

2011 California Dietary Practices Survey

Table 113: Buy Fruits and Vegetables at or near Worksite

Base: Out of those who were employed and did not exclusively work from home

When you are at work, how often do you buy fruit either at or near your worksite?

When you are at work, how often do you buy vegetables either at or near your worksite?

	Percent ¹	
	Buying Fruit at or near Work	Buying Vegetables at or near Work
Total	25.9	27.9
<i>Sex</i>		
Male	28.0	26.9
Female	23.2	29.3
<i>Males</i>		
18 - 24	52.8	38.9
25 - 34	20.9	29.7
35 - 50	30.4	25.6
51+	18.2	16.4
<i>Females</i>		
18 - 24	23.1	11.5
25 - 34	28.3	32.1
35 - 50	20.6	33.0
51+	23.2	28.1
<i>Ethnicity</i>		
White	26.2	29.1
Hispanic	27.7	24.5
Black	20.8	16.7
Asian/Pacific Islander	12.9	41.9
<i>Education</i>		
Less than High School	23.1	15.4
High School Graduate	25.0	31.0
Some College	25.9	22.2
College Graduate	27.0	34.5
<i>Income</i>		
Less than \$15,000	23.0	24.8
\$15,000 - 24,999	36.0	28.7
\$25,000 - 34,999	21.7	15.2
\$35,000 - 49,999	20.0	20.0
\$50,000+	24.3	33.0
<i>Overweight Status</i>		
Overweight/Obese	26.8	25.8
Not Overweight	24.4	31.5
<i>SNAP/CalFresh, % FPL</i>		
Participant	23.2	25.1
Likely Eligible, ≤ 130%	37.2	25.6
Not Eligible, > 185%	23.2	30.1

N=539

¹ Percent reporting "most days" or "some days".

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

** p<.01

2011 California Dietary Practices Survey

Table 114: Access to Fruits and Vegetables at or Near Work by Mean Servings of Fruits and Vegetables

Base: Out of those who were employed and did not exclusively work from home

Does your worksite have vending machines for employees to access food or beverages?

Are affordable vegetables, fresh fruits, or dried fruits usually available in these vending machines?

Does your worksite have a cafeteria, snack bar, or food service for employees (do not include catering trucks)?

Does the cafeteria, snack bar, or food service provide affordable fresh fruits and vegetables on a daily basis?

Are there restaurants, fast food places, delis, catering trucks or markets within walking distance of your worksite?

Do these restaurants, fast food places, delis, catering trucks or markets provide affordable fresh fruits and vegetables on a daily basis?

Does your employer provide you with an onsite farmers' market, weekly produce delivery from local farmers or weekly free fresh produce snacks?

Fruits & Vegetables at or near the Worksite		Mean Fruits & Vegetables
Vending Machines	Yes	5.7
	No	5.2
Cafeteria, Snack Bar, or Food Service	Yes	5.0
	No	5.7
Restaurants, Fast Food, Delis, or Catering Trucks	Yes	5.3
	No	5.4
Farmers' Market or Produce Delivery	Yes	6.5
	No	5.1

N= 527; 191; 330; 532

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

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Table 116: Source of Lunch by Healthy and Less Healthy Eating Habits

Base: Out of those who were employed and did not exclusively work from home

Do you bring your lunch from home, buy your meals at or near work, or do you do both?

Mean	Percent			
	Bringing Lunch from Home	Buying Lunch near Work	Both	
Servings of Fruits & Vegetables	5.9 ^b	4.0 ^a	5.1 ^{ab}	**
Servings of Whole Grain Bread, Whole Grains, High Fiber Cereal ¹ , & Beans	2.5	2.8	2.9	
Servings of Deep Fried Foods & Fried Snack Foods	0.6 ^a	0.6 ^a	1.0 ^b	**
Servings of Sugar-Sweetened Beverages	1.2	1.7	1.1	
Times Eating Fast Food in Last Week	1.2 ^a	2.1 ^b	1.4 ^{ab}	**

N= 506; 506; 504; 506; 506

¹High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

** p<.01

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Table 118: Availability of Worksite Exercise Facilities and Employer-Provided Physical Activity Benefits

Base: Out of those who were employed and did not exclusively work from home

Are indoor or outdoor facilities available at your worksite that make it easier for you to be physically active during your work hours?

Does your employer provide any physical activity benefits such as a health club membership, exercise classes, release time for physical activity, or sports teams?

	Percent With	
	Access to Exercise Facilities at Work	Employer-Provided Physical Activity Benefits
Total	35.8	21.7
<i>Sex</i>		
Male	34.1	25.5 *
Female	38.1	16.6
<i>Males</i>		
18 - 24	31.0	16.7 *
25 - 34	30.4	38.0
35 - 50	36.0	20.8
51+	36.4	19.6
<i>Females</i>		
18 - 24	38.5	Insufficient Sample Size
25 - 34	30.2	
35 - 50	41.2	
51+	40.0	
<i>Ethnicity</i>		
White	36.5 ***	24.9 **
Hispanic	27.5	13.4
Black	41.7	12.5
Asian/Pacific Islander	71.0	35.5
<i>Education</i>		
Less than High School	30.8 *	3.1 ***
High School Graduate	39.6	21.6
Some College	28.3	20.5
College Graduate	41.5	28.5
<i>Income</i>		
Less than \$15,000	29.8	14.0 ***
\$15,000 - 24,999	32.7	17.2
\$25,000 - 34,999	26.1	4.5
\$35,000 - 49,999	40.0	34.3
\$50,000+	41.7	29.4
<i>Physically Active</i>		
Met Aerobic Recommendation	43.5 ***	25.5 **
Did Not Meet Aerobic Recommendation	23.2	15.5
<i>Overweight Status</i>		
Overweight/Obese	36.4	25.6 **
Not Overweight	35.2	14.8
<i>SNAP/CalFresh, % FPL</i>		
Participant	30.7	16.3 **
Likely Eligible, ≤ 130%	37.2	13.6
Not Eligible, > 185%	40.0	28.0

N=533; 531

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001