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Consumption habits of non-alcoholic beverages among Finnish upper comprehensive school students

The aim of this electronic survey is to investigate how often Finnish adolescents consume the following commonly available beverages. The study will be published in a dental journal and is part of a dissertation on dental erosion. Participation in the survey is voluntary. Responses cannot be linked to the respondents.

1. Gender
 - a. Female
 - b. Male
 - c. Nonbinary person

2. School
 - a. Masku Hemminki school
 - b. Turku Lyseo school

3. School grade
 - a. 7th
 - b. 8th
 - c. 9th

4. How often do you drink the following types of beverage? Choose the most appropriate option from the grid.

	Never or rarely	Once a week	Several times a week	Once a day	Every day with a meal	Every day along the day
Water						
Plain mineral water						
Flavored mineral water						
Milk						
Coffee						
Tea						
Ice tea						
Kombucha						
Fruit juice						
Self-made juice						
Ready-to-drink - juice						
Lemonade						
Light lemonade						
Energy drink						

In tooth erosion, the surface of the tooth dissolves when it comes into contact with acid. The dissolved tooth surface can become sensitive and is prone to wear caused by biting. Erosion is becoming more common, especially among young adults, and its most common risk factor is the excessive consumption of acidic beverages.

5. What do you know about tooth erosion? Choose the most appropriate option from the grid.

	Totally agree	Somewhat agree	I don't know	Somewhat disagree	Totally disagree
Tooth erosion is not preventable					
Tooth erosion can be treated by dentist					
Tooth erosion can be prevented by sipping					
Tooth erosion can be prevented by tooth brushing					
I want to prevent tooth erosion					

6. Have you received information about tooth erosion from your dental clinic? Select the most appropriate option from the grid.

	Yes	No	I don't know
Dental staff have told me about tooth erosion			
I have heard about tooth erosion elsewhere e.g., social media			
I have diagnosed with tooth erosion			
I have received instructions about preventing tooth erosion			

Consumption frequencies of the beverages by gender (n=219) and school grade (n=230) as counts (n) and percentages (%), respectively. Nonbinary persons (n=11) are excluded from the gender-based analysis. *Fisher's Exact Test, **Chi Square.

	Never or rarely	Once a week	Several times a week	Daily	p-value
	n (%)	n (%)	n (%)	n (%)	
Neutral drinks: Water, plain or flavored mineral water, milk					
Gender	3 (1.4)	3 (1.4)	15 (6.9)	198 (90.4)	0.882*
Female	2 (1.8)	1 (0.9)	7 (6.3)	101 (90.1)	
n=111	1 (0.9)	2 (1.9)	8 (7.4)	97 (89.8)	
Male n=108					
School grade	3 (1.3)	3 (1.3)	19 (8.3)	205 (89.1)	0.393*
7 th gr. n=78	2 (2.6)	2 (2.6)	6 (7.7)	68 (87.2)	
8 th gr. n=76	1 (1.3)	0	4 (5.3)	71 (93.4)	
9 th gr. n=76	0	1 (1.3)	9 (11.8)	66 (86.8)	
Coffee and tea					
Gender	115 (52.5)	30 (13.7)	35 (16.0)	39 (17.8)	0.691**
Female	58 (52.3)	16 (14.4)	20 (18.0)	17 (15.3)	
Male	57 (52.8)	14 (13.0)	15 (13.9)	22 (20.4)	
School grade	122 (53.0)	31 (13.5)	38 (16.5)	39 (17.0)	0.591**
7 th gr.	36 (46.2)	10 (12.8)	16 (20.5)	16 (20.5)	
8 th gr.	46 (60.5)	10 (13.2)	11 (14.5)	9 (11.8)	
9 th gr.	40 (52.6)	11 (14.5)	11 (14.5)	14 (18.4)	
Ice tea and kombucha					
Gender	168 (76.7)	29 (13.2)	16 (7.3)	6 (2.7)	0.592*
Female	83 (74.8)	16 (14.4)	10 (9.0)	2 (1.8)	
Male	85 (78.7)	13 (12.0)	6 (5.6)	4 (3.7)	
School grade	177 (77.0)	29 (12.6)	18 (7.8)	6 (2.6)	0.413*
7 th gr.	54 (69.2)	13 (16.7)	7 (9.0)	4 (5.1)	
8 th gr.	60 (79.0)	10 (13.2)	5 (6.6)	1 (1.3)	
9 th gr.	63 (82.9)	6 (7.9)	6 (7.9)	1 (1.3)	
Juice: Ready-to-drink or self-made juice					
Gender	43 (19.6)	68 (31.1)	67 (30.6)	41 (18.7)	0.411**
Female	22 (19.8)	37 (33.3)	36 (32.4)	16 (14.4)	
Male	21 (19.4)	31 (28.7)	31 (28.7)	25 (23.2)	
School grade	46 (20.0)	69 (30.0)	73 (31.7)	42 (18.3)	0.841**
7 th gr.	14 (18.0)	22 (28.2)	24 (30.8)	18 (23.1)	
8 th gr.	18 (23.7)	24 (31.6)	23 (30.3)	11 (14.5)	
9 th gr.	14 (18.4)	23 (30.3)	26 (34.2)	13 (17.1)	
Lemonade: Normal or light					
Gender	59 (26.9)	77 (35.2)	54 (24.7)	29 (13.2)	0.104**
Female	36 (32.4)	41 (36.9)	21 (18.9)	13 (11.7)	
Male	23 (21.3)	36 (33.3)	33 (30.6)	16 (14.8)	
School grade	60 (26.1)	80 (34.8)	59 (25.7)	31 (13.5)	0.715**
7 th gr.	23 (29.5)	28 (35.9)	16 (20.5)	11 (14.1)	
8 th gr.	19 (25.0)	29 (38.2)	18 (23.7)	10 (13.2)	
9 th gr.	18 (23.7)	23 (30.3)	25 (32.9)	10 (13.2)	
Energy drinks					
Gender	120 (54.8)	41 (18.7)	37 (16.9)	21 (9.6)	0.159**
Female	57 (51.4)	27 (24.3)	16 (14.4)	11 (9.9)	
Male	63 (58.3)	14 (13.0)	21 (19.4)	10 (9.3)	
School grade	124 (53.9)	44 (19.1)	40 (17.4)	22 (9.6)	<0.0001**
7 th gr.	49 (62.8)	8 (10.3)	13 (16.7)	8 (10.3)	
8 th gr.	51 (67.1)	15 (19.7)	5 (6.6)	5 (6.6)	
9 th gr.	24 (31.6)	21 (27.6)	22 (28.9)	9 (11.8)	

