



impacTEEN

A Policy Research Partnership
for Healthier Youth Behavior

YES!
Youth,
Education,
& Society

Food & Fitness

Supported by
The Robert Wood Johnson Foundation

The Food Environment in Elementary Schools

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Presenter Disclosures

Lindsey Turner

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

No relationships to disclose



Food & Fitness

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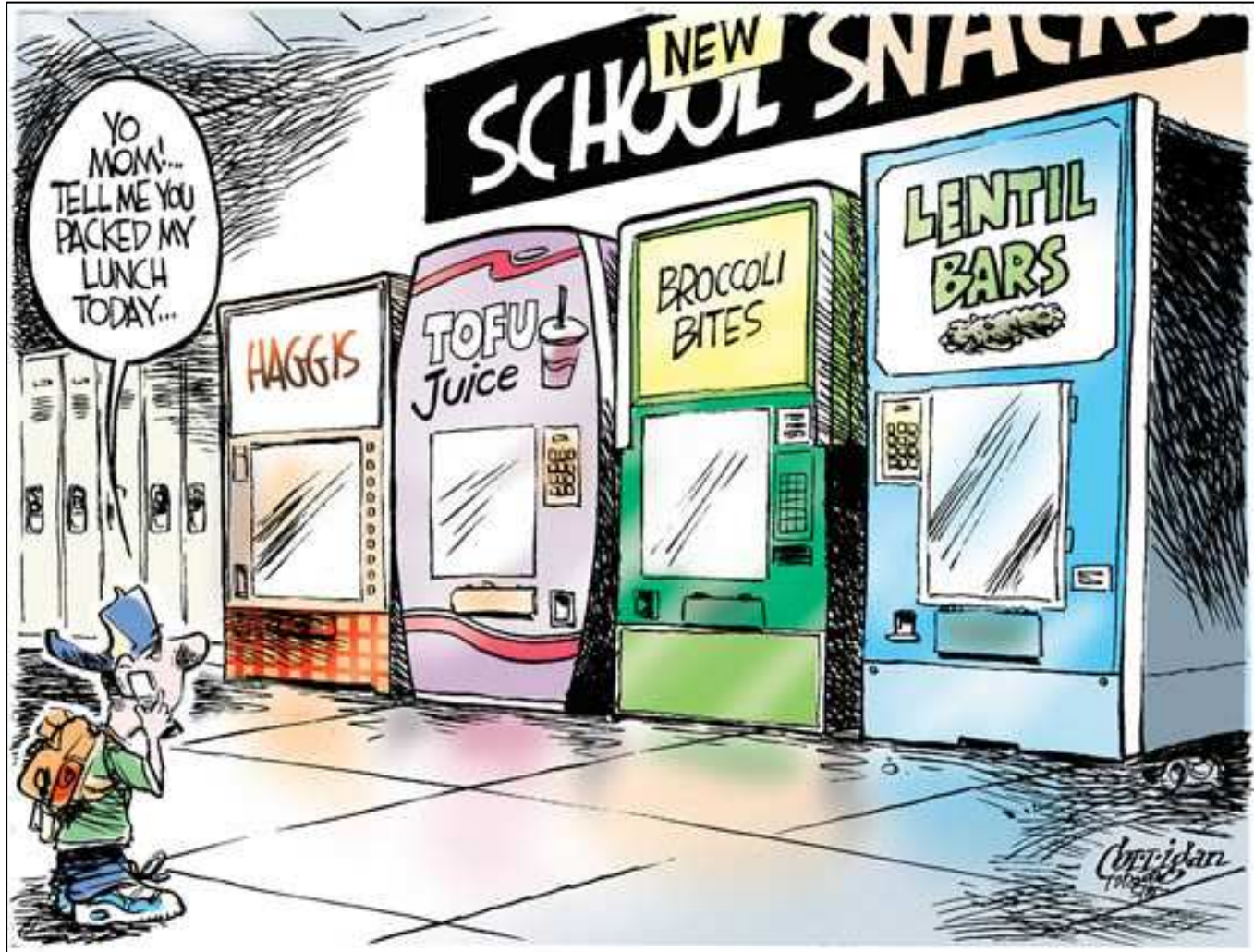
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The “Food and Fitness” Project

- Started with 2006-7 school year
- Collecting and coding wellness and other policies in a nationally-representative sample of 580 LEAs (school districts)
- Nationally representative sample of 1150 elementary schools within those districts
- 400 additional private schools
- Secondary schools (middle and high schools) surveyed by colleagues at U of M

The “Food and Fitness” Project

Wellness Policies

- Coded on a variety of topics, including nutrition education, physical education, competitive foods, etc.

Administrator Surveys

- Asks respondents to provide information on policies and practices regarding:
 - School food service (breakfast, lunch, competitive foods)
 - Classroom food/beverage consumption
 - Physical education, recess, sports
 - Alliance for a Healthier Generation guidelines
 - Vending contracts

