

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 50: Total Servings of High Calorie, Low Nutrient Foods Reported by California Children (N=651)

	Reported Mean Servings		
	High Calorie, Low Nutrient Foods	Sugar-Sweetened Beverages ¹	Sweets ²
Total	2.4	0.8	1.3
Gender			
Male	2.3	0.9	1.1
Female	2.5	0.8	1.4
Age			
6-8	2.5	0.8	1.3
9-11	2.3	0.8	1.2
Ethnicity			
White	2.6* ab	0.8*** b	1.3
Black	3.2 a	1.3 a	1.3
Hispanic	2.3 b	0.7 b	1.3
Asian/Other	2.7 ab	1.0 ab	1.3
Parent Education			
Less than High School	2.2* a	0.7** a	1.3
High School Graduate	2.4 ab	0.9 ab	1.1
Some College/Graduate	2.8 b	1.0 b	1.2
Overweight Status			
Not Overweight	2.4	0.7*	1.3*
Overweight/Obese	2.2	1.0	0.9
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	2.5	0.6	1.5
Below Guideline	2.4	0.9	1.2
Physical Activity			
≥ 60 minutes	2.4	0.9	1.2
< 60 minutes	2.4	0.8	1.4
School Breakfast			
Yes	2.2	1.0	0.9***
No	2.5	0.8	1.4
School Lunch			
Yes	2.1**	0.9*	0.8***
No	2.6	0.7	1.6
Fast Food			
Yes	3.7***	1.4***	1.6
No	2.2	0.7	1.2
Nutrition Lesson			
Yes	2.6	0.8	1.4
No	2.4	0.8	1.2

High calorie, low nutrient foods include sugar-sweetened beverages, sweets, and high-fat snacks.

¹ Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured as 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

² Sweets include candy, honey, sugar, and sweet sauces; bakes goods such as cakes, cookies, pies, pastries, danish, doughnuts and cobbler; as well as dairy and other miscellaneous frozen and non-frozen desserts like ice cream, frozen yogurt, pudding, popsicles, Jell-O, etc. Servings of dairy are measured as 1 cup-equivalents; grains are measured in ounce-equivalents; and for all other sweets servings are based on FDA serving sizes.

³ High-fat snacks include fried fruits, fried potatoes, fried vegetables, crackers, snack chips, and flavored popcorn. With average intake below a half serving (0.3 servings), high-fat snacks are not displayed as an individual column in the table. Servings of fruits and vegetables are measured as ½ cup-equivalents; grains are measured in ounce-equivalents.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA
 * p<.05
 ** p<.01
 *** p<.001

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Table 51: Breakdown of the Sugar-Sweetened Beverages Reported by California Children (N=651)

Types of Sugar-Sweetened Beverages	Mean Servings
Total Sugar-Sweetened Beverages	0.82
Sweetened Soft Drinks	0.18
Sweetened Fruit Drinks	0.34
Sweetened Tea	0.04
Sweetened Coffee/Coffee Substitutes	0.00
Sweetened Water	0.00
Sports Drinks/Sweetened Meal Replacement/Supplement	0.05
Flavored Milks	0.21
Artificially-Sweetened Beverages	0.04
Unsweetened Beverages	1.45
Unsweetened Water/Tap or Bottled Water	1.42

Beverage servings are based on FDA serving sizes which define a serving of soft drink, fruit drink, coffee, tea or meal replacement as 8 fluid ounces. (1 cup-eq)

Dairy servings are generally based on the *Dietary Guidelines for Americans 2010*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees. (1 cup-eq)

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Table 52: Range in Number of Servings of Sugar-Sweetened Beverages Reported by California Children (N=651)

	Servings of Sugar-Sweetened Beverages Reported, Percent		
	0 ¹	1	2+
Total	48.8	28.9	22.3
Gender			
Male	48.5	28.5	23.1
Female	49.2	29.4	21.4
Age			
6-8	47.4	29.3	23.4
9-11	50.6	28.5	20.9
Ethnicity			
White	43.5	35.2	21.4
Black	29.7	33.7	36.7
Hispanic	53.7	26.3	19.9
Asian/Other	33.2	40.7	26.0
Parent Education			
Less than High School	55.5	27.4	17.1
High School Graduate	42.8	28.5	28.7
Some College/Graduate	42.1	31.4	26.5
Overweight Status			
Not Overweight	52.7	28.4	18.9
Overweight/Obese	43.6	27.8	28.6
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	59.5	20.8	19.8
Below Guideline	47.3	30.1	22.6
Physical Activity			
≥ 60 minutes	47.3	30.3	22.4
< 60 minutes	50.6	27.3	22.2
School Breakfast			
Yes	49.0	22.4	28.6
No	48.8	30.9	20.3
School Lunch			
Yes	43.6	30.8	25.6
No	52.9	27.4	19.7
Fast Food			
Yes	29.3	33.5	37.2
No	51.5	28.3	20.2
Nutrition Lesson			
Yes	47.4	30.2	22.4
No	48.8	28.3	22.9

Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured in 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

¹ Categorized as having less than 0.5 servings.

