
Supplementary Materials

Enrollment, Retention, Engagement, and Behavioral Outcomes of a Caregiver-Focused Short Message Service (SMS) Intervention to Reduce Intake of Sugar-Sweetened Beverages in Rural Caregivers and Adolescents

Donna-Jean P Brock ^{1,*}, Maryam Yuhas ², Kathleen J Porter ¹, Phillip Chow ³, Lee Ritterband ³, Deborah Tate ⁴ and Jamie M Zoellner ¹

Table S1. Sample SMS messages.

SAMPLE ASSESSMENT				
Caregiver SSB Intake	Child SSB Intake	Sample SSB Scenarios ¹	Sample Feedback	Strategy Selections
Hi it's KidsSIPSmarter and it's time to do a quick check in! Please answer the next 3 questions. How often did YOU, [CAREGIVER NAME], drink sugary drinks last week? Reply with NUMBER.	How often did [CHILD'S NAME] drink sugary drinks last week? Reply with NUMBER.	1. Caregiver and child non-consumers 2. Caregiver non-consumer and child reduced 3. Caregiver non-consuming and child maintained 4. Caregiver non-consumer and child increased 5. Caregiver reduced child non-consumer 6. Caregiver and child reduced 7. Caregiver reduced and child maintained 8. Caregiver reduced and child increased 9. Caregiver maintained and child non-consumer 10. Caregiver maintained and child reduced	1. Caregiver increased and child reduced: [CHILD'S NAME] has decreased his/her intake since last time, but it seems you have increased your intake from last time. Work together as a family to develop a plan, you can always get back on track! 2. Caregiver and child non-consumer: Congrats! Both you and [CHILD'S NAME] drank little to no sugary drinks last week. A healthy family is a happy family, keep up the awesome work!	1. Family/Friends tips 2. Breaking your habit 3. Home/Shopping tips 4. Parenting around sugary drinks 5. Finding tasty alternatives
SAMPLE Educational Messages				
Lesson 2	Lesson 5	Lesson 7	Lesson 8	Lesson 10
Drink less, live more, throw sugar out the door! Limit sugary drinks to 8oz for adults and 0 for kids to improve health for the whole fam.	Sugary drink companies are good at using ads to convince us to buy their stuff. Don't let these companies fool you!	[CHILD'S NAME] knows why and how to drink fewer sugary drinks. Encourage them to become a leader to help others drink less.	[CHILD'S NAME] created a public service announcement about drinking fewer sugary drinks. Ask how s/he likes being a leader for a healthier community.	Drink less, brush more! Any amount of sugary drinks can cause tooth decay but sipping through the day is worse than drinking it all at once.
SAMPLE Strategy Messages ²				
Family/Friends tips	Breaking your habit	Home/Shopping Tips	Parenting around sugary drinks	Finding tasty alternatives
Going to a party soon? Plan ahead. Bring your own non-sugary drinks, and share them with your friends.	Wondering where to start breaking your habit? Try keeping a log of when and where you drink sugary drinks.	Next grocery shopping trip, buy half the amount of sugary drinks you normally buy. If drinks finish, that's it till the next trip.	Talk to [your child] about reducing sugary drinks and decide on limits together. Make reducing	Try diluting your sugary drink with ice or water. This will help you reduce your sugary drink

sugary drinks a competition & intake AND let you get the taste
have fun with it you crave.

¹ There are up to 16 possible SSB intake scenarios that combine reducing, maintaining, increasing and not consuming SSBs that have specific SMS messages programmed as feedback to caregivers.

² Non-consuming caregiver-child dyads received positive reinforcement messages rather than strategy messages (e.g., Way to go! You and your family are on the healthy lifestyle track! Keep going!).

