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# What's Available to Eat and Drink in America's Elementary Schools

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# Presenter Disclosures

Punam Ohri-Vachaspati

**The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

No relationships to disclose



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# The “Food and Fitness” Project

## 2007 Principal Surveys

A nationally-representative sample of elementary schools

Fielding period: April to October 2007

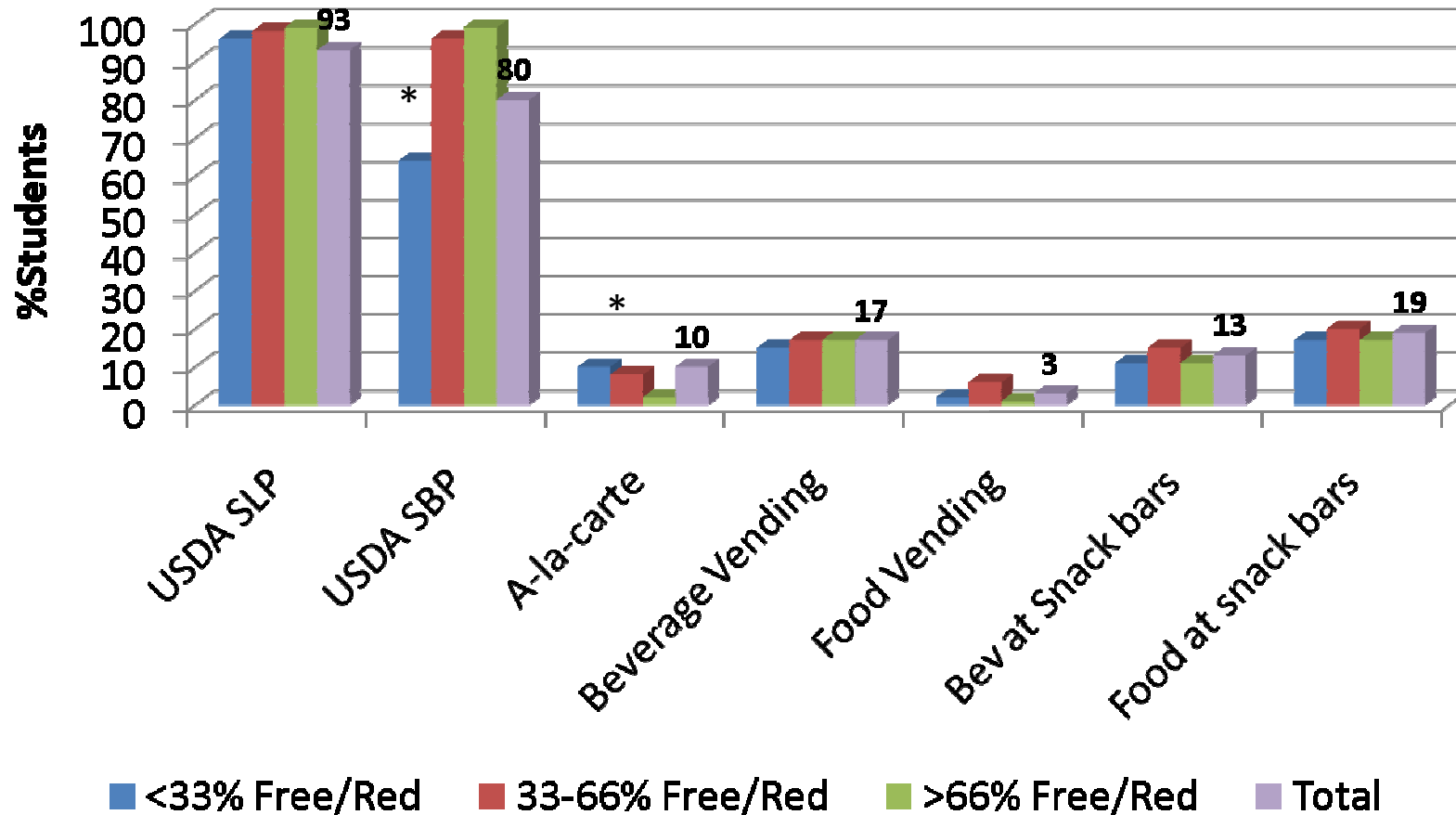
837 mail-back surveys received (578 public schools, 259 private)

\$100 incentive payments; follow up via telephone, mail, email

57.7% response rate (54.6% public schools; 66.2% private schools)

