bridging the gap

Research Informing Policies & Practices for Healthy Youth

Food Marketing to Children and Youths: Evidence from the Bridging the Gap Program

RESEARCH ROUNDTABLE III: FOOD ADVERTISING AND MARKETING TO CHILDREN AND YOUTH Academy for Educational Development, Washington DC, April 5th 2011

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Bridging the Gap is...

- A collaborative effort to assess the impacts of policies, programs & other environmental factors on a variety of adolescent health-related behaviors
- An RWJF initiative begun in 1997 with focus on adolescent alcohol, tobacco, and other drug use and related outcomes
- More recently expanded to include youth eating practices, physical activity, and weight outcomes
- Linked to the ongoing, NIDA-funded, Monitoring the Future study



University of Michigan

Lloyd Johnston, Project Director Institute for Social Research

Monitoring the Future (MTF)

Youth, Education and Society (YES!)

University of Illinois at Chicago

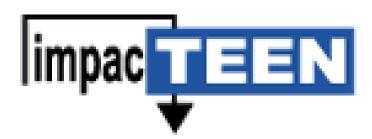
Frank Chaloupka, Project Director Health Policy Center

ImpacTeen

Food & Fitness



A Policy Research Partnership for Healthier Youth Behavior



A Policy Research Partnership for Healthier Youth Behavior

PI: Frank Chaloupka
Co-Investigators and key staff include:
Lisa Powell, Jamie Chriqui, Lindsey Turner,
Dianne Barker, Leah Rimkus, Sandy Slater
Sherry Emery, Glen Szczypka, Lisa Nicholson,
Dan Taber, Roy Wada, Jidong Huang, Rebecca
Schermbeck, Anna Sandoval, and others......

Bridging the Gap - Obesity

State and National

Annual collection of state policies and commercial data (UIC)

Local and Community

Planned annual community data collection and ongoing district wellness policy collection and coding (UIC)

State level policies addressing the built environment

State level

policies and

legislation

around Safe

Routes to

School

Availability and accessibility of physical activity opportunities

School and Organizational

beverage television advertising Local zoning codes

regulations, and

omprehensiveness of school district

wellness policies Presence and

content of vending machines at school

Information on ealthy eating and physical activity opportunities from ey informant nterviews

State taxation of beverages, snack foods. and restaurant food

Annual YES (ISR-UM) and Food & Fitness surveys (UIC)

Individual and Household

Annual MTF surveys (ISR-UM) Commercial data (UIC)

Self-reported height and weight, physical activity, and measures of healthy eating Household food expenditures

wellness policies

education and recess Implementation of school district

Availability and accessibility of healthy food and beverages in stores and restaurants

Frequency and

length of physical

Availability of various foods/beverages in the school

environment

food/beverages at ordinances that can

Awareness and implementation of Alliance for a Healthier Generation Guidelines

Marketing of

school

Characteristics of the built environment that impact on physical activity

impact on healthy eating and physical activity Market-level PSAs related to healthy eating. physical activity

National food an

Marketing of healthy/unhealthy foods and beverage in communities

> State policies related to healthy eating and physic activ

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State policies related to school district wellness policies

and obesity

Bridging the Gap data include ...

- Monitoring the Future Surveys of adolescents
- Household food purchases (HomeScan)
- Surveys of primary and secondary school administrators
- School district wellness policies
- Community-level observations
- Community-level ordinances and regulations
- Market and national level television advertising exposure
- State-level policies and regulations
- Variety of archival data

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Research Informing Policies & Practices for Healthy Youth

Children's Exposure to Food-related Advertising on TV

Nielsen Media Research Ratings Data

Advertising Data

- Targeted Ratings Points (TRPs) data on exposure to ads seen on TV obtained from Nielsen Media Research
- Ratings cover all programming seen by children
- Ratings points measure the reach and frequency of advertising. For example, a commercial with 80 TRPs for 2-5 year olds per month is estimated to have been seen an average of one time by 80% of children 2-5 over the defined period
- Ratings by:
 - > Year: 2003, 2005, 2007, and 2009
 - > Age Groups: 2-5y, 6-11y, and 12-17y
 - Race: All children, separately by white and black. Study does not include separate ratings for Hispanic children nor does it cover Spanish Language TV
- Food-related advertising categorized as:
 - Cereal, Sweets, Snacks, Beverages, Fast Food Restaurants, Full-service Restaurants, and Other