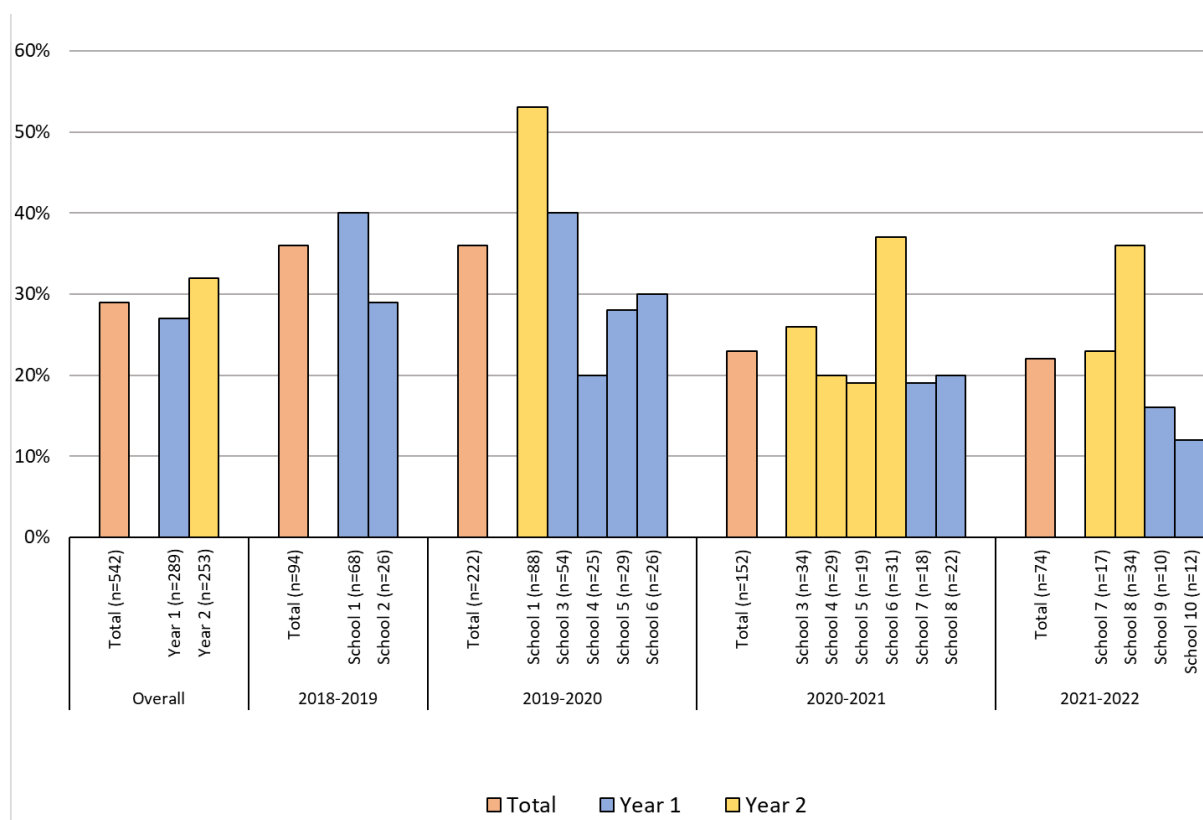


Figure S1. Caregiver SMS enrollment rates by school, year, and year of participation in the study (n = 542)¹. ¹Year of participation in the study refers to year of receipt of the intervention. Some schools were randomized as control schools and received the intervention a year later.

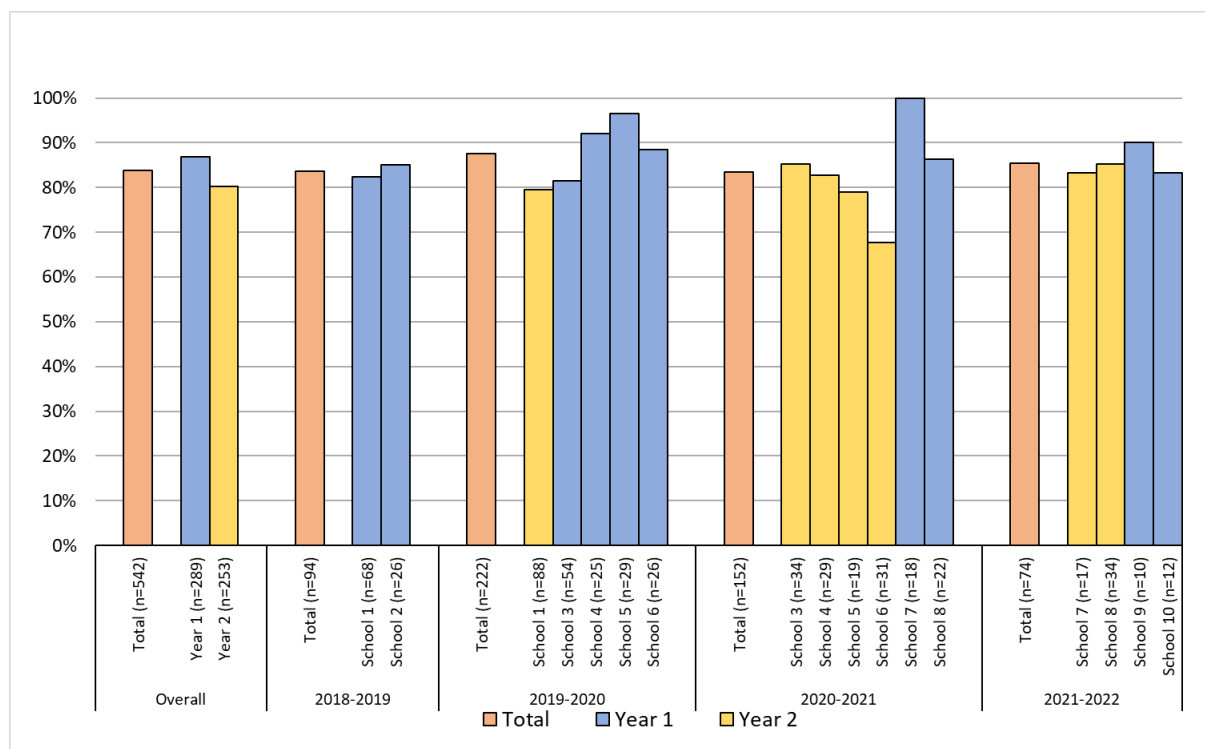


Figure S2. Retention rates by school, year, and study phase for enrolled caregivers (n = 542).