

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Nutrition or Exercise Lessons from a Teacher, Coach, or Other Instructor (N=856)

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?

Not including recess or lunch, during the current school year, do you have any school physical education (PE) or gym classes that are taught by a teacher, coach, athletic instructor, or some other type of adult teacher?

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 a school PE or gym class?

	Percent Participating in...	
	School Lessons on Food, Nutrition, and Health	Physical Education or Physical Activity Lessons, Classes, or Teams
Total	58.2	93.8
Gender		
Males	59.5	94.5
Females	57.0	93.1
Ethnicity		
White	62.6	95.9
African American	62.8	96.2
Latino	55.5	92.3
Asian/Other	55.2	92.9
Food Stamp Status, % FPL		
Participant, ≤ 130%	57.7 ***	88.2
Likely Eligible, ≤ 130%	46.8	91.9
Potentially Eligible, 131-≤ 185%	46.9	92.8
Not Eligible, >185%	63.7	95.2
Overweight Status		
Not Overweight	60.8 *	95.2 *
Overweight/Obese	53.4	91.9
Physical Activity		
≥ 60 minutes	63.0 **	97.7 ***
< 60 minutes	53.8	90.1
School Breakfast		
Yes	51.8	88.3 **
No	59.9	95.2
School Lunch		
Yes	55.2 *	92.0 **
No	63.4	96.7
Nutrition Lesson		
Yes	N/A	94.9
No	N/A	92.2
Exercise Lesson		
Yes	58.9	N/A
No	47.5	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<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 68: Parental Factors for Healthy Eating (N=390)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?
 Do your parents limit the amount of time you spend watching TV or playing video games to less than two hours a day? [yes/no]

	Percent of Children in Agreement	
	Your parents eat high-fat foods like french fries, chips, or desserts	Your parents limit the amount of chips, soda or sweets you can eat each day
Total	42.2	73.5
Gender		
Males	43.6	72.5
Females	40.7	74.5
Ethnicity		
White	40.2	78.6
African American	63.9	69.4
Latino	41.3	69.0
Asian/Other	40.0	80.0
Food Stamp Status, % FPL		
Participant, ≤ 130%	65.0*	66.2
Likely Eligible, ≤ 130%	36.6	67.4
Potentially Eligible, 131-≤ 185%	42.5	76.8
Not Eligible, >185%	39.5	76.0
Overweight Status		
Not Overweight	42.4	76.8
Overweight/Obese	40.4	68.6
Physical Activity		
≥ 60 minutes	40.0	74.9
< 60 minutes	44.0	72.2
School Breakfast		
Yes	44.2	63.9*
No	41.6	76.3
School Lunch		
Yes	43.0	70.6
No	40.5	79.2
Nutrition Lesson		
Yes	43.7	71.9
No	39.9	75.8
Exercise Lesson		
Yes	41.8	74.2
No	46.2	66.2

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

Chi Square Test

* p<.05

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 69: Personal, Social, and Environmental Factors for Healthy Eating (N=390)

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	Your friends at school usually eat healthy foods	You like to try new kinds of fruits ¹	You like to try new kinds of vegetables	You like most kinds of fruits ¹	You like most kinds of vegetables	You help fix fruits, vegetables, or salads for dinner
Total	69.5	68.2	68.1	74.0	75.2	79.5	75.4
Gender							
Males	67.1	63.4 *	65.4	75.3	74.2	80.7	75.1
Females	71.9	73.5	71.0	72.7	76.3	78.2	75.8
Ethnicity							
White	66.3	64.0	71.6	67.4 *	77.5	80.2	79.8
African American	69.4	63.9	77.8	66.7	86.1	77.1	77.8
Latino	71.8	69.5	68.0	80.9	72.2	82.1	70.4
Asian/Other	68.3	77.5	53.7	68.3	75.6	67.5	82.9
Food Stamp Status, % FPL							
Participant, ≤ 130%	68.7	73.8	73.1	78.8	73.3	84.3	84.4 *
Likely Eligible, ≤ 130%	77.3	72.3	60.1	73.2	74.7	84.3	61.9
Potentially Eligible, 131-≤ 185%	68.5	63.9	66.7	82.7	78.9	76.2	83.4
Not Eligible, >185%	67.2	66.9	70.3	71.2	74.8	77.7	76.2
Overweight Status							
Not Overweight	68.8	66.0	69.1	74.2	74.8	76.9	73.4
Overweight/Obese	72.8	73.5	65.0	75.6	75.3	82.0	81.6
Physical Activity							
≥ 60 minutes	71.3	70.2	71.1	75.2	76.4	79.0	78.1
< 60 minutes	67.9	66.6	65.6	73.0	74.2	79.9	73.1
School Breakfast							
Yes	75.5	65.9	73.8	80.9	78.0	85.9	77.1
No	67.6	68.9	66.4	71.9	74.3	77.5	74.9
School Lunch							
Yes	69.1	68.5	67.9	77.2 *	73.2	82.9 *	75.9
No	70.3	67.8	68.5	67.5	79.4	72.5	74.5
Nutrition Lesson							
Yes	69.6	69.8	72.4 *	76.3	79.0 *	78.1	77.0
No	69.3	65.9	61.8	70.7	69.5	81.5	73.0
Exercise Lesson							
Yes	70.0	67.4	69.8 *	75.3	75.8	77.9 *	77.4 **
No	64.3	76.6	52.0	61.8	69.5	94.7	56.1

