

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
Total	54	64
Gender		
Males	57	66
Females	51	62
Ethnicity		
White	55	67
African American	44	52
Latino	52	64
Asian/Other	62	60
Income		
≤\$19,999	50	58
\$20,000 - \$49,999	52	62
≥\$50,000	57	67
Federal Poverty		
≤ 185%	52	63
> 185%	55	65
Food Stamps		
Yes	51	60
No	55	64
Overweight Status		
Not at Risk	56	66
At Risk/Overweight	53	63
Physical Activity		
≥60 minutes	62 ***	71 ***
<60 minutes	46	57
School Breakfast		
Yes	47	52 **
No	56	67
School Lunch		
Yes	52	64
No	57	64
Nutrition Lesson		
Yes	N/A	91 ***
No	N/A	32
Exercise Lesson		
Yes	77 ***	N/A
No	13	N/A

No lessons includes "no," "not sure," and "no answer."

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

** p < .01

*** p < .001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 68: Parental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement							
	Your parents buy the types of fruits and vegetables that you like ¹	Your parents eat lots of fruits or vegetables	Your parents ask what school is teaching you about nutrition and health	Your parents tell you why eating healthy is important ¹	Your parents say something nice to you when you eat healthy foods	Your parents drink milk	Your parents eat high-fat foods like french fries, chips, or desserts	Your parents limit the amount of chips, soda, and sweets you can eat each day
Total	74	86	61	78	78	85	56	78
Gender								
Males	67**	84	60	77	77	82	53	81
Females	82	88	61	79	80	88	59	75
Ethnicity								
White	77	85	53*	80	80	83**	53	83
African American	55	87	68	94	76	94**	45	68
Latino	77	86	68	76	78	91	57	75
Asian/Other	67	94	62	69	73	67	69	75
Income								
≤\$19,999	76	84	60***	84**	88	90**	72*	81
\$20,000 - \$49,999	74	88	74	86	78	92	57	78
≥\$50,000	74	86	50	70	76	78	52	77
Federal Poverty Level								
≤ 185%	73	84	72**	74*	76	90	70***	82
> 185%	78	88	55	86	80	82	49	76
Food Stamps								
Yes	77	72**	54	80	91	89	67	82
No	74	88	62	78	77	84	54	78
Overweight Status								
Not at Risk	71	88	60	76	76	82*	56	76
At Risk/Overweight	80	83	61	80	81	91	56	84
Physical Activity								
≥60 minutes	73	85	67**	82	85***	88*	57	82*
<60 minutes	76	88	53	74	70	81	56	74
School Breakfast								
Yes	78	74*	68	83	68	91	62	73
No	74	88	60	77	80	84	55	79
School Lunch								
Yes	75	86	64	79	80	87	58	78
No	74	87	56	77	76	82	53	79
Nutrition Lesson								
Yes	76	88	63	81	77	86	52	78
No	72	85	58	74	80	84	61	78
Exercise Lesson								
Yes	76	88	60	80	78	84	54	78
No	71	83	62	74	78	86	60	77

¹ Percent of children who reported agreeing a lot.

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 69: Personal, Social, and Environmental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement						
	You want to have fruit for an afternoon snack ¹	You don't like to try new kinds of fruits and vegetables	You help fix fruits, vegetables, or salads for dinner	Your friends at school usually eat healthy foods	You get rewarded at school for completing activities about nutrition	There are not enough fruits and vegetables to eat in your home	School cafeteria workers want you to eat fruits and vegetables ¹
Total	54	44	66	64	46	30	65
Gender							
Males	48 *	52 **	59 **	60	44	27	56 **
Females	60	37	74	67	47	33	74
Ethnicity							
White	54	38 *	66 **	60	44	27 **	62
African American	55	30	47	55	49	60	48
Latino	57	51	74	66	46	31	68
Asian/Other	44	52	52	75	46	21	73
Income							
≤\$19,999	55	52 ***	68	66	59 **	42	67
\$20,000 - \$49,999	60	56	70	64	52	31	66
≥\$50,000	48	33	62	63	37	26	63
Federal Poverty Level							
≤ 185%	59	51	67	68	49	36	69
> 185%	51	41	66	61	44	27	62
Food Stamps							
Yes	48	66 *	64	82 *	65 *	27	74
No	54	42	66	61	43	31	64
Overweight Status							
Not at Risk	55	45	63	60	39 **	29	67
At Risk/Overweight	54	42	73	69	58	31	63
Physical Activity							
≥60 minutes	54	54 ***	68	62	51 *	29	62
<60 minutes	53	34	63	66	39	31	68
School Breakfast							
Yes	78 ***	49	66	62	47	34	83 **
No	50	44	66	64	45	29	62
School Lunch							
Yes	59 *	48	68	67	46	36 **	70 *
No	46	39	63	59	45	22	58
Nutrition Lesson							
Yes	57	43	66	65	48	29	66
No	49	46	67	62	43	31	64
Exercise Lesson							
Yes	56	42	65	63	44	30	67
No	49	50	70	66	50	30	61