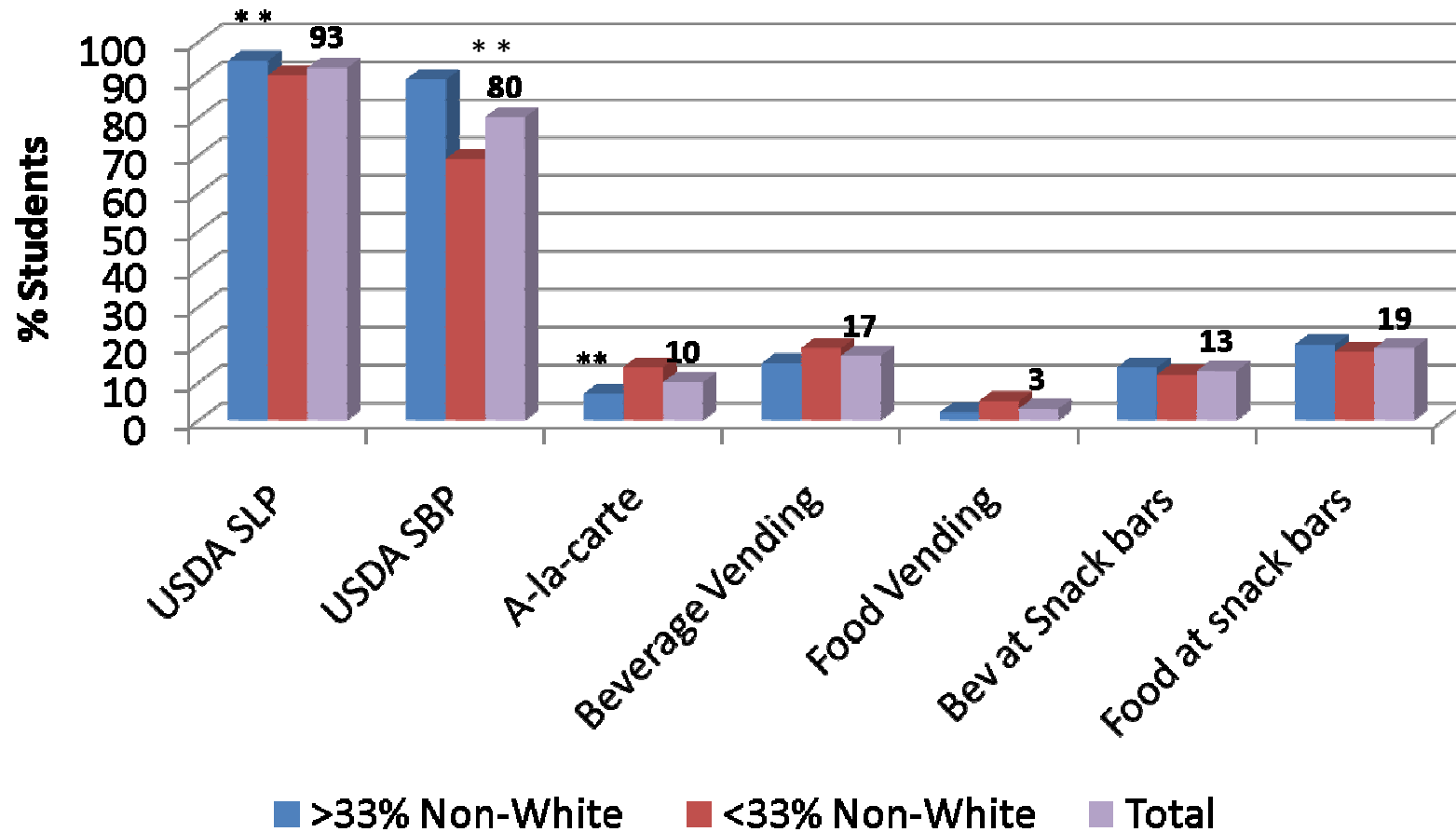
Sampling weights were adjusted to account for non-response

# Snapshot of Food and Beverage Venues by SES



\*  $p \leq 0.05$

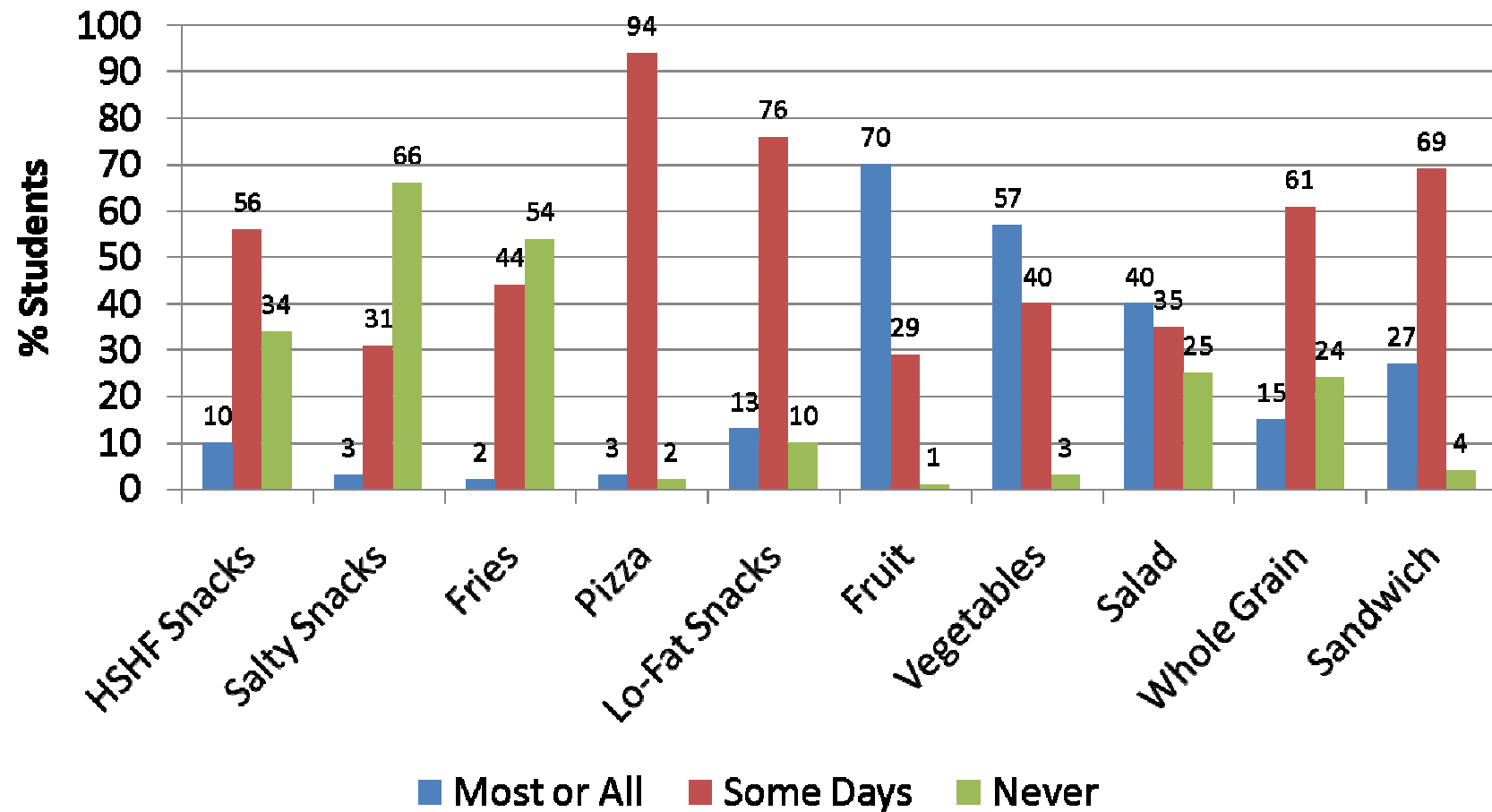
# Snapshot of Food and Beverage Venues by Race



