

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 130: Cups of Fruits Reported per 1,000 Calories and Proportion Meeting the Healthy People 2020 Goal Among California Children (N=651)

	Mean Cups of Fruits per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.9 Cups/1,000 Calories)
Total	0.8	35.2
Gender		
Male	0.7**	29.8**
Female	0.8	40.9
Age		
6-8	0.8*	38.6*
9-11	0.7	31.2
Ethnicity		
White	0.6*** a	26.6**
Black	0.5 a	21.0
Hispanic	0.8 b	39.6
Asian/Other	0.6 ab	24.6
Parent Education		
Less than High School	0.9*** a	41.0**
High School Graduate	0.7 ab	35.3
Some College/Graduate	0.6 b	26.8
Overweight Status		
Not Overweight	0.8	37.1
Overweight/Obese	0.7	32.8
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	1.4***	68.2***
Below Guideline	0.7	30.4
Physical Activity		
≥ 60 minutes	0.8	33.9
< 60 minutes	0.8	37.0
School Breakfast		
Yes	0.8	39.4
No	0.7	33.9
School Lunch		
Yes	0.8*	41.6**
No	0.7	30.3
Fast Food		
Yes	0.5***	13.3***
No	0.8	38.3
Nutrition Lesson		
Yes	0.7*	30.5
No	0.8	37.5

Healthy People 2020 (HP2020), NWS-14: Increase the contribution of fruits to the diets of the population aged 2 years and older. Baseline: 0.5 cup equivalents of fruits per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (NHANES, CDC, NCHS and USDA, ARS). Goal: 0.9 cup equivalents per 1,000 calories.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 131: Cups of Vegetables Reported per 1,000 Calories and Proportion Meeting the Healthy People 2020 Goal Among California Children (N=651)

	Mean Cups of Vegetables per 1,000 Calories		Percent Meeting <i>HP2020</i> (1.1 Cups/1,000 Calories)
Total	0.5		11.9
Gender			
Male	0.6		10.6
Female	0.5		13.2
Age			
6-8	0.5*		11.1
9-11	0.6		12.9
Ethnicity			
White	0.5*	a	7.3
Black	0.5	a	5.6
Hispanic	0.6	a	13.6
Asian/Other	0.4	a	13.0
Parent Education			
Less than High School	0.6***	a	15.5*
High School Graduate	0.6	a	10.6
Some College/Graduate	0.4	b	7.3
Overweight Status			
Not Overweight	0.6		13.6
Overweight/Obese	0.5		11.8
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	1.0***		34.4***
Below Guideline	0.5		8.6
Physical Activity			
≥ 60 minutes	0.5		11.2
< 60 minutes	0.6		12.8
School Breakfast			
Yes	0.5		10.9
No	0.5		12.2
School Lunch			
Yes	0.6		14.9*
No	0.5		9.5
Fast Food			
Yes	0.5*		2.9**
No	0.6		13.2
Nutrition Lesson			
Yes	0.6		12.3
No	0.5		11.9

Healthy People 2020 (HP2020), NWS-15.1: Increase the contribution of total vegetables to the diets of the population aged 2 years and older. Baseline: 0.8 cup equivalents of total vegetables per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 1.1 cup equivalents per 1,000 calories.

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 132: Cups of Dark Green Vegetable, Red and Orange Vegetables, and Legumes Reported per 1,000 Calories and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Cups of Dark Green and Red/Orange Vegetables and Legumes per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.3 Cups/1,000 Calories)
Total	0.3	34.7
Gender		
Male	0.3	33.8
Female	0.3	35.7
Age		
6-8	0.2 **	30.2 **
9-11	0.3	40.2
Ethnicity		
White	0.2 ** a	24.1 *
Black	0.2 a	31.0
Hispanic	0.3 a	38.2
Asian/Other	0.2 a	18.8
Parent Education		
Less than High School	0.3 *** a	41.8 ***
High School Graduate	0.3 ab	33.0
Some College/Graduate	0.2 b	25.4
Overweight Status		
Not Overweight	0.3	34.2
Overweight/Obese	0.3	33.7
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	0.5 ***	52.7 ***
Below Guideline	0.2	32.1
Physical Activity		
≥ 60 minutes	0.3	32.7
< 60 minutes	0.3	37.5
School Breakfast		
Yes	0.3	35.2
No	0.3	34.6
School Lunch		
Yes	0.3 **	38.7
No	0.2	31.7
Fast Food		
Yes	0.2 ***	18.3 ***
No	0.3	37.1
Nutrition Lesson		
Yes	0.3	40.3 *
No	0.3	32.0

