Appendix F
Characteristics of CACFP-participating children, teens, and their families supplementary tables

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Tables

Table F.1. Children in early child care programs whose parents reported sending food from home, and reasons for doing so: children ages 1 to 5

	Child care centers	Head Start centers	Family day care homes	All
Parent usually sends food from home				
Yes	9.3**	2.7^	5.5^	7.3
No	90.6**	96.7	94.5	92.5
Don't know	0.0	-	0.0	-
Missing	-	0.0	0.0	-
Number of days food is usually sent, among parents who reported sending food from home (n=93)				
Number of days each week	4.3	4.2~	3.7~	4.2
Refused	0.0	0.0~	0.0~	0.0
Don't know	8.9^~	0.0~	0.0~	6.8^~
Missing	0.0	0.0~	0.0~	0.0
Reasons why food is sent, among parents who reported sending food from home (n=1164)				
Child prefers to eat food brought from home	47.1	47.4^~	56.8^~	48.7
As a treat	37.8**	75.8~	-	41.2
Child does not like the food served at child care	22.4	20.2^~	-	19.0
Program does not provide all meals or snacks	14.2*^	-	-	11.7^
Child has food allergies or special dietary needs	10.2^~	18.5^~	0.0~	9.0^
Child does not get enough food at child care and needs food from home to supplement	3.9^	-	-	9.5^
Parent believes food prepared at home is better for their child	4.1^	-	-	5.0^
Child prefers to drink a specific kind of formula (n=1164)	-	0.0~	0.0~	-
Child drinks breastmilk (n=1164)	4.0^	-	0.0~	3.1^
Other reason	9.6^	25.4^~	23.4^~	12.9
Don't know	0.0	0.0~	0.0~	0.0
Missing	0.0	0.0~	0.0~	0.0
Number of early child care programs	**91**	**111**	**64**	**266**
Number of children	**439**	**585**	**140**	**1,164**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level,

##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.2. Weight-for-age status for children younger than 2 years, measured in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Distribution of weight-for-age percentiles[a]				
Less than the 3rd percentile	-	-	0.0	1.2
Greater than or equal to the 3rd percentile and less than or equal to the 97th percentile	93.8	89.3	84.6~	90.3
Greater than the 97th percentile	4.6	-	15.4~	8.5
Number of before and after school programs	**34**	**12**	**35**	**81**
Number of children	**112**	**35**	**43**	**190**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

[a] Child weight for age categories were defined using the Center for Disease Control (CDC) weight-for-age charts for children less than 2 years. Children younger than two years must be categorized by weight-for-age percentiles rather than the underweight, healthy weight, overweight or obese categories.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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Table F.3. Weight status for children ages 2 to 5 years, measured in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Mean BMI score				
Child BMI	16.6	16.8†	16.4	16.6
Weight status				
Underweight	2.0	3.4	3.9	2.7
Healthy weight	66.1	60.7†††	74.6	66.8
Overweight	17.0	19.4†††	9.6#	15.9
Obese	15.0	16.4	11.9	14.6
Number of early child care programs	**90**	**113**	**79**	**282**
Number of children	**754**	**1,066**	**222**	**2,042**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between child care centers and Head Start centers is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level. Difference between child care centers and family day care homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level. Difference between Head Start centers and family day care homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

Child BMI categories were defined using the Centers for Disease Control BMI categories for children and teens.

Underweight is defined as the BMI for age is less than the 5th percentile.

Healthy weight is defined as the BMI for age is between the 5th percentile and less than the 85th percentile.

Overweight is defined as the BMI for age is between the 85th percentile and less than the 95th percentile.

Obese is defined as the BMI for age is equal to or greater than the 95th percentile.

BMI = Body Mass Index.

Table F.4. Weight status for children ages 6 to 12 years, measured in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Mean BMI score			
Child BMI	19.7	19.6	19.7
Weight status			
Underweight	2.3**	-	2.1
Healthy weight	58.3	51.4	57.8
Overweight	12.4	17.0	12.8
Obese	27.0	31.2	27.3
Number of early child care programs	**68**	**33**	**101**
Number of children	**525**	**294**	**819**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Child BMI categories were defined using the Centers for Disease Control BMI categories for children and teens.

Underweight is defined as the BMI for age is less than the 5th percentile.

Healthy weight is defined as the BMI for age is between the 5th percentile and less than the 85th percentile.

Overweight is defined as the BMI for age is between the 85th percentile and less than the 95th percentile.

Obese is defined as the BMI for age is equal to or greater than the 95th percentile.

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BMI = Body Mass Index.

Table F.5. Average activity levels of children in early child care programs

	1 to 2 years	3 to 5 years	All
Child's general activity level			
Very active	72.1	69.6	70.1
Active	21.5	26.1	25.1
Somewhat active	5.1^	4.3^	4.5^
Not at all active	0.0	-	-
Refused	0.0	0.0	0.0
Don't know	-	0.0	-
Number of weekdays the child spends watching tv or videos when not in child care or school			
None	9.8	5.6^	6.5
1 to 4 days	19.1	23.4	22.5
5 days	70.2	70.4	70.4
Refused	0.0	0.0	0.0
Don't know	-	0.6^	0.6^
Missing	-	0.0	-
Time spent watching tv or videos, among parents who reported their child watches tv outside of childcare or school for at least one day per week (n=1072)			
Less than 1 hour	42.1	25.0	28.6
1 to 4 hours	57.3	74.2	70.6
5 hours	0.5^	0.5^	0.5^
Refused	0.0	0.0	0.0
Don't know	0.0	-	-
Missing	0.0	0.0	0.0
Number of weekdays the child spends playing video or computer games or using electronic devices			
None	64.1	34.7	41.3
1 to 4 days	17.1	28.9	26.3
5 days	18.6	36.3	32.4
Refused	0.0	0.0	0.0
Don't know	0.0	0.1^	0.0^
Missing	-	0.0	-
Time spent playing video games, among parents who reported their child plays video games for at least one day per week (n=653)			
Less than 1 hour	50.5	46.0	46.6
1 to 4 hours	49.5	53.4	52.9
5 hours	0.0	0.4^	0.4^
Refused	0.0	0.0	0.0
Don't know	0.0	0.1^	0.1^
Missing	0.0	0.0	0.0
Hours spent sitting in a vehicle in the past week on weekdays			
Less than 1 hour	45.5	34.4	36.9

