



Australian Secondary Students' Alcohol and Drug Survey 2022/23

Western Australian Results: Sugary drinks and fast food consumption

Fast food meal or snack consumption key findings

Based on usual intake:

- Significantly more male students (14 per cent) than female students (8 per cent) reported consuming fast food meals or snacks 3 or more times a week (Figure 1; Box 1).
- Students aged 12–15 years were significantly more likely (7 per cent) to report not consuming fast food than students aged 16–17 years (2 per cent).
- Over half (59 per cent) of all students reported consuming fast food meals or snacks less than once a week and one in 20 students (5 per cent) reported they do not consume fast food meals and snacks at all.

Box 1: Australian Dietary Guidelines¹

Guideline 3a:



Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.

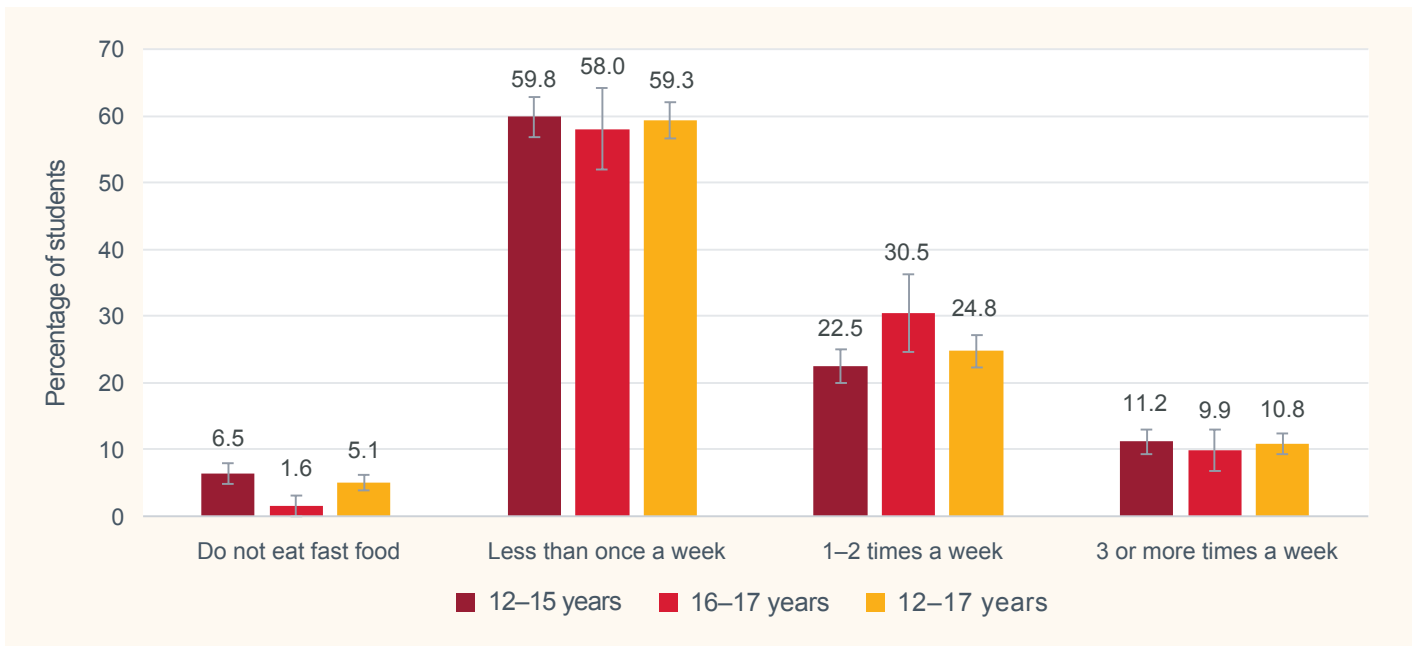
Guideline 3c:



Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

1. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council. Available from: <https://www.health.gov.au/resources/publications/the-australian-dietary-guidelines?language=en>

Figure 1. Proportion of students (12–17 years) reporting average consumption of fast food.