Healthy People 2020 (HP2020), NWS-15.2: Increase the contribution of dark green vegetables, orange vegetables, and legumes to the diets of the population aged 2 years and older. Baseline: 0.1 cup equivalents of dark green or orange vegetables or legumes per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 0.3 cup equivalents per 1,000 calories.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 133: Ounces of Whole Grains Reported per 1,000 Calories and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Ounces of Whole Grains per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.6 Ounces/1,000 Calories)
Total	1.1	55.2
Gender		
Male	1.1	54.3
Female	1.1	56.1
Age		
6-8	1.2	57.8
9-11	1.0	52.1
Ethnicity		
White	0.8 *** a	42.0 ***
Black	0.6 a	38.2
Hispanic	1.2 b	60.8
Asian/Other	0.8 ab	44.7
Parent Education		
Less than High School	1.2 *** a	61.9 **
High School Graduate	1.1 ab	54.5
Some College/Graduate	0.8 b	45.8
Overweight Status		
Not Overweight	1.1	54.7
Overweight/Obese	1.0	52.9
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	1.0	51.0
Below Guideline	1.1	55.8
Physical Activity		
≥ 60 minutes	1.0	52.9
< 60 minutes	1.2	57.8
School Breakfast		
Yes	0.8 ***	43.6 **
No	1.2	58.7
School Lunch		
Yes	0.8 ***	48.6 **
No	1.3	60.3
Fast Food		
Yes	0.6 ***	43.4 *
No	1.2	56.9
Nutrition Lesson		
Yes	1.1	54.4
No	1.1	55.1

Healthy People 2020 (HP2020), NWS-16: Increase the contribution of whole grains to the diets of the population aged 2 years and older. Baseline: 0.3 ounce equivalents of whole grains per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS) Goal: 0.6 ounce equivalents per 1,000 calories.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 134: Mean Percentage of Total Daily Calorie Intake Provided by Solid Fats and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Percentage of Calories from Solid Fats	Percent Meeting <i>HP2020</i> (16.7% of Calories)
Total	12.2	87.1
Gender		
Male	12.5 *	84.3 *
Female	11.9	90.1
Age		
6-8	11.6 ***	91.1 ***
9-11	12.9	82.3
Ethnicity		
White	12.9	81.7
Black	12.7	86.6
Hispanic	12.0	87.9
Asian/Other	12.1	91.2
Parent Education		
Less than High School	11.9	87.6
High School Graduate	12.5	85.1
Some College/Graduate	12.4	87.4
Overweight Status		
Not Overweight	12.2	87.4
Overweight/Obese	12.4	83.4
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	11.1 **	91.0
Below Guideline	12.4	86.6
Physical Activity		
≥ 60 minutes	12.1	88.4
< 60 minutes	12.3	85.5
School Breakfast		
Yes	12.3	85.6
No	12.2	87.6
School Lunch		
Yes	11.9	88.9
No	12.4	85.7
Fast Food		
Yes	12.0	91.7
No	12.2	86.5
Nutrition Lesson		
Yes	12.4	87.4
No	11.9	87.5

Healthy People 2020 (HP2020), NWS-17.1: Reduce consumption of calories from solid fats. Baseline: 18.9 percent was the mean percentage of total daily calorie intake provided by solid fats for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 16.7 percent.

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 135: Mean Percentage of Total Daily Calorie Intake Provided by Added Sugars and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Percentage of Calories from Added Sugars	Percent Meeting <i>HP2020</i> (10.8% of Calories)
Total	11.2	52.5
Gender		
Male	11.0	53.6
Female	11.4	51.3
Age		
6-8	11.3	50.1
9-11	11.1	55.4
Ethnicity		
White	11.9 *** ab	50.6 **
Black	14.0 a	32.6
Hispanic	10.5 b	56.4
Asian/Other	13.3 ab	44.7
Parent Education		
Less than High School	10.2 *** a	58.7 **
High School Graduate	11.0 ab	45.6
Some College/Graduate	12.8 b	46.9
Overweight Status		
Not Overweight	11.2	51.7
Overweight/Obese	11.5	53.1
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	8.5 ***	68.8 **
Below Guideline	11.6	50.1
Physical Activity		
≥ 60 minutes	11.5	50.6
< 60 minutes	10.8	55.1
School Breakfast		
Yes	10.6	56.8
No	11.4	51.2
School Lunch		
Yes	10.6	54.9
No	11.7	50.6
Fast Food		
Yes	14.1 ***	37.0 **
No	10.8	54.7
Nutrition Lesson		
Yes	11.5	53.1
No	11.1	51.5