Number of Food-Related Ads Per Day, By Year and Age

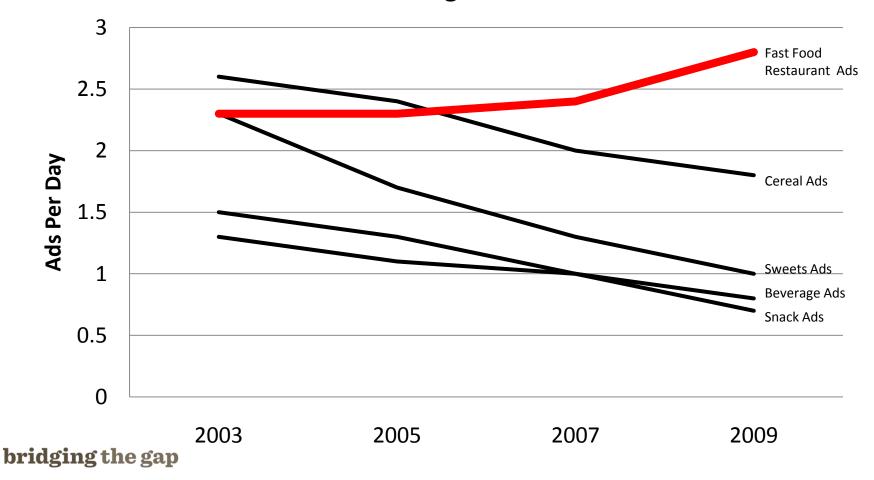
Food-Related	2003	2005	2007	2009	% Change 2003-2009
Children Age 2-5	13.3	12.1	11.5	10.9	-17.9%
Children Age 6-11	13.6	13.5	13.1	12.7	-6.9%
Adolescents Ages 12-17	13.1	13.4	13.6	14.5	10.4%

Food & Bev Products	2003	2005	2007	2009	% Change 2003-2009
Children Age 2-5	10.1	8.7	7.9	6.8	-32.5%
Children Age 6-11	10.1	9.7	8.9	7.9	-21.7%
Adolescents Ages 12-17	8.8	8.5	8.2	8.4	-4.4%

Fast Food	2003	2005	2007	2009	% Change 2003-2009
Children Age 2-5	3.2	3.3	3.6	4.1	28.7%
Children Age 6-11	3.5	3.8	4.2	4.8	35.4%
Adolescents Ages 12-17	4.4	4.9	5.5	6.1	40.4%

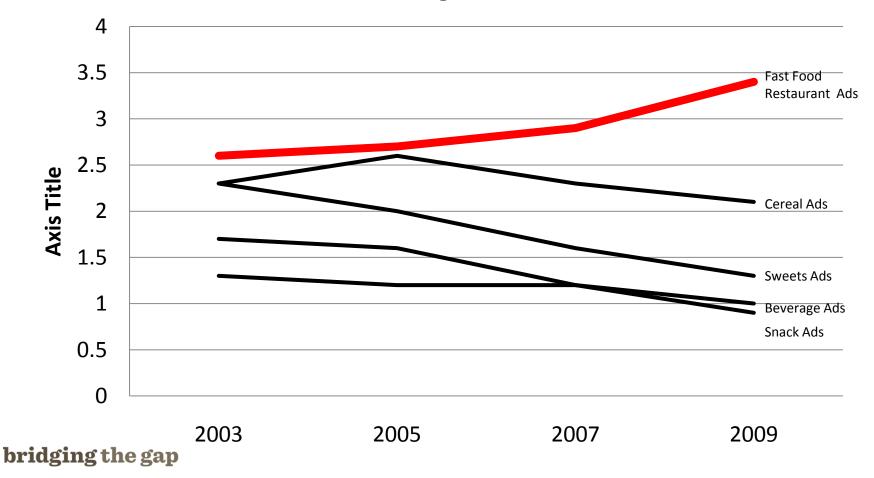
Exposure to Food Advertisements per Day for Children by Year