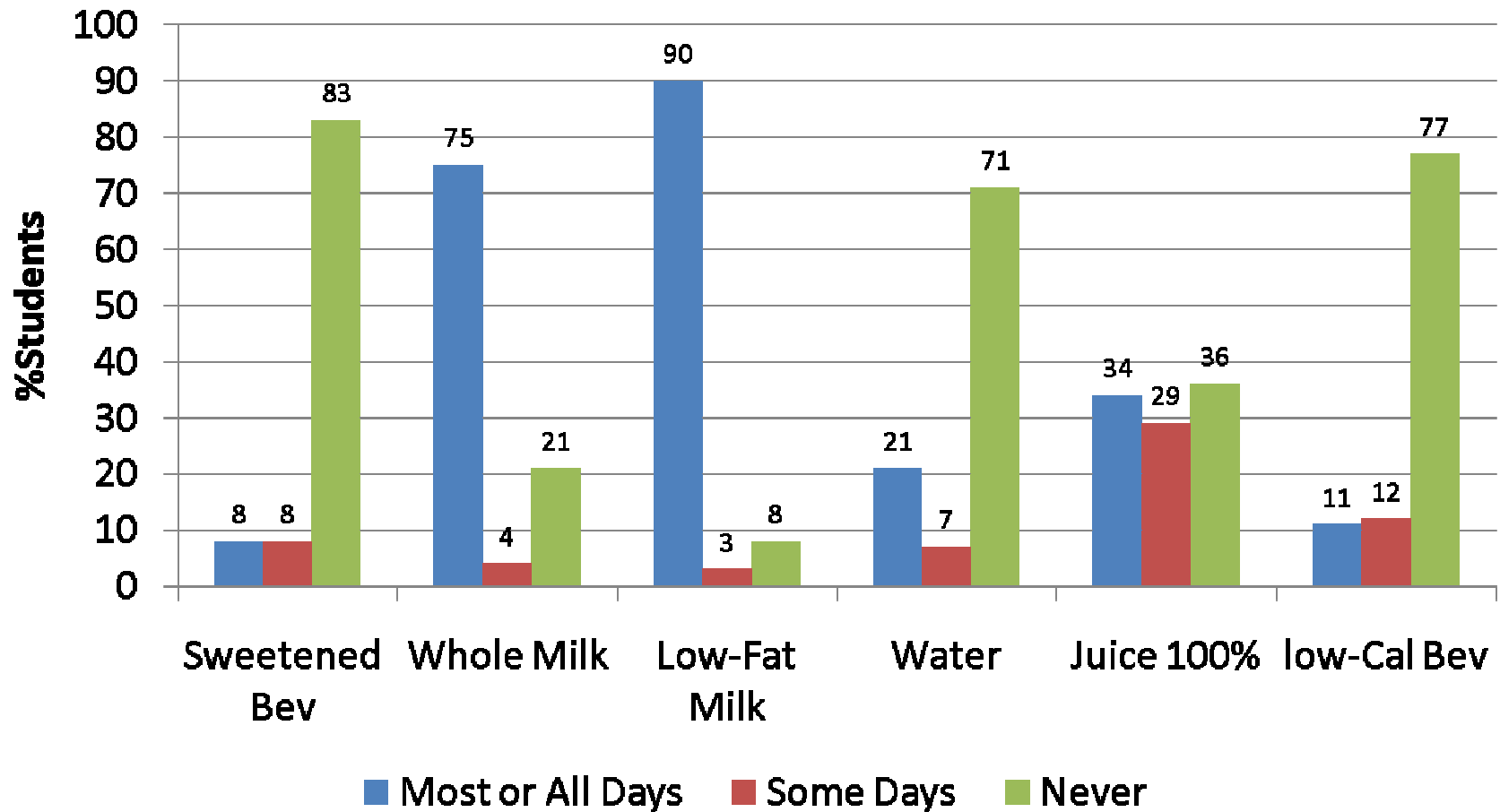
\*  $p \leq 0.05$

\*\*  $p \leq 0.01$

# What's Available To Eat On the Lunch Line



# What's Available To Drink On the Lunch Line



# Does the *Lunch Line* Look Different..

## By SES

	<33% Free/Red	33-66% Free/Red	>66% Free/Red
<b><u>Salad</u></b>			
Never	16	26	34
Some Days	35	30	39