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Parental Factors for Physical Activity (N=390)

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 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 to less than two hours per day
Total	83.3	68.4
Gender		
Males	83.7	68.7
Females	83.0	68.1
Ethnicity		
White	77.7	69.5
African American	86.1	65.7
Latino	87.9	70.2
Asian/Other	78.6	59.5
Food Stamp Status, % FPL		
Participant, ≤ 130%	79.9	62.6
Likely Eligible, ≤ 130%	81.1	62.8
Potentially Eligible, 131-≤ 185%	89.7	63.4
Not Eligible, >185%	83.0	72.7
Overweight Status		
Not Overweight	82.7	69.8
Overweight/Obese	84.7	65.9
Physical Activity		
≥ 60 minutes	89.1	71.6
< 60 minutes	78.3	65.7
School Breakfast		
Yes	87.6	69.2
No	82.0	68.1
School Lunch		
Yes	82.3	65.0
No	85.3	75.3
Nutrition Lesson		
Yes	84.6	67.6
No	81.4	69.6
Exercise Lesson		
Yes	84.0	69.2
No	76.5	60.2

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

* p<.05

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 71: Personal, Social, and Environmental Factors for Physical Activity (N=390)

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	
Total	77.5	
Gender		
Males	81.3	
Females	73.6	
Ethnicity		
White	79.3	
African American	86.1	
Latino	78.0	
Asian/Other	66.7	
Food Stamp Status, % FPL		
Participant, ≤ 130%	71.6	
Likely Eligible, ≤ 130%	70.8	
Potentially Eligible, 131-≤ 185%	80.5	
Not Eligible, >185%	80.2	
Overweight Status		
Not Overweight	79.4	
Overweight/Obese	72.6	
Physical Activity		
≥ 60 minutes	85.7	
< 60 minutes	70.5	
School Breakfast		
Yes	77.0	
No	77.7	
School Lunch		
Yes	75.8	
No	81.0	
Nutrition Lesson		
Yes	79.6	
No	74.5	
Exercise Lesson		
Yes	78.9	
No	63.8	

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

Chi Square Test

* p<.05

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 72a: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=390)

Outcome Expectations			
If you eat fruits and vegetables everyday, your friends will start eating them too.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	54.6	2.8	2.6
Disagree	45.4	2.8	2.6
If you eat fruits and vegetables everyday, you will have more energy.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	95.7	2.8**	2.7*
All other responses	4.3	1.6	1.9
If you eat fruits and vegetables everyday, you will become stronger.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	93.9	2.8	2.6
All other responses	6.1	2.3	2.2
If you eat fruits and vegetables everyday, you will think better in class.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	92.9	2.8	2.6
All other responses	7.1	2.6	2.3
<i>Outcome Expectation Scale</i>		<i>0.086</i>	<i>0.002</i>

ANOVA

Spearman's rho

* p<.05

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 72b: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=390)

Eating Self-Efficacy					
How confident are you that you can eat the recommended cups of fruit each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	54.0	1.9 ***	1.2 **	3.1 ***	2.7
Confident/Not Confident ¹	46.0	1.4	0.9	2.4	2.5
How confident are you that you can eat the recommended cups of vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	40.8	1.9 *	1.3 ***	3.2 ***	2.8 *
Confident/Not Confident ¹	59.2	1.5	0.9	2.5	2.5
How confident are you that you can eat the recommended cups of fruits and vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	33.4	1.9 *	1.3 ***	3.3 ***	2.8 *
Confident/Not Confident ¹	66.6	1.6	0.9	2.5	2.5
<i>Eating Self-Efficacy Scale</i>		.226***	.228***	.269***	.123**

The recommended cups of fruits and vegetables are based on gender, age, and activity level as defined by the *Dietary Guidelines for Americans, 2005*.