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Parental Factors for Physical Activity (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement				
	Your parents ask you what school is teaching you about exercise, physical activity, and health	Your parents say something nice to you when you exercise a lot	Your family exercises together by doing things like going to the park, playing sports, or riding bikes	Your parents limit the amount of time you spend watching TV or playing video games	Your parents make you stay inside after school rather than letting you play outside
Total	68	77	74	67	23
Gender					
Males	67	76	70	69	28 *
Females	69	77	78	65	18
Ethnicity					
White	64 *	78	74	72	20
African American	60	81	62	66	21
Latino	77	76	76	60	25
Asian/Other	58	73	73	71	27
Income					
≤\$19,999	72	91	85	54 *	29
\$20,000 - \$49,999	72	75	71	64	24
≥\$50,000	64	75	73	73	21
Federal Poverty Level					
≤ 185%	69	79	75	60 *	25
> 185%	68	76	73	71	22
Food Stamps					
Yes	68	87	82	58	43 **
No	68	76	73	68	21
Overweight Status					
Not at Risk	68	72 **	72	60 ***	21
At Risk/Overweight	70	87	76	81	28
Physical Activity					
≥60 minutes	71	85 ***	77	72 *	23
<60 minutes	64	68	70	61	23
School Breakfast					
Yes	64	62 **	82	57	33
No	69	79	73	68	21
School Lunch					
Yes	72	77	72	66	24
No	63	77	76	68	22
Nutrition Lesson					
Yes	70	78	75	65	18 *
No	65	76	72	69	30
Exercise Lesson					
Yes	67	78	72	65	22
No	70	74	77	72	24

A box around a group of numbers signifies that differences observed within the group are statistically significant Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 71: Personal, Social, and Environmental Factors for Physical Activity
(Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement		
	You think you're good at most sports	You would rather watch TV than play outside right after school or during weekends	Your friends exercise or are active by going to the park, playing sports or riding bikes ¹
Total	71	30	67
Gender			
Males	71	33	69
Females	72	27	64
Ethnicity			
White	72	28	72 *
African American	66	19	74
Latino	76	34	66
Asian/Other	58	27	48
Income			
≤\$19,999	87 *	22	76
\$20,000 - \$49,999	67	33	61
≥\$50,000	71	29	70
Federal Poverty Level			
≤ 185%	68	27	61
> 185%	73	32	70
Food Stamps			
Yes	84	28	67
No	70	30	67
Overweight Status			
Not at Risk	69	30	70
At Risk/Overweight	74	31	62
Physical Activity			
≥60 minutes	77 **	32	76 ***
<60 minutes	64	28	56
School Breakfast			
Yes	77	29	75
No	71	30	66
School Lunch			
Yes	71	29	73 **
No	72	31	59
Nutrition Lesson			
Yes	74	29	68
No	68	32	65
Exercise Lesson			
Yes	73	30	68
No	69	29	66

¹ Percent of children who reported agreeing a lot.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 72a: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Food Preference			
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
You want to have fruit for an afternoon snack			
Agree a lot	54	3.2 **	2.6
All other responses	46	2.7	2.4
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
You don't like to try new kinds of fruits and vegetables			
Agree	44	2.8	2.6
Disagree	56	3.0	2.4
Behavioral Capability			
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
You help fix fruits, vegetables, or salad for dinner			
Agree	66	3.1 **	2.6 *
Disagree	34	2.5	2.3
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Have you ever worked in a garden to grow fruits and vegetables?			
Yes	57	3.1 *	2.7 **
No	43	2.7	2.3
Modeling			
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Your parents eat lots of fruits or vegetables			
Agree	86	3.0	2.5
Disagree	14	2.6	2.6
	Percent	Servings of Milk	Percent Who Drank 3+ Servings of Milk
Your parents drink milk			
Agree	85	1.9 *	21 ***
Disagree	15	1.5	12
	Percent	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Your parents eat high-fat foods like French fries, chips, or desserts			
Agree	56	1.0	3.9
Disagree	44	0.9	3.8

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Chi Square Test

ANOVA

* p < .05

** p < .01

*** p < .001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 72b: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Reinforcement			
Your parents say something nice to you when you eat healthy foods	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	78	3.1 ***	2.6 ***
Disagree	22	2.3	2.0
Your parents tell you why eating healthy is important	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	78	3.1 *	2.6
All other responses	22	2.6	2.4
Your parent ask you what school is teaching you about nutrition and health	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	61	3.1	2.5
Disagree	39	2.7	2.4
Your parents buy the types of fruits and vegetables that you like	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	74	3.1 *	2.5
All other responses	26	2.6	2.4
Availability/Environment			
There are not enough fruits and vegetables to eat in your home	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	30	2.6 *	2.4
Disagree	70	3.1	2.5
Your parents limit the amount of chips, soda, and sweets you can eat each day	Percent	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Agree	78	0.9	3.8
Disagree	22	1.0	4.0

