

2009 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	29.8	31.2
<i>Sex</i>		
Males	29.9	30.7
Females	29.8	31.9
<i>Males</i>		
18 - 24	55.3 ***	50.0 *
25 - 34	20.7	24.1
35 - 50	27.9	29.5
51+	25.0	26.9
<i>Females</i>		
18 - 24	46.9	40.6
25 - 34	32.8	41.7
35 - 50	23.1	24.2
51+	27.5	27.5
<i>Ethnicity</i>		
White	26.7 *	28.3
Hispanic	27.9	32.7
Black	24.0	24.0
Asian/Pacific Islander	41.2	38.6
<i>Education</i>		
Less than High School	25.3	24.2
High School Graduate	29.7	28.8
Some College	34.5	30.8
College Graduate	29.4	36.0
<i>Income</i>		
Less than \$15,000	31.1	26.9
\$15,000 - 24,999	28.1	24.0
\$25,000 - 34,999	28.3	32.6
\$35,000 - 49,999	28.3	27.7
\$50,000+	29.1	36.9
<i>Physically Active</i>		
Did Not Meet Recommendations	32.0	31.7
Met Recommendations	33.1	34.1
<i>Overweight Status</i>		
Overweight/Obese	23.5 ***	26.4 **
Not Overweight	38.3	38.3
<i>SNAP/CalFresh, % FPL</i>		
Participant, ≤ 130%	30.7	28.1
Likely Eligible, ≤ 130%	24.5	26.4
Potentially Eligible, 131 - 185%	50.0	42.1
Not Eligible, > 185%	27.6	33.3

N=544

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<.05

** p<.01

*** p<.001

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Table 114: Farmers' Market , Produce Delivery, or Produce Snacks Provided by Worksite

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

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

	Percent with Employer-Provided Produce
Total	10.7
<i>Sex</i>	
Males	11.7
Females	9.4
<i>Males</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51+	
<i>Females</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51+	
<i>Ethnicity</i>	
White	6.8
Hispanic	12.3
Black	12.5
Asian/Pacific Islander	14.9
<i>Education</i>	
Less than High School	8.4
High School Graduate	13.7
Some College	9.2
College Graduate	10.9
<i>Income</i>	
Less than \$15,000	12.8
\$15,000 - 24,999	9.4
\$25,000 - 34,999	0.0
\$35,000 - 49,999	21.7
\$50,000+	9.9
<i>Physically Active</i>	
Did Not Meet Recommendations	11.8
Met Recommendations	9.9
<i>Overweight Status</i>	
Overweight/Obese	8.9
Not Overweight	13.5
<i>SNAP/CalFresh, % FPL</i>	
Participant, ≤ 130%	12.6
Likely Eligible, ≤ 130%	9.4
Potentially Eligible, 131 - 185%	5.3
Not Eligible, > 185%	9.8

N=544

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Chi Square Test

* p<.05

2009 California Dietary Practices Survey

Table 115: Access to Fresh Fruits and Vegetables at or Near Worksite

¹ Base: Out of those who were employed, did not exclusively work from home, and had cafeteria, snack bar, or food service

² Base: Out of those who were employed, did not exclusively work from home, and had restaurants near worksite

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?

	Percent with Access to Fruits & Vegetables	
	At Worksite ¹	Within Walking Distance of Worksite ²
Total	64.4	64.7
<i>Sex</i>		
Males	64.7	56.4 **
Females	64.5	74.8
<i>Males</i>		
18 - 24	57.1	54.8 *
25 - 34	51.4	61.1
35 - 50	70.5	45.2
51+	79.2	82.6
<i>Females</i>		
18 - 24	37.5	95.7
25 - 34	67.6	71.9
35 - 50	58.6	72.2
51+	81.0	69.7
<i>Ethnicity</i>		
White	68.0	68.3 **
Hispanic	52.0	52.4
Black	63.6	58.3
Asian/Pacific Islander	69.2	77.4
<i>Education</i>		
Less than High School	40.0 *	43.4 **
High School Graduate	57.9	62.2
Some College	75.0	67.7
College Graduate	66.0	73.3
<i>Income</i>		
Less than \$15,000	52.6	55.9 *
\$15,000 - 24,999	53.6	50.0
\$25,000 - 34,999	70.6	64.5
\$35,000 - 49,999	70.6	68.0
\$50,000+	70.8	72.9
<i>Physically Active</i>		
Did Not Meet Recommendations	77.1 *	65.8
Met Recommendations	60.2	70.1
<i>Overweight Status</i>		
Overweight/Obese	67.8	60.6
Not Overweight	58.2	68.3
<i>SNAP/CalFresh, % FPL</i>		
Participant, ≤ 130%	60.2	59.1
Likely Eligible, ≤ 130%	38.5	56.4
Potentially Eligible, 131 - 185%	66.7	50.0
Not Eligible, > 185%	72.1	71.9