	1 to 2 years	3 to 5 years	All
1 to 4 hours	42.4	49.3	47.8
5 or more hours	9.6	15.2	14.0
Refused	0.0	0.0	0.0
Don't know	2.2^	1.0^	1.3^
Missing	-	0.0	-
Time spent doing things such as homework, reading, playing cards or board games on weekdays			
Less than 1 hour	60.3	55.1	56.3
1 to 4 hours	36.8	44.0	42.4
5 hours or more	0.4^	0.4^	0.4^
Refused	-	0.0	-
Don't know	-	0.4^	0.8^
Missing	-	0.0	-
Number of weekdays the child spent with an increased heart rate			
None	25.6	7.9	11.8
1 to 4 days	31.2	41.0	38.8
5 days	41.3	50.0	48.1
Refused	-	0.0	-
Don't know	0.7^	1.0^	0.9^
Missing	-	-	-
Time spent with increased heart rate, among parents who reported their child increases heart rate for at least one day per week (n=1030)			
Less than 1 hour	31.9	34.2	33.8
1 to 4 hours	64.4	64.7	64.6
5 hours or more	1.4^	0.8	0.9
Refused	0.0	0.0	0.0
Don't know	-	0.3^	0.6^
Missing	0.0	0.0	0.0
Number of weekdays the child spent outdoors			
None	18.9	14.6	15.6
1 to 4 days	58.7	57.1	57.5
5 days	21.2	27.8	26.3
Refused	0.0	0.0	0.0
Don't know	-	0.4^	0.5^
Missing	-	0.0	-
Time spent outdoors, among parents who reported their child spends at least one day outdoors per week (n=1164)			
Less than 1 hour	41.2	30.7	32.9
1 to 4 hours	58.6	68.8	66.6
5 hours	-	0.4^	0.3^
Refused	0.0	0.0	0.0
Don't know	0.0	-	-

	1 to 2 years	3 to 5 years	All
Missing	0.0	0.0	0.0
Number of programs	**105**	**237**	**266**
Number of children	**278**	**886**	**1,164**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

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^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

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Table F.6. Average activity levels of children in before and after school programs

	6 to 12 years
Child's general activity level	
Very active	48.7
Active	33.7
Somewhat active	15.1
Not at all active	1.5^
Refused	0.0
Don't know	-
Number of weekdays the child spends watching tv or videos when not in child care or school	
None	4.1^
1 to 4 days	28.1
5 days	66.5
Refused	-
Don't know	-
Missing	0.0
Time spent watching tv or videos, among parents who reported their child watches tv outside of childcare or school for at least one day per week (n=355)	
Less than 1 hour	21.2
1 to 4 hours	78.2
5 hours	0.5^
Refused	0.0
Don't know	-
Missing	0.0
Number of weekdays the child spends playing video or computer games or using electronic devices	
None	22.3
1 to 4 days	21.4
5 days	56.3
Refused	0.0
Don't know	0.0
Missing	0.0
Time spent playing video games, among parents who reported their child plays video games for at least one day per week (n=294)	
Less than 1 hour	27.3
1 to 4 hours	70.3
5 hours	2.3^
Refused	0.0
Don't know	-
Missing	0.0
Hours spent sitting in a vehicle in the past week on weekdays	
Less than 1 hour	39.4

	6 to 12 years
1 to 4 hours	50.0
5 or more hours	9.9
Refused	0.0
Don't know	0.8^
Missing	0.0
Time spent doing things such as homework, reading, playing cards or board games on weekdays	
Less than 1 hour	50.6
1 to 4 hours	49.2
5 hours or more	-
Refused	0.0
Don't know	0.1^
Missing	0.0
Number of weekdays the child spent with an increased heart rate	
None	13.0^
1 to 4 days	46.4
5 days	39.1
Refused	0.0
Don't know	1.5^
Missing	0.0
Time spent with increased heart rate, among parents who reported their child increases heart rate for at least one day per week (n=332)	
Less than 1 hour	31.3
1 to 4 hours	68.6
5 hours or more	-
Refused	0.0
Don't know	0.0
Missing	0.0
Number of weekdays the child spent outdoors	
None	26.2
1 to 4 days	36.0
5 days	37.8
Refused	0.0
Don't know	-
Missing	0.0
Time spent outdoors, among parents who reported their child spends at least one day outdoors per week (n=384)	
Less than 1 hour	27.1
1 to 4 hours	72.7
5 hours	0.2^
Refused	0.0
Don't know	0.0

	6 to 12 years
Missing	0.0
Number of programs	**92**
Number of children	**384**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

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Table F.7. Food security status and public assistance participation of CACFP participants in early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Household food security				
Food secure/moderate food security	78.6	73.8†††	91.1#~	80.5
Low food security	17.1	17.6†	8.4^~	15.2
Very low food security	3.6**^	8.5†††	-	3.8
Refused	-	0.0	0.0	-
Don't know	-	-	0.0	-
Missing	-	0.0	0.0	-
Child food security				
Food secure/moderate food security	90.1*	84.5†††	99.3###	91.2
Low food security	7.3**	14.4†††	-	7.1
Very low food security	1.7^	0.9†^	0.0	1.2^
Refused	0.3^	0.0	0.0	0.2^
Don't know	-	-	0.0	-
Missing	-	0.0	0.0	-
Food assistance program participation[a]				
SNAP	30.2***	55.4†††	17.1^~	31.7
WIC	24.6**	42.7	32.7~	29.5
None	54.8***	22.7†††	64.1~	51.3
Refused	-	-	-	0.2^
Don't know	-	0.4^	0.0	0.3^
Missing	-	0.0	0.0	-
Other government assistance program participation[a]				
Medicaid	42.6***	74.1†††	31.9~	45.7
CHIP	22.7	25.4†	13.1#^	21.0
TANF	2.9^	4.3	6.1^~	3.8^
None	44.9***	14.7†††	64.1##~	43.9
Refused	-	0.0	-	0.1^
Don't know	0.0*	0.2^	-	0.1^
Missing	-	0.0	0.0	-
Number of early child care programs	**91**	**111**	**64**	**266**
Number of children	**439**	**585**	**140**	**1,164**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

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[a] Multiple responses were allowed.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake. Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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CACFP = Child and Adult Care Food Program, CHIP = Children's Health Insurance Program, SNAP = Supplemental Nutrition Assistance Program, TANF = Temporary Assistance for Needy Families, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Table F.8. Food security status and public assistance participation of CACFP participants in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Household food security			
Food secure/moderate food security	75.2	77.7	75.4
Low food security	15.0	18.9^	15.3
Very low food security	8.8^~	3.4^	8.4^
Refused	0.0	0.0	0.0
Don't know	-	0.0	-
Missing	0.0	0.0	0.0
Child food security			
Food secure/moderate food security	84.5	87.5	84.8
Low food security	12.7	11.9	12.6
Very low food security	1.8^	-	1.7^
Refused	-	0.0	-
Don't know	-	0.0	-
Missing	0.0	0.0	0.0
Food assistance program participation[a]			
SNAP	31.2	34.4	31.4
WIC	9.8**	17.6	10.4
NSLP free meals at school	64.2	50.2	63.1
NSLP reduced price meals at school	3.4^~	3.8^	3.4^~
None	24.6	32.4^	25.3
Refused	-	-	-
Don't know	-	-	-
Missing	0.0	0.0	0.0
Other government assistance program participation[a]			
Medicaid	48.2~	44.1	47.9
CHIP	35.8~	27.6	35.1
TANF	1.6^	0.8^	1.5^
None	30.8	43.7	31.8
Refused	0.0	0.0	0.0
Don't know	-	-	1.0^
Missing	0.0	0.0	0.0
Number of before and after school programs	**62**	**30**	**92**
Number of children	**230**	**154**	**384**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

[a] Multiple responses were allowed.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake. Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

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CACFP = Child and Adult Care Food Program, CHIP = Children's Health Insurance Program, NSLP = National School Lunch Program, SNAP = Supplemental Nutrition Assistance Program, TANF = Temporary Assistance for Needy Families, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Table F.9. Average amount of time per week children spent in early child care programs

