

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 32: Total Servings of High Calorie, Low Nutrient Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (soda, fruit drinks, sports drinks and energy drinks, sweets, high-fat snacks) did your child eat/drink in this category?

| | Reported Mean Servings | | | |
|----------------------------------|--------------------------------------|--|-----------------------|------------------------------|
| | All High Calorie, Low Nutrient Foods | Sugar-Sweetened Beverages ¹ | Sweets ² | High-Fat Snacks ³ |
| Total | 3.6 | 1.0 | 1.7 | 0.9 |
| Gender | | | | |
| Males | 3.6 | 1.1 | 1.6 | 0.9 |
| Females | 3.7 | 1.0 | 1.8 | 0.8 |
| Ethnicity | | | | |
| White | 3.7 ^{ab} * | 0.9 ^a *** | 1.9 ^b * | 0.9 |
| African American | 4.5 ^b | 1.8 ^b | 1.7 ^{ab} | 1.0 |
| Latino | 3.5 ^a | 1.1 ^a | 1.6 ^a | 0.8 |
| Asian/Other | 3.4 ^a | 0.9 ^a | 1.7 ^{ab} | 0.8 |
| Food Stamp Status, % FPL | | | | |
| Participant, ≤ 130% | 3.9 ^{ab} * | 1.4 | 1.5 ^{ab} *** | 1.0 ^b ** |
| Likely Eligible, ≤ 130% | 3.2 ^a | 1.1 | 1.5 ^a | 0.6 ^a |
| Potentially Eligible, 131-≤ 185% | 3.3 ^{ab} | 1.0 | 1.5 ^a | 0.8 ^{ab} |
| Not Eligible, >185% | 3.8 ^b | 1.0 | 1.9 ^b | 0.9 ^b |
| Overweight Status | | | | |
| Not Overweight | 3.7 | 1.0 * | 1.9 *** | 0.9 |
| Overweight/Obese | 3.4 | 1.2 | 1.4 | 0.8 |
| Physical Activity | | | | |
| ≥ 60 minutes | 3.8 * | 1.1 | 1.9 ** | 0.9 |
| < 60 minutes | 3.4 | 1.0 | 1.6 | 0.8 |
| School Breakfast | | | | |
| Yes | 3.6 | 1.2 * | 1.6 | 0.8 |
| No | 3.6 | 1.0 | 1.7 | 0.9 |
| School Lunch | | | | |
| Yes | 3.4 ** | 1.1 | 1.6 *** | 0.8 ** |
| No | 3.9 | 1.0 | 1.9 | 1.0 |
| Nutrition Lesson | | | | |
| Yes | 3.8 * | 1.1 | 1.8 | 0.9 ** |
| No | 3.4 | 1.0 | 1.6 | 0.8 |
| Exercise Lesson | | | | |
| Yes | 3.6 | 1.0 | 1.7 * | 0.9 |
| No | 3.3 | 1.2 | 1.4 | 0.8 |

¹ This includes drinks such as regular soda, fruit drinks, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

³ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

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 33: Breakdown of the Sugar-Sweetened Beverages Reported
by California Children (N=856)**

| Sugar-Sweetened Beverages | Mean Servings |
|---|----------------------|
| Total | 1.0 |
| Regular soda | 0.3 |
| Fruit Drinks (Hi-C, Sunny Delight) | 0.5 |
| Sports Drinks (Gatorade, Powerade) | 0.1 |
| Energy Drinks (Red Bull, Amp) | <0.1 |
| Flavored, sweetened, bottled water (Clearly Canadian) | 0.1 |
| Diet soda | <0.1 |

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Table 34: Range in Number of Servings of Sugar-Sweetened Beverages¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (soda, fruit drinks, sports drinks and energy drinks) did your child eat/drink in this category?

| | Servings of Sugar-Sweetened Beverages Reported, Percent | | | |
|----------------------------------|---|-------------|-------------|------------|
| | 0 ² | 1 | 2 | 3+ |
| Total | 48.1 | 32.1 | 12.0 | 7.9 |
| Gender | | | | |
| Males | 46.8 | 33.8 | 12.5 | 6.9 |
| Females | 49.3 | 30.3 | 11.5 | 8.9 |
| Ethnicity | | | | |
| White | 49.8 | 33.0 | 11.6 | 5.6 |
| African American | 26.0 | 37.1 | 18.7 | 18.2 |
| Latino | 48.1 | 31.2 | 11.7 | 9.0 |
| Asian/Other | 54.2 | 30.3 | 11.0 | 4.5 |
| Food Stamp Status, % FPL | | | | |
| Participant, ≤ 130% | 38.7 | 32.3 | 14.4 | 14.5 |
| Likely Eligible, ≤ 130% | 49.4 | 31.0 | 12.9 | 6.6 |
| Potentially Eligible, 131-≤ 185% | 45.3 | 34.1 | 10.1 | 10.5 |
| Not Eligible, >185% | 49.4 | 32.0 | 11.7 | 6.9 |
| Overweight Status | | | | |
| Not Overweight | 50.2 | 30.4 | 12.0 | 7.4 |
| Overweight/Obese | 44.7 | 34.9 | 11.3 | 9.0 |
| Physical Activity | | | | |
| ≥ 60 minutes | 45.7 | 32.6 | 13.1 | 8.7 |
| < 60 minutes | 50.3 | 31.6 | 11.0 | 7.2 |
| School Breakfast | | | | |
| Yes | 44.2 | 33.2 | 10.5 | 12.1 |
| No | 49.1 | 31.8 | 12.3 | 6.8 |
| School Lunch | | | | |
| Yes | 46.3 | 35.7 | 9.9 | 8.1 |
| No | 51.0 | 26.0 | 15.6 | 7.5 |
| Nutrition Lesson | | | | |
| Yes | 45.9 | 33.9 | 11.4 | 8.8 |
| No | 51.0 | 29.6 | 12.8 | 6.6 |
| Exercise Lesson | | | | |
| Yes | 48.3 | 32.6 | 11.2 | 7.9 |
| No | 44.2 | 24.4 | 23.1 | 8.2 |