Healthy People 2020 (HP2020), NWS-17.2: Reduce consumption of calories from added sugars. Baseline: 15.7 percent was the mean percentage of total daily calorie intake provided by added sugars for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 10.8 percent.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 136: Mean Percentage of Total Daily Calorie Intake Provided by Solid Fats and Added Sugars and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Percentage of Calories from Solid Fats and Added Sugars	Percent Meeting <i>HP2020</i> (29.8% of Calories)
Total	23.4	80.5
Gender		
Male	23.5	80.4
Female	23.3	80.7
Age		
6-8	22.9*	83.0
9-11	24.0	77.5
Ethnicity		
White	24.8*** a	78.7***
Black	26.7 a	63.7
Hispanic	22.5 b	83.9
Asian/Other	25.4 ab	73.6
Parent Education		
Less than High School	22.1*** a	82.1*
High School Graduate	23.5 ab	86.6
Some College/Graduate	25.3 b	75.2
Overweight Status		
Not Overweight	23.4	80.5
Overweight/Obese	23.9	77.7
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	19.6***	94.6***
Below Guideline	24.0	78.5
Physical Activity		
≥ 60 minutes	23.7	78.0
< 60 minutes	23.0	83.6
School Breakfast		
Yes	22.9	82.2
No	23.6	80.0
School Lunch		
Yes	22.6*	83.6
No	24.0	78.2
Fast Food		
Yes	26.2***	66.9***
No	23.0	82.5
Nutrition Lesson		
Yes	23.8	78.5
No	23.0	81.4

Healthy People 2020 (HP2020), NWS-17.3: Reduce consumption of calories from solid fats and added sugars. Baseline: 34.6 percent was the mean percentage of total daily calorie intake provided by solid fats and added sugars for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 29.8 percent.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 137: Mean Percentage of Total Daily Calorie Intake Provided by Saturated Fat and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=651)

	Mean Percentage of Calories from Saturated Fat	Percent Meeting <i>HP2020</i> (9.5% of Calories)
Total	10.9	36.5
Gender		
Male	11.2 *	33.5
Female	10.6	39.6
Age		
6-8	10.4 ***	40.6 *
9-11	11.5	31.5
Ethnicity		
White	11.5	33.7
Black	11.2	30.5
Hispanic	10.8	37.6
Asian/Other	10.6	41.8
Parent Education		
Less than High School	10.8	38.5
High School Graduate	11.0	33.3
Some College/Graduate	11.0	35.1
Overweight Status		
Not Overweight	10.9	36.4
Overweight/Obese	11.0	36.6
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	9.9 **	44.5
Below Guideline	11.1	35.3
Physical Activity		
≥ 60 minutes	10.8	35.2
< 60 minutes	11.0	38.2
School Breakfast		
Yes	11.0	37.2
No	10.9	36.3
School Lunch		
Yes	10.6 *	39.8
No	11.2	33.9
Fast Food		
Yes	10.7	37.5
No	10.9	36.3
Nutrition Lesson		
Yes	11.1	34.8
No	10.7	39.6

Healthy People 2020 (HP2020), NWS-18: Reduce consumption of saturated fat in the population aged 2 years and older. Baseline: 11.3 percent was the mean percentage of total daily calorie intake provided by saturated fat for the population aged 2 years and older in 2003–06 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 9.5 percent.

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

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 138: Nutritional Goals by Gender Based on Dietary Reference Intakes and Recommendations from the *Dietary Guidelines for Americans* (N=651)

Nutrient (units)	Source of Goal ^a	Boy				Girl			
		4-8 Years <i>Guideline</i>	6-8 Years Mean	9-13 Years <i>Guideline</i>	9-11 Years Mean	4-8 Years <i>Guideline</i>	6-8 Years Mean	9-13 Years <i>Guideline</i>	9-11 Years Mean
Macronutrients									
Protein (g)	RDA ^b	19	57	34	58	19	52	34	51
(% of calories)	AMDR ^c	10-30	16	10-30	17	10-30	16	10-30	15
Carbohydrate (g)	RDA	130	197	130	184	130	190	130	184
(% of calories)	AMDR	45-65	54	45-65	52	45-65	56	45-65	53
Total fiber (g)	IOM ^d	20	13	25	13	17	13	22	13
Total fat (% of calories)	AMDR	25-35	29	25-35	31	25-35	28	25-35	31
Saturated fat (% of calories)	DG ^e	<10%	11	<10%	12	<10%	10	<10%	11
Cholesterol (mg)	DG	<300	171	<300	194	<300	157	<300	162

^a Dietary guideline recommendations are used when no quantitative Dietary Reference Intake value is available; apply to ages 2 years and older.

^b Recommended Dietary Allowance, IOM.

^c Acceptable Macronutrient Distribution Range, IOM.

^d 14 grams per 1,000 calories, IOM.

^e Dietary guideline recommendations.