Most or All Days	48	44	26
<b><u>Sandwiches</u></b>			
Never	3	5	2
Some Days	59	66	87
Most or All Days	38	28	12
<b><u>Water</u></b>			
Never	66	76	78
Some Days	7	5	9
Most or All Days	27	19	13

All differences significant at  $p \leq 0.05$

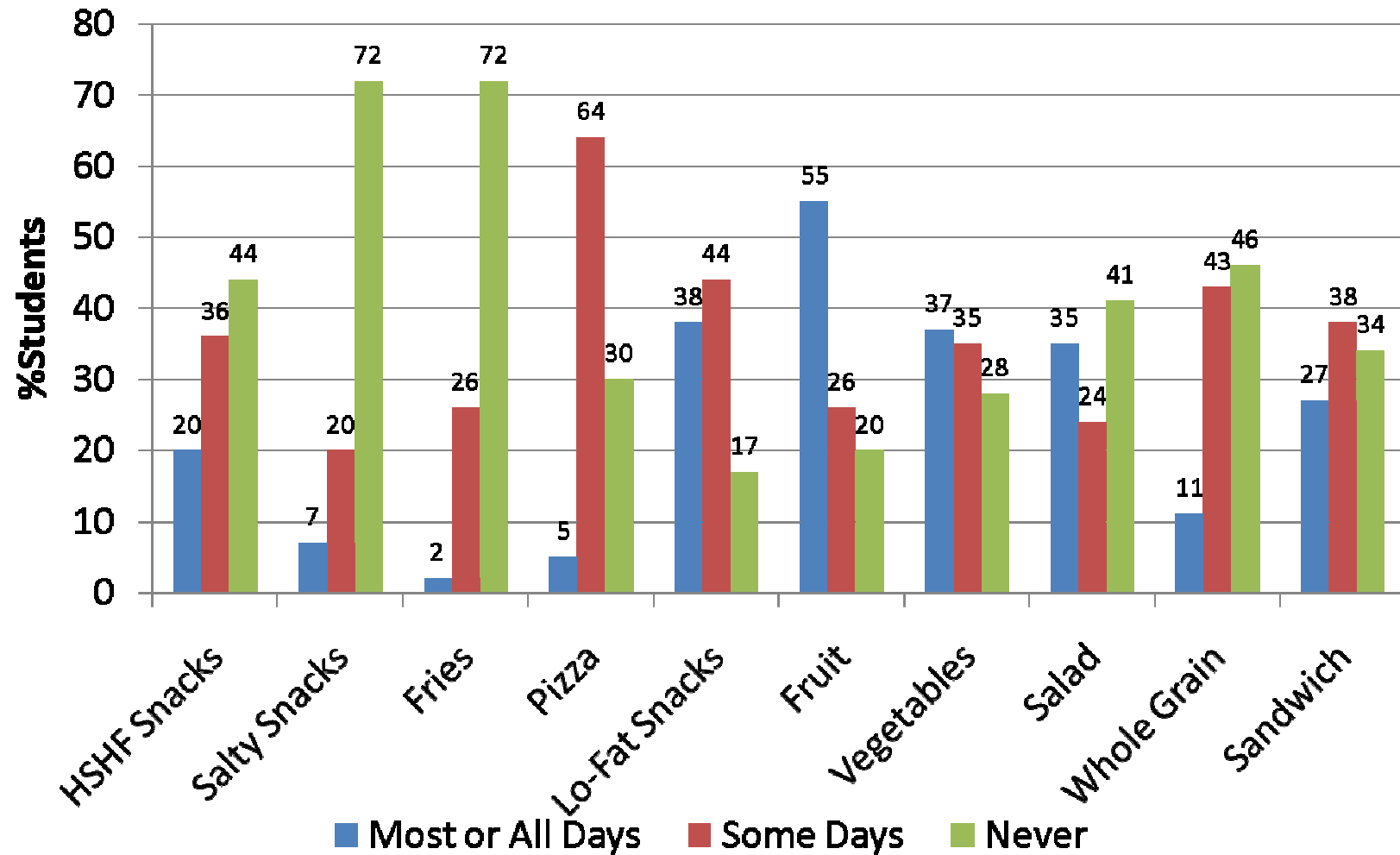
# Does the *Lunch Line* Look Different..