The “Food and Fitness” Project

2007 Principal Surveys

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

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

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

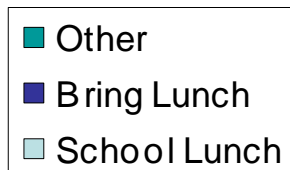
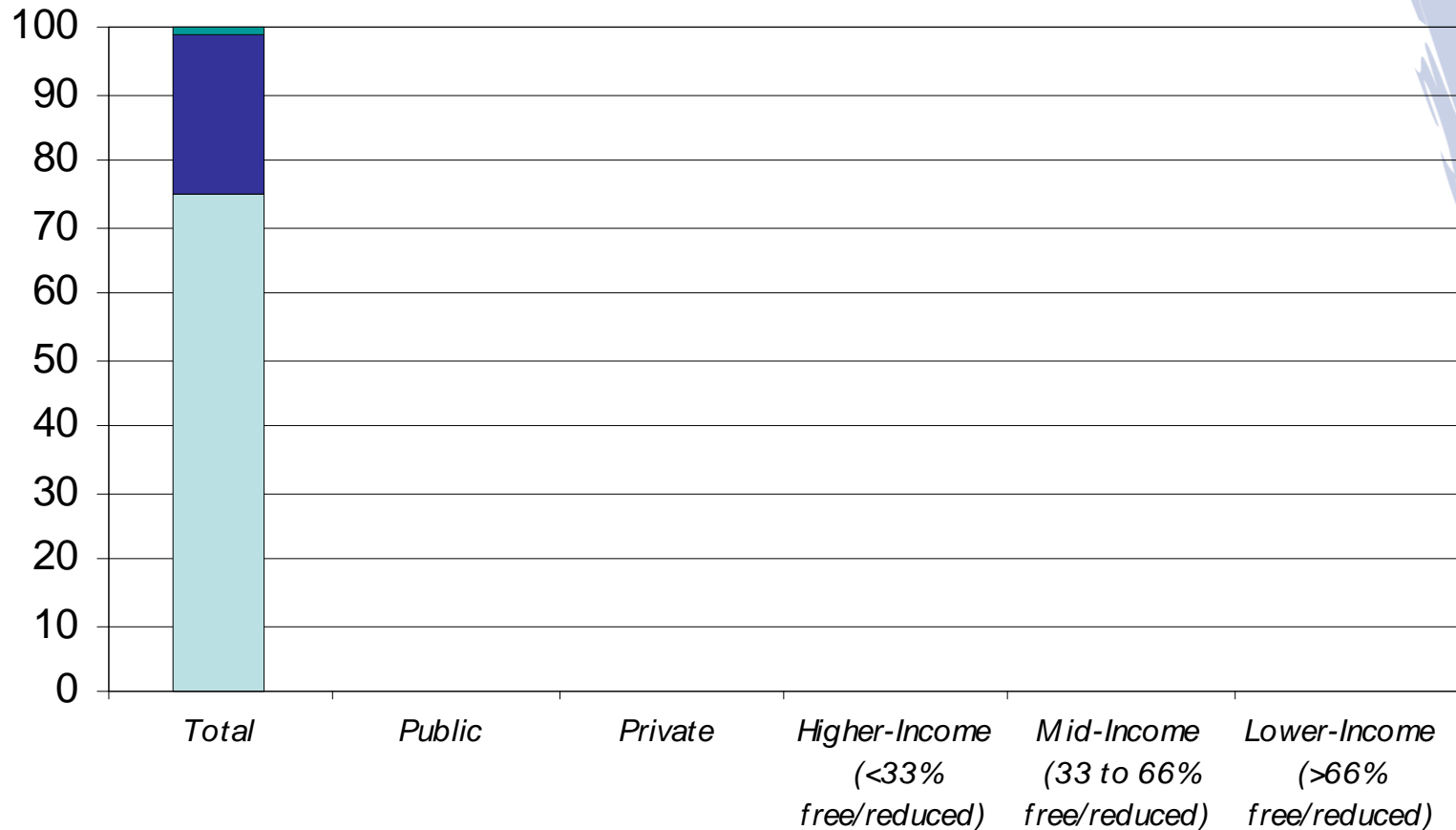
Fielding period: April to October 2007

The “Food and Fitness” Project

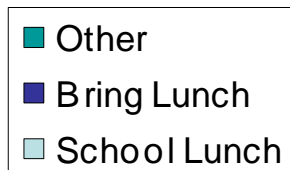
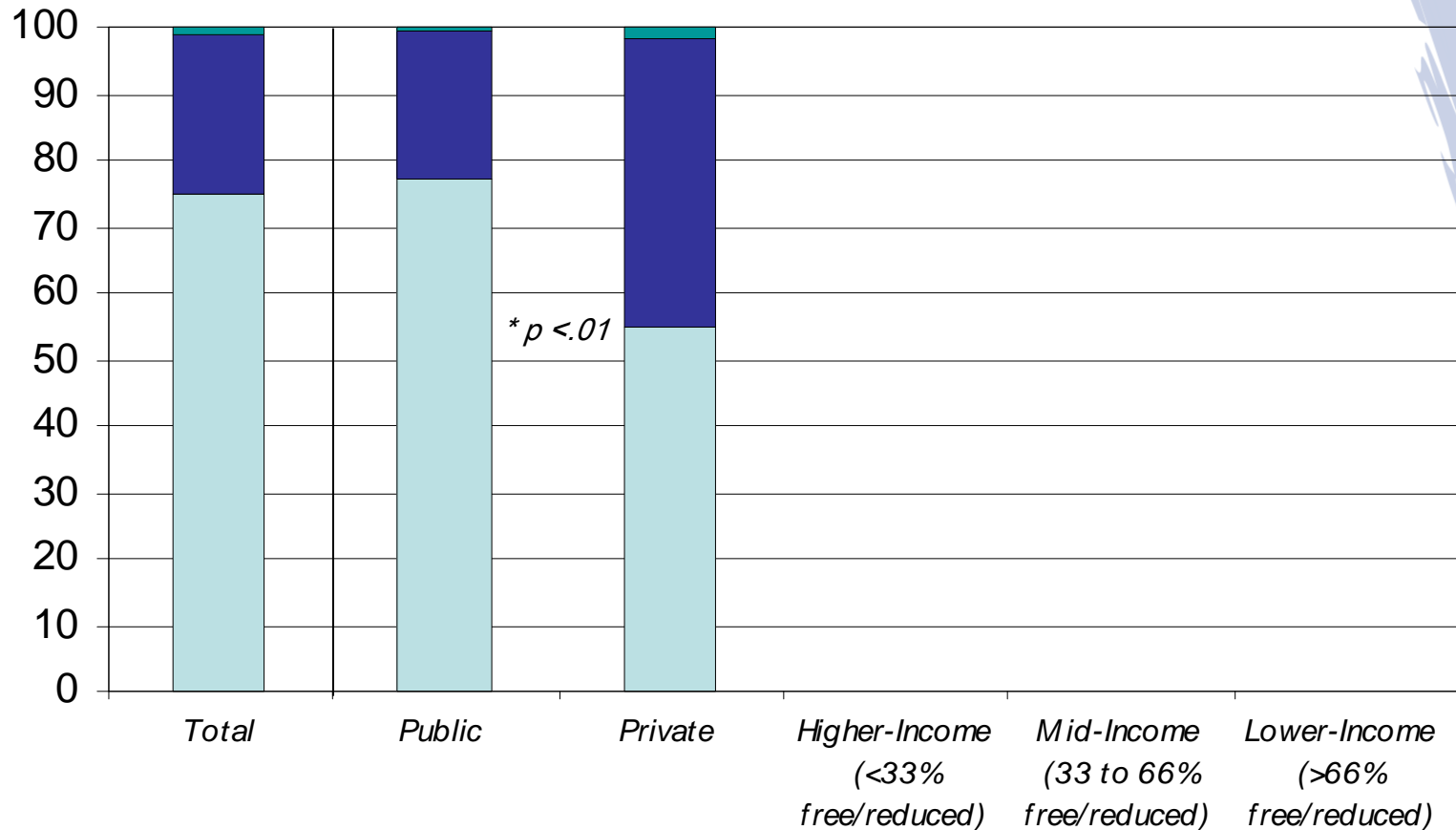
Sampling weights were adjusted to account for non-response