Children Ages 2-5 Years



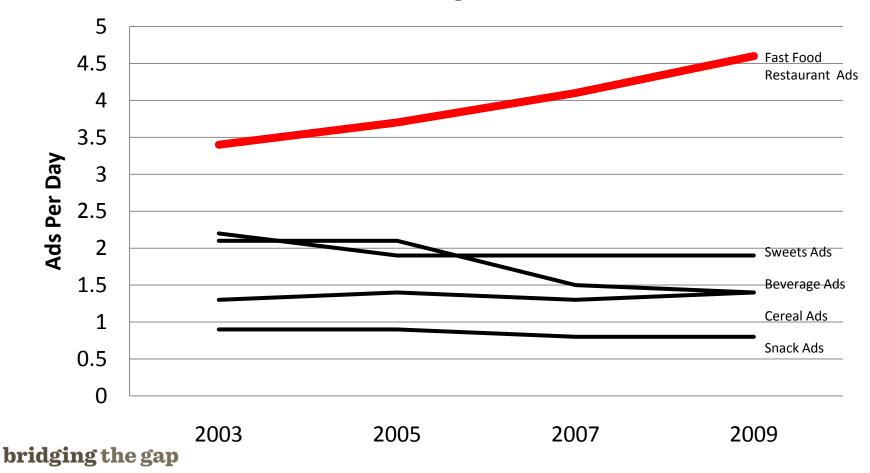
Exposure to Food Advertisements per Day for Children by Year

