

A SURVEY ON THE SOFT DRINK CONSUMPTION OF UNIVERSITY STUDENTS

Cherice Bronte-Tinkew

Project Supervisor: Dr. Isabella Granderson

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Background: Universities and colleges is one of the last places where young adults can be exposed to nutritional education in large numbers. They are also exposed to a lot of food products especial the convenient item such as soft drinks. A soft drink as a nonalcoholic, flavored, carbonated beverage usually commercially prepared and sold in bottles or cans.

Objectives To indicate from the data collected if there are certain trends of excess amount of soft drink consumption

Design: A 15 item questionnaire was distributed among 18-30 year old undergraduates of the University. The questionnaire included habits and general knowledge on nutrition, health and soft drinks. SPSS v. 19.0 was used to produce frequencies and cross-tabulations as well as graphs and charts that illustrated the analysis of data collected.

Results: Twenty six out of the eighty two students who completed the questionnaire consumed soft drinks at least once a week. Caffeinated carbonated drinks were consumed by 66.7% of the sample. Twenty students said that being around friends who consumed soft drinks was the main source for consumption while nineteen said advertisement was their source. Sixty-eight students who said yes to consuming soft drinks said they preferred water as a thirst quencher. Fifty three students said that their consumption of soft drinks did not increase since being on campus.

Conclusion: Soft drink consumption does contribute to obesity when taken into consideration that when it adds up in too much consumption it can lead to excess calories/ excess sugar in one's diet. This study however lacked certain factors such as anthropometrics and meal consumption to support the statement. This survey would need to be taken on a larger scale as a pre study for the statement