	Child care centers		Head Start centers		Family day care homes		All	
	Ages 1 to 2	Ages 3 to 5	Ages 1 to 2	Ages 3 to 5	Ages 1 to 2	Ages 3 to 5	Ages 1 to 2	Ages 3 to 5
Time spent in early child care per week, in hours								
Average time spent in care per week, in hours	43.0	41.1	37.5	29.6	44.4~	42.2~	43.3	38.9
Missing	-	0.0	0.0	0.0	0.0	0.0	-	0.0
Time spent in care per day, in hours								
Monday	8.7~	8.5	7.7	6.4	9.1	8.6~	8.8	8.1
Tuesday	8.8~	8.5	7.7	6.4	9.2	8.9~	8.9	8.1
Wednesday	8.7	8.4	7.7	6.4	9.1~	8.8~	8.8	8.1
Thursday	8.9~	8.5	7.7	6.4	9.0~	8.8~	8.9	8.1
Friday	8.7~	8.4	7.8	6.6	9.2	8.7~	8.8	8.1
Saturday	n.a.	.	n.a.	.	n.a.	-	n.a.	-
Sunday	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.	n.a.
Number of early child care programs	**40**	**80**	**23**	**105**	**42**	**52**	**105**	**237**
Number of children	**136**	**303**	**76**	**509**	**66**	**74**	**278**	**886**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported as n.a. if no parents reported children of the listed age group attending early child care on this day in the specified program.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.10. Average amount of time per week children spent in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Time spent in before and after school child care per week, in hours			
Average time spent in care per week, in hours	11.3~	12.6	11.4
Missing	0.6^	-	0.6^
Time spent in care per day, in hours			
Monday	2.5~	2.7	2.6
Tuesday	2.5~	2.6	2.5
Wednesday	2.5~	2.6	2.6
Thursday	2.5~	2.6	2.5
Friday	2.5~	2.6	2.5~
Saturday	-	.	-
Sunday	n.a.	n.a.	n.a.
Number of before and after school programs	**62**	**30**	**92**
Number of children	**230**	**154**	**384**

Source: Second study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Estimates are reported as n.a. if no parents reported children of the listed age group attending before and after school care on this day in the specified program.

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- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.11. Percentage of teens meeting national physical activity recommendations

	At-risk afterschool centers	Outside-school-hours care centers	All
Meeting national recommendations[a]	16.6	13.0	16.5
Not meeting national recommendations	82.9	86.2	83.1
Missing	0.4^	0.9^	0.5^
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

[a]Teens engaging in at least 60 minutes of moderate to vigorous physical activity per day for 7 days are considered to be meeting national recommendations for physical activity based on the US DHHS Physical Activity Guidelines for Americans, 2nd Edition.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.12. Number of days of per week teens had at least 60 minutes of physical activity

	At-risk afterschool centers	Outside-school-hours care centers	All
Average number of days	3.7	3.4	3.6
0 days	11.1	10.3	11.1
1 to 2 days	22.0	31.0	22.3
3 to 4 days	28.4	22.0	28.2
5 to 6 days	21.5	22.7	21.5
7 days[a]	16.6	13.0	16.5
Missing	0.4^	0.9^	0.5^
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

[a]Teens engaging in at least 60 minutes of moderate to vigorous physical activity per day for 7 days are considered to be meeting national recommendations for physical activity based on the US DHHS Physical Activity Guidelines for Americans, 2nd Edition.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.13. Number of days of per week teens had at least 60 minutes of physical activity, by age group

	Age 10	Age 11	Age 12	Ages 13 to 18	All
Average number of days	3.5	3.5	3.8~	4.1~	3.6
0 days	14.0	14.8^	10.4^	0.3^	11.1**
1 to 2 days	23.4	22.1	19.5^~	20.4^~	22.3
3 to 4 days	25.4	26.6	29.9	35.5~	28.2
5 to 6 days	23.9	16.7	21.8	28.0	21.5
7 days[a]	13.3	19.1	18.4^~	15.8^~	16.5
Missing	0.0	0.6^	0.0	0.0	0.5^
Number of teens	**286**	**258**	**97**	**87**	**728**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

[a]Teens engaging in at least 60 minutes of moderate to vigorous physical activity per day for 7 days are considered to be meeting national recommendations for physical activity based on the US DHHS Physical Activity Guidelines for Americans, 2nd Edition.

Teens who were missing age data (n=6) were excluded from this analysis.

Significant differences across teen age groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.14. Number of days of per week teens had at least 60 minutes of physical activity, by race and ethnicity

	Non-Hispanic white	Non-Hispanic black	Hispanic	Other/multiple races	All
Average number of days	3.3	3.7	3.8	3.5	3.6
0 days	6.8^	17.2	9.0^	10.6^	11.1
1 to 2 days	37.1	21.0^~	19.1	22.0	22.3
3 to 4 days	24.6^	20.1	31.0	37.0	28.2
5 to 6 days	15.7^	17.6	26.1	16.3	21.5
7 days[a]	15.7	24.0^	14.0^~	14.1	16.5
Missing	0.0	-	0.8^	0.0	0.5^
Number of teens	**141**	**222**	**267**	**91**	**721**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

[a]Teens engaging in at least 60 minutes of moderate to vigorous physical activity per day for 7 days are considered to be meeting national recommendations for physical activity based on the US DHHS Physical Activity Guidelines for Americans, 2nd Edition.

The "Other/multiple races" category is comprised of teens who selected that their race was Asian, American Indian or Alaska Native, Native Hawaiian or Pacific Islander, or if they selected more than one race. Teens who were missing race and ethnicity data (n=13) were excluded from this analysis.

Significant differences across race and ethnicity groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.15. Number of days of per week teens had at least 60 minutes of physical activity, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Average number of days	3.8	3.8~	3.6
0 days	11.1*^	3.0^	11.1
1 to 2 days	18.9	22.4^~	22.3
3 to 4 days	28.0^~	40.8	28.2
5 to 6 days	25.8	19.3^	21.5
7 days[a]	16.2^	12.9^~	16.5
Missing	-	-	0.5^
Number of teens	**211**	**114**	**325**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

[a]Teens engaging in at least 60 minutes of moderate to vigorous physical activity per day for 7 days are considered to be meeting national recommendations for physical activity based on the US DHHS Physical Activity Guidelines for Americans, 2nd Edition.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.16. Number of days per week teens had at least 30 minutes of physical activity

	At-risk afterschool centers	Outside-school-hours care centers	All
Average number of days	4.6	4.3	4.6
0 days	2.7	6.3	2.9
1 to 2 days	15.2	16.9	15.3
3 to 4 days	23.9	21.3	23.8
5 to 6 days	30.9	26.5	30.7
7 days	27.2	26.3	27.2
Missing	-	-	0.2^
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.17. Types of moderate to vigorous physical activities reported by teens