Children Ages 6-11 Years



Exposure to Food Advertisements per Day for Adolescents by Year

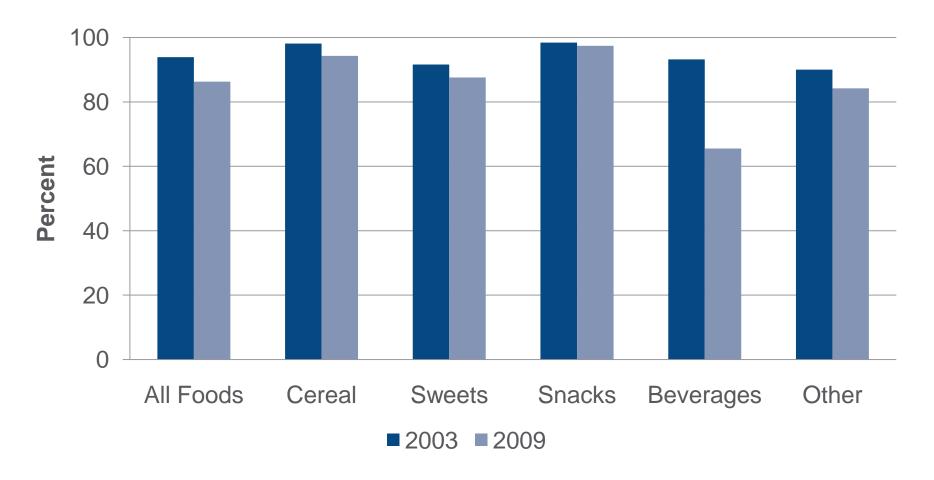
Adolescents Ages 12-17 Years



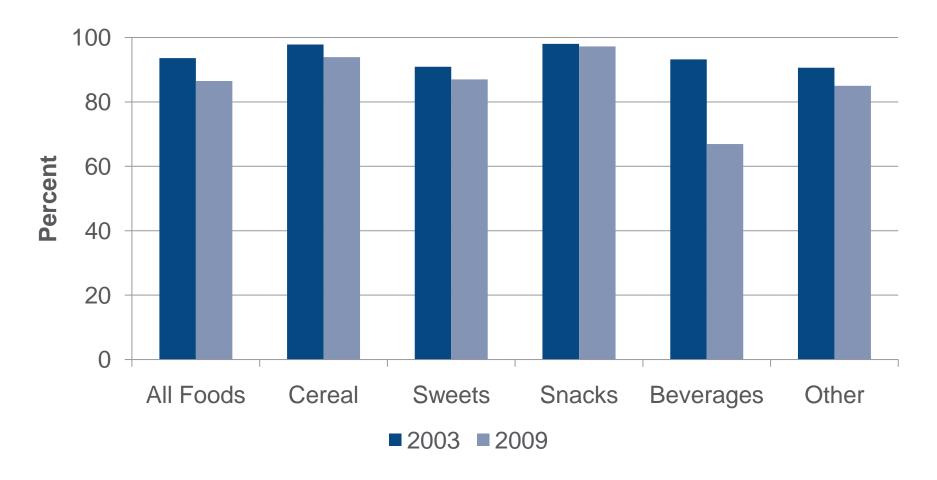
Nutritional Content Analysis

- Food and beverage advertisements were assessed on the basis of:
 - > Saturated Fat (% Kcal): High >10% Kcal from saturated fat
 - ➤ Sugar (%Kcal): High >25% Kcal from sugar
 - > Sodium (mg per 50g portion): High >200mg of sodium per 50g portion
 - > Fiber (g per 50g portion): Low <1.15g of fiber per 50g portion
- Nutritional Content was weighted by the ratings data to provide estimates of exposure to nutritional content

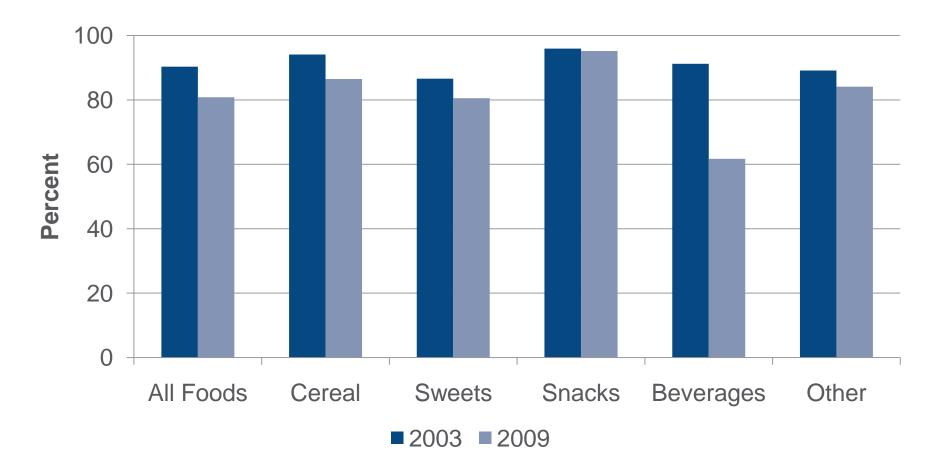
Food Ads High in Saturated Fat, Sugar or Sodium Children Ages 2-5 Years



Food Ads High in Saturated Fat, Sugar or Sodium Children Ages 6-11 Years



Food Ads High in Saturated Fat, Sugar or Sodium Adolescents Ages 12-17 Years



Number of Ads Seen and Nutritional Content (%) of Ads for CFBAI vs. Non CFBAI Companies

	# of Ads per Day			% of Ads High in SFSUSO			
	2003	2009	% Change 03-09	2003	2009	% Change 03-09	
			Age 2-5				
CFBAI Companies Food and Beverage Products Subtotal	8.7	5.4	-37.5%	94.0%	88.2%	-6.2%	
Non CFBAI Companies Food and Beverage Products Subtotal	1.4	1.4	-1.3%	93.3%	79.0%	-15.3%	
CFBAI Fast Food Companies Subtotal	1.2	1.3	4.9%	NA	NA	NA	
Non CFBAI Fast Food Companies Subtotals	1.1	1.5	38.8%	NA	NA	NA	
		A	Age 6-11				
CFBAI Companies Food and Beverage Products Subtotal	8.6	6.4	-25.2%	93.6%	88.2%	-5.8%	
Non CFBAI Companies Food and Beverage Products Subtotal	1.6	1.5	-2.2%	93.6%	79.4%	-15.2%	
CFBAI Fast Food Companies Subtotal	1.2	1.5	27.9%	NA	NA	NA	
Non CFBAI Fast Food Companies Subtotals	1.5	1.9	33.1%	NA	NA	NA	

