

Steps to a Healthier Salinas

2004 Community Partner Baseline Survey Results Taqueria and Fast-Food Restaurant Survey



Monterey County Health Department

2004 Community Partner Baseline Survey Results

The community partner baseline surveys were conducted in 2004 by Monterey County Health Department in support of its Steps to a Healthier Salinas program to help residents live longer, better, and healthier lives by reducing the burden of diabetes, overweight, obesity, and asthma, and by addressing three related risk factors – physical inactivity, poor nutrition, and tobacco use.

Some of the partner survey questions were created to address the Steps program needs and other questions were taken from various sources as noted. The questionnaire was reviewed and finalized in collaboration with Stanford Prevention Research Center.

Taqueria/Fast-Food Restaurant Survey

Method:

- # Survey assessed menu characteristics and meal options based on planned interventions.
- # Questions were developed based on planned interventions
- # List of licensed taqueria and fast-food eating establishments within Salinas city limits was obtained from Environmental Health
- # The survey was conducted face-to-face, on-site.
- # Results were analyzed by taqueria vs. fast-food establishments.

Results:

- # No taquerias had nutritional information for customers.
- # Taquerias offered more healthy food items, but fewer low fat items.
- # Few of either had entrees labeled as healthy.
- # No taquerias offered toys to children in contrast to fast-food restaurants.
- # Neither had offered diabetes screening to customers.

Taquerias and Fast-Food Restaurants Survey, Salinas, California, 2004.

Survey Question	Taquerias n=35 (Percent) ¹	Fast-Food Restaurants n=38 ² (Percent)	p value ³
Basic Facts			
Serve lunch and dinner only	56	35	.08
Serve breakfast, lunch, and dinner	44	62	.13
No printed information with nutritional content	100	32	<.001 ³
No adult entrees labeled healthy/low-fat	100	79	<.01
No children's entrees labeled healthy/low-fat	100	97	.33
No adult entrees labeled with nutritional information	100	89	<.05 ³
No adult entrees labeled for people with diabetes	100	100	na ⁴
Small portion sizes offered	57	47	.40
Super size portions offered	43	50	.55
Menu is in English only	17	95	<.001 ³
Healthy Food Options			
One or more non-fried meat/protein offerings	94	84	.17
One or more non-fried carbohydrate offerings	100	63	<.001 ³
Three or more fruit/vegetable offerings	74	55	.09
Two or more healthy drink offerings	71	84	.19
One or more low-fat choices	43	84	<.001 ³
Three or more healthy food options	54	39	.21
Customers can omit high-fat topping/food item	100	100	na ⁴
Customers can substitute low-fat item	70	60	.40
Food prepared without lard	65	43	.07
No toys available for children with meals/orders	100	16	<.001 ³
Available toys associated with exercise	na ⁴	17	na ⁴
No play areas and/or equipment available for children	100	94	.15
No diabetes screening hosted in the past year	100	100	na ⁴

¹ Total number of taquerias surveyed was 35, but item response rate varied from 33 to 35.

² Total number of fast-food restaurants surveyed was 38, but item response rate varied from 33 to 38.

³ Statistically significant difference between taquerias and fast-food restaurants, p value <.05.

⁴ na=not applicable