

2013 California Dietary Practices Survey

Table 61: 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	27.6	27.7
<i>Sex</i>		
Male	27.3	26.5
Female	28.1	29.4
<i>Age</i>		
18 - 24	40.9	52.5 ***
25 - 34	30.4	18.9
35 - 50	23.0	26.4
51-64	24.8	29.2
65+	24.4	26.0
<i>Ethnicity</i>		
White	24.6	29.1
Hispanic	32.6	26.2
Black	28.8	28.6
Asian/Other	20.6	22.8
<i>Education</i>		
Less than High School	33.7	18.7 *
High School Graduate	31.8	30.6
Some College	20.5	21.6
College Graduate	27.0	34.6
<i>Income</i>		
Less than \$15,000	27.9	23.4
\$15,000 - 24,999	28.8	27.3
\$25,000 - 34,999	22.4	19.5
\$35,000 - 49,999	32.6	31.6
\$50,000+	25.0	33.4
<i>Overweight Status</i>		
Overweight/Obese	27.6	26.4
Not Overweight	26.2	28.0
<i>Physically Active</i>		
Met Aerobic Recommendation	29.2	31.3 **
Did Not Meet Aerobic Recommendation	23.4	20.0
<i>SNAP/CalFresh, % FPL</i>		
Participant	26.3	21.9 **
Likely Eligible, ≤ 130%	30.5	27.6
Not Eligible, > 185%	29.5	36.9

N=436; 437

¹ Percent reporting most days or some days

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

2013 California Dietary Practices Survey

Table 62: Access to Affordable Fresh Fruits and Vegetables at or near Worksite

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

Do you have access to affordable fresh fruits and vegetables at or near your worksite? Remember to count fruits and vegetables at cafeterias, catering trucks, restaurants, vending machines, and employer-provided produce delivery.

	Percent with Access to Affordable Fresh Fruits and Vegetables at or near Work
Total	61.7
<i>Sex</i>	
Male	62.9
Female	59.9
<i>Age</i>	
18 - 24	69.7
25 - 34	59.0
35 - 50	58.3
51-64	66.7
65+	76.5
<i>Ethnicity</i>	
White	66.6
Hispanic	58.9
Black	61.3
Asian/Other	32.9
<i>Education</i>	
Less than High School	42.8
High School Graduate	70.8
Some College	56.9
College Graduate	67.1
<i>Income</i>	
Less than \$15,000	57.4
\$15,000 - 24,999	65.4
\$25,000 - 34,999	49.9
\$35,000 - 49,999	70.4
\$50,000+	65.1
<i>Overweight Status</i>	
Overweight/Obese	61.0
Not Overweight	63.4
<i>Physically Active</i>	
Met Aerobic Recommendation	62.9
Did Not Meet Aerobic Recommendation	60.6
<i>SNAP/CalFresh, % FPL</i>	
Participant	62.1
Likely Eligible, ≤ 130%	56.5
Not Eligible, > 185%	66.4

N=436

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Chi Square Test

** p<.01

*** p<.001

2013 California Dietary Practices Survey

Table 63: Presence of Various Food and Beverage Items in Vending Machines and at the Workplace by Mean Servings or Times Item was Consumed

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

In your workplace, do you have vending machines selling any of these items?

About how often do you drink a can, bottle, or glass of regular soda that contains sugar?

About how often do you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid, Sunny D, Hawaiian Punch, or lemonade?

About how often do you drink a can, bottle, or glass of a sports drink like Gatorade, PowerAde, or Vitamin Water?

About how often do you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl?

About how often do you drink a coffee or tea with sugar, a sweetened hot espresso drink like a mocha, or a sweetened cold espresso drink like an iced mocha or Frappuccino?

About how often do you drink a glass or bottle of water?

Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have?

Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?

Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)

Does your employer offer an onsite farmers' market, weekly produce delivery from local farmers, or weekly free snacks of fresh fruit?

When you are at work, how often is clean, free drinking water available?

			Mean Servings or Times Food or Beverage Item Consumed on the Previous Day
Available in Vending Machine	Soda or Other Sugar-Sweetened Beverages	Yes	2.3
		No	2.2
	Water (Bottled)	Yes	5.6
		No	5.9
	Candy, Cookies, or Other Sweet Snacks	Yes	0.7
		No	0.7
	Chips or Other Salty Snacks	Yes	0.3
		No	0.2
	Dried or Fresh Fruits and/or Vegetables	Yes	5.3 *
		No	4.4
Available at Worksite	Employer-Provided Produce	Yes	6.0 ***
		No	4.4
	Water (Tap or Drinking Fountain)	Yes	5.9
		No	5.3

N= 433; 434; 435; 434; 437; 437; 409

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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ANOVA