Summary: Results of CFBAI Companies

- General Mills remains the largest advertiser; moderate reduction in ads seen by 2-5y (-16%) and an increase for 6-11y (6%). 97% of ads seen are for unhealthy products.
- Kellogg and Kraft ads are both down by about 40-50% for children, but about 9/10 ads still seen are for unhealthy products.
- Coke ads are down substantially (-57%), only company other than Cadbury with less than 50% of ads for unhealthy products.
- Pepsi ads down substantially (-70%), although 82% remain for unhealthy products.
- Overall, there were significantly fewer food and beverage product ads seen by children from CFBAI companies (-38%) compared to the 1% reduction in non-CFBAI food companies. But that the vast majority of the CFBAI company ads (88%) seen, in 2009, continued to be for products that were high in either saturated fat, sugar or sodium.

General Summary of Trends in Ad Content

- Positive reductions in exposure to food and beverage ads from 2003-09:
 - > -33%, -22% and -4% for 2-5y, 6-11y and 12-17y olds, respectively
 - ➤ Cereal: -30% for 2-5y; -11% for 6-11y
 - > Sweets: -55% for 2-5y; -44% for 6-11y
 - ➤ Snacks: -43% for 2-5y; -32% % for 6-11y
 - ➤ Beverages: -43% for 2-5y; -41% for 6-11y
- But fast food ad exposure up substantially between 2003 and 2009:
 - > +21%, +31% and +37% for 2-5y, 6-11y and 12-17y olds, respectively
- The vast majority of ads seen in 2009 continue to be for products that are either high in saturated fat, sugar, or sodium:
 - ▶ 86%, 87% and 81% of ads seen by 2-5y, 6-11y and 12-17y olds, respectively

Policy Implications of Trends in Ad Content

- Children, on average, continue to see more than 10 food-related ads on TV every day (teens see almost 15 ads per day)
- Children and teens continue to be exposed mainly to food and beverage ads for products that are high in saturated fat, sugar or sodium
- Study results suggest that industry self-regulation is limited in its effectiveness to substantially improve food-related advertising seen by children on TV
- Key issues of concern for policymakers regarding CFBAI self-regulation:
 - No uniform nutritional standards
 - No uniform definition of child audiences
 - Does not address reach of ads in non-child programming
 - Does not apply to children age 12 and over

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Community Obesity Measures Project: Food Marketing Measures

BTG-COMP FOOD STORE OBSERVATI FORM – 2010

BUSINESS ID:

c. Bottled water

d. Sweetened beverages (soda, etc.)

BTG-COMP	 FAST FOOD OBSER 2010
BUSINESS ID:	
BUSINESS NAME:	
ADDRESS:	

OAM

STAFF 1

END TIME

A1. Is the restaurant?	N
a. In a Food Court or a Mall IF YES, CODE A3 AND SKIP TO SECTION D.	
b. In a shared space with a Grocery or Department Store IF YES, COMPLETE A2	9
c. In a shared space with a Gas Station or Convenience Store IF YES, COMPLETE A2	9
d. In a shared space with another Restaurant IF YES, COMPLETE A2	(
Appropriate the transportation of	
Burger and Fries Mexican / Latin American	
Mexican / Latin American	
Mexican / Latin American Fried Chicken / Fried Fish	in)
Mexican / Latin American Fried Chicken / Fried Fish Sandwich or Sub Shop	in)
Mexican / Latin American Fried Chicken / Fried Fish Sandwich or Sub Shop Sandwich/Pastry (e.g., Panera, Cosi, Au Bon Pa	in)

