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Abstract

Objective

To investigate: (i) how lunch frequency of adolescents varies between schools and between classes within schools; (ii) the associations between frequency of lunch and individual sociodemographic factors and school characteristics; and (iii) if any observed associations between lunch frequency and school characteristics vary by gender and age groups.

Design

Cross-sectional study in which students and school headmasters completed self-administered questionnaires. Associations were estimated by multilevel multivariate logistic regression.

Setting

The Danish arm of the Health Behaviour in School-Aged Children study 2010.

Subjects

Students (n 4922) aged 11, 13 and 15 years attending a random sample of seventy-three schools.

Results

The school-level and class-level variations in low lunch frequency were small (intraclass correlation coefficient

Conclusions

Lunch frequency among Danish students appears to be largely influenced by sociodemographic factors. Additionally, the presence of an adult during lunch breaks promotes frequent lunch consumption while availability of a canteen may discourage frequent lunch consumption. These findings vary between older and younger students.

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