

SHPPS 2006

SCHOOL HEALTH POLICIES AND PROGRAMS STUDY

Foods and Beverages Sold Outside of the School Meals Programs

About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- 32.7% of elementary schools, 71.3% of middle schools, and 89.4% of high schools had either a vending machine or a school store, canteen, or snack bar where students could purchase foods or beverages.
- 4.0% of states and 6.6% of districts required that schools make fruits or vegetables available to students whenever food was offered or sold.
- 18.4% of states required and 17.0% of districts required that schools make healthful beverages such as bottled water or low-fat milk available to students whenever beverages were offered or sold.
- 11.9% of elementary schools, 25.4% of middle schools, and 48.0% of high schools allowed students to purchase foods and beverages high in fat, sodium, or added sugars from a vending machine or in a school store, canteen, or snack bar during lunch periods.¹
- 12.9% of elementary schools, 28.7% of middle schools, and 58.2% of high schools allowed students to buy soda pop, fruit drinks that are not 100% juice, or sports drinks from a vending machine or in a school store, canteen, or snack bar during lunch periods.

Food or Beverage	Elementary	Middle	High
1% or skim milk	4.2	12.9	20.2
2% or whole milk	7.1	15.4	30.6
100% fruit juice	16.8	41.1	64.7
Bottled water	21.9	63.2	85.8
Chocolate candy	8.7	24.7	49.6
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat	12.0	27.6	58.3
Fruits or vegetables	4.2	8.7	17.9
Ice cream or frozen yogurt that is not low in fat	7.0	11.0	22.0
Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods	9.7	25.5	49.3
Other kinds of candy (non-chocolate)	10.8	26.2	54.2
Salty snacks that are low in fat (e.g., pretzels, baked chips, or other low-fat chips)	11.3	30.9	58.0
Salty snacks that are not low in fat (e.g., regular potato chips or cheese puffs)	11.6	30.4	61.4
Soda pop or fruit drinks that are not 100% juice	16.4	45.0	76.8
Sports drinks (e.g., Gatorade)	12.4	51.7	75.0

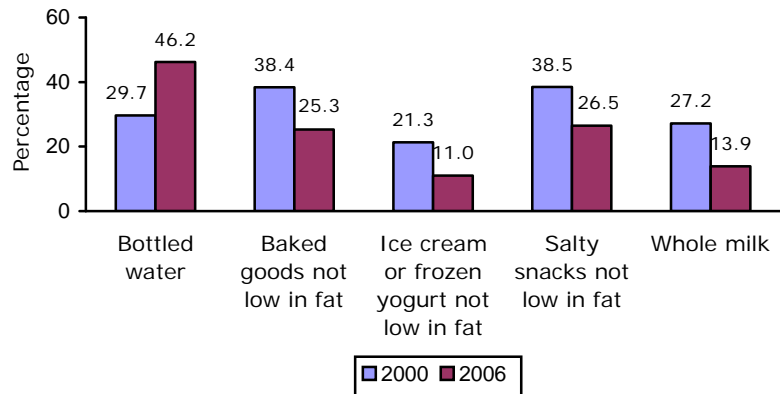
- Among schools that sold soda pop, sports drinks, or fruit drinks that were not 100% juice in vending machines or school stores, the percentage that sold these drinks during school lunch periods decreased from 68.4% in 2000 to 47.7% in 2006.²

¹ Includes chocolate candy, other kinds of candy, baked goods not low in fat, salty snacks not low in fat, ice cream or frozen yogurt not low in fat, 2% or whole milk, and water ices or frozen slushes that do not contain juice.

² Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria (p < .01 from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

- 64.4% of districts received a specified percentage of soft drink sales receipts and 32.5% received incentives such as cash awards or donations of equipment once receipts totaled a specified amount.
- 43.0% of districts were prohibited from selling soft drinks produced by more than 1 company.
- 51.3% of schools allowed soft drink companies to advertise soft drinks on vending machines and 16.4% allowed soft drink advertisements on school grounds, including on the outside of school buildings, on playing fields, or other areas of campus.

Percentage of Schools in Which Students Could Purchase Specific Items from Vending Machines or in School Stores, Canteens, or Snack Bars, 2000 and 2006



Percentage of States and Districts That Required Schools to Prohibit Offering Junk Foods* in School Settings, 2000 and 2006

School Setting	States		Districts	
	2000	2006	2000	2006
A la carte during breakfast or lunch periods	20.0	42.0	23.1	38.9
Concession stands	2.0	6.1	1.4	5.5
School stores, canteens, or snack bars	6.0	32.0	3.9	18.9
Student parties	2.0	8.0	1.4	11.5
Vending machines	8.0	32.0	4.1	29.8

*Defined as foods or beverages that have low nutrient density (i.e., they provide calories primarily through fats or added sugars and have minimal amounts of vitamins and minerals).

Percentage of Schools in Which Organizations* Sold Specific Foods and Beverages for Fund-Raising, by School Level

Food or Beverage	Elementary	Middle	High
Chocolate candy	49.8	56.2	67.1
Baked goods not low in fat (e.g., cookies, crackers, pastries)	49.1	55.8	66.6
Non-chocolate candy	40.2	42.6	64.3
Soda pop or fruit drinks that were not 100% juice	20.9	30.3	36.4
Sports drinks	11.1	24.0	31.1
Fruits and vegetables	14.6	20.7	38.6

*For example, student clubs, sports teams, or the PTA.

- The percentage of schools that sold cookies or other baked goods not low in fat as part of fund-raising for any school organization decreased from 67.3% in 2000 to 54.3% in 2006.
- The percentage of schools that sold junk foods as part of fund-raising during school lunch periods decreased from 38.7% in 2000 to 23.4% in 2006.
- 16.6% of schools prohibited faculty and staff from using food or food coupons as a reward for good behavior or good academic performance.
- 2.0% of states and 24.2% of districts required that schools prohibit advertising for candy, fast food restaurants, or soft drinks on school property.

Where can I get more information? Visit www.cdc.gov/shpps or call 800-CDC INFO (800-232-4636).