## By Race

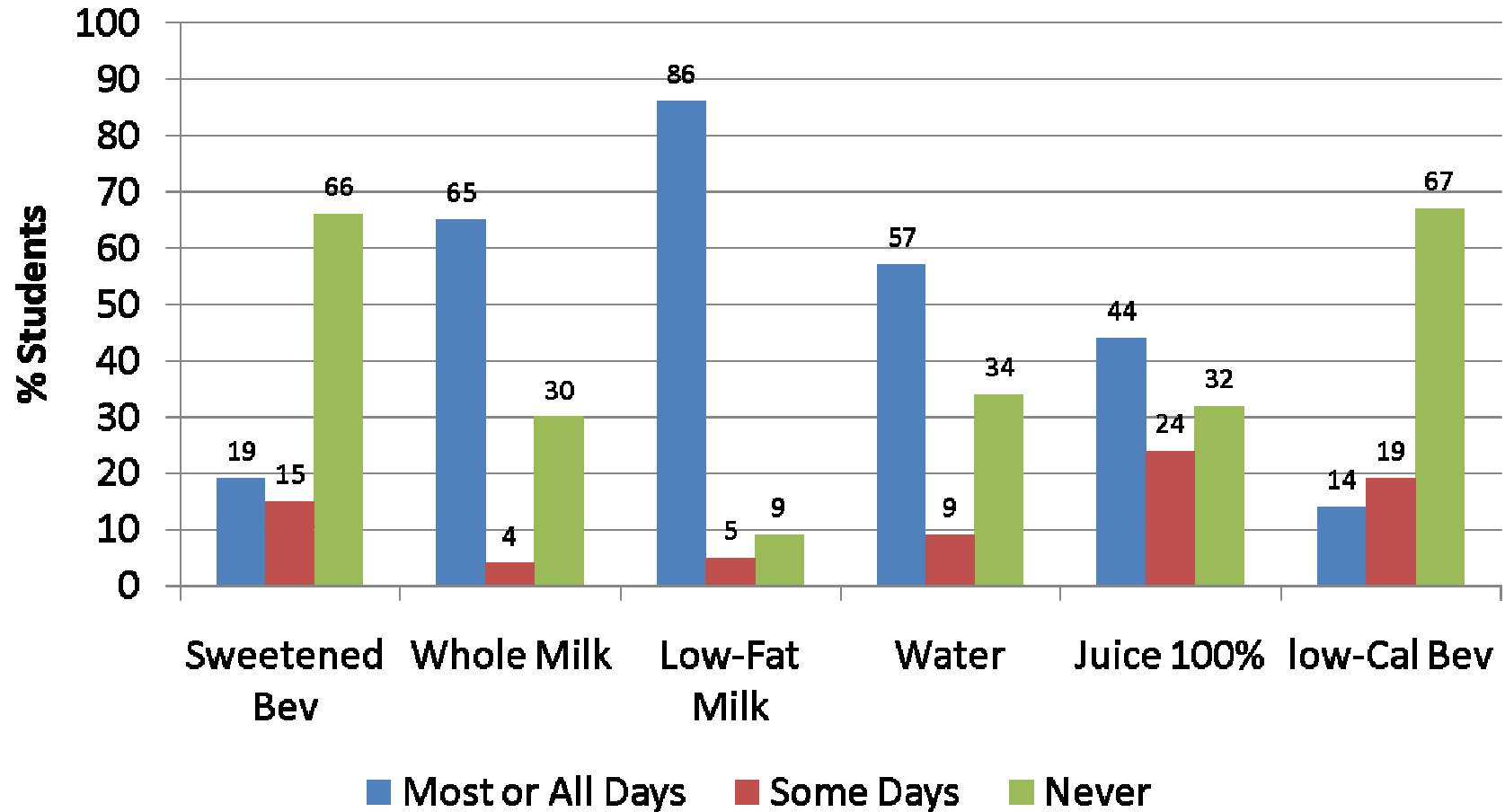
	> 33% Non-White	< 33% Non-White
<b><u>HFHS Snacks</u></b>		
Never	40	29
Some Days	52	60
Most or All Days	8	11
<b><u>Sandwiches</u></b>		
Never	3	4
Some Days	76	64
Most or All Days	21	32

All differences significant at  $p \leq 0.05$

# What's Available To Eat As An *a-la-carte* Item



# What's Available To Drink As An *a-la-carte* Item



# Do the *a-la-carte* items Look Different..

## By SES

	<33% Free/Red	33-66% Free/Red	>66% Free/Red
<b><u>HSHF Snacks</u></b>			
Never	43	44	46
Some Days	27	42	45
Most or All Days	30	14	9
<b><u>Lo-Fat Snacks</u></b>			
Never	14	22	18
Some Days	29	55	56
Most or All Days	56	23	25
<b><u>Salads</u></b>			
Never	37	39	49
Some Days	19	26	32
Most or All Days	44	34	20

All differences significant at  $p \leq 0.05$

# Do the *a-la-carte* items Look Different..

## By SES

	<33% Free/Red	33-66% Free/Red	>66% Free/Red
<b><u>Sandwiches</u></b>			
Never	31	40	36
Some Days	32	36	52
Most or All Days	37	24	13
<b><u>Sweet Bev</u></b>			
Never	63	78	56
Some Days	11	11	31
Most or All Days	26	11	13
<b><u>Fruit Juice</u></b>			
Never	29	30	38
Some Days	20	21	39
Most or All Days	52	49	23