BUSINESS NAME:		
ADDRESS:		
DATE	:	O AN
A1. TYPE OF STORE		
Supermarket (Jewel-Osco, Kroger, Safeway)		(
Grocery (Aldi, Trader Joe's, "mom & pop")		(
Limited Service CODE A1a		(
A1a. TYPE OF LIMITED SERVICE - CODE ON	LY IF A	1=3
Convenience Store (7-11, White Hen, Royal Fa	rms)	(
Small Discount Store (Dollar General, 99 ¢ Sto	re)	
Drug Store/Pharmacy (CVS, Rite Aid, Walgreen	ns)	(
Other (Specify):		(
A2. Are these available at CHECK-OUT?	NO	YE
a. Candy	0	Q
b. Refrigerated beverages	0	Q

SITE ID:

				SITE ID:	
BTG-COMP • STREET SEGMENT OBSI	ERV.	ATION	FC	DRM • 2010 SEG ID:	
				COMPLETION CODE	
SEGMENT ID :				COMPLETED – CODE MODE	0
gacovications artificial symbol charge in c				PARTIALLY COMPLETED - CODE MODE AND DISP	0
ADDRESS RANGE:				NOT STARTED - CODE DISPOSITION	0
				NOT ELIGIBLE - No such segment/address	0
				MODE OF COMPLETION – CODES 01, 02 O	NLY
DATE 2010				Completed by Walking	0
START TIME: O AM		D AM D PM		Completed by Driving	0
STAFF 1 STAFF 2		73.0-3000	- 17	Completed by Walking and Driving	0
STREET ADVERTISING				DISPOSITION CODE - CODES 02, 03 ONL	Y
Segment has relevant ads and Section E is filled	out	1		Temporarily not accessible	0
Segment has no ads at all – NO SECTION E		0	8	Not safe	0
Segment has other, irrelevant ads – NO SECTION E	8	3	- 10	Asked to leave	3
NOTES:				Ran out of time	4
				Other (SPECIFY):	0
	I	. LAN	Dι	JSES	
A1. Scan both sides of the YES		YES, BOTH	Α3	. Natural Features	

A. LAND USES									
A1. Scan both sides of the street for presence of:	NO	YES, ONE SIDE	YES, BOTH SIDES	A3. Natural Features	NO	YES			
a. Housing – Single family	0	0	0	a. Large body of water - lake, river, ocean	0	0			
b. Housing – Multifamily	0	0	0	b. Small body of water - pond, stream	0	0			
c. Housing – Mobile homes	0	0	0	c. Mountain or canyon	0	0			
d. Public/Civic	0	0	0	A4. Physical Activity Venues	NO	YES			
e. Office/Professional	0	0	0	a. Indoor commercial PA facility	0	0			
f. Institutional	0	0	0	b. Park with exercise/sport facilities/equip	0	0			
g. Service	0	0	0	c. Park with sign, no equipment	0	0			
h. Retail	0	0	0	d. Stand-alone playing court	0	0			
i. Industrial/Manufacturing	0	0	0	e. Stand-alone playing field	0	0			
j. Recreation/Leisure/Fitness	0	0	0	f. School /school yard (K through University)	0	0			
k. Public Parking	0	0	0	g. Golf Course	0	0			
I. Public Space	0	0	0	h. Beach	0	0			
m. Agricultural	0	0	0	i. Outdoor pool	0	0			
n. Undeveloped	0	0	0	j. Off-road trail	0	0			
o. Vacant Building or Lot	0	0	0	A5. Do any buildings have?	NO	YES			
p. Other, describe below	0	0	0	a. Bars on windows	0	0			
A2. Parking facilities		NO	YES	b. Broken/boarded up windows	0	0			
a. On-street angled or parallel		0	0	c. Graffiti/tagging	0	0			
b. Small lot (30 or fewer spaces)		0	0	d. Yard debris	0	0			
c. Medium to large lot/garage/str	ucture	0	0	DESCRIBE A1p:					

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0

Food Environment Measures

- Observational data collection
 - Food stores (supermarkets, grocery stores, convenience stores, gas stations, drug stores, dollar stores)
 - Fast food restaurants
- Measures and indices constructed
 - Availability, placement, pricing and quality of select food and beverage products and tobacco products
 - Food/beverage and tobacco advertising
 - Nutrition information