Results presented here are weighted to provide inference to the population of elementary schools in the U.S.

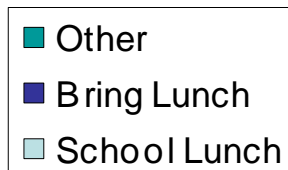
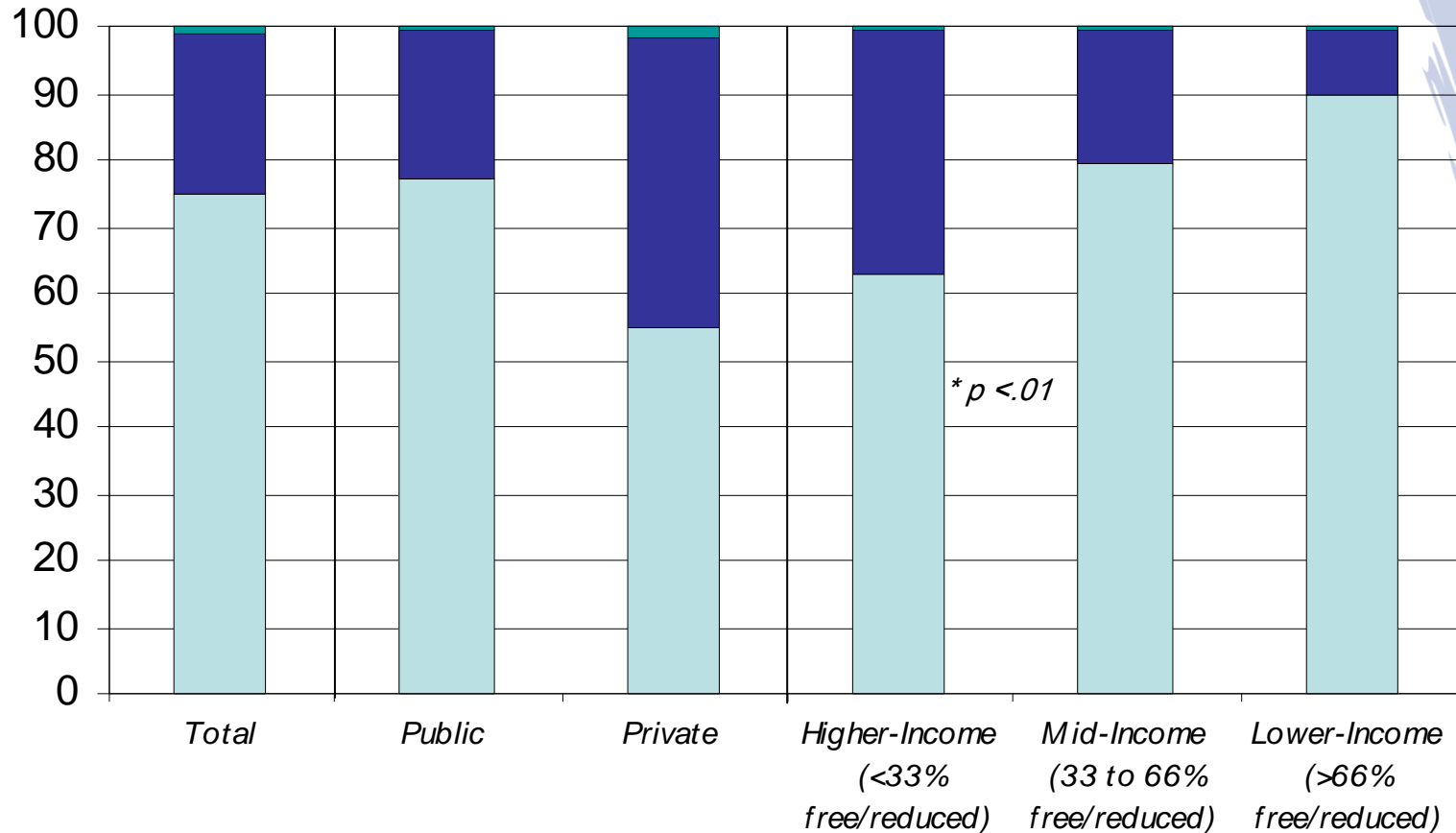
Where do students get lunch?