Rows may not add up to 100% due to rounding.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 53: Breakdown of the Sweets Reported by California Children (N=651)

Sweets	Mean Servings
Total	1.26
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers	0.36
Frozen Dairy Desserts	0.12
Frozen Nondairy Desserts	0.02
Pudding and Other Dairy Desserts	0.00
Candy	0.08
Sugar, Syrup, Honey, Jam, Jelly, Preserves, Sweet Sauces, Frosting or Glaze	0.67
Other Desserts (like Jell-O)	0.01

Dairy servings are generally based on the *Dietary Guidelines for Americans 2010*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (1 cup-eq)

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (oz-eq)

For all other sweets, servings are based on FDA serving sizes.

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Table 54: Range in the Number of Servings of Sweets Reported by California Children per Typical Weekday for All Eating Occasions (N=651)

	Servings of Sweets Reported, Percent		
	0 ¹	1	2+
Total	43.1	29.7	27.2
Gender			
Male	43.5	32.2	24.3
Female	42.7	27.0	30.3
Age			
6-8	43.2	29.4	27.5
9-11	43.0	30.0	26.9
Ethnicity			
White	32.8	36.4	30.8
Black	31.5	37.4	31.1
Hispanic	47.2	27.2	25.6
Asian/Other	36.0	30.5	33.4
Parent Education			
Less than High School	49.1	24.0	26.9
High School Graduate	41.8	33.9	24.3
Some College/Graduate	35.0	35.8	29.2
Overweight Status			
Not Overweight	40.7	30.9	28.4
Overweight/Obese	48.3	31.8	19.9
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	38.3	33.8	27.9
Below Guideline	43.8	29.1	27.1
Physical Activity			
≥ 60 minutes	40.6	34.2	25.3
< 60 minutes	46.4	24.2	29.4
School Breakfast			
Yes	45.7	33.4	20.9
No	42.3	28.5	29.1
School Lunch			
Yes	50.2	30.8	19.0
No	37.6	28.8	33.6
Fast Food			
Yes	27.9	34.8	37.3
No	45.2	28.9	25.8
Nutrition Lesson			
Yes	41.9	29.3	28.9
No	43.5	31.1	25.4

Sweets include candy, honey, sugar, and sweet sauces; baked goods such as cakes, cookies, pies, pastries, danish, doughnuts and cobblers; as well as dairy and other miscellaneous frozen and non-frozen desserts like ice cream, frozen yogurt, pudding, popsicles, Jell-O, etc. Servings of dairy are measured as 1 cup-equivalents; grains are measured in ounce-equivalents; and for all other sweets servings are based on FDA serving sizes.

¹ Categorized as having less than 0.5 servings.

Rows may not add up to 100% due to rounding.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 55: Breakdown of the High-Fat Snacks Reported by California Children (N=651)

Types of High-Fat Snacks	Mean Servings
Total High-Fat Snacks	0.34
Fried fruit	0.00
Fried potatoes	0.11
Fried vegetables ¹	0.00
Crackers	0.08
Snack chips	0.15
Flavored popcorn	0.00

Fruit servings are defined per the *Dietary Guidelines for Americans 2010* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count. (½ cup-eq)

Vegetable servings are defined per the *Dietary Guidelines for Americans 2010* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees. (½ cup-eq)

Grain servings are defined per the *Dietary Guidelines for Americans 2010* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (oz-eq)

¹ This excludes fried potatoes.

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Table 56: Range in Number of Servings of High-Fat Snacks Reported by California Children (N=651)

	Servings of High-Fat Snacks Reported, Percent	
	0 ¹	1+
Total	75.4	24.6
Gender		
Male	76.5	23.5
Female	74.2	25.8
Age		
6-8	74.4	25.6
9-11	76.7	23.3
Ethnicity		
White	68.2	31.8
Black	60.3	39.7
Hispanic	79.1	20.9
Asian/Other	74.0	26.0
Parent Education		
Less than High School	85.7	14.3
High School Graduate	69.1	30.9
Some College/Graduate	63.7	36.3
Overweight Status		
Not Overweight	71.8	28.2
Overweight/Obese	75.5	24.5
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	74.1	25.9
Below Guideline	75.6	24.4
Physical Activity		
≥ 60 minutes	73.2	26.8
< 60 minutes	78.1	21.9
School Breakfast		
Yes	74.1	25.9
No	75.8	24.2
School Lunch		
Yes	72.3	27.7
No	77.8	22.2
Fast Food		
Yes	58.2	41.8
No	77.9	22.1
Nutrition Lesson		
Yes	76.3	23.7
No	73.5	26.5

High-fat snacks include fried fruits, fried potatoes, fried vegetables, crackers, snack chips, and flavored popcorn. Servings of fruits and vegetables are measured in ½ cup-equivalents; grains are measured in ounce-equivalents.