Physical Activity Environment Measures

- Observational data collection
 - Fitness centers (YMCA, B&G Clubs, JCCs, Commercial)
 - Community recreation centers and parks
 - PA Instructional schools (e.g., karate, dance)
 - Street segments
- Measures and indices constructed
 - Availability and quality of facilities; pricing
 - Safety, amenities, aesthetics
 - Walkability, bikability

Policy Environment Measures

- Local policy collection and coding:
 - Local ordinances and codes
 - Local zoning policies
 - Community master plans
 - Local taxes on soda and candy
 - School district wellness policies and joint use agreements
 - Menu labeling requirements
 - Restrictions on fast food, formula restaurants

BTG-Comp: Fast Food Observation Form 2011

B. EXTERIOR M	ARKETIN	G	13-11-					
COUNT THE NUMBER OF	B1. o	n Building E	xterior	B2. on Property				
	TA	LLY	TOTAL	TALLY		T	OTAL	
a. All Advertisements								
1. Ads that include a Price Promotion							_	
2. Ads that include a Food								
3. Ads that include a Beverage								
a. Ads that include a Soda								
B3. Are there any ads with a?	NO	YES	B4. Does the Restaurant have a/an?		NO	,	YES	
a. Dollar menu promotion	□ o	<u> </u>	a. Exterior p	lay area	o		□ 1	
b. Health claim	0	<u> </u>	b. Indoor pla outside	ay area visible from	0		1	
1. IF YES, RECORD HEALTH CLAIM WORDING:			c. 3-D cartoo	on character outside	o		□ 1	
				C. DRIVE-TI	HRU			
c. Cartoon character(s)	<u> </u>	<u> </u>		restaurant have a u? IF NO, SKIP C2-C4	NO □ 0		YES	
d. TV or movie star or sports figure	o	1	C2. Does me	nu board provide	NO ITEMS	SOME	ALL ITEMS	
e. Kids' meal toy	0	<u> </u>	Calorie Info for menu items?		o	_ 1	2	
f. Other child-targeted marketing	□ o		C3. Does menu board list		NO	,	YES	
SPECIFY:	Пο	"	Suggested	d Daily Calories?	o		<u> </u>	
			"Nutrition	nu board state n Information on Request"?	_ o		1	

Preliminary Results: 2010 Data

BTG-Comp: Fast Food Observation

D. EVIEDIOD MARRIETINIC							
B. EXTERIOR MARK	ETING						
	B1. % of Outlets with	B2.% of Outlets with					
COUNT THE NUMBER OF	Advertisements on	Advertisements on					
	Building Exterior	Property					
a. All Advertisements	72.7%	37.6%					
1. Ads that include a Price	40.00/	26.0%					
Promotion	49.9%						
2. Ads that include a Food	67.8%	31.3%					
3. Ads that include a Beverage	41.0%	17.2%					
a. Ads that include a Soda	20.4%	9.0%					
B3. Are there any ads with a?	YES						
a. Dollar menu promotion	9.0%						
b. Health claim (grams of fat, # of	7.3%						
calories)	7.5/0						
c. Cartoon character(s)	5.3%						
d. TV or movie star or sports figure	2.8%						
e. Kids' meal toy	5.6%						
f. Other child-targeted marketing	4.2%						

BTG-Comp Food Store Observation Form 2011

K. OUTDOOR ADVERTIS	14-11			
COUNT THE NUMBER OF	K1. on Building Ext	erior	K2. on Property	
COUNT THE NUMBER OF	TALLY	TOTAL	TALLY	TOTAL
b. All Food and/or Beverage Advertisements (IF 20+, CODE 20)				
Ads that include a Price Promotion				
2. Ads that include a Food				
 a. Ads that include Fresh Produce (Salad, fruit, vegetables) 				
3. Ads that include a Beverage				
a. Ads that include Regular Soda				
a1. Ads that include Diet Soda				
b. Ads that include Regular Energy Drink				