	At-risk afterschool centers	Outside-school-hours care centers	All
Running, jogging, or brisk walking	63.1	67.7	63.3
Football, soccer, basketball, baseball, softball, frisbee, or tennis	61.6	45.3	61.0
House or yard work, such as sweeping or pushing a lawn mower	40.5	27.7	40.0
Hiking, bicycle riding, skateboarding, riding a scooter without a motor, swimming, or kayaking	31.2	29.7	31.2
Vigorous dancing, such as ballet, tap, salsa, hip-hop, or Zumba	18.0	18.3	18.0
Gymnastics or cheerleading	16.1	10.5^	15.9
Martial arts, such as karate, taekwondo, or jiu-jitsu	12.0	9.5	11.9
Other	15.1	25.4	15.5
Missing	4.5^	1.9^	4.4^
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.18. Number of days spent engaging in bone-strengthening activities

	At-risk afterschool centers	Outside-school-hours care centers	All
0 days	12.0	15.0	12.1
1 to 2 days	21.7	30.9	22.0
3 to 4 days	24.8	30.4	25.0
5 to 6 days	26.9	10.4^	26.3
7 days	12.1	10.9^	12.1
Missing	2.5	2.4^	2.5
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Examples of bone-strengthening activities included in the teen survey were: push-ups, pull-ups, or sit-ups; weight lifting; climbing (on rocks, ropes, trees, or playground equipment); or yoga.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.19. Types of bone-strengthening activities teens engaged in

	At-risk afterschool centers	Outside-school-hours care centers	All
Push-ups, pull-ups, or sit-ups	59.6	48.8	59.2
Climbing (on rocks, ropes, trees, or playground equipment)	30.7	31.2	30.8
Weight lifting	24.5	14.1^	24.1
Yoga	17.1	10.3	16.9
Other	27.4	29.8	27.5
Missing	7.9	9.1	7.9
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.20. Number of days of school with physical education classes

	At-risk afterschool centers	Outside-school-hours care centers	All
0 days	4.9	5.2^	5.0
1 to 2 days	32.2	73.0	33.7
3 to 4 days	19.2^~	12.9	19.0^~
5 days	41.6	7.5^	40.3
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.21. Number of sports teams played on in the past 12 months

	At-risk afterschool centers	Outside-school-hours care centers	All
0 teams	31.0	51.5	31.8
1 team	26.5	21.7	26.3
2 teams	20.8	8.3^	20.4
3 or more teams	20.9	17.3	20.8
Missing	0.8^	1.3^	0.8^
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.22. Hours spent watching TV or videos on school days and non-school days

	At-risk afterschool centers	Outside-school-hours care centers	All
Hours spent watching tv or videos on school days			
Average number of hours	2.6	2.3	2.6
Less than 1 hour per day	12.5*	27.3	13.1
1 hour per day	16.8	17.4	16.8
2 hours per day	23.4	19.2	23.2
3 hours per day	19.2	12.2^	18.9
4 hours per day	9.0	7.2^	8.9
5 hours or more per day	16.0	16.3	16.0
Missing	3.1**	-	3.0
Hours spent watching tv or videos on non-school days			
Average number of hours	3.4	3.2	3.4
Less than 1 hour per day	9.2	10.2	9.2
1 hour per day	12.4	14.5^	12.5
2 hours per day	14.2	18.4	14.4
3 hours per day	14.3	14.7	14.3
4 hours per day	13.7	9.8	13.5
5 hours or more per day	33.9	31.5	33.8
Missing	2.3^	-	2.3
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.23. Hours spent watching TV or videos on school days and non-school days, by age group

	Age 10	Age 11	Age 12	Ages 13 to 18	All
Hours spent watching tv or videos on school days					
Average number of hours	2.5	2.8	2.4	2.4~	2.6
Less than 1 hour per day	10.2	11.5	15.8^	19.5^~	13.1
1 hour per day	21.7	11.1	17.7^~	20.6^~	16.8
2 hours per day	23.7	28.0	19.5	15.1	23.2
3 hours per day	14.2	21.0	23.9^~	19.8	18.9
4 hours per day	9.5^	6.9	6.4^	14.2^	8.9
5 hours or more per day	14.9^	19.2	13.6^	10.9^	16.0
Missing	5.9^	2.3^	3.2^	0.0	3.0
Hours spent watching tv or videos on non-school days					
Average number of hours	3.2	3.6	3.6	3.1~	3.4
Less than 1 hour per day	11.4	8.5	11.6^	6.0^	9.2
1 hour per day	15.7	10.2^	7.9^	15.6^~	12.5
2 hours per day	12.9	12.8	7.2	25.4	14.4**
3 hours per day	11.9^	15.8	15.1	15.3^	14.3
4 hours per day	15.1	10.1^	23.3^~	10.0^	13.5
5 hours or more per day	29.7	39.6	33.4	27.7~	33.8
Missing	3.2^	3.0^	-	0.0	2.3
Number of teens	**286**	**258**	**97**	**87**	**728**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Teens who were missing age data (n=6) were excluded from this analysis.

Significant differences across teen age groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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Table F.24. Hours spent watching TV or videos on school days and non-school days, by race and ethnicity

	Non-Hispanic white	Non-Hispanic black	Hispanic	Other/multiple races	All
Hours spent watching tv or videos on school days					
Average number of hours	2.3	3.1	2.4	2.5	2.6***
Less than 1 hour per day	14.7	13.1	12.9	14.4^	13.1
1 hour per day	20.6	11.4	18.2	19.3	16.8
2 hours per day	22.8	18.0	26.7	17.3^	23.2
3 hours per day	25.1	13.1^	19.9	24.1	18.9
4 hours per day	6.8^	12.5	6.8^	11.5^	8.9
5 hours or more per day	9.9^	29.0	11.6	11.4^	16.0***
Missing	-	2.8^	3.9^	-	3.0
Hours spent watching tv or videos on non-school days					
Average number of hours	2.8	3.9	3.2	3.2	3.4*
Less than 1 hour per day	6.2^	5.3^	9.6	16.0^	9.2
1 hour per day	29.0^	8.5^	12.5	11.0^	12.5**
2 hours per day	10.4^	15.6	14.2	16.9	14.4
3 hours per day	24.2^	9.1	17.7	6.5^	14.3***
4 hours per day	6.2^	13.2^	14.4	16.1	13.5
5 hours or more per day	23.1	48.2	27.3	33.5~	33.8**
Missing	-	-	4.2^	0.0	2.3**
Number of teens	**141**	**222**	**267**	**91**	**721**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The "Other/multiple races" category is comprised of teens who selected that their race was Asian, American Indian or Alaska Native, Native Hawaiian or Pacific Islander, or if they selected more than one race. Teens who were missing race and ethnicity data (n=13) were excluded from this analysis.