¹ The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

ANOVA

Spearman's rho

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 72bb: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=390)

Asking and Shopping Self-Efficacy					
I think I can write my favorite fruit or vegetable on the family's shopping list	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	62.8	1.8	1.2**	2.9*	2.7*
All other responses	37.2	1.6	0.9	2.5	2.4
I think I can ask someone in my family to buy my favorite fruit or vegetable	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	76.4	1.8**	1.1	2.9*	2.6
All other responses	23.6	1.3	1.0	2.4	2.6
I think I can go shopping with my family for my favorite fruit or vegetable	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	72.3	1.7	1.1*	2.9*	2.7**
All other responses	27.7	1.5	0.9	2.4	2.3
I think I can pick out my favorite fruit or vegetable at the store and put it in the shopping basket	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	58.9	1.7	1.1	2.9	2.6
All other responses	41.1	1.6	1.0	2.6	2.6
I think I can ask someone in my family to make my favorite vegetable dish for dinner	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	60.6	1.7	1.1	2.9	2.7*
All other responses	39.4	1.7	1.0	2.7	2.4
I think I can ask someone in my family to serve my favorite fruit at dinner	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	67.6	1.8*	1.1	3.0**	2.6
All other responses	32.4	1.5	0.9	2.4	2.6
I think I can ask someone in my family to have fruits and fruit juices out where I can reach them	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	71.2	1.8*	1.2**	3.0***	2.7*
All other responses	28.8	1.4	0.8	2.2	2.4
I think I can ask someone in my family to have cut up vegetables out where I can reach them	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	66.2	1.8*	1.1*	3.0**	2.6
All other responses	33.8	1.4	0.9	2.4	2.6
<i>Asking and Shopping Self-Efficacy Scale</i>		.154**	.177**	.227***	.145**

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

ANOVA

Spearman's rho

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 72c: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=390)

Food Preference			
You want to have fruit for an afternoon snack.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	69.5	3.0 **	2.7
All other responses	30.5	2.4	2.5
You like to try new kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	68.1	2.9 *	2.7
All other responses	31.9	2.5	2.5
You like to try new kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	74.0	3.0 ***	2.7 *
Disagree	26.0	2.0	2.4
You like most kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	75.2	2.9 *	2.7
All other responses	24.8	2.4	2.5
You like most kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	79.5	2.9 **	2.7 **
Disagree	20.5	2.1	2.3
Behavioral Capability			
You help fix fruits, vegetables, or salads for dinner.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	75.4	3.0 ***	2.7 **
Disagree	24.6	2.1	2.3
Modeling			
Your parents eat high-fat foods like French fries, chips, or desserts.	Percent	Servings of High-Fat Foods	Servings of High Calorie, Low Nutrient Foods
Agree	42.2	0.9 *	3.8 *
Disagree	57.8	0.7	3.3
Social Norms			
Most people in your family think that eating the recommended cups of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	64.8	2.8	2.7
All other responses	35.2	2.6	2.5
Most kids your age think that eating the recommended cups of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	76.4	2.8	2.6
Disagree	23.6	2.7	2.7

The recommended cups of fruits and vegetables are based on gender, age, and activity level as defined by the *Dietary Guidelines for Americans, 2005*.

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

ANOVA

* p<.05

** p<.01

*** p<.001

Source: California Department of Public Health, *Network for a Healthy California: 2011*.