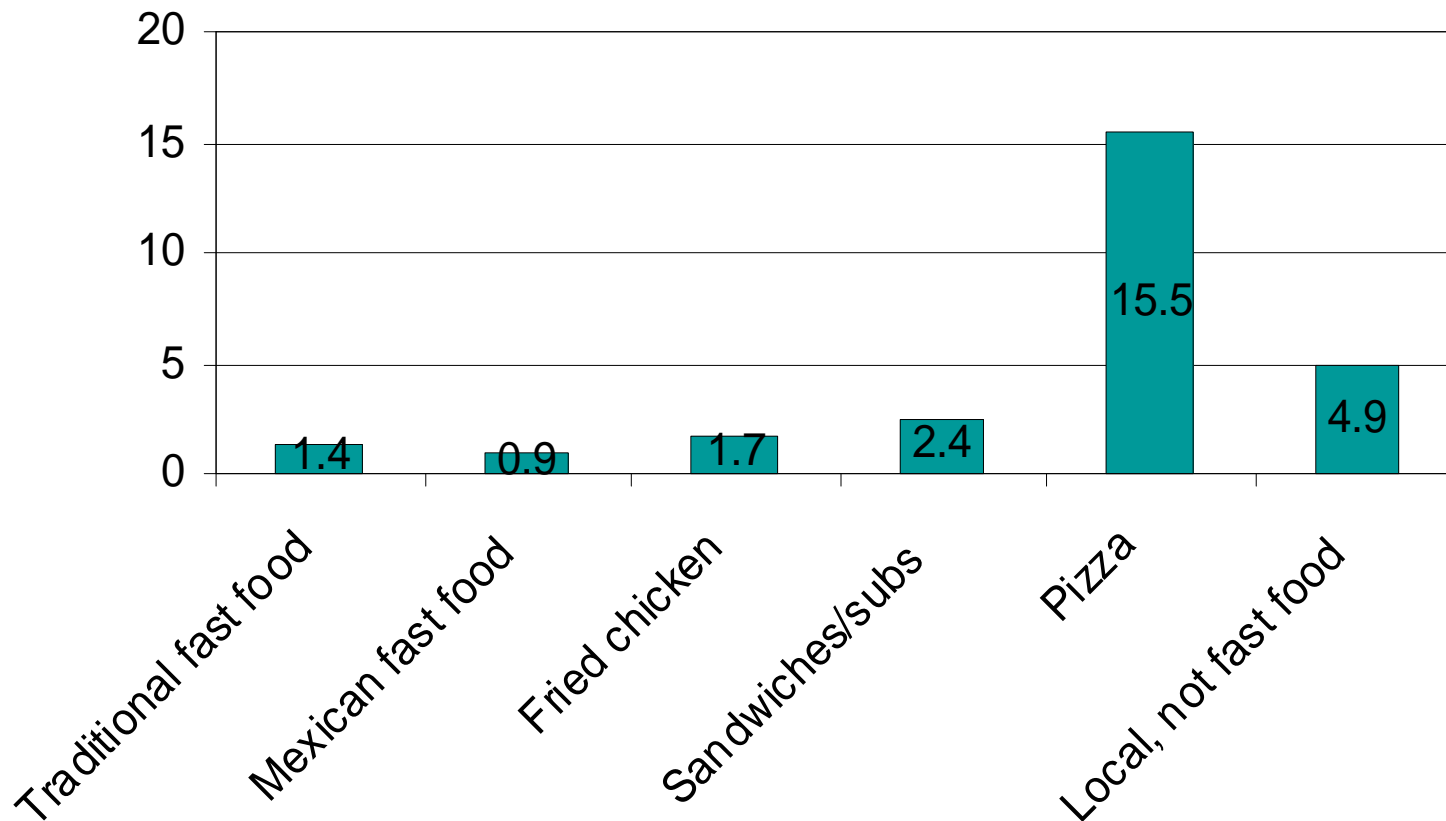
Where do students get lunch?



Where do students get lunch?