Significant differences across race and ethnicity groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.25. Hours spent watching TV or videos on school days and non-school days, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Hours spent watching tv or videos on school days			
Average number of hours	2.9*	2.4	2.6
Less than 1 hour per day	14.5**	3.8^	13.1
1 hour per day	14.4	23.3	16.8
2 hours per day	17.8	26.3^~	23.2
3 hours per day	11.8	25.1^~	18.9
4 hours per day	10.8^	16.4^~	8.9
5 hours or more per day	23.7***	2.9^	16.0
Missing	7.0^	-	3.0
Hours spent watching tv or videos on non-school days			
Average number of hours	3.5	3.1~	3.4
Less than 1 hour per day	11.0^	4.9^	9.2
1 hour per day	9.5	16.1^	12.5
2 hours per day	11.2^	23.1^	14.4
3 hours per day	11.7	16.6^	14.3
4 hours per day	12.1	11.0^~	13.5
5 hours or more per day	38.7	28.3^~	33.8
Missing	5.8**^	0.0	2.3
Number of teens	**211**	**114**	**325**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.26. Hours spent playing video games, accessing the internet, or using social media on school days and non-school days

	At-risk afterschool centers	Outside-school-hours care centers	All
Hours spent playing video games, accessing the internet, or using social media on school days			
Average number of hours	2.6	2.1	2.6
Less than 1 hour per day	14.5**	28.3	15.0
1 hour per day	14.5	18.6	14.6
2 hours per day	22.1	18.6	22.0
3 hours per day	18.8	12.8^	18.5
4 hours per day	9.6	9.8	9.6
5 hours or more per day	17.2	11.5^	17.0
Missing	3.4*^	-	3.3^
Hours spent playing video games, accessing the internet, or using social media on school days			
Average number of hours	3.4	3.1	3.4
Less than 1 hour per day	11.1	12.5^	11.2
1 hour per day	8.8	11.3	8.9
2 hours per day	15.9	15.8	15.9
3 hours per day	15.6	19.7	15.8
4 hours per day	10.8**	16.6	11.0
5 hours or more per day	34.5**	23.8	34.1
Missing	3.2**	-	3.1
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.27. Hours spent playing video games, accessing the internet, or using social media on school days and non-school days, by age group

	Age 10	Age 11	Age 12	Ages 13 to 18	All
Hours spent playing video games, accessing the internet, or using social media on school days					
Average number of hours	2.3	2.9	2.7	2.5	2.6**
Less than 1 hour per day	18.7	11.0	17.1	16.3^~	15.0
1 hour per day	17.4	14.6	13.3^~	11.9^	14.6
2 hours per day	23.5	20.6	14.7^	28.3	22.0
3 hours per day	18.6	15.4	22.4	21.0	18.5
4 hours per day	4.0^	12.3	17.2	8.0^~	9.6*
5 hours or more per day	13.7^	20.6	15.2^	14.5^	17.0
Missing	4.0^	5.5^	-	0.0	3.3^
Hours spent playing video games, accessing the internet, or using social media on school days					
Average number of hours	3.3	3.7	3.0	3.0	3.4
Less than 1 hour per day	14.4	7.0^	17.3^~	10.5^	11.2
1 hour per day	5.4^	7.2	16.2^	12.8^	8.9*
2 hours per day	14.1	14.8	6.8	28.1	15.9***
3 hours per day	19.7	13.9	20.0^~	9.7^~	15.8
4 hours per day	6.6	15.3	11.1^	10.1^	11.0
5 hours or more per day	33.3	38.7	28.4	28.8	34.1
Missing	6.4^	3.1^	-	-	3.1*
Number of teens	**286**	**258**	**97**	**87**	**728**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Teens who were missing age data (n=6) were excluded from this analysis.

Significant differences across teen age groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.28. Hours spent playing video games, accessing the internet, or using social media on school days and non-school days, by race and ethnicity

	Non-Hispanic white	Non-Hispanic black	Hispanic	Other/multiple races	All
Hours spent playing video games, accessing the internet, or using social media on school days					
Average number of hours	2.4	2.9	2.5	2.4~	2.6
Less than 1 hour per day	16.2	19.4	13.3	14.7^	15.0
1 hour per day	21.1^	8.7^	15.2	20.0	14.6
2 hours per day	25.1^	18.4^	22.1	27.8	22.0
3 hours per day	13.0^	11.2^	24.8	9.1^	18.5**
4 hours per day	10.2^	9.5^	8.3	14.7^	9.6
5 hours or more per day	14.3^	26.1	13.1	13.6^~	17.0
Missing	-	6.6^	3.1^	0.0	3.3^
Hours spent playing video games, accessing the internet, or using social media on school days					
Average number of hours	2.8	3.7	3.3	3.1	3.4
Less than 1 hour per day	14.3^	9.5^	11.8	10.8^	11.2
1 hour per day	10.2^	10.7	7.3^	11.8	8.9
2 hours per day	18.1	10.6^	19.0	14.4	15.9
3 hours per day	26.2	11.5^	12.8^	27.2	15.8*
4 hours per day	10.7^	8.8^	13.4	7.4^	11.0
5 hours or more per day	17.3^	48.7	31.9	26.8	34.1***
Missing	3.2^	0.2^	3.9^	-	3.1*
Number of teens	**141**	**222**	**267**	**91**	**721**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The "Other/multiple races" category is comprised of teens who selected that their race was Asian, American Indian or Alaska Native, Native Hawaiian or Pacific Islander, or if they selected more than one race. Teens who were missing race and ethnicity data (n=13) were excluded from this analysis.

Significant differences across race and ethnicity groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.29. Hours spent playing video games, accessing the internet, or using social media on school days and non-school days, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Hours spent playing video games, accessing the internet, or using social media on school days			
Average number of hours	2.7	2.4~	2.6
Less than 1 hour per day	16.1	13.9^	15.0
1 hour per day	12.8^	13.0^	14.6
2 hours per day	23.0	35.1	22.0
3 hours per day	15.0	18.6	18.5
4 hours per day	8.4^	11.4^	9.6
5 hours or more per day	20.2**	8.0^	17.0
Missing	4.4*^	0.0	3.3^
Hours spent playing video games, accessing the internet, or using social media on school days			
Average number of hours	3.5	3.0	3.4
Less than 1 hour per day	14.9	7.0^	11.2
1 hour per day	6.9^	6.8^	8.9
2 hours per day	11.2***^	32.0	15.9
3 hours per day	14.9	23.5	15.8
4 hours per day	7.1^	6.8^	11.0
5 hours or more per day	40.6**	24.0	34.1
Missing	4.5*^	0.0	3.1
Number of teens	**211**	**114**	**325**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.30. Foods served most frequently to teens in CACFP suppers in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Milk	**99.7**	**100.0**	**96.6**	**94.8**	**99.6**	**99.9**
1% milk, unflavored	87.8	80.7~	74.3	54.7	87.4	80.3
Skim milk, flavored	51.4~	37.1	2.8^	0.0	50.0~	36.6
Skim milk, unflavored	26.6	23.5~	2.8^	0.0	25.9	23.2~
1% milk, flavored	13.5^	30.3~	6.7^	0.0	13.3^	29.9~
Fruit	**96.6**	**97.3**	**85.9**	**76.3**	**96.3**	**97.0**
Apple, fresh	23.0	22.7	10.3	10.5	22.7	22.6
Applesauce, canned	15.4	13.6^	6.0^	-	15.1	13.4^
Orange, fresh	12.4	14.7	14.9	5.0^	12.5	14.6
Juice	12.1	12.7^	3.8^	9.6	11.8	12.6^
Banana, fresh	6.4	9.0	4.7^	7.9	6.3	9.0
Cranberries, dried	6.2	5.5^	0.0	0.0	6.0	5.5^
Vegetables	**88.1**	**87.4**	**92.9**	**92.6**	**88.3**	**87.5**
Carrots, raw	26.2	22.7	7.7	8.2	25.7	22.5
Cucumber, raw	8.6	7.5	3.8^	0.0	8.5	7.4
Celery, raw	6.8	6.5^	4.7^	-	6.7	6.4^
Broccoli, raw	5.8	6.3^	4.7	-	5.8	6.3^
Corn, cooked	5.7	5.8^	8.4^	12.9	5.8	5.8^
String beans, cooked	5.1^	3.4	9.0	10.5	5.2^	3.5
Other beans, cooked	5.3	6.1^	0.0	0.0	5.2	6.0^
Side salads, raw	4.8^	11.7^	8.3^	-	4.9^	11.7^
Combination entrees	**64.1**	**65.8~**	**48.6**	**59.0**	**63.7**	**65.7~**
Sandwich with plain (not breaded or fried) meat, poultry, or fish	15.0	17.1	12.9	13.8	15.0	17.1
Peanut butter sandwich	10.3	12.7^	-	0.0	10.0	12.6^
Pizza	9.0	10.5	-	0.0	8.8	10.3
Frankfurter, corn dog, similar sausage sandwiches	5.7	8.0^	1.9^	-	5.6	7.9^
Entree salads	1.6^	8.6^~	2.4^	-	1.6^	8.5^
Meat/meat alternate	**43.4**	**46.1**	**58.1**	**51.0**	**43.8**	**46.2**
Cheese	18.5	17.6	14.2	10.8	18.3	17.5
Nuts, nut butters, seeds, nut mixtures	14.1	15.1^~	0.0	0.0	13.7	14.9^
Yogurt	6.6	7.0^	-	0.0	6.5	6.9^
Sausage, frankfurters, and cold cuts	6.5^	5.5^	2.9^	0.0	6.4^	5.4^

