just over one in three (36 per cent) adults drink one to two cups (250 to 500 mL).

How often do Western Australian adults usually consume soft drinks, energy drinks, sports drinks, flavoured mineral water or cordial, and how much do they consume?

- Overall, just over one in ten (13 per cent) adults consume these drinks more than twice a week.
- Adults aged 18 to 34 years (17 per cent) are more likely to consume these drinks more than twice a week compared with those aged 35 to 49 years (14 per cent) or 50 years and older (10 per cent).
- Males (18 per cent) are more likely than females (10 per cent) to consume these drinks more than twice a week.
- More than half (55 per cent) of adults drink one to two cups (250 to 500 mL) of these drinks per sitting, and 11 per cent drink more than two cups (more than 500 mL).

How often do Western Australian adults usually consume flavoured milk drinks?

- Almost three in four (71 per cent) adults never or rarely (less than once a month) consume these drinks.
- Adults aged 18 to 34 years (11 per cent) are more likely to consume flavoured milk drinks more than twice a week compared with those aged 35 to 49 years (6 per cent) or 50 years and older (5 per cent).
- Males (10 per cent) are more likely than females (4 per cent) to consume these drinks more than twice a week.

Intentions of Western Australian adults who consume sugary drinks

Adults were asked if they were 'trying', 'thinking about trying', or 'not thinking about trying' to consume less sugary drinks. Adults who never or rarely consume these drinks were excluded from this analysis (Table 1).

- Overall, almost two in three (64 per cent) adults are 'not thinking about consuming less sugary drinks'.
- Adults aged 35 to 49 years (28 per cent) are the most likely to be 'trying to consume less sugary drinks'. However, more adults aged 18 to 34 years (18 per cent) are 'thinking about consuming less sugary drinks' compared with older age groups.

Table 1. Intentions of Western Australian adults who consume sugary drinks by age, gender, and BMI



24%

are trying to consume less sugary drinks
% (95% CI)

12%

are thinking about trying to consume less sugary drinks
% (95% CI)

64%

are not thinking about consuming less sugary drinks
% (95% CI)

Age (years)			
18 to 34	19.1 (18.9 – 19.2)	17.9 (17.7 – 18.0)	63.1 (62.9 – 63.2)
35 to 49	27.9 (27.8 – 28.1)	11.7 (11.6 – 11.8)	60.4 (60.2 – 60.5)
50+	22.8 (22.7 – 23.0)	7.1 (7.0 – 7.2)	70.1 (70.0 – 70.3)
Sex			
Females	20.7 (20.6 – 20.8)	10.4 (10.3 – 10.5)	68.9 (68.8 – 69.0)
Males	25.9 (25.8 – 26.0)	14.0 (13.9 – 14.0)	60.1 (60.0 – 60.3)
BMI classification			
Healthy weight	13.0 (12.8 – 13.1)	16.4 (16.2 – 16.5)	70.7 (70.5 – 70.8)
Overweight	24.7 (24.5 – 24.8)	12.4 (12.3 – 12.6)	62.9 (62.7 – 63.0)
Obese	29.9 (29.7 – 30.0)	8.7 (8.6 – 8.8)	61.4 (61.3 – 61.6)

What influences Western Australian adults to consume less sugary drinks?

Of those who are trying to consume less sugary drinks, the top four influences to do so are:



78%

Improve my health

Adults with a healthy weight (97 per cent), those aged 35 to 49 years (83 per cent) and non-metropolitan residents (80 per cent) are most likely to be influenced by 'want to improve my health'.



57%

Look or feel better

Adults with obesity (67 per cent), adults aged 35 to 49 years (62 per cent) or 50 years and older (62 per cent), and metropolitan residents (60 per cent) are most likely to be influenced by 'want to look or feel better'.



56%

Lose weight

Adults with obesity (72 per cent), those aged 35 to 49 years (62 per cent), males (58 per cent) and metropolitan residents (59 per cent) are most likely to be influenced by 'want to lose weight'.



14%

Medical advice

Adults with overweight (20 per cent), those aged 35 to 49 years (22 per cent), males (21 per cent) and non-metropolitan residents (16 per cent) are most likely to be influenced by 'advice from a doctor or other health professional'.

How often do Western Australian adults usually consume 'sugar free' or 'diet' soft drinks, energy drinks, sports drinks, flavoured mineral water or cordial?

Diet drinks (with non-sugar sweetener) are not necessarily a healthy alternative to sugary drinks. Consumption can lead to tooth erosion⁴ and increase the future risk of diabetes and heart disease⁵. Survey findings indicate a similar frequency of consumption of diet and sugary drinks among Western Australian adults.

- Overall, almost one in five (18 per cent) adults consume diet drinks four or more times a week, while almost one in four (22 per cent) adults consume sugary drinks at the same frequency.
- Adults with obesity (24 per cent) are more likely to consume diet drinks four or more times a week, compared to those with overweight (15 per cent) or a healthy weight (12 per cent).
- Adults with obesity (15 per cent) are more likely to consume more than 2 cups (250 to 500 mL) of diet drinks per sitting, compared to those with overweight (4 per cent) or a healthy weight (3 per cent).

References

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