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 72d: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=390)

Availability/Environment					
In your home, there are lots of fruits to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	55.8	1.9 ***	1.2 *	3.1 ***	2.7
Sometimes/Never ¹	44.2	1.4	0.9	2.4	2.6
In your home, there are lots of vegetables to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	46.9	1.9 **	1.2 **	3.1 **	2.8 **
Sometimes/Never ¹	53.1	1.5	0.9	2.5	2.5
In your home, there are fruits kept out in a place where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	62.4	1.8 *	1.1	3.0 *	2.7 *
Sometimes/Never ¹	37.6	1.5	1.0	2.5	2.5
In your home, there are vegetables cut up and ready to eat where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	27.1	2.1 ***	1.2	3.3 ***	2.8 *
Sometimes/Never ¹	72.9	1.5	1.0	2.6	2.5
<i>Home Availability Scale</i>		<i>.260***</i>	<i>.190***</i>	<i>.286***</i>	<i>.184***</i>
Did your family sit down and eat a meal together yesterday? (Nutritious Foods)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	70.0	2.1 **	1.3 ***	3.4 ***	2.8 ***
No	30.0	1.7	1.0	2.7	2.5
Did your family sit down and eat a meal together yesterday? (High Calorie, Low Nutrient Foods)	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	70.0	1.1	1.9 **	0.9	3.9
No	30.0	1.2	1.6	0.8	3.6
Your parents limit the amount of chips, soda, or sweets you can eat each day.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Agree	73.5	0.9	1.9	0.9	3.6
Disagree	26.5	1.0	1.7	0.8	3.4

¹ The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.

ANOVA

Spearman's rho

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 73: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=390 & N=856)

Self-Efficacy					
	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)
I think I can be physically active most days after school					
Yes	92.2	80.0	81.0	46.4	79.3
No	7.8	69.3	82.0	45.5	66.3
I think I can ask my parent or other adult to do physically active things with me					
Yes	88.5	79.9	80.9	48.6 *	78.6
No	11.5	73.9	82.3	29.0	76.3
I think I can ask my parent or other adult to sign me up for a sport, dance, or other physical activity					
Yes	90.6	81.1	79.7	49.1 **	79.8
No	9.4	63.5	92.3	21.0	65.8
I think I can ask my best friend to be physically active with me					
Yes	89.2	79.2	81.4	46.2	77.9
No	10.8	79.0	78.4	47.4	81.6
I think I can ask my parent or other adult to get me the equipment I need to be physically active					
Yes	87.9	80.6	80.7	48.4	78.0
No	12.1	72.1	85.2	32.9	78.9
I think I can ask my parent or other adult to take me to a physical activity or sport practice					
Yes	88.3	81.7 *	79.4	49.1 **	80.4 *
No	11.7	62.3	92.0	27.0	64.1
I think I have the skills I need to be physically active					
Yes	95.2	81.5 **	78.7 **	48.2 **	79.3
No	4.8	41.1	124.9	15.2	62.0
<i>Self Efficacy Scale</i>		.127*	-0.069	.177***	-0.093

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

Chi Square Test

ANOVA

Spearman's rho

* p<.05

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 73a: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=390 & N=856)

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	77.5	85.0 ***	76.3 **	51.3 ***	80.7 *
Disagree	22.5	59.1	97.4	29.5	70.1
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)					
Yes	55.6	92.5 ***	72.6 **	60.0 ***	85.8 ***
No	43.4	63.5	92.5	29.4	68.2
Social Norms					
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes					
Agree	83.3	81.8 *	77.4 *	49.6 **	80.5 *
Disagree	16.7	66.0	99.3	30.3	67.3

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

Chi Square Test

ANOVA

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 73b: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=390 & N=856)

Availability/Environment					
	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)
Not including recess, during the school year, did you have PE or gym classes taught by a teacher, coach, athletic instructor, or other adult teacher? (Diary Sample)					
Yes	89.0	84.0 **	80.5	50.3 ***	80.4
No	11.0	64.5	87.6	30.8	75.1
School PE or gym classes meet California mandate of 200 minutes every 10 days. (Diary Sample)					
Yes	34.5	93.7 ***	82.0	57.2 **	81.6
No	65.5	77.1	79.3	44.3	79.5
Your parents limit the time you spend watching TV or playing video games to less than two hours a day.					
Yes	68.4	81.6	73.3 ***	48.5	83.7 ***
No	31.6	74.0	97.5	41.7	66.9
Do you have a television in your bedroom?					
Yes	54.7	77.7	94.3 ***	41.9	70.4 ***
No	45.3	81.1	65.1	51.8	87.8
Is there a park, playground, grassy field, or sports field within walking distance of your home?					
Yes	69.4	80.5	83.1	46.7	80.5
No	30.6	75.2	75.7	45.2	74.1
The park or playground closest to where you live is safe during the day					
Agree	87.1	80.4	79.8	48.1	80.9 *
Disagree	12.9	71.8	84.7	34.4	66.5

