Nutrition Education Project

Rethink Your Drink
New Indicators (2011)

Questions added to the CHKS in 2011 by SFUSD’s Nutrition Education Project
In the past 7 days, how many times have you eaten fast food?

- 0 times: 64% (5th Grade), 58% (7th Grade), 56% (9th Grade), 55% (11th Grade)
- 1 time: 27% (5th Grade), 28% (7th Grade), 27% (9th Grade), 27% (11th Grade)
- 2 times: 8% (5th Grade), 9% (7th Grade), 9% (9th Grade), 9% (11th Grade)
- 3 times: 11% (5th Grade), 7% (7th Grade), 7% (9th Grade), 7% (11th Grade)
- 4 times: 5% (5th Grade), 4% (7th Grade), 4% (9th Grade), 4% (11th Grade)
- 5 times: 1% (5th Grade), 1% (7th Grade), 1% (9th Grade), 1% (11th Grade)
- 6 or 7 times: 0% (5th Grade), 1% (7th Grade), 0% (9th Grade), 0% (11th Grade)

The majority of students reported not eating fast food in the week prior to the survey, although fast food consumption appears to increase as students progress through SFUSD grade levels.
Yesterday, how many times did you drink a can, bottle, or glass of soda?

- 0 times, 64%
- 1 time, 27%
- 2 times, 6%
- 3 or more times, 3%

Data Source: ES CHKS 2011 (n=684 5th grade students)
Soda Consumption Across the Grade Span

number of times students drank soda on the day prior to the survey

0 times  1 time  2 times  3 or more times

5th: 63.8%  26.4%  6.3%  3.5%
7th: 58.8%  27.1%  8.6%  5.5%
9th: 63.4%  23.8%  7.8%  5.0%
11th: 66.9%  21.3%  7.3%  4.5%
Yesterday, how many times did you drink punch, Kool-Aid, sports drinks, or fruit-flavored drinks? (Do not count 100% juice, like orange juice or apple juice)

Data Source: ES CHKKS 2011 (n=684 5th grade students)
Sugar-Sweetened Beverages Combined = Soda + Punch

number of times students drank soda and/or other sugar-sweetened beverages on the day prior to the survey

- 0 times, 41%
- 1 time, 31%
- 2 times, 16%
- 3 times, 8%
- 4 times, 2%
- 5 times, 1%
- 6 or more times, 1%

Data Source: ES CHKS 2011 (n=684 5th grade students)
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Thank You