* p<.05

*** p<.001

2013 California Dietary Practices Survey

Table 64: 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?
 Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)
 Yesterday, how many servings of whole grains, other than bread or cereal, such as whole wheat pasta, brown rice, wild rice, quinoa, bulgur, or barley did you have?
 Yesterday, how many servings of whole grain or high fiber bread, such as 100% whole wheat or whole wheat tortillas did you have?
 Yesterday, how many bowls of hot cereal, like oatmeal, or cold cereal did you have?
 What was the name of the cereal you ate yesterday?
 Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, bean salad, or lentils did you have?
 Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?
 Yesterday how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have?
 About how often do you drink a can, bottle, or glass of regular soda that contains sugar?
 About how often do you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid, Sunny D, Hawaiian Punch, or lemonade?
 About how often do you drink a can, bottle, or glass of a sports drink like Gatorade, PowerAde, or Vitamin Water?
 About how often do you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl?
 About how often do you drink a coffee or tea with sugar, a sweetened hot espresso drink like a mocha, or a sweetened cold espresso drink like an iced mocha or Frappuccino?
 In the last week, how many times did you eat a meal or snack from a fast food restaurant?

Source of Lunch	Mean				
	Servings of Fruits & Vegetables	Servings of Whole Grain Bread, Whole Grains, High Fiber Cereal ¹ , & Beans	Servings of Deep Fried Foods & Fried Snack Foods	Servings of Sugar-Sweetened Beverages	Times Eating Fast Food in Last Week
Both	4.8	2.5	0.5	2.0	4.0
Bringing Lunch From Home	5.1	2.6	0.3	2.3	0.9
Buying Lunch Near Work	3.3	2.7	0.6	2.4	1.8

N=409; 408; 409; 408; 393

¹High fiber cereals are defined as those having 3 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<.05

*** p<.001

2013 California Dietary Practices Survey

Table 65: 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 breaks at work?

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

	Percent With	
	Access to Exercise Facilities at Work	Employer-Provided Physical Activity Benefits
Total	39.0	19.9
<i>Sex</i>		
Male	35.4 *	21.7
Female	44.2	17.3
<i>Age</i>		
18 - 24	34.5	8.6
25 - 34	39.4	18.5
35 - 50	36.5	24.4
51-64	45.7	18.2
65+	55.7	24.8
<i>Ethnicity</i>		
White	43.0 ***	24.0 *
Hispanic	27.9	12.4
Black	55.4	20.2
Asian/Other	38.1	31.1
<i>Education</i>		
Less than High School	21.6 **	1.6 ***
High School Graduate	40.5	15.4
Some College	38.4	22.6
College Graduate	46.6	30.6
<i>Income</i>		
Less than \$15,000	36.0 *	7.0 ***
\$15,000 - 24,999	30.6	6.5
\$25,000 - 34,999	41.8	12.8
\$35,000 - 49,999	45.6	41.5
\$50,000+	48.9	38.8
<i>Physically Active</i>		
Met Aerobic Recommendation	38.1	23.0
Did Not Meet Aerobic Recommendation	40.4	15.8
<i>Overweight Status</i>		
Overweight/Obese	46.9 ***	26.6 ***
Not Overweight	26.9	8.0
<i>SNAP/CalFresh, % FPL</i>		
Participant	36.8 **	11.4 ***
Likely Eligible, ≤ 130%	29.2	8.8
Not Eligible, > 185%	49.2	39.3

N=438; 433

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Dietary Practices Survey

Table 66: Availability of a Worksite Wellness or Other Health Promotion Program

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

Does your worksite offer a worksite wellness or other health promotion program for employees to participate in?

	Percent with Wellness Program	
Total	22.7	
<i>Sex</i>		
Male	25.4	
Female	18.9	
<i>Age</i>		
18 - 24	12.1	
25 - 34	19.5	
35 - 50	26.0	
51-64	26.3	
65+	35.7	
<i>Ethnicity</i>		
White	30.2	***
Hispanic	14.3	
Black	20.5	
Asian/Other	12.2	
<i>Education</i>		
Less than High School	2.3	***
High School Graduate	21.4	
Some College	19.7	
College Graduate	36.4	
<i>Income</i>		
Less than \$15,000	13.1	***
\$15,000 - 24,999	8.7	
\$25,000 - 34,999	11.3	
\$35,000 - 49,999	43.3	
\$50,000+	43.0	
<i>Physically Active</i>		
Met Aerobic Recommendation	26.2	
Did Not Meet Aerobic Recommendation	18.5	
<i>Overweight Status</i>		
Overweight/Obese	27.6	***
Not Overweight	14.2	
<i>SNAP/CalFresh, % FPL</i>		
Participant	13.5	***
Likely Eligible, ≤ 130%	12.5	
Not Eligible, > 185%	44.4	

N=429

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

Chi Square Test

*** p<.001