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

Chi Square Test

ANOVA

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 74a: School Environment Factors Among California Children and Associations with Behavioral Theories (N=390 & N=856)

Behavioral Capability					
During the most recent school year, worked in a garden at school to help grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	20.2	2.0 *	1.2	3.2 *	2.8
No	79.8	1.6	1.0	2.7	2.6
During this school year, had lessons from a teacher, coach or other instructor about food, nutrition, and your health? (Diary Sample)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	58.2	2.0 *	1.2	3.3 *	2.7
No	41.8	1.7	1.2	3.0	2.7
Modeling					
Your friends at school usually eat healthy foods.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score		
Agree	68.2	2.8	2.6		
Disagree	31.8	2.8	2.7		
Reinforcement					
Your teacher rewards students by giving out treats like candy, cookies, soda, or chips.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	43.0	0.9	1.7	0.8	3.4
No	57.0	0.9	1.9	0.9	3.7

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

ANOVA

* p<.05

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 74b: School Environment Factors Among California Children and Associations with Behavioral Theories (N=390 & N=856)

Availability/Environment					
School has vending machines stocked with candy, chips, and cookies that students can use.	Percent	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods	
Yes	4.1	2.1	1.0	4.0	
No	95.9	1.8	0.9	3.6	
School has soda vending machines that students can use.	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods		
Yes	5.3	0.8	3.9		
No	94.7	0.9	3.6		
School cafeteria usually serves students fast food.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	15.7	1.0	1.6	1.0	3.6
No	84.3	0.9	1.9	0.8	3.6
School usually has bake sales or candy sales to raise money.	Percent	Servings of Sweets	Servings of High-Fat Snacks		
Yes	56.2	1.9	0.8		
No	43.8	1.7	0.8		
School has sodas, sports drinks, cookies, chips, or candy that students can buy after school.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	18.6	1.0	1.8	1.0	3.8
No	81.4	0.9	1.8	0.8	3.5
School cafeteria has a salad bar.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	50.7	1.7	1.1	2.8	2.6
No	49.3	1.6	1.0	2.7	2.6
School cafeteria serves at least two different <u>fresh</u> fruits every day at lunch.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	83.8	1.8	1.1	2.9*	2.6
No	16.2	1.4	0.9	2.3	2.5
Did you get to taste any fruits or vegetables in the classroom this year?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	51.9	1.9***	1.1	3.1**	2.7
No	48.1	1.4	1.0	2.4	2.5

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

ANOVA

* p<.05

** p<.01

*** p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 80: Participation in Growing Fruits and Vegetables in a Garden (N=390)

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

	Percent of Children
	Worked in a school garden to help grow fruits and vegetables in the most recent school year
Total	20.2
Gender	
Males	19.9
Females	20.6
Ethnicity	
White	22.6
African American	16.7
Latino	13.5
Asian/Other	42.9
Food Stamp Status, % FPL	
Participant, ≤ 130%	17.6
Likely Eligible, ≤ 130%	19.0
Potentially Eligible, 131-≤ 185%	21.7
Not Eligible, >185%	20.8
Overweight Status	
Not Overweight	20.7
Overweight/Obese	19.3
Physical Activity	
≥ 60 minutes	21.3
< 60 minutes	19.3
School Breakfast	
Yes	18.8
No	20.7
School Lunch	
Yes	20.5
No	19.6
Nutrition Lesson	
Yes	23.3
No	15.6
Exercise Lesson	
Yes	20.8
No	14.4