All differences significant at  $p \leq 0.05$

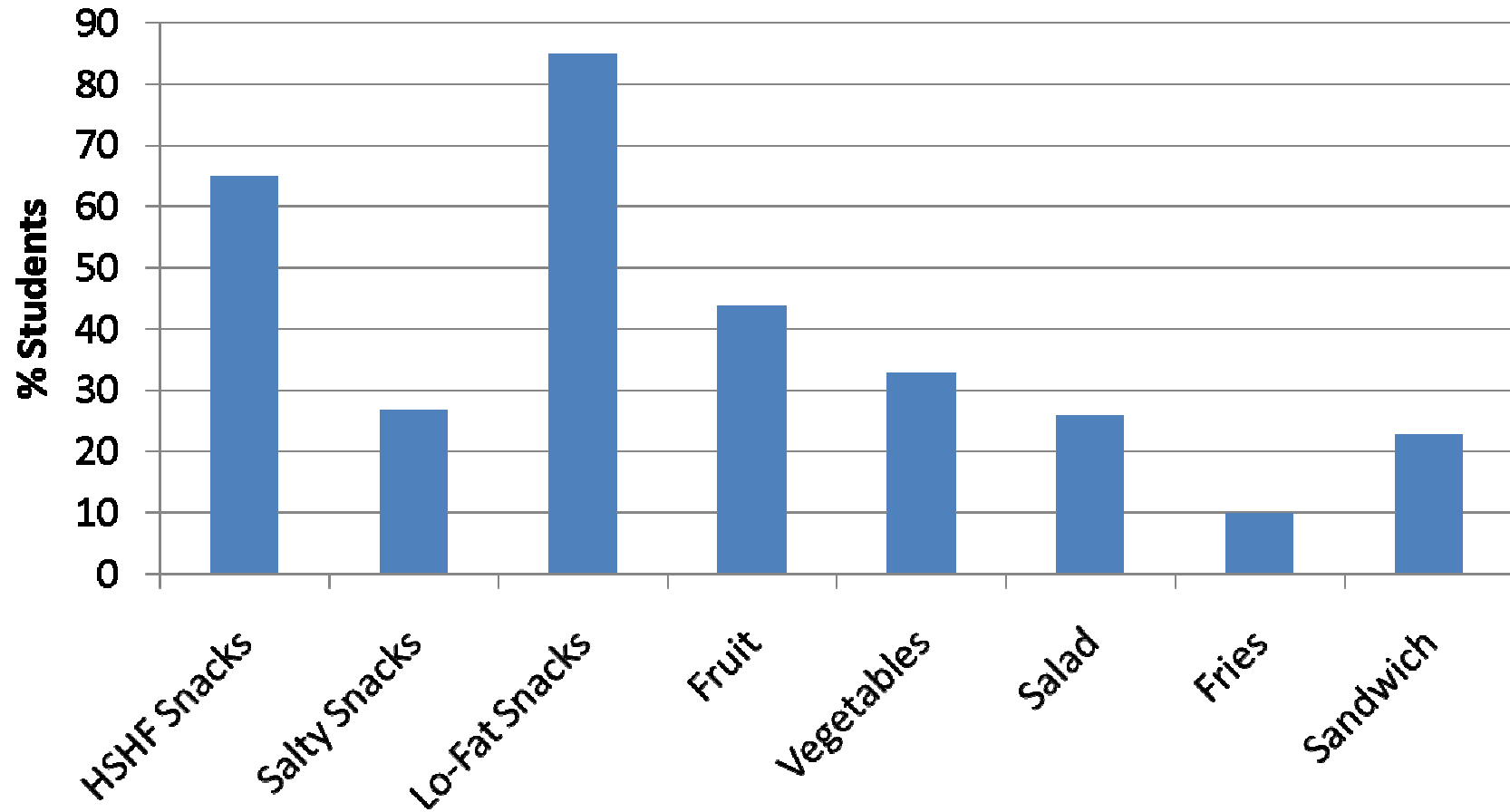
# Do the *a-la-carte* items Look Different..