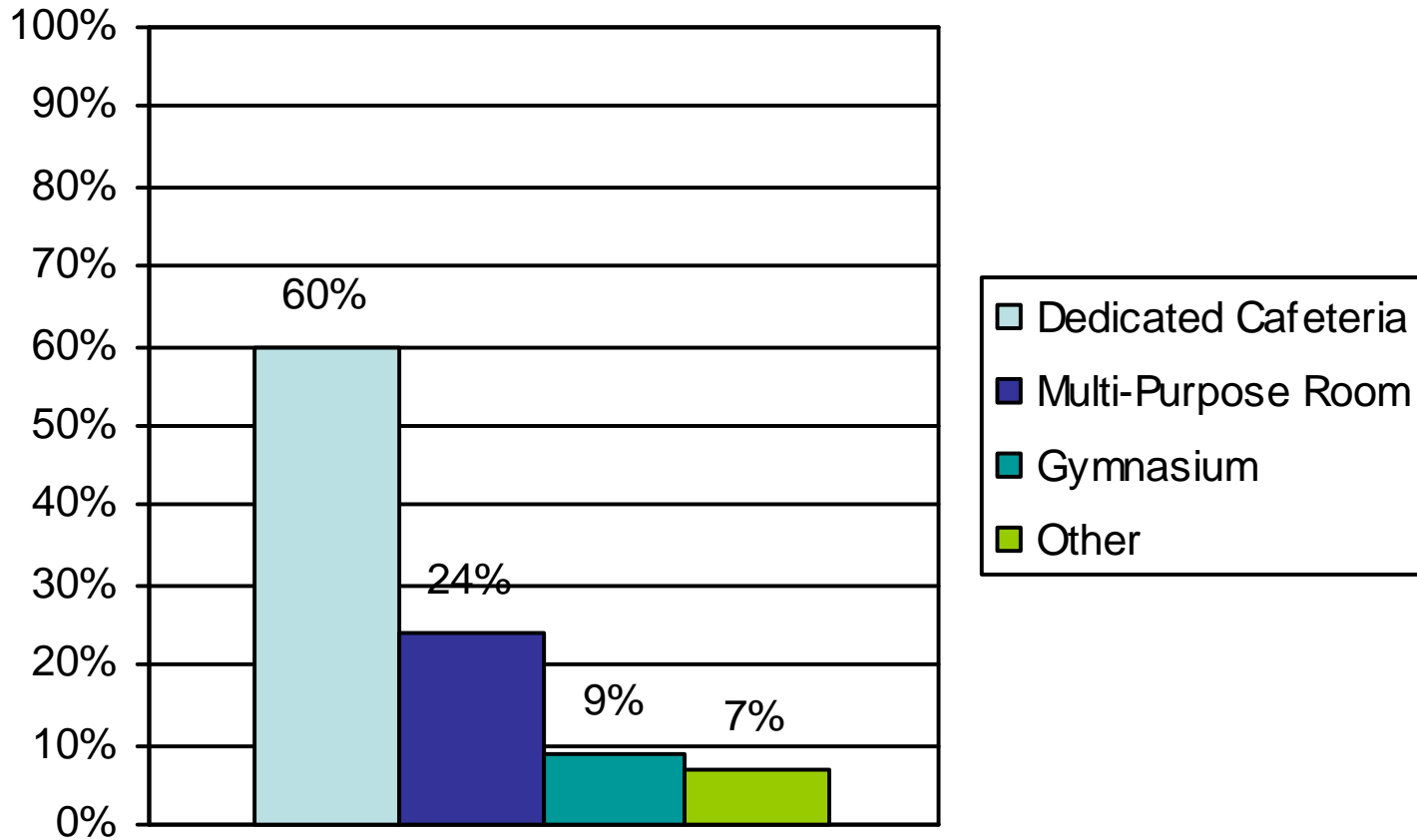


What commercial foods are offered at lunch?



Days per week, $M = 1.0$, $SD = 1.3$

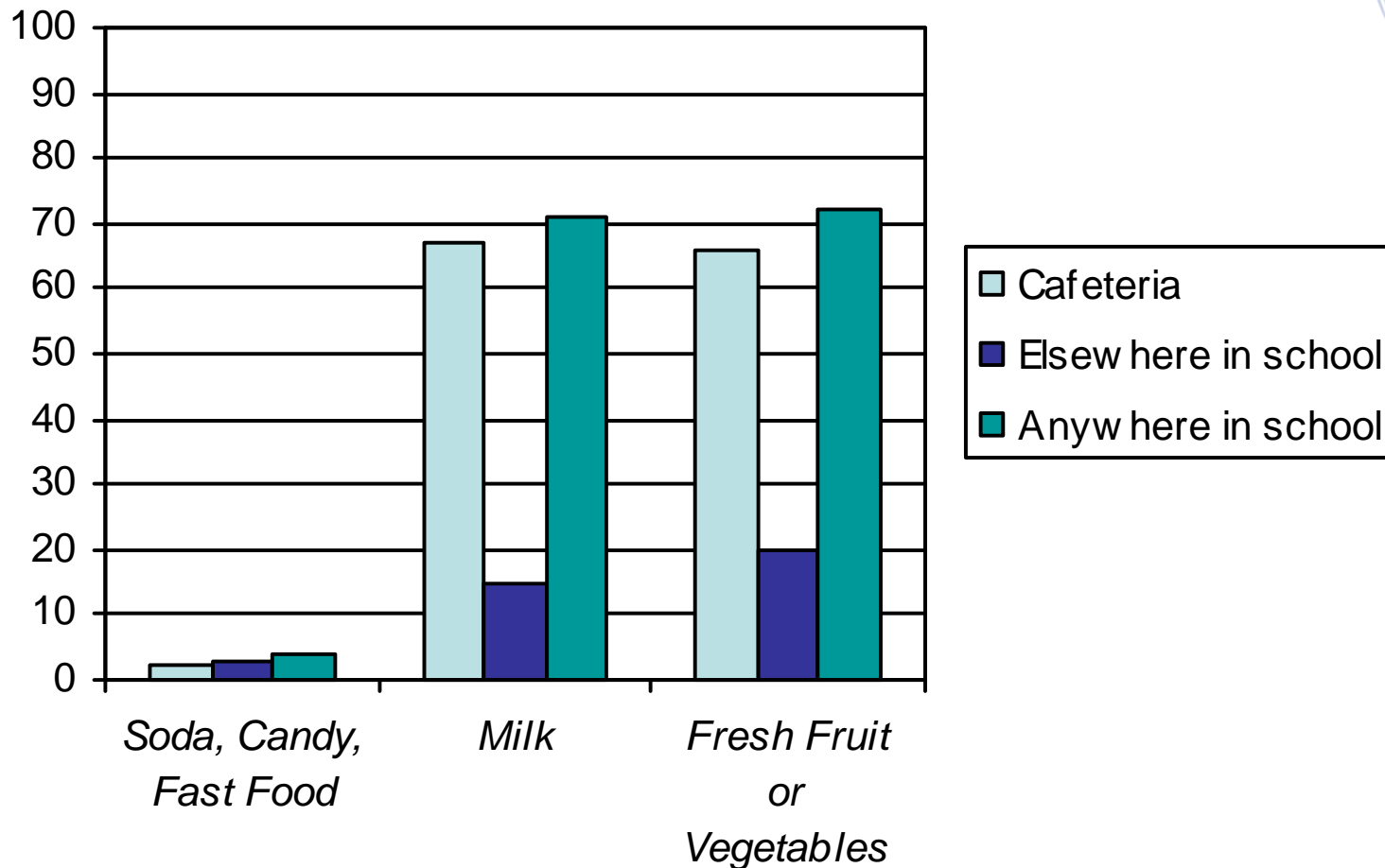
Where are students eating lunch?