¹ This includes drinks such as regular soda, fruit drinks, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² Categorized as having 0.5 servings or less.

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

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Table 35: Breakdown of the Sweets Reported by California Children (N=856)

| Sweets | Mean Servings |
|-----------------------------|---------------|
| Total | 1.7 |
| Candy | 0.1 |
| Baked goods | 1.0 |
| Dairy desserts ¹ | 0.3 |
| Other sweets ² | 0.3 |

¹ This includes sweets such as ice cream, frozen yogurt, fudgesicles and custard puddings.

² This includes sweets such as popsicles, sherbert, and other miscellaneous sweets such as gelatin, jelly, and syrup.

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Table 36: Range in the Number of Servings of Sweets¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of sweets did your child eat/drink in this category?

| | Servings of Sweets Reported, Percent | | | |
|----------------------------------|--------------------------------------|-------------|-------------|-------------|
| | 0 ² | 1 | 2 | 3+ |
| Total | 24.2 | 32.5 | 23.1 | 20.2 |
| Gender | | | | |
| Males | 28.3 | 32.3 | 21.1 | 18.3 |
| Females | 20.2 | 32.7 | 25.2 | 21.9 |
| Ethnicity | | | | |
| White | 21.7 | 27.1 | 26.8 | 24.5 |
| African American | 23.1 | 41.3 | 16.4 | 19.2 |
| Latino | 26.3 | 36.1 | 20.9 | 16.7 |
| Asian/Other | 22.9 | 28.7 | 25.8 | 22.6 |
| Food Stamp Status, % FPL | | | | |
| Participant, ≤ 130% | 27.4 | 42.3 | 17.0 | 13.3 |
| Likely Eligible, ≤ 130% | 33.8 | 31.4 | 19.9 | 14.9 |
| Potentially Eligible, 131-≤ 185% | 31.2 | 36.8 | 15.4 | 16.6 |
| Not Eligible, >185% | 19.7 | 30.8 | 26.3 | 23.2 |
| Overweight Status | | | | |
| Not Overweight | 21.7 | 29.6 | 23.5 | 25.2 |
| Overweight/Obese | 28.7 | 39.1 | 19.4 | 12.8 |
| Physical Activity | | | | |
| ≥ 60 minutes | 24.4 | 29.6 | 20.0 | 26.0 |
| < 60 minutes | 23.9 | 35.3 | 26.1 | 14.7 |
| School Breakfast | | | | |
| Yes | 19.2 | 46.3 | 19.9 | 14.6 |
| No | 25.5 | 28.9 | 24.0 | 21.6 |
| School Lunch | | | | |
| Yes | 25.6 | 37.1 | 20.8 | 16.4 |
| No | 21.7 | 24.8 | 27.0 | 26.5 |
| Nutrition Lesson | | | | |
| Yes | 23.1 | 32.1 | 25.0 | 19.7 |
| No | 25.6 | 33.1 | 20.5 | 20.7 |
| Exercise Lesson | | | | |
| Yes | 23.8 | 32.4 | 23.1 | 20.7 |
| No | 29.8 | 34.0 | 23.7 | 12.4 |

¹ This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

² Categorized as having 0.5 servings or less.

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 37: Breakdown of the High-Fat Snacks Reported by California Children
(N=856)**

| High-Fat Snacks | Mean Servings |
|-------------------------------------|----------------------|
| Total | 0.9 |
| Fried potatoes | 0.2 |
| Other fried vegetables ¹ | <0.1 |
| Chips and crackers | 0.7 |
| Other fried foods | <0.1 |

¹ This excludes fried potatoes.