Preliminary Results: 2010 DataBTG-Comp Food Store Observation

K. OUTDOOR ADVERTIS	ING					
COUNT THE NUMBER OF	K1. % of Outlets with Advertisements on Building Exterior	K2. % of Outlets with Advertisements on Property				
b. All Food and/or Beverage Advertisements (IF 20+, CODE 20)	55.7%	30.2%				
 Ads that include a Price Promotion 	36.6%	23.5%				
2. Ads that include a Food	37.6%	13.2%				
a. Ads that include FreshProduce(Salad, fruit, vegetables)	6.2%	1.8%				
3. Ads that include a Beverage	42.9%	24.3%				
a. Ads that include Regular Soda	21.3%	17.3%				
a1. Ads that include Diet Soda	New variable for 2011 Form					
b. Ads that include Regular Energy Drink	11.5%	4.4%				

BTG-Comp: Street Advertising Grid 2011

	E. STREET ADVERTISING GRID 2011 – STREET SEGMENT SEG ID: 10 - 11																				
	E1. Content of Ad – CODE ALL THAT APPLY FOR BEVERAGES, RECORD BRAND(S) AND PRODUCT(S). FOR HEALTH or ANTI-TAX MESSAGE, RECORD SPONSOR(S).							E2. Ad Placement			E3. Ad Size										
		Beverages Ξ Health or Anti-Tax Message																			
Ad Number	a. Regular Soda	a1. Diet Soda	b. Regular Energy Drink	c. Other Non-alcoholic	d. Quick Service Restaurant	e. Food Store (w/food/bev)	f. PA Product or Brand	g. PA Service, Facility or Participatory Event	h. Nutrition, Healthy Eating, Healthy Weight	i. Exercise, Physical Activity	j. Tobacco-free Lifestyle	j1. Anti-tax Message (food/bev/tobacco)	k. Screen Entertainment	I. Cell Phone	m. Person(s) Being Active	n. Includes a Price Promo	Free-standing	Attached to a wall	Attached to something else	Billboard or larger	Smaller than a billboard <72 sq feet
1																					
_	BRAND and PRODUCT (a-c) or SPONSOR (h-j1):										CODE PLACEMENT			CODE SIZE							
2																					
	BRAND and PRODUCT (a-c) or SPONSOR (h-j1):										CODE PLACEMENT			CODE SIZE							
3																					
Ľ	BRAND a	nd PRODUC	T (a-c) or SI	PONSOR (h-													CODE PLACEMENT		CODE SIZE		
4																					
\vdash	BRAND and PRODUCT (a-c) or SPONSOR (h-j1):										CODE PLACEMENT			CODE SIZE							
5																					
		nd PRODUC	T (a-c) or SI	PONSOR (h-	j1):												CODE PLACEMENT				E SIZE
6				Ш																	
\vdash	BRAND a	nd PRODUC	(a-c) or Si	PONSOR (h-	j1): 												COL	E PLACEN	IENT		E SIZE
7		nd PRODUC							Ш									E PLACEN			E SIZE
	BIOAND		(a-c) or se	PONSOR (II-] <u>#</u>]:				П				П		ПП			PLACEN			□ □
8		nd PRODUC																E PLACEN			E SIZE
9	BRAND and PRODUCT (a-c) or SPONSOR (h-j1):										CODE PLACEMENT				E SIZE						
1.0																					
10	BRAND and PRODUCT (a-c) or SPONSOR (h-j1):								CODE PLACEMENT			COD	E SIZE								
NOT	NOTES:																				

BTG-Comp: Street Advertising Grid 2011

E1. Content of Ad	E2. Ad Placement	E3. Ad Size		
Beverages a. Regular Soda a1. Diet Soda b. Regular Energy Drink c. Other Non-alcoholic	Free-standing	Billboard or larger		
d. Quick Service Restaurant	Attached to a wall	Smaller than a billboard <72 sq feet		
e. Food Store (w/food/bev)	Attached to something else			
f. PA Product or Brand				
g. PA Service, Facility or Participatory Event				
Health of Anti-Tax Message h. Nutrition, Healthy Eating, Healthy Weight i. Exercise, Physical Activity j. Tobacco-free Lifestyle j1. Anti-tax Message (food/bev/tobacco)				
Screen Entertainment				
Cell Phone				

Lisa Powell

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ImpacTeen

http://www.impacteen.org

Bridging the Gap

http://www.bridgingthegapresearch.org