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

Chi Square Test

***p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 81: Social Norms for Eating Fruits and Vegetables (N=390)

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

	Percent of Children in Agreement	
	Most people in your family think that eating the recommended cups of fruits and vegetables each day is important ¹	Most kids your age think that eating the recommended cups of fruits and vegetables each day is important
Total	64.8	76.4
Gender		
Males	61.3	73.7
Females	68.5	79.2
Ethnicity		
White	57.7	72.8
African American	72.2	72.2
Latino	68.0	78.9
Asian/Other	67.5	78.0
Food Stamp Status, % FPL		
Participant, ≤ 130%	65.3	86.1
Likely Eligible, ≤ 130%	69.7	75.2
Potentially Eligible, 131-≤ 185%	69.6	77.3
Not Eligible, >185%	61.7	74.7
Overweight Status		
Not Overweight	61.2	72.4
Overweight/Obese	71.9	82.5
Physical Activity		
≥ 60 minutes	64.7	76.1
< 60 minutes	64.9	76.7
School Breakfast		
Yes	68.8	78.5
No	63.6	75.7
School Lunch		
Yes	66.5	77.4
No	61.4	74.3
Nutrition Lesson		
Yes	64.4	77.2
No	65.4	75.2
Exercise Lesson		
Yes	64.8	76.1
No	64.8	79.1

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 82: Fruit and Vegetable Outcome Expectations (N=390)

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

	Percent of Children in Agreement: If You Eat Fruits and Vegetables Everyday...			
	Your friends will start eating them too	You will have more energy ¹	You will become stronger ¹	You will think better in class ¹
Total	54.6	95.7	93.9	92.9
Gender				
Males	51.7	94.9	93.5	89.7 *
Females	57.7	96.4	94.4	96.2
Ethnicity				
White	44.2 *	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
African American	50.0			
Latino	61.2			
Asian/Other	58.5			
Food Stamp Status, % FPL				
Participant, ≤ 130%	61.1	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
Likely Eligible, ≤ 130%	63.3			
Potentially Eligible, 131-≤ 185%	56.8			
Not Eligible, >185%	49.7			
Overweight Status				
Not Overweight	50.7	95.2	93.7	91.4
Overweight/Obese	61.0	96.3	95.1	94.3
Physical Activity				
≥ 60 minutes	49.9	97.4	96.1	94.9
< 60 minutes	58.6	94.1	92.1	91.2
School Breakfast				
Yes	67.3 **	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
No	50.8			
School Lunch				
Yes	59.4 **	95.2	93.2	94.3
No	45.0	96.6	95.4	90.0
Nutrition Lesson				
Yes	59.0 *	97.8 *	94.9	92.2
No	47.9	92.4	92.4	93.8
Exercise Lesson				
Yes	53.9	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
No	61.7			

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 83: Availability of Fruits and Vegetables in the Home (N=390)

Thinking of your own home, tell me if the following statements are always true, sometimes true or never true.

	Percent of Children in Agreement: Your Home Always Has...			
	Lots of fruit to eat that you like	Lots of vegetables to eat that you like	Fruits kept out where you can get them	Vegetables cut up and ready-to-eat where you can get them
Total	55.8	46.9	62.4	27.1
Gender				
Males	55.6	43.3	65.3	31.1
Females	56.0	50.6	59.3	22.9
Ethnicity				
White	58.4	39.3	62.3	22.4
African American	58.3	55.6	63.9	27.8
Latino	54.6	49.0	63.6	31.0
Asian/Other	52.4	54.8	57.1	23.8
Food Stamp Status, % FPL				
Participant, ≤ 130%	53.5	49.3	54.2	18.6*
Likely Eligible, ≤ 130%	58.3	45.9	63.5	40.2
Potentially Eligible, 131-≤ 185%	54.6	56.2	63.3	33.5
Not Eligible, >185%	55.7	44.3	63.4	22.6
Overweight Status				
Not Overweight	60.2*	41.5*	65.6	25.9
Overweight/Obese	48.6	53.9	59.0	24.6
Physical Activity				
≥ 60 minutes	56.6	48.4	66.5	33.6**
< 60 minutes	55.1	45.5	58.9	21.5
School Breakfast				
Yes	52.1	52.0	51.0*	24.6
No	56.9	45.3	65.9	27.9
School Lunch				
Yes	52.3*	46.5	60.5	26.9
No	62.8	47.5	66.3	27.4
Nutrition Lesson				
Yes	57.8	49.0	60.9	27.0
No	52.9	43.7	64.7	27.2
Exercise Lesson				
Yes	55.8	47.0	61.8	26.3
No	55.7	45.3	68.0	35.4

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

Chi Square Test

* p<.05

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 84: Self-Efficacy Related to Eating the Recommended Amounts of Fruits and Vegetables (N=390)

How confident are you that you can... Would you say not confident, confident, or very confident?