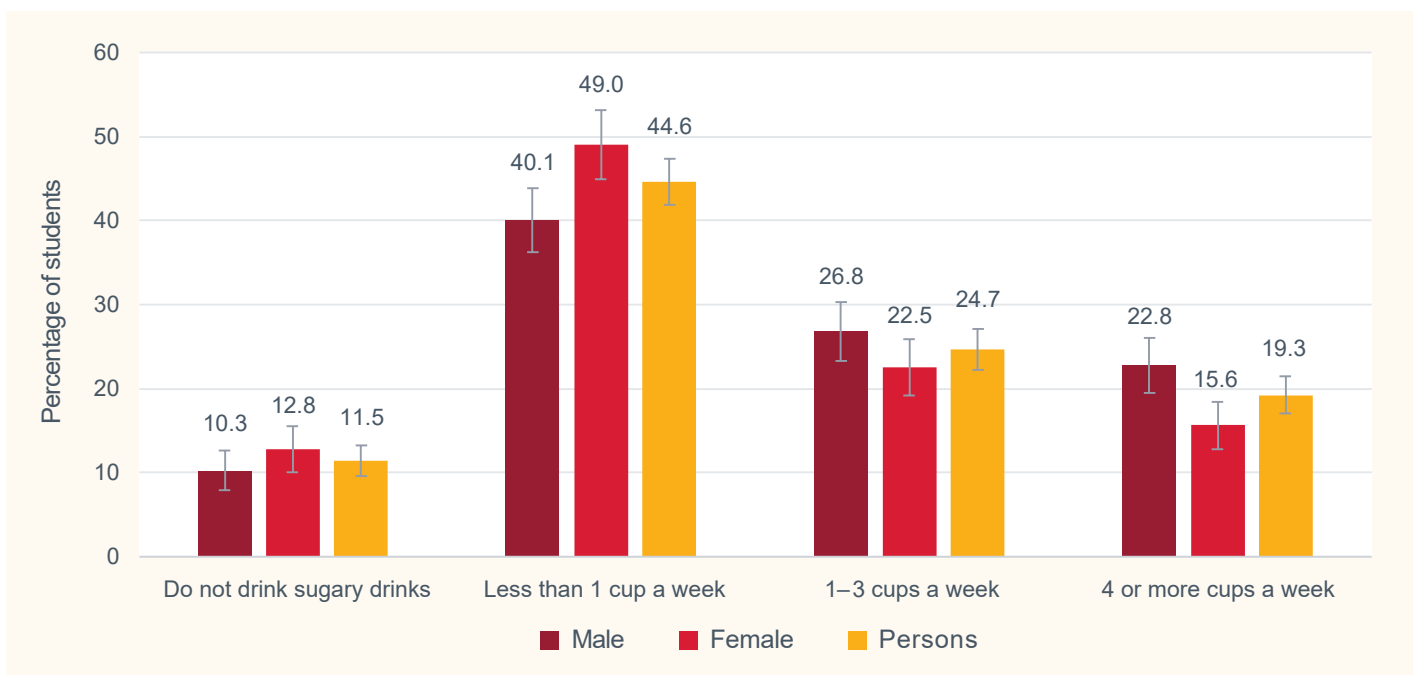


Sugary drink consumption key findings

Based on usual intake:

- One in 5 (19 per cent) students aged 12–17 years reported consuming 4 or more cups of sugary drinks per week (Figure 2; Box 1).
- Significantly more male students (23 per cent) reported consuming 4 or more cups per week than female students (16 per cent).
- Female students (49 per cent) were significantly more likely to report consuming less than one cup of sugary drinks than male students (40 per cent).
- One in 10 students (11 per cent) reported that they do not consume sugary drinks.
- There were no significant differences in sugary drink consumption between age groups.

Figure 2. Proportion of students (12–17 years) reporting average cups of sugary drinks consumed



Technical notes

Purpose of the survey

The Australian Secondary Students' Alcohol and Drug (ASSAD) survey provides a snapshot of alcohol, tobacco and other drug use among secondary school students aged 12 to 17 years across the state. The survey has been conducted every 3 years since 1984. In 2020, the survey was postponed due to COVID-19 and conducted from March 2022 to July 2023. This is the first time nutrition questions have been included in the survey.

Who took part in 2022/23?

In 2022/23, 182 secondary schools were selected from a random sample of government, Catholic and independent schools, and were invited to take part in the survey. Of these, 20 schools (11 per cent) agreed to participate. From the schools that took part, 1,817 students provided valid responses for age and gender and were included in the final sample.

Methodology

In 2022/23, the survey was completed via an online questionnaire for the first time. To provide population estimates and to address any over or under sampling, survey responses were weighted to the appropriate Western Australian population group by age, gender and school type.

Acknowledgements

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