



Exploring the food environment of post-primary schools in Ireland.

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EXPLORING THE FOOD ENVIRONMENT OF POST-PRIMARY SCHOOLS IN IRELAND

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OVERVIEW

- ▶ Study aims
 - ▶ Background
 - ▶ Food Environment
 - ▶ Results
 - ▶ Future work
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STUDY AIMS

- ▶ To characterise the food environment in and around post-primary schools that took part in the 2010 HBSC survey in Ireland
- ▶ To link this information with student dietary habits and geographic information

BACKGROUND

- ▶ Increasing trend in obesity in children in Ireland -

1 in 4 - overweight

1 in 14 – obese GUI, 2009

- ▶ effects of the built environment on food choice

Day et al, 2011, Timperio et al, 2008

- ▶ School food environment

- ▶ children - time in this setting

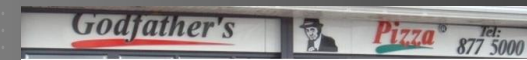
- ▶ External & Internal

▶ *PHASE 1: External Food Environment*
~ *November 2011 – March 2012*

PHASE 2: Internal Food Environment

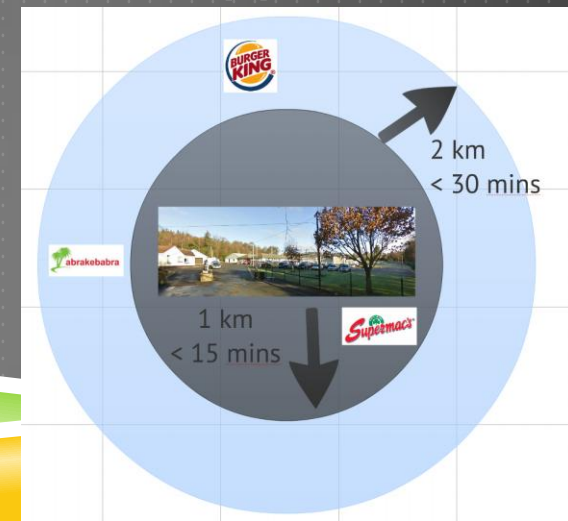
I. EXTERNAL FOOD ENVIRONMENT

- ▶ around the school setting
 - ▶ Fast food
- ▶ School locations
- ▶ HBSC data, Geodirectory – GIS
- ▶ 119 post-primary schools
- ▶ 9,290 post-primary students – 2010



MAPPING THE EXTERNAL FOOD ENVIRONMENT

- ▶ Geo-coded HBSC post primary schools (n=119)
- ▶ 1km and 2kms circular buffers created around each of the schools
- ▶ All well known fast food restaurant chains were mapped
 - BK, McDonalds, Supermacs



RESULTS

- ▶ 46.2% had 1+ fast food restaurants located within 1km
 - ▶ 56.3% had 1+ fast food restaurants located within 2km
 - ▶ Access to fast food restaurant chains was found to be greater for urban schools
 - ▶ No difference between DEIS/non DEIS
 - ▶ Fast food restaurant chains + relationship with deprivation
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PHASE 1: External Food Environment November 2011 – March 2012

- ▶ *PHASE 2: Internal Food Environment
~ March 2012 – June 2013*

2: INTERNAL FOOD ENVIRONMENT

- ▶ Questionnaire developed based on international HBSC school level questionnaire - piloted with 4 post-primary schools (3 urban, 1 rural)
- ▶ 5 themes, 25 questions
 - ▶ School characteristics, Nutrition, Physical Activity, Violence/bullying and Neighbourhood
- ▶ 119 schools - Initial email contact, followed up with phone call
 - ▶ RR 56.1% (n=64)
- ▶ Participate online using SurveyMonkey or by post

FOOD ACCESS IN SCHOOLS

- ▶ Canteen: 57% schools (n= 36)
- ▶ Tuck Shop: 49% schools (n= 31)
- ▶ Vending machines: 35% schools (n=22)

FOOD ACCESS OUTSIDE SCHOOLS

- ▶ Permitted to leave school at lunch time
 - ▶ First year: 19.0% (n=12)
 - ▶ Second year: 30.6% (n=19)
 - ▶ Third year: 31.1% (n=19)
 - ▶ Transition year: 38.7% (n=24)
 - ▶ Pre-leaving certificate year: 51.6% (n=32)
 - ▶ Leaving certificate year: 67.2% (n=43)

RESULTS: DAILY CONSUMPTION


	Soft drinks	Vegetables	Fruit
Policy to increase healthy eating (f&v)	-0.305*	0.207	0.139
Leave at lunch – 1 st Year	0.379**	-0.231	-0.306*
Leave at lunch – 2 nd Year	0.508**	-0.281*	-0.405**
Leave at lunch – 3 rd Year	0.469**	-0.369**	-0.39**
Leave at lunch – Transition Year	0.474**	-0.197	-0.422**
Leave at lunch – Pre leaving Cert Year	0.459**	-0.233	-0.377**
Leave at lunch – Leaving Cert Year	0.358**	-0.149	-0.199

*p<0.05; **p<0.01

SUMMARY

- ▶ Over 50% of post-primary schools had 1+ fast food restaurants within 2 km
 - ▶ More fast food restaurants located in deprived areas
 - ▶ Provision of food in schools varies by school (canteen, tuck shop, vending machine)
 - ▶ Access to external food environment varies - increased access for older children
 - ▶ School policies related to student dietary habits
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FUTURE WORK

- ▶ First time that geographic and school level data has been explored by HBSC Ireland
 - ▶ On-going work – link the school level data to HBSC student level data
 - ▶ Will inform future data collection at the school level by HBSC Ireland
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Thank you



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