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ANOVA

* p<.05

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 73a: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Activity Preferences					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
You would rather watch TV than play outdoors after school or during weekends					
Agree	30	96 *	87 **	57	81
Disagree	70	83	66	52	86
Behavioral Capability					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
You think you are good at most sports					
Agree	71	92 **	68 *	58 **	88 **
Disagree	29	74	83	42	76
During this school year, have you had any lessons from a teacher, coach or some other type of instructor about exercise and your health? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	64	91 **	73	56 ***	86
No	36	79	76	40	83
During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school PE or gym class? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	56	98 ***	72	61 ***	85
No	44	73	76	37	85
Other than sports lessons, classes or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	30	95 *	73	58 **	86
No	70	84	74	47	85
Reinforcement					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Your parents say something nice to you when you exercise a lot					
Agree	77	91 **	68 *	59 ***	85
Disagree	23	73	85	35	82
Your parent ask you what school is teaching you about exercise and health	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	68	88	66 **	55	89 ***
Disagree	32	82	85	47	74

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Chi Square Test

ANOVA

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 73b: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Social Norms					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Your family exercises together by doing things like going to the park, playing sports, or riding bikes					
Agree	74	89 *	65 ***	56	89
Disagree	26	75	95	46	70
Your friends exercise or are physically active by doing things like going to the park, playing sports, or riding bikes					
Agree a lot	67	92 **	64 ***	61 ***	91 ***
All other responses	33	76	89	38	71
Availability/Environment					
Not including recess, during your most recent school year, did you have any PE or gym classes that were taught by a teacher, coach, athletic instructor, or some other type of adult teacher? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	86	89	73	51	85
No	14	77	76	44	83
School PE or gym classes meet California mandate of 200 minutes every 10 days (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	33	98 **	78	59 **	85
No	67	83	72	47	85
Your parents make you stay inside after school rather than letting you play outside	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	23	91	73	53	78
Disagree	77	85	72	53	86
Your parents limit the amount of time you spend watching TV or playing video games	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	67	89	67 *	58 *	87 *
Disagree	33	82	84	44	79

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ANOVA

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 74: School Environment Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Behavioral Capability			
Thinking of the most recent school year, did you work in a garden at school to help grow fruits and vegetables?	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	25	2.9	2.5
No	75	3.0	2.5
During this school year, have you had any lessons from a teacher, coach or some other type of instructor about food, nutrition, and your health? (Diary Sample)	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	54	3.1	2.7
No	46	2.7	2.3
Modeling			
Your friends at school usually eat healthy foods	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	64	2.7	2.4
Disagree	36	3.3	2.6
Reinforcement			
You get rewarded at school for completing activities about nutrition	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	46	3.1	2.6
Disagree	54	2.8	2.4
Social Norms			
School cafeteria workers want you to eat fruits and vegetables	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	65	3.0	2.5
All other responses	35	2.8	2.5
Availability/Environment			
Vending machines at school stocked with candy, chips, and cookies	Percent	Servings of High-Fat Snacks	Servings of Sweets
Yes	8	1.0	1.8
No	92	0.9	1.8
Soda vending machines at school that students can use	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods
Yes	14	0.9	4.0
No	86	1.1	3.8
School cafeteria usually serve students fast food	Percent	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	24	0.9	3.5
No	76	0.9	4.0

A box around a group of numbers signifies that differences observed within this group are statistically significant ANOVA

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 80: Participation in Growing Fruits and Vegetables in a Garden (Phone Sample)

Thinking of the most recent school year, did you work in a garden at school to help grow fruits or vegetables?
Have you ever worked in a garden to grow fruits or vegetables?

	Percent of Children	
	Worked in a school garden to help grow fruits and vegetables in the most recent school year	Ever worked in a garden to grow fruits and vegetables
Total	25	57
Gender		
Males	26	58
Females	24	56
Ethnicity		
White	27	68 ***
African American	15	23
Latino	25	51
Asian/Other	21	52
Income		
≤\$19,999	20	55
\$20,000 - \$49,999	25	54
≥\$50,000	25	59
Federal Poverty Level		
≤ 185%	24	53
> 185%	26	58
Food Stamps		
Yes	33	35 **
No	24	59
Overweight Status		
Not at Risk	24	58
At Risk/Overweight	27	52
Physical Activity		
≥60 minutes	25	64 **
<60 minutes	25	48
School Breakfast		
Yes	25	64
No	25	55
School Lunch		
Yes	25	55
No	25	58
Nutrition Lesson		
Yes	20 *	66 ***
No	32	44
Exercise Lesson		
Yes	20 **	58
No	35	53

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Chi Square Test

*p<.05

**p<.01

***p<.001