## By Race

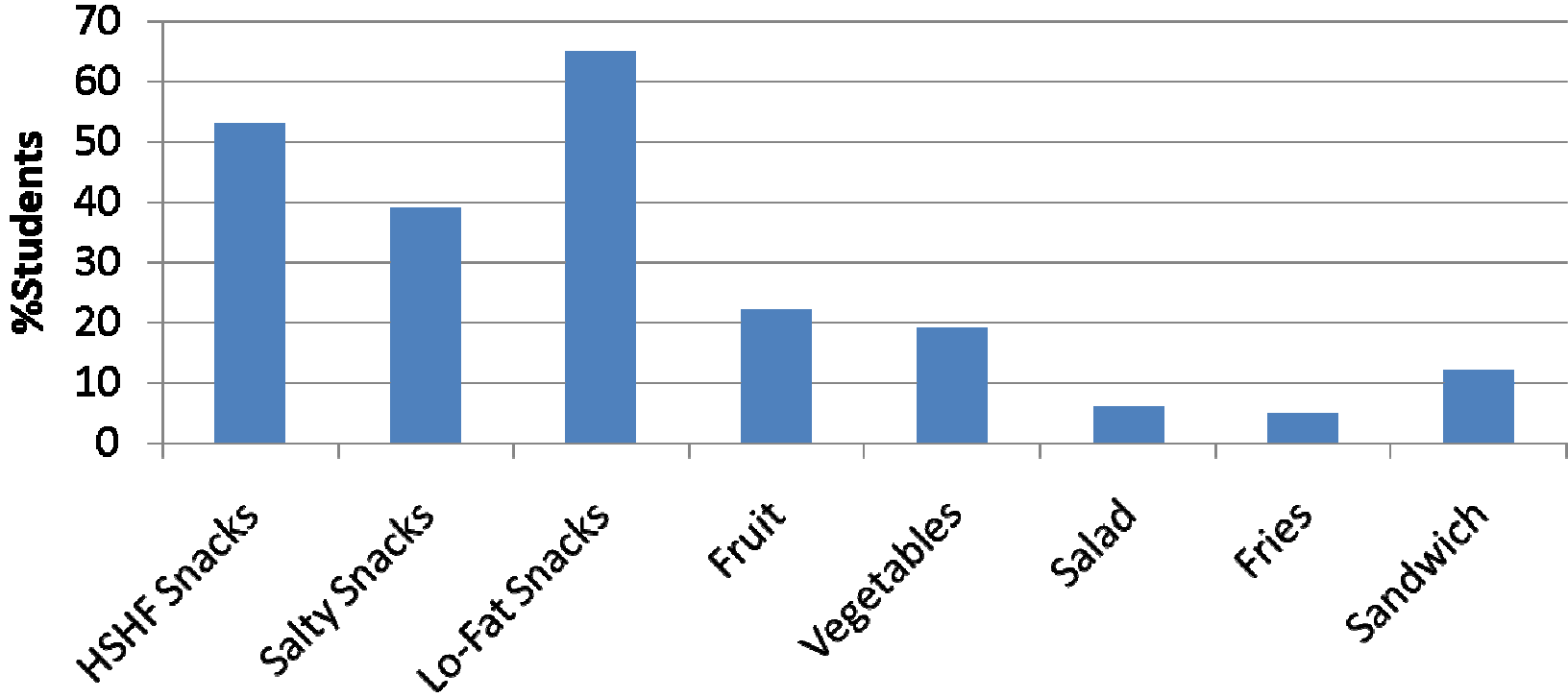
	> 33% Non-White	< 33% Non-White
<b><u>HFHS Snacks</u></b>		
Never	46	42
Some Days	41	32
Most or All Days	13	26
<b><u>Lo-Fat Snacks</u></b>		
Never	18	17
Some Days	52	37
Most or All Days	29	46
<b><u>Whole Milk</u></b>		
Never	39	23
Some Days	3	5
Most or All Days	57	71

All differences significant at  $p \leq 0.05$

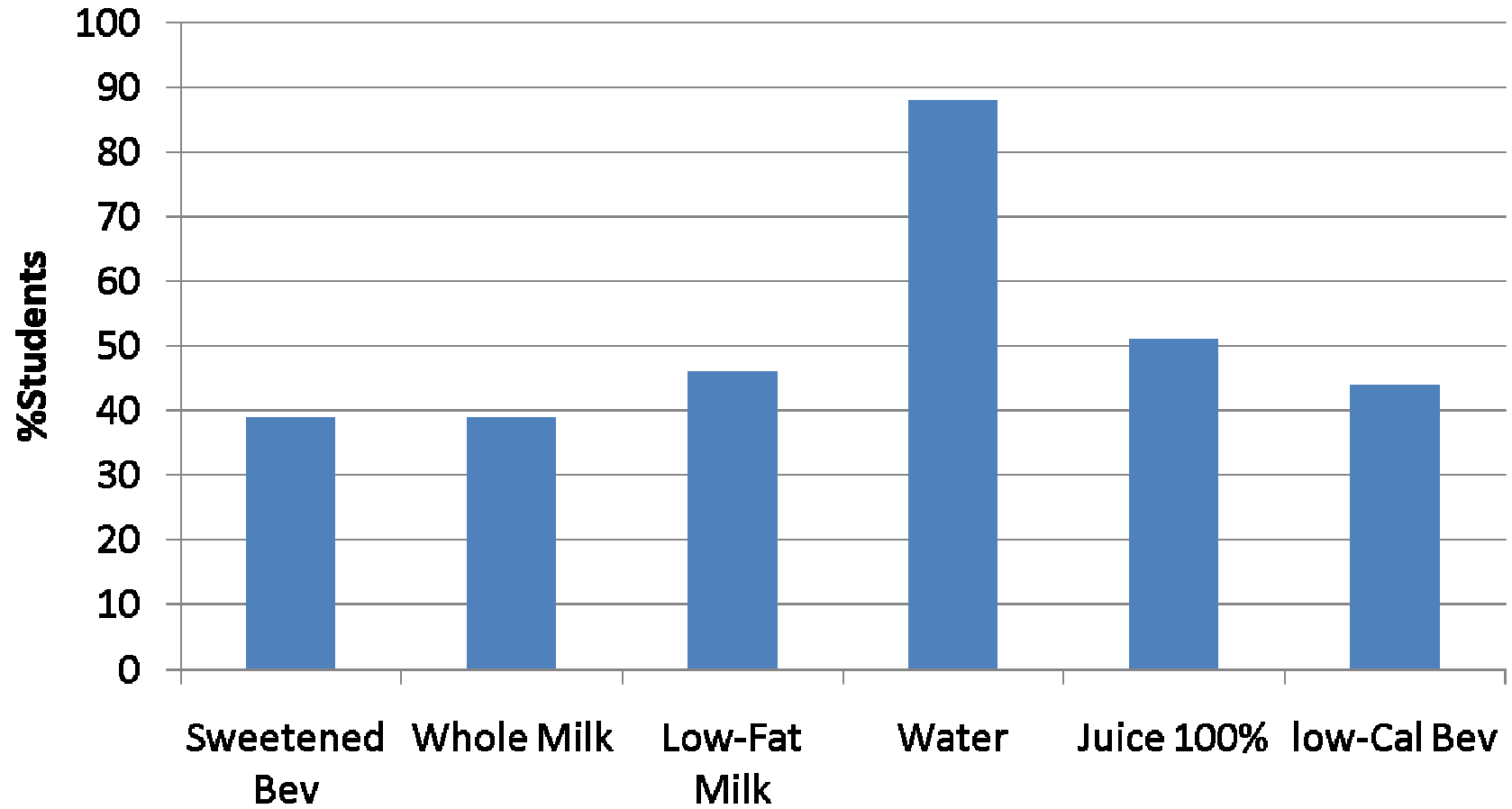
# What's Available To Eat at Vending and Snack Bars