N=544

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Chi Square Test

* p<.05

** p<.01

2009 California Dietary Practices Survey

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	5.5	4.3	5.3	
Servings of Whole Grain Bread, Whole Grains, High Fiber Cereal ¹ , & Beans	2.8 ^{ab}	2.1 ^a	3.0 ^b	*
Servings of Deep Fried Foods & Fried Snack Foods	0.7	0.7	0.7	
Servings of Sugar-Sweetened Beverages	1.1	1.4	1.3	
Times Eating Fast Food in Last Week	1.0 ^a	2.2 ^b	1.8 ^b	***

N=544

¹ High 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<.05

*** p<.001

2009 California Dietary Practices Survey

Table 117: Access to Fresh or Dried Fruits in Worksite Vending Machines

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?

	Access to Fruits & Vegetables in Vending Machines, Percent
Total	10.7
<i>Sex</i>	
Males	12.2
Females	8.7
<i>Males</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51+	
<i>Females</i>	
18 - 24	Insufficient Sample Size for Analysis
25 - 34	
35 - 50	
51+	
<i>Ethnicity</i>	
White	10.3
Hispanic	9.8
Black	16.0
Asian/Pacific Islander	11.9
<i>Education</i>	
Less than High School	8.4
High School Graduate	12.0
Some College	14.3
College Graduate	9.3
<i>Income</i>	
Less than \$15,000	7.7
\$15,000 - 24,999	11.6
\$25,000 - 34,999	15.6
\$35,000 - 49,999	13.0
\$50,000+	10.1
<i>Physically Active</i>	
Did Not Meet Recommendations	8.5
Met Recommendations	12.0
<i>Overweight Status</i>	
Overweight/Obese	13.6 *
Not Overweight	7.8
<i>SNAP/CalFresh, % FPL</i>	
Participant, ≤ 130%	13.8
Likely Eligible, ≤ 130%	5.7
Potentially Eligible, 131 - 185%	10.5
Not Eligible, > 185%	8.8

N=544

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Chi Square Test

* p<.05

2009 California Dietary Practices Survey

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	34.3	18.3
<i>Sex</i>		
Males	35.1	15.9
Females	33.3	21.4
<i>Males</i>		
18 - 24	27.1	19.1
25 - 34	39.5	17.2
35 - 50	38.5	13.7
51+	26.9	17.3
<i>Females</i>		
18 - 24	31.3	12.5
25 - 34	26.2	18.0
35 - 50	38.0	29.3
51+	34.7	16.0
<i>Ethnicity</i>		
White	35.3	21.1
Hispanic	29.1	11.7
Black	44.0	16.7
Asian/Pacific Islander	37.3	20.8
<i>Education</i>		
Less than High School	20.2 *	3.2 ***
High School Graduate	38.1	18.6
Some College	33.6	19.8
College Graduate	38.9	23.9
<i>Income</i>		
Less than \$15,000	38.5	6.1 ***
\$15,000 - 24,999	26.3	9.6
\$25,000 - 34,999	26.1	8.9
\$35,000 - 49,999	29.8	13.0
\$50,000+	39.4	29.4
<i>Physically Active</i>		
Did Not Meet Recommendations	38.6	17.3 *
Met Recommendations	40.7	27.3
<i>Overweight Status</i>		
Overweight/Obese	34.0	15.5 *
Not Overweight	34.8	22.4
<i>SNAP/CalFresh, % FPL</i>		
Participant, ≤ 130%	33.5	10.4 ***
Likely Eligible, ≤ 130%	30.8	5.7
Potentially Eligible, 131 - 185%	31.6	5.6
Not Eligible, > 185%	38.2	29.1

N=544

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Chi Square Test

* p<.05

*** p<.001