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Plain (not breaded or fried) chicken and turkey	3.7^	5.4^	8.7^	14.9	3.9^	5.5^
Breaded or fried chicken and turkey	3.7	5.8^	8.1^	16.4	3.8	5.9^
Chicken and turkey with sauce, gravy, or mayonnaise	2.7^	5.3^	7.9^	0.0	2.8^	5.3^
Breads and grains	**39.8**	**40.6~**	**54.1**	**46.3**	**40.2**	**40.6**
Crackers, croutons, and pretzels	14.4	16.5^~	7.6	-	14.2	16.4^
Breads, rolls, bagels, and other plain breads	8.2^	11.8	34.2	29.9	9.0	12.1
Corn/tortilla chips	8.2^	6.1^	-	-	8.0^	6.1^
Other menu items or dessert	**15.4**	**15.3^~**	**2.3^**	**-**	**15.1**	**15.2^~**
Water	5.5^	7.4^~	1.7^	0.0	5.4^	7.3^~
Number of daily supper menus	**509**	**222**	**137**	**38**	**646**	**260**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 6 to 12 across all providers.

Teens were defined as ages 10 to 18 for the purposes of this analysis. In order to capture ages 10 to 12, we included centers that served children within the age range of 6 to 12 in this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.31. Foods served most frequently to teens in CACFP afternoon snacks in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Milk	**22.2**	**27.1^~**	**47.8**	**13.2^~**	**26.9**	**25.5^~**
1% milk, unflavored	15.3	14.5^~	44.8^	10.4^	20.7	14.0^~
Skim milk, flavored	8.1^	8.5^~	0.0	0.0	6.6^	7.5^~
Fruit	**75.6**	**63.3**	**64.9**	**86.1~**	**73.6**	**65.9**
Juice	52.3	35.6~	10.4^	12.5^~	44.6	33.0
Apple, fresh	8.3	10.1^	19.4	34.2^~	10.4	12.9
Orange, fresh	1.7^	0.7^	21.6^	34.2^~	5.4^	4.5^~
Vegetables	**11.2^**	**11.3**	**8.6**	**-**	**10.7^**	**10.1^**
Carrots, raw	7.9^	11.3	4.3^	0.0	7.2^	10.0^
Meat/meat alternate	**25.7**	**21.6^~**	**26.9**	**8.4^**	**25.9**	**20.1**
Cheese	10.6	9.8^	12.5^	5.1^	11.0	9.3
Yogurt	8.3	1.5^	7.1	3.3^	8.0	1.7^
Nuts, nut butters, seeds, nut mixtures	6.9^	10.2^~	3.9^	0.0	6.3^	9.1^
Breads and grains	**70.2**	**61.2~**	**75.4**	**75.2**	**71.2**	**62.8~**
Crackers, croutons, and pretzels	47.5	42.6~	62.5	69.2	50.2	45.7
Corn/tortilla chips	7.5	7.8^	6.0^	3.3^	7.2	7.3^
Muffins, sweet/quick breads	7.2^	5.5^	1.3^	-	6.1^	4.9^
Other menu items or dessert	**25.9**	**31.6**	**24.4**	**23.4**	**25.6**	**30.7**
Water	9.2^	12.4^~	13.4^	0.0	10.0^	11.0^~
Snacks	9.1^	8.4^	8.4^	20.7	9.0	9.8
Grain-based desserts	5.2^	8.1^~	0.7^	-	4.4^	7.3^
Number of daily snack menus	**391**	**132**	**399**	**52**	**790**	**184**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Indented rows show minor food groups served in at least 5 percent of daily menus for any program type and age group. Minor food groups are listed in descending order based on the frequency served to children ages 6 to 12 across all providers.

Teens were defined as ages 10 to 18 for the purposes of this analysis. In order to capture ages 10 to 12, we included centers that served children within the age range of 6 to 12 in this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.32. Choices offered to teens in CACFP suppers for each meal component in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Number of types of milk served per day						
0	0.3^	0.0	3.4^	-	0.4^	-
1	32.1	37.5~	87.1	94.8	33.6	38.3~
2	52.5	50.1~	9.5^	0.0	51.3	49.4
3 or more	15.1^~	12.4^~	0.0	0.0	14.7^	12.2^~
Mean number of choices per day	1.9~	1.8~	1.1	0.9	1.9~	1.8~
Number of types of fruit served per day						
0	3.4^	2.7^	14.1	23.7	3.7	3.0^
1	87.3	85.2	84.9	71.9	87.2	85.0
2	9.0	6.6^	0.0	0.0	8.7	6.5^
3 or more	0.3^	5.5^	-	-	0.4^	5.5^
Mean number of choices per day	1.1	1.2	0.9	0.9	1.1	1.2
Number of types of vegetables served per day						
0	11.9	12.6^	7.1^	-	11.7	12.5^
1	73.9	72.2	80.8	92.6	74.1	72.5
2	12.2	11.4	9.9^	0.0	12.1	11.2
3 or more	2.0^	3.8^	2.2^	0.0	2.0^	3.7^
Mean number of choices per day	1.0	1.1	1.1	0.9	1.0	1.1
Number of types of combination entrees served per day						
0	35.9	34.2~	51.4	41.0	36.3	34.3~
1	56.3	50.8	48.1	59.0	56.1	50.9
2	6.7	8.9	-	0.0	6.5	8.8^
3 or more	1.1^	6.1^	0.0	0.0	1.1^	6.0^
Mean number of choices per day	0.7	0.9~	0.5	0.6	0.7	0.9~
Number of types of meat/meat alternate served per day						
0	56.6	53.9	41.9	49.0	56.2	53.8
1	23.9	26.8	51.4	43.1	24.7	27.0
2	16.9	17.0^	5.4^	7.9	16.6	16.8^
3 or more	2.5^	2.4^	-	0.0	2.5^	2.3^
Mean number of choices per day	0.7	0.7	0.7	0.6	0.7	0.7
Number of types of breads and grains served per day						
0	60.2	59.4~	45.9	53.7	59.8	59.4
1	36.8	35.5~	52.4	46.3	37.2	35.6~
2	3.0^	4.2^	-	0.0	2.9^	4.1^
3 or more	0.0	-	0.0	0.0	0.0	-