	Percent of Children Reporting They Are Very Confident that They Can...		
	Eat the recommended cups of fruits each day	Eat the recommended cups of vegetables each day	Eat the recommended cups of fruits and vegetables each day
Total	54.0	40.8	33.4
Gender			
Males	56.2	37.7	27.0 **
Females	51.7	44.1	40.1
Ethnicity			
White	54.3	33.0	30.0
African American	66.7	55.6	47.2
Latino	52.7	43.2	34.5
Asian/Other	52.4	45.2	31.0
Food Stamp Status, % FPL			
Participant, ≤ 130%	63.1	31.0	43.0
Likely Eligible, ≤ 130%	53.8	39.7	34.3
Potentially Eligible, 131-≤ 185%	53.8	54.4	34.6
Not Eligible, >185%	52.4	39.5	30.9
Overweight Status			
Not Overweight	55.7	42.3	32.8
Overweight/Obese	53.5	41.3	33.3
Physical Activity			
≥ 60 minutes	57.0	38.1	33.8
< 60 minutes	51.4	43.1	33.0
School Breakfast			
Yes	52.5	41.9	40.4
No	54.5	40.5	31.2
School Lunch			
Yes	53.7	43.3	34.3
No	54.6	35.8	31.5
Nutrition Lesson			
Yes	56.1	45.5 *	33.7
No	50.9	33.9	32.8
Exercise Lesson			
Yes	55.7 *	40.7	32.9
No	37.8	42.0	37.6

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

* p<.05

** p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 84a: Self-Efficacy Related to Asking and Shopping for Fruits and Vegetables (N=390)

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

	Percent of Children in Agreement: I Think I Can...							
	Write my favorite fruit or vegetable on the family's shopping list	Ask someone in my family to buy my favorite fruit or vegetable	Go shopping with my family for my favorite fruit or vegetable	Pick out my favorite fruit or vegetable at the store and put it in the shopping basket	Ask someone in my family to make my favorite vegetable dish for dinner	Ask someone in my family to serve my favorite fruit at dinner	Ask someone in my family to have fruits and fruit juices out where I can reach them	Ask someone in my family to have cut up vegetables out where I can reach them
Total	62.8	76.4	72.3	58.9	60.6	67.6	71.2	66.2
Gender								
Males	60.8	74.7	70.6	60.3	57.7	63.5	73.0	65.4
Females	65.0	78.1	74.1	57.5	63.7	72.0	69.4	67.0
Ethnicity								
White	67.5	71.3	66.5	54.2	58.1	66.8	73.9	56.5 *
African American	75.0	80.6	80.6	63.9	63.9	63.9	86.1	77.8
Latino	56.6	79.4	74.8	59.0	61.0	67.2	69.4	69.5
Asian/Other	70.0	76.2	73.8	69.0	64.3	73.8	63.4	73.8
Food Stamp Status, % FPL								
Participant, ≤ 130%	68.5	71.7	86.1	66.5	61.9 *	59.6	75.5	73.6
Likely Eligible, ≤ 130%	61.6	74.2	76.0	65.9	70.9	71.3	72.7	64.7
Potentially Eligible, 131-≤ 185%	62.0	82.9	71.7	58.4	72.7	65.1	66.9	75.8
Not Eligible, >185%	62.4	76.3	68.5	55.2	53.7	68.6	71.0	62.8
Overweight Status								
Not Overweight	62.1	72.5 *	71.0	55.1	52.8 ***	68.5	72.1	63.3
Overweight/Obese	62.7	83.4	72.3	64.1	71.6	67.2	71.0	71.0
Physical Activity								
≥ 60 minutes	68.0 *	78.6	75.0	59.1	60.4	66.1	79.2 **	64.6
< 60 minutes	58.4	74.5	69.9	58.8	60.8	69.0	64.3	67.6
School Breakfast								
Yes	63.0	80.2	77.3	65.1	65.1	61.5	66.8	66.7
No	62.8	75.2	70.7	57.0	59.3	69.5	72.5	66.1
School Lunch								
Yes	62.2	75.5	72.3	59.1	62.5	68.3	70.4	71.2 **
No	64.2	78.2	72.2	58.6	56.9	66.3	72.8	56.2
Nutrition Lesson								
Yes	66.0	77.9	72.7	61.3	61.4	68.6	73.9	68.5
No	58.0	74.1	71.7	55.4	59.5	66.2	67.2	62.8
Exercise Lesson								
Yes	64.5 *	76.9	73.3	57.8	61.2	66.9	73.0 *	65.5
No	46.6	71.0	61.7	69.5	55.3	74.7	54.0	73.8

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 84b: Self-Efficacy Related to Seeking Support to Be Physically Active (N=390)

I'll now read a few more statements. For each one you can answer yes or no.