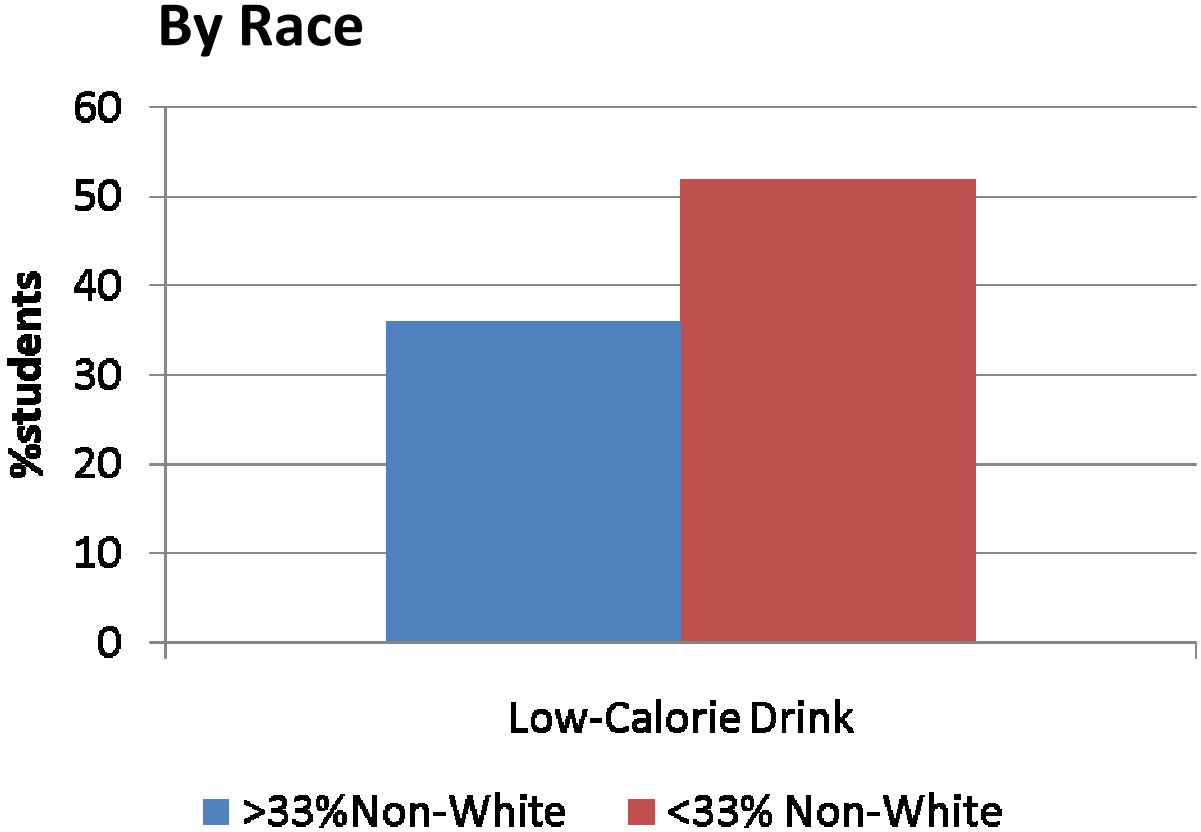
# What's Available To Eat at Vending Machines



# What's Available To Drink at Vending and Snack Bars



# Do the Vending and Snack Bar Options Look Different..



# Where Can Students Find...

At Schools that Offer at Following Venues							
	Fruit	Veggies	Salads	Sandwich	Whole Grain	Pizza	HSHF Snacks
Lunch (93%)	99	97	75	96	81	98	65
A-La-Carte (10%)	80	72	59	65	54	70	56
Vending (3%)	22	19	6	12			53
Snack Bar (19%)	48	36	29	25			67

# Where Can Students Find...

At Schools that Offer at Following Venues				
	Sweetened Beverages	Whole Milk	Low-Fat Milk	Water
Lunch (93%)	16	79	92	28
A-La-Carte (10%)	34	70	91	66
Vending (17%)	38	25	27	91
Snack Bars (13%)	37	78	64	78

# Acknowledgements

- Schools that provided the data for the study
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