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Mean number of choices per day	0.4	0.5	0.6	0.5	0.4	0.5
Number of types of other menu items or dessert served per day						
0	84.6	84.7~	97.7	97.4	84.9	84.8~
1	14.1	13.3^~	2.3^	-	13.8	13.1^
2	1.3^	2.0^	0.0	0.0	1.3^	2.0^
3 or more	0.0	0.0	0.0	0.0	0.0	0.0
Mean number of choices per day	0.2	0.2^~	0.0^	0.0	0.2	0.2^~
Number of daily supper menus	**509**	**222**	**137**	**38**	**646**	**260**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Teens were defined as ages 10 to 18 for the purposes of this analysis. In order to capture ages 10 to 12, we included centers that served children within the age range of 6 to 12 in this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.33. Choices offered to teens in CACFP afternoon snacks for each meal component in before and after school programs

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Number of types of milk served per day						
0	77.8	72.9~	52.2	86.8~	73.1	74.5~
1	17.1^	26.5^~	47.5	13.2^~	22.7	25.0^~
2	3.8^	0.7^	0.0	0.0	3.1^	0.6^
3 or more	-	0.0	-	0.0	1.1^	0.0
Mean number of choices per day	0.3	0.3^~	0.5	0.1^~	0.3	0.3^~
Number of types of fruit served per day						
0	24.4	36.7	35.1	13.9^~	26.4	34.1
1	68.3	61.3	54.1	86.1~	65.7	64.1
2	7.1^	1.4^	10.3^	0.0	7.7^	1.3^
3 or more	0.2^	0.6^	0.6^	0.0	0.3^	0.5^
Mean number of choices per day	0.8	0.7	0.8	0.9~	0.8	0.7
Number of types of vegetables served per day						
0	88.8	88.7	91.4	99.7	89.3	89.9
1	11.2^	11.3	5.8^	-	10.2^	10.1^
2	-	0.0	2.6	0.0	0.5^	0.0
3 or more	0.0	0.0	-	0.0	-	0.0
Mean number of choices per day	0.1^	0.1	0.1	0.0^	0.1^	0.1^
Number of types of combination entrees served per day						
0	98.8	99.4	98.7	100.0	98.7	99.5
1	1.2^	0.4^	1.3^	0.0	1.2^	0.4^
2	0.1^	0.2^	0.0	0.0	0.0^	0.1^
3 or more	0.0	0.0	0.0	0.0	0.0	0.0
Mean number of choices per day	0.0^	0.0^	0.0^	0.0	0.0^	0.0^
Number of types of meat/meat alternate served per day						
0	74.3	78.4~	73.1	91.6	74.1	79.9
1	23.8	20.0^~	25.0	8.4^	24.0	18.7^
2	1.4^	0.3^	1.9^	0.0	1.5^	0.3^
3 or more	-	-	0.0	0.0	-	-
Mean number of choices per day	0.3	0.2^~	0.3	0.1^	0.3	0.2
Number of types of breads and grains served per day						
0	29.8	38.8~	24.6	24.8	28.8	37.2~
1	68.3	61.1~	72.7	74.5	69.1	62.6~
2	1.9^	-	2.5^	-	2.0^	-
3 or more	-	0.0	-	0.0	0.1^	0.0

	At-risk afterschool centers		Outside-school-hours care centers		All	
	6 to 12	13 to 18	6 to 12	13 to 18	6 to 12	13 to 18
Mean number of choices per day	0.7	0.6~	0.8	0.8	0.7	0.6~
Number of types of other menu items or dessert served per day						
0	74.1	68.4	75.6	76.6	74.4	69.3
1	23.7	29.3	23.2	23.4	23.6	28.6
2	2.1^	-	1.2^	0.0	2.0^	-
3 or more	0.0	0.0	0.0	0.0	0.0	0.0
Mean number of choices per day	0.3	0.3	0.3	0.2	0.3	0.3
Number of daily snack menus	**391**	**132**	**399**	**52**	**790**	**184**

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Teens were defined as ages 10 to 18 for the purposes of this analysis. In order to capture ages 10 to 12, we included centers that served children within the age range of 6 to 12 in this analysis.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.34. Average number of hours spent in care per day and per week

	At-risk afterschool centers	Outside-school-hours care centers	All
Hours spent in care per day	2.1~	2.2	2.1
Hours spent in care per week	9.1~	10.2	9.1
Missing	7.1	4.8^	7.0
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.35. Teen-reported food security status

	At-risk afterschool centers	Outside-school-hours care centers	All
Food secure	56.1	58.0	56.2
Low food security	31.4	32.5	31.5
Very low food security	12.4	9.3^	12.3
Missing	-	-	-
Number of teens	**524**	**210**	**734**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.36. Teen-reported food security status, by age group

	Age 10	Age 11	Age 12	Ages 13 to 18	All
Food secure	53.0	58.3	61.1	54.7~	56.2
Low food security	31.5	32.2	31.3^~	29.7	31.5
Very low food security	15.5^	9.4^	7.6^~	15.7^~	12.3
Missing	0.0	0.0	0.0	0.0	-
Number of teens	**286**	**258**	**97**	**87**	**728**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Teens who were missing age data (n=6) were excluded from this analysis.

Significant differences across teen age groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.37. Teen-reported food security status, by race and ethnicity

	Non-Hispanic white	Non-Hispanic black	Hispanic	Other/multiple races	All
Food secure	47.3	57.5~	56.3	58.0~	56.2
Low food security	43.7	19.8	36.4	27.3	31.5**
Very low food security	9.0^	22.7^	7.3^	14.7^~	12.3*
Missing	0.0	0.0	0.0	0.0	-
Number of teens	**141**	**222**	**267**	**91**	**721**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

The "Other/multiple races" category is comprised of teens who selected that their race was Asian, American Indian or Alaska Native, Native Hawaiian or Pacific Islander, or if they selected more than one race. Teens who were missing race and ethnicity data (n=13) were excluded from this analysis.