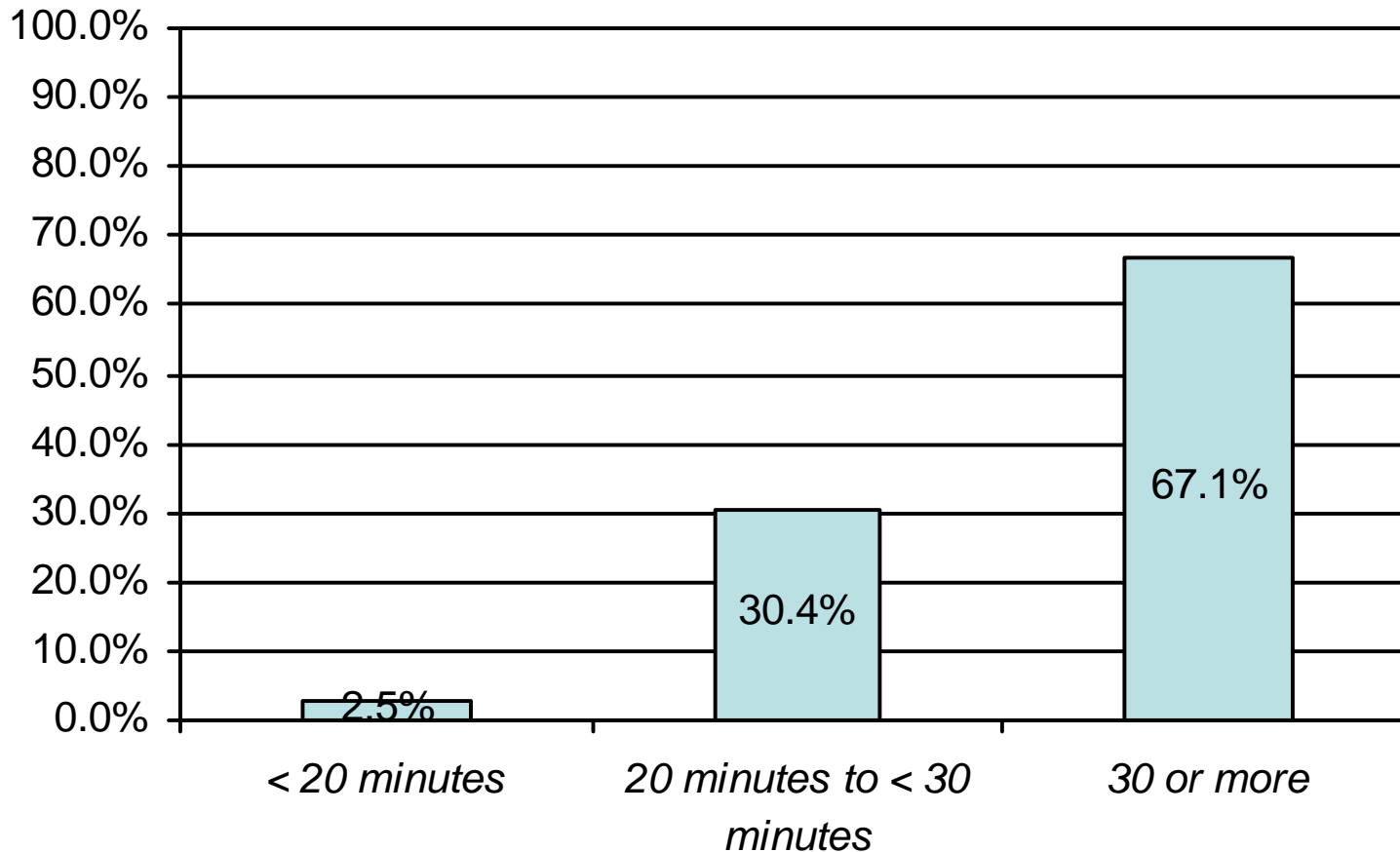
Kitchen facilities

	Full service	Partial	None
Public	77%	20%	3%
Private	70%	18%	12%

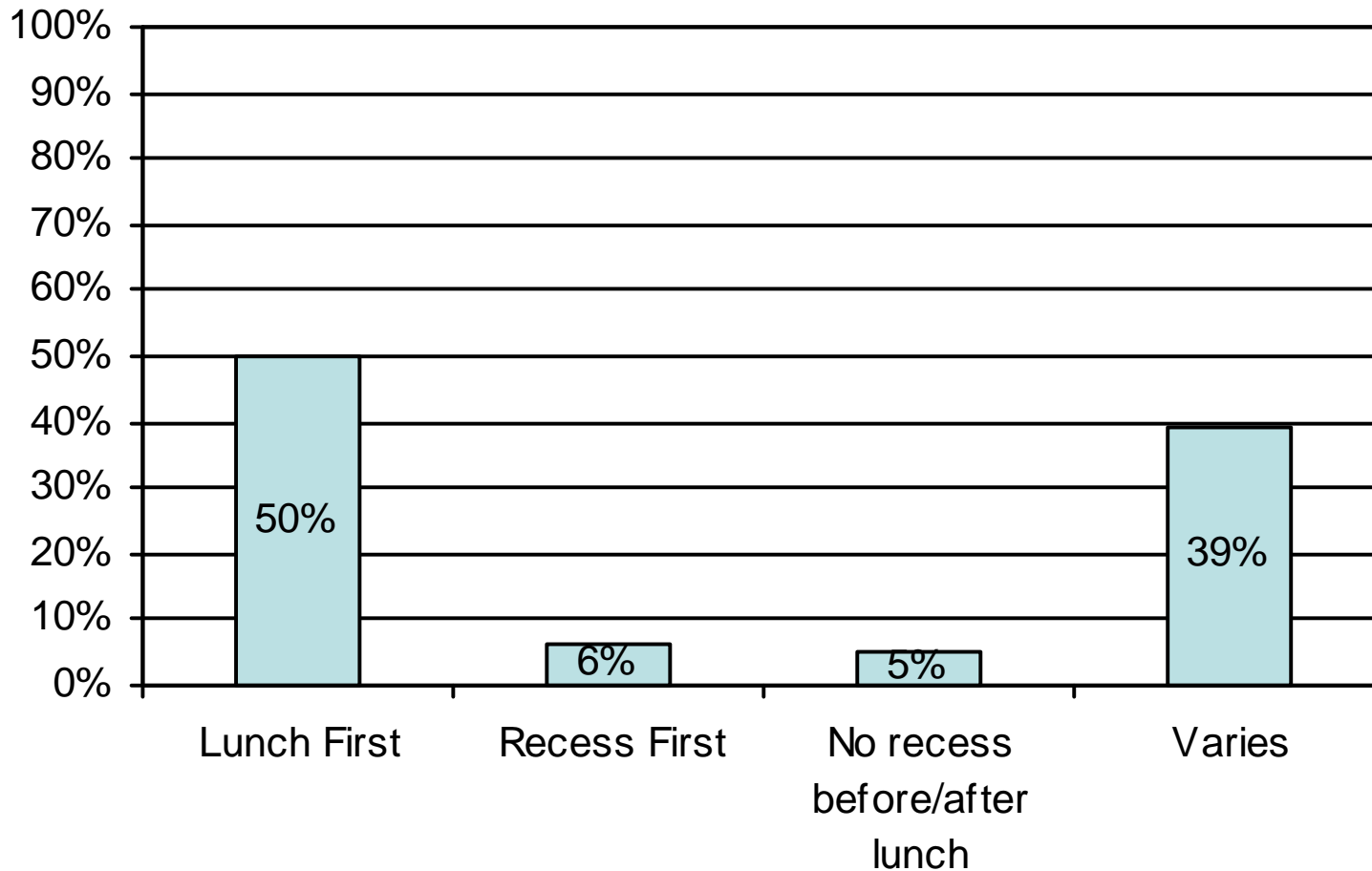