¹ Categorized as having less than 0.5 servings.

Rows may not add up to 100% due to rounding.

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

* p<.05

** p<.01

*** p<.001

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Table 57: Range in Number of Servings of High Calorie, Low Nutrient Foods Reported by California Children (N=651)

	Servings of High Calorie, Low Nutrient Foods Reported, Percent		
	0	1-2	3+
Total	22.1	61.6	16.3
Gender			
Male	21.7	63.9	14.4
Female	22.6	59.1	18.3
Age			
6-8	20.5	64.0	15.5
9-11	24.0	58.7	17.2
Ethnicity			
White	10.3	71.5	18.2
Black	13.5	57.3	29.2
Hispanic	25.5	60.6	13.9
Asian/Other	16.0	58.1	26.0
Parent Education			
Less than High School	28.9	59.8	11.2
High School Graduate	18.7	64.0	17.2
Some College/Graduate	12.9	63.1	24.0
Overweight Status			
Not Overweight	19.4	66.6	14.0
Overweight/Obese	23.8	58.1	18.0
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	14.6	68.5	16.9
Below Guideline	23.3	60.5	16.2
Physical Activity			
≥ 60 minutes	22.0	61.0	17.1
< 60 minutes	22.3	62.3	15.4
School Breakfast			
Yes	27.7	52.2	20.1
No	20.3	64.6	15.1
School Lunch			
Yes	23.4	59.3	17.3
No	21.1	63.6	15.4
Fast Food			
Yes	11.2	57.1	31.7
No	23.2	62.0	14.7
Nutrition Lesson			
Yes	20.5	63.2	16.3
No	22.9	60.7	16.3

High calorie, low nutrient foods include sugar-sweetened beverages, sweets, and high-fat snacks.

Rows may not add up to 100% due to rounding.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 58: Drinking Sugar-Sweetened Beverages¹ and Associations with Milk Consumption Among California Children (N=651)

Sugary Drink Consumption	Percent	Mean Servings of Milk
Reported Any ¹ Sugar-Sweetened Beverages		
Yes	57.4	0.9 ***
No	42.6	1.2

Servings of milk includes all milk types, but excludes flavored milk.

Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured in 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

¹ Coded as those consuming greater than 0.0 servings.

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

ANOVA

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 59: Mean Calories, Excess Calories, and Empty Calories Consumed by California (N=651)

	Mean			Percent
	Calories Consumed	Excess Calories Consumed ¹	Empty Calories Consumed ²	Exceed Daily Limit for Empty Calories
Total	1380.6	-56.6	330.1	92.8
Gender				
Male	1414.6	-102.2 *	339.3	92.8
Female	1345.3	-9.3	320.6	92.8
Age				
6-8	1383.2	45.2 ***	325.6	93.7
9-11	1377.5	-179.0	335.6	91.7
Ethnicity				
White	1498.1 *** a	69.5 *** a	370.2 *** a	96.6
Black	1626.3 a	181.8 a	432.1 a	96.6
Hispanic	1310.6 b	-126.9 b	302.3 b	91.5
Asian/Other	1557.5 a	117.5 ab	408.3 a	94.1
Parent Education				
Less than High School	1275.1 *** a	-153.4 *** a	288.1 *** a	90.4 *
High School Graduate	1400.7 ab	-46.1 ab	336.7 b	91.9
Some College/Graduate	1523.4 b	78.3 b	387.8 c	96.8
Overweight Status				
Not Overweight	1384.1	-57.2	331.1	92.8
Overweight/Obese	1425.9	-26.8	348.7	94.1
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	1747.5 ***	368.0 ***	355.5	97.8
Below Guideline	1327.0	-118.7	326.4	92.1
Physical Activity				
≥ 60 minutes	1450.1 ***	20.1 ***	350.8 ***	93.2
< 60 minutes	1295.1	-151.3	304.5	92.3
School Breakfast				
Yes	1454.4 *	7.7	345.3	92.5
No	1358.2	-76.2	325.5	92.9
School Lunch				
Yes	1439.3 **	2.0 *	334.7	91.8
No	1335.3	-101.8	326.6	93.6
Fast Food				
Yes	1712.2 ***	261.7 ***	451.7 ***	97.0
No	1333.7	-101.6	312.9	92.2
Nutrition Lesson				
Yes	1404.2	-57.2	339.6	92.4
No	1373.8	-52.3	326.2	92.4

¹ Calories consumed over the *Dietary Guidelines for Americans 2010* estimated caloric need by age, gender, and level of physical activity. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

² Total empty calories in the combination of calories from solid fat and added sugars. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001