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Table 38: Range in Number of Servings of High-Fat Snacks¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of high-fat snacks did your child eat/drink in this category?

| | Servings of High-Fat Snacks Reported, Percent | | |
|----------------------------------|---|-------------|-------------|
| | 0 ² | 1 | 2+ |
| Total | 53.0 | 30.5 | 16.5 |
| Gender | | | |
| Males | 53.7 | 26.7 | 19.6 |
| Females | 52.3 | 34.3 | 13.5 |
| Ethnicity | | | |
| White | 52.3 | 30.9 | 16.7 |
| African American | 44.6 | 37.7 | 17.6 |
| Latino | 52.3 | 31.8 | 15.9 |
| Asian/Other | 61.6 | 20.6 | 17.7 |
| Food Stamp Status, % FPL | | | |
| Participant, ≤ 130% | 44.7 | 34.0 | 21.3 |
| Likely Eligible, ≤ 130% | 62.3 | 27.8 | 9.9 |
| Potentially Eligible, 131-≤ 185% | 57.3 | 31.0 | 11.6 |
| Not Eligible, >185% | 50.7 | 30.7 | 18.6 |
| Overweight Status | | | |
| Not Overweight | 50.8 | 31.2 | 18.0 |
| Overweight/Obese | 57.6 | 27.5 | 14.9 |
| Physical Activity | | | |
| ≥ 60 minutes | 52.2 | 30.7 | 17.1 |
| < 60 minutes | 53.8 | 30.3 | 15.9 |
| School Breakfast | | | |
| Yes | 56.8 | 31.9 | 11.3 |
| No | 52.0 | 30.1 | 17.9 |
| School Lunch | | | |
| Yes | 55.9 | 30.5 | 13.6 |
| No | 48.0 | 30.5 | 21.4 |
| Nutrition Lesson | | | |
| Yes | 49.2 | 31.1 | 19.6 |
| No | 58.2 | 29.7 | 12.1 |
| Exercise Lesson | | | |
| Yes | 52.9 | 30.3 | 16.8 |
| No | 54.7 | 33.1 | 12.1 |

¹ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

² Categorized as having 0.5 servings or less.

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

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Table 39: Range in Number of Servings of High Calorie, Low Nutrient Foods Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of each (soda, fruit drinks, sports drinks and energy drinks, sweets, high-fat snacks) did your child eat/drink in this category?

| | Servings of High Calorie, Low Nutrient Foods Reported, Percent | | | |
|----------------------------------|--|-------------|-------------|-------------|
| | 0-1 | 2-3 | 4-5 | 6+ |
| Total | 20.1 | 38.0 | 24.6 | 17.3 |
| Gender | | | | |
| Males | 21.8 | 37.3 | 23.3 | 17.6 |
| Females | 18.5 | 38.6 | 25.9 | 17.0 |
| Ethnicity | | | | |
| White | 16.4 | 38.5 | 28.6 | 16.5 |
| African American | 15.3 | 34.4 | 22.0 | 28.3 |
| Latino | 22.8 | 37.6 | 23.0 | 16.7 |
| Asian/Other | 22.3 | 40.0 | 21.3 | 16.4 |
| Food Stamp Status, % FPL | | | | |
| Participant, ≤ 130% | 21.9 | 36.7 | 18.1 | 23.3 |
| Likely Eligible, ≤ 130% | 24.2 | 44.2 | 18.0 | 13.5 |
| Potentially Eligible, 131-≤ 185% | 27.5 | 34.5 | 23.1 | 15.0 |
| Not Eligible, >185% | 17.4 | 37.1 | 27.6 | 18.0 |
| Overweight Status | | | | |
| Not Overweight | 18.2 | 34.9 | 29.2 | 17.7 |
| Overweight/Obese | 24.7 | 42.0 | 17.4 | 15.9 |
| Physical Activity | | | | |
| ≥ 60 minutes | 20.2 | 31.3 | 27.9 | 20.6 |
| < 60 minutes | 20.1 | 44.2 | 21.6 | 14.2 |
| School Breakfast | | | | |
| Yes | 21.6 | 42.6 | 19.9 | 15.9 |
| No | 19.7 | 36.8 | 25.8 | 17.7 |
| School Lunch | | | | |
| Yes | 21.2 | 42.8 | 21.7 | 14.2 |
| No | 18.3 | 29.8 | 29.4 | 22.5 |
| Nutrition Lesson | | | | |
| Yes | 17.9 | 38.5 | 24.4 | 19.2 |
| No | 23.3 | 37.3 | 24.9 | 14.6 |
| Exercise Lesson | | | | |
| Yes | 20.6 | 36.6 | 25.4 | 17.4 |
| No | 13.9 | 58.1 | 12.5 | 15.5 |

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 40: Drinking Sugar-Sweetened Beverages¹ and Associations with Milk Consumption Among California Children (N=856)

How many servings of soda/fruit drinks did your child drink?

How many servings of milk did your child drink?

| Sugary Drink Consumption | Percent | Mean Servings of Milk |
|---|----------------|------------------------------|
| Any Servings of Sugar-Sweetened Beverages | | |
| Yes | 51.9 | 1.9 |
| No | 48.1 | 2.1 |

¹ This includes drinks such as regular soda, fruit drinks, bottled/pre-sweetened tea and flavored/sweetened bottled water.