	Percent of Children in Agreement: I Think I Can...						
	Be physically active most days after school	Ask my parent or other adult to do physically active things with me	Ask my parent or other adult to sign me up for a sport, dance, or other physical activity	Ask my best friend to be physically active with me	Ask my parent or other adult to get me the equipment I need to be physically active	Ask my parent or other adult to take me to a physical activity or sport practice	Have the skills I need to be physically active
Total	92.2	88.5	90.6	89.2	87.9	88.3	95.2
Gender							
Males	91.0	91.1	90.2	88.5	87.0	92.2 *	98.8 **
Females	93.4	85.8	91.0	90.0	88.9	84.3	91.4
Ethnicity							
White	91.4	89.6	95.8	90.4	88.6	90.5	97.7
African American	91.7	91.7	91.7	94.4	97.2	91.7	97.2
Latino	90.9	86.9	87.5	88.6	85.6	85.9	93.8
Asian/Other	100.0	90.5	88.1	85.7	90.5	90.5	92.9
Food Stamp Status, % FPL							
Participant, ≤ 130%	92.0	88.7	89.2 *	96.5	88.0	83.1	92.2
Likely Eligible, ≤ 130%	91.4	87.6	83.6	91.9	80.3	87.5	91.6
Potentially Eligible, 131-≤ 185%	97.5	91.2	99.5	88.7	93.4	96.4	97.5
Not Eligible, >185%	91.1	88.1	90.9	87.0	89.0	87.4	96.4
Overweight Status							
Not Overweight	90.6 *	89.7	91.0	87.8	88.3	90.2	95.8
Overweight/Obese	96.7	89.8	91.2	90.0	89.7	85.2	93.8
Physical Activity							
≥ 60 minutes	92.4	92.8 *	95.7 **	89.0	91.4 *	93.2 **	98.4 **
< 60 minutes	92.1	84.8	86.1	89.4	84.8	84.0	92.3
School Breakfast							
Yes	95.0	92.3	92.8	90.3	91.9	89.1	92.8
No	91.4	87.4	89.9	88.9	86.7	88.1	95.9
School Lunch							
Yes	91.9	86.8	89.1	89.1	85.9	87.8	93.3 **
No	92.8	92.0	93.6	89.5	91.9	89.3	99.0 **
Nutrition Lesson							
Yes	93.8	90.7	91.9	89.6	87.6	91.9 **	95.5
No	89.8	85.2	88.6	88.6	88.3	83.0	94.6
Exercise Lesson							
Yes	92.1	89.4	92.6 ***	88.5	87.9	90.1 ***	95.7
No	93.5	79.3	70.5	96.6	87.7	70.5	89.5

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 85: Neighborhood Environmental Factors for Physical Activity (N=390)

Thinking about your neighborhood, is there a park, playground, grassy field, or sports field within walking distance of your home?

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

	Percent of Children in Agreement	
	Have a park within walking distance of your home	Park closest to your home is safe during the day
Total	69.4	87.1
Gender		
Males	71.0	88.0
Females	67.6	86.2
Ethnicity		
White	66.6	89.3
African American	86.1	82.9
Latino	67.6	85.9
Asian/Other	75.6	88.1
Food Stamp Status, % FPL		
Participant, ≤ 130%	82.3*	84.1
Likely Eligible, ≤ 130%	74.3	91.6
Potentially Eligible, 131-≤ 185%	76.3	89.0
Not Eligible, >185%	63.4	85.6
Overweight Status		
Not Overweight	67.5	88.4
Overweight/Obese	72.3	86.6
Physical Activity		
≥ 60 minutes	70.1	90.4
< 60 minutes	68.8	84.2
School Breakfast		
Yes	76.1	84.0
No	67.3	88.1
School Lunch		
Yes	72.1	86.8
No	64.0	87.7
Nutrition Lesson		
Yes	71.9	86.5
No	65.6	88.1
Exercise Lesson		
Yes	68.9	88.2
No	73.7	76.6

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

Chi Square Test

* p<.05