Percent of schools with various types of food/beverage advertising



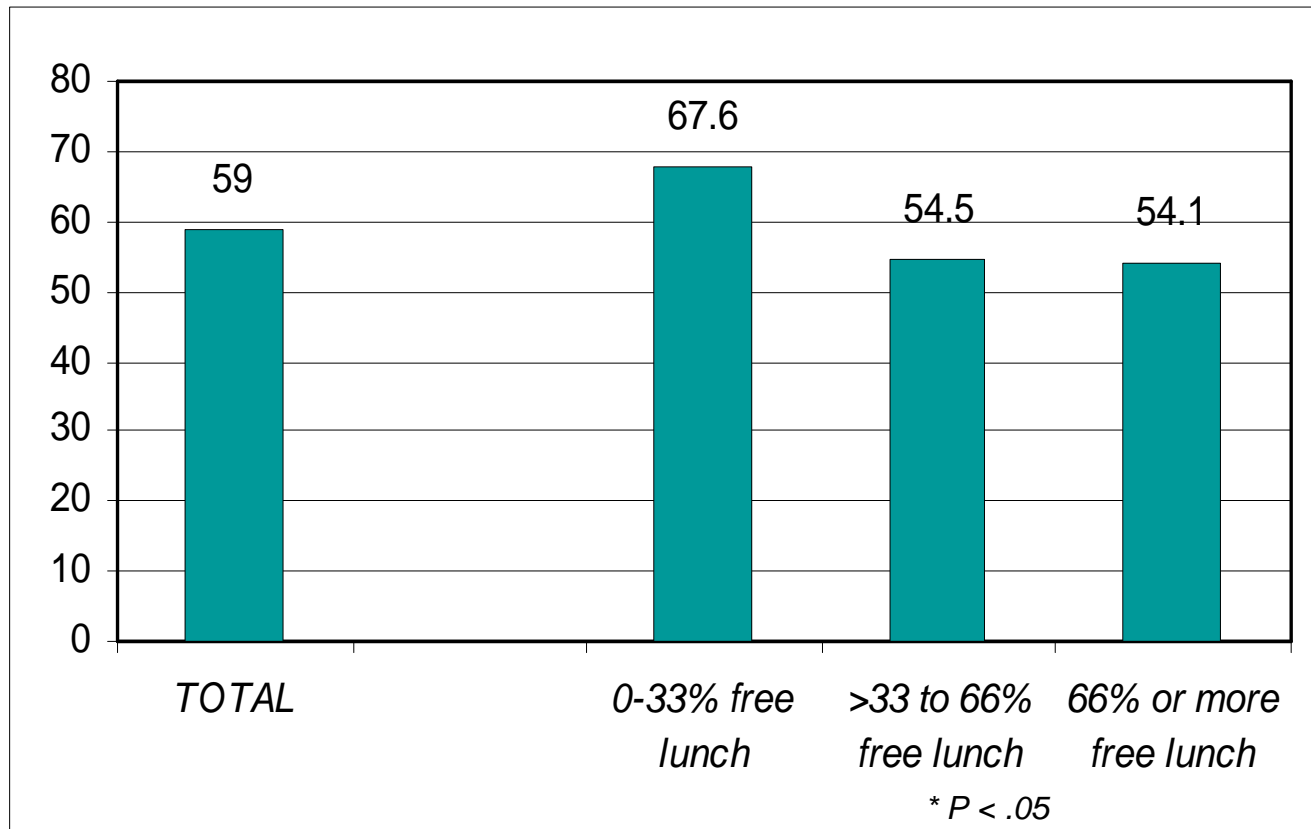
How much time do students have to eat lunch?