Significant differences across race and ethnicity groups are indicated in the "All" column at the *** 0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.38. Teen-reported food security status, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Food secure	57.8	51.9	56.2
Low food security	28.4	33.2	31.5
Very low food security	13.7^	14.9^	12.3
Missing	-	0.0	-
Number of teens	**211**	**114**	**325**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.39. Parent-reported food security status of their teen

	At-risk afterschool centers	Outside-school-hours care centers	All
Food secure	65.5	77.0	65.9
Low food security	28.7***	12.1	28.1
Very low food security	4.8^	8.4^	4.9^
Missing	-	-	0.1^
Number of parents	**309**	**122**	**431**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.40. Parent-reported food security status of the household

	At-risk afterschool centers	Outside-school-hours care centers	All
Food secure	54.7**	72.1	55.3
Low food security	24.6	14.6^	24.2
Very low food security	19.2	10.0^	18.9
Missing	0.5^	2.8^	0.6^
Number of parents	**309**	**122**	**431**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

Table F.41. Parent-reported food security status of the household, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Food secure	47.1**	67.2	55.3
Low food security	27.2	21.3	24.2
Very low food security	23.2*	11.4^	18.9
Missing	0.9^	-	0.6^
Number of parents	**243**	**142**	**385**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.42. Comparison of teen- and parent-reported food security status in before and after school programs

	At-risk afterschool centers	Outside-school-hours care centers	All
Teen and parent agreement of food security statuses (n=190)	50.7	58.5	51.0
Teen and parent report teen is food secure	38.4*	54.6	39.1
Teen and parent report teen has low food security	11.6^	3.0^	11.2^
Teen and parent report teen has very low food security	0.7^	-	0.7^
Teen and parent non-agreement of food security statuses (n=172)	49.3	41.5	49.0
Teen reports higher food security than parent	19.1	13.6	18.9
Teen reports lower food security than parent	30.2	27.9	30.1
Missing	1.2^	2.4^	1.2^
Number of teen and parent dyads	**259**	**109**	**368**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table F.43. Comparison of teen- and parent-reported food security status, by household income

	Less than $50,000 annually	$50,000 or more annually	All
Teen and parent agreement of food security statuses (n=168)	49.4	53.8	51.0
Teen and parent report teen is food secure	35.9	41.3	39.1
Teen and parent report teen has low food security	13.4^	10.2^~	11.2^
Teen and parent report teen has very low food security	0.1^	-	0.7^
Teen and parent non-agreement of food security statuses (n=151)	50.6	46.2	49.0
Teen reports higher food security than parent	22.9	9.7^	18.9
Teen reports lower food security than parent	27.6	36.5	30.1
Missing	1.9**^	-	1.2^
Number of teen and parent dyads	**211**	**114**	**325**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview, and Teen Parent Interview and Teen Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

Food secure = no reported indications of food-access problems or limitations.

Low food security = reports of reduced quality, variety, or desirability of diet with little or no indication of reduced food intake.

Very low food security = reports of multiple indications of disrupted eating patterns and reduced food intake.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

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Table F.44. Household participation in assistance programs

	At-risk afterschool centers	Outside-school-hours care centers	All
SNAP	38.7	39.8	38.8
WIC	10.9	15.7	11.1
NSLP	65.7*	48.0	65.0
Community food resources[a]	11.1^	11.2	11.1^
FDPIR	1.4^	-	1.4^
Medicaid	50.8~	41.3	50.5
TANF	3.6*^	-	3.5^
CHIP	42.9*	26.5	42.3
Number of households	**309**	**122**	**431**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

[a]Community food resources include food pantries, food banks, soup kitchens, and emergency kitchens.

Difference between at-risk afterschool centers and outside-school-hours care centers is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CHIP = Children's Health Insurance Program, FDPIR = Food Distribution Program on Indian Reservations, NSLP = National School Lunch Program, SNAP = Supplemental Nutrition Assistance Program, TANF = Temporary Assistance for Needy Families, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Table F.45. Household participation in assistance programs, by household income

	Less than $50,000 annually	$50,000 or more annually	All
SNAP	52.7***	7.3^	38.8
WIC	12.6	8.9^	11.1
NSLP	65.9	59.2	65.0
Community food resources[a]	14.9^	5.9^	11.1^
FDPIR	2.0^	-	1.4^
Medicaid	59.8***~	26.3^	50.5
TANF	5.7**^	-	3.5^
CHIP	53.0***	25.4	42.3
Number of households	**243**	**142**	**385**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

[a]Community food resources include food pantries, food banks, soup kitchens, and emergency kitchens.

Household income was reported by parents in the Parent Interview (for parents of teens ages 10-12) or the Teen Parent Interview (for parents of teens ages 13 and older). This table is limited to teen-parent dyads that had complete data for the Teen Survey and either the Parent Interview or Teen Parent Interview. Parents who were missing household income data, or who reported "Don't know" or refused household income questions, were excluded from this analysis (n=46).

Difference between households that earn less than $50,000 annually and households that earn $50,000 or more annually is significantly different from zero at the ***0.001 level, ** 0.01 level, or * 0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CHIP = Children's Health Insurance Program, FDPIR = Food Distribution Program on Indian Reservations, NSLP = National School Lunch Program, SNAP = Supplemental Nutrition Assistance Program, TANF = Temporary Assistance for Needy Families, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Table F.46. Household participation in assistance programs, by combinations of programs

	At-risk afterschool centers	Outside-school-hours care centers	All
None	9.8	26.2^	10.5
One program	21.6	19.6^	21.5
NSLP	51.3~	64.0~	51.7~
Two programs	22.1	21.5	22.1
NSLP; Medicaid	40.8^~	12.6^~	39.8^~
Three programs	29.6	15.2	29.1
SNAP; NSLP; Medicaid	33.2^~	50.2^~	33.6^~
Four programs	14.1	12.0	14.1
SNAP; WIC; NSLP; Medicaid	8.1^~	17.6^~	8.4^~
Five or more programs	2.7^	5.4^	2.8^
SNAP; NSLP; Food pantries, food banks, local soup kitchens or emergency kitchens; Medicaid; CHIP	29.1^~	54.5~	30.9^~
Number of households	**309**	**122**	**431**

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-II), Parent Interview and Teen Parent Interview, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

Multiple responses were allowed.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CHIP = Children's Health Insurance Program, FDPIR = Food Distribution Program on Indian Reservations, NSLP = National School Lunch Program, SNAP = Supplemental Nutrition Assistance Program, TANF = Temporary Assistance for Needy Families, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children.

Table F.47. Weight status for children in early child care programs ages 3 to 5 in SNACS-I and 2 to 5 years old in SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Underweight	4.3	2.7~	-1.6~
Healthy weight	63.7	66.8	3.1
Overweight	20.0	15.9	-4.1*
Obese	12.0	14.6	2.6
Number of early child care programs	**1,388**	**2,042**	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Child Height and Weight Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.48. Weight status for children ages 6 to 12 measured in before and after school programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Underweight	1.0^	2.1^~	1.1~
Healthy weight	58.9	57.8	-1.1
Overweight	17.4	12.8	-4.6
Obese	22.7	27.3	4.6
Number of before and after school programs	**526**	**819**	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Child Height and Weight Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Before and after school programs include at-risk afterschool centers and outside-school-hours care centers.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

Table F.49. Weight-for-age status for children younger than two years old measured in early child care programs in SNACS-I and SNACS-II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Less than 2nd or 3rd percentile	0.0^	1.2^~	1.2~
Between 2nd and 98th percentiles or 3rd and 97th percentiles	95.8	90.3	-5.5
Greater than 98th or 97th percentile	4.2^	8.5^~	4.3~
Number of early child care programs	**24**	**190**	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Child Height and Weight Form, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Child Height and Weight Form, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Weight for age cutoffs differed across studies. SNACS-I used the cutoffs less than 2nd and greater than 98th percentiles to identify the tail ends of the distribution. SNACS-II used the cutoffs less than 3rd and greater than 97th percentiles.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.