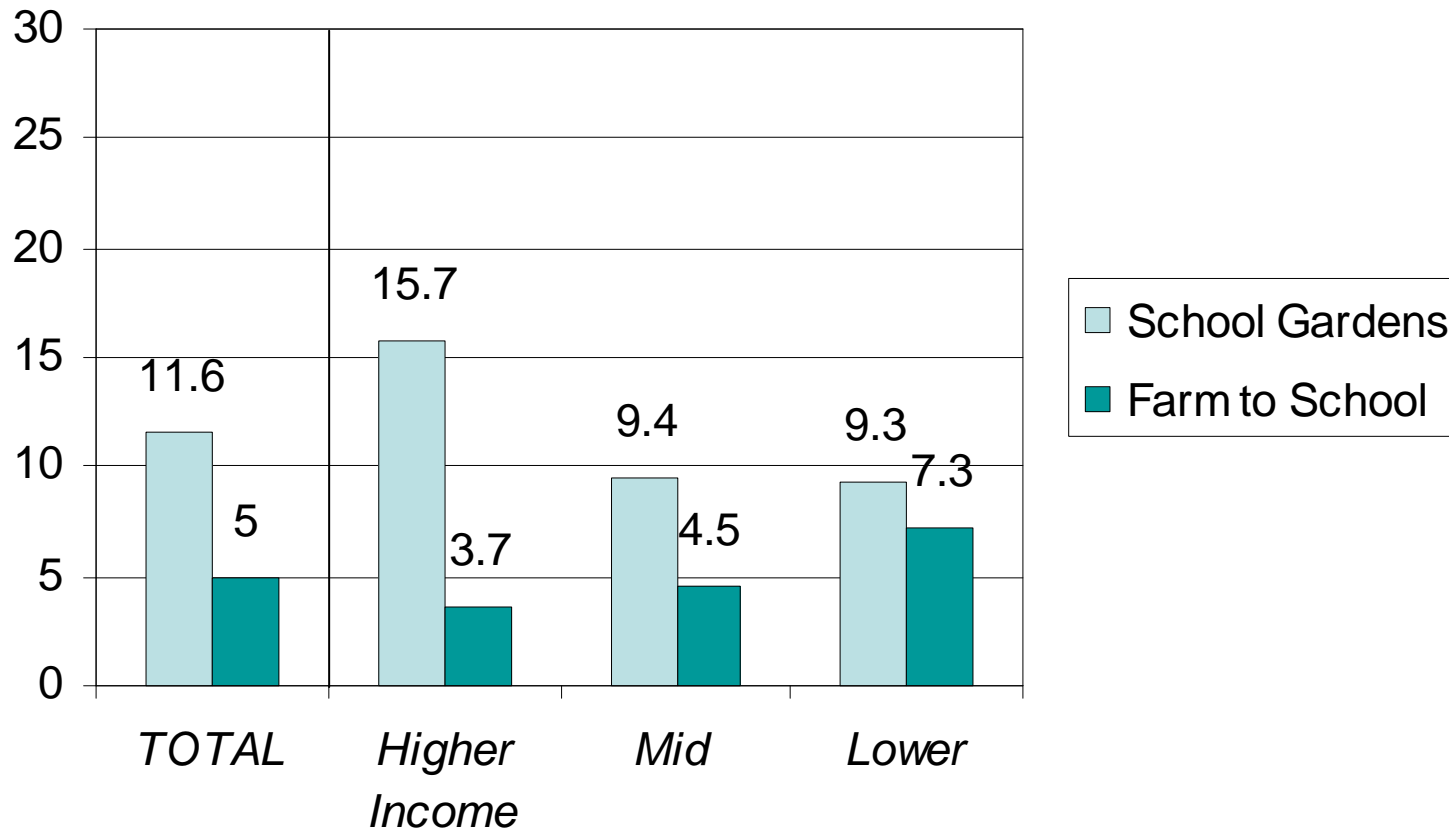
Timing of recess in relation to lunch



Are schools providing nutrition information to students and parents regarding the foods that are available at school?



School Gardens and Farm to School Programs



The Cupcake Police



“Cupcake bans”

	Yes, school-wide policy	Yes, in some classes	No
<i>Policies limiting sugar-sweetened items (e.g., candy, cupcakes, cookies) from being brought in during snack-time</i>	46.3%	22.6%	31.1%
<i>Any policies limiting sugar-sweetened items (e.g., candy, cupcakes, cookies) at school parties</i>	33.0%	17.2%	49.9%

Classroom practices involving candy

Teachers use food (e.g. candy) as a reward for good academic performance

Teachers use food (e.g., candy) as a reward for good behavior

Classroom lessons involve candy (i.e., mathematics using M&M candy)

Food coupons are used as an incentive for students (e.g., “Book-It” pizza party for reading)

Classroom practices involving candy

	Yes, up to teachers	Yes, but discouraged	No
Candy as reward for <i>good academic performance</i>	31.9%	31.9%	36.7%
Candy as reward for <i>good behavior</i>	33.4%	31.2%	35.4%
Candy in classroom lessons	50.9%	13.0%	36.1%
Food coupons (e.g., Book-It)	64.9%	4.8%	30.3%

Additional classroom practices

	Yes, up to teachers	Yes, but discouraged	No
<i>Students are allowed to keep water bottles at their desk</i>	92.2%	1.1%	6.7%
<i>Foods are regularly allowed in class (other than snack time or parties)</i>	17.2%	5.4%	77.4%
<i>Beverages other than water are regularly allowed in class (other than snack time or parties)</i>	4.6%	3.3%	92.1%

Encouraging news:

- Most schools provide students adequate time to eat lunch
- Very little advertising for junk food, and >2/3 of schools have milk and fruit/veg advertising
- Most schools allow students to keep water at their desks
- Most schools do not allow beverages or foods in class other than snacks/parties

Room for improvement:

- Few schools have policies limiting sugar-sweetened items for parties and snacks
- Candy use is fairly common for classroom management and lessons
- Only 2/3 of schools provide nutrition information to students and parents

Next steps:

We will continue to evaluate these policies and practices to track changes over time.

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Thank you!