

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Proportion of Children who Reported Eating a Family Meal Together Yesterday (N=651)

Did you sit down and eat a meal together with your family yesterday?

	Reported Family Meal Together Yesterday, Percent
Total	89.7
Gender	
Males	88.0
Females	91.5
Age	
6-8	93.5 ***
9-11	85.1
Ethnicity	
White	87.4
Black	85.4
Hispanic	90.5
Asian/Other	94.1
Parent Education	
Less than High School	91.2
High School Graduate	91.0
Some College/Graduate	86.7
Overweight Status	
Not Overweight	92.3 *
Overweight/Obese	86.5
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	93.3
Below Guideline	89.1
Physical Activity	
≥ 60 minutes	93.2 ***
< 60 minutes	85.2
School Breakfast	
Yes	85.1 *
No	91.1
School Lunch	
Yes	87.7
No	91.2
Fast Food	
Yes	89.0
No	89.8
Nutrition Lesson	
Yes	89.8
No	89.4

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

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 61: Locations Where Children Report Eating Meals and Snacks (N=651)

Reported location where meals/snacks were eaten (NDSR).

Location	Percent of Children Who Report Eating Meals/Snacks at Each Location			
	Breakfast	Lunch	Dinner	Snack
Home	71.2	28.9	89.2	73.3
School cafeteria	23.7	62.9	0.3	14.9
Day care	0.3	0.3	0.2	1.4
Deli/take-out/store	0.0	0.2	0.0	0.2
Restaurant/cafe/teria/ fast food	0.5	2.1	5.2	1.3
Friend's home	1.1	1.1	2.0	1.0
Miscellaneous ¹	3.2	4.5	3.1	7.9

Data represent the physical location where children reported eating their meals and snacks, not where the food was prepared.

¹ Miscellaneous represents three collapsed categories including community meal program; party/reception/sporting event; and other.

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Frequency of Eating School Lunch Served by the School Cafeteria During a Typical Week (N=651)

In the past school week, how many days did you eat school lunch?

	Days Eating School Lunch in the Past Week,		
	Percent		
	0-2 Days	3-4 Days	5 Days
Total	14.1	17.0	68.9
Gender			
Males	13.2	18.1	68.7
Females	15.0	15.9	69.2
Age			
6-8	12.9	15.5	71.5
9-11	15.5	18.8	65.8
Ethnicity			
White	25.2	8.4	66.3
Black	21.4	14.0	64.5
Hispanic	10.6	18.9	70.5
Asian/Other	19.6	18.4	62.0
Parent Education			
Less than High School	8.5	19.0	72.5
High School Graduate	14.9	10.9	74.3
Some College/Graduate	21.8	17.1	61.1
Overweight Status			
Not Overweight	14.6	11.7	73.7
Overweight/Obese	14.2	20.9	64.9
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	16.0	7.5	76.5
Below Guideline	13.8	18.4	67.8
Physical Activity			
≥ 60 minutes	16.0	16.4	67.6
< 60 minutes	11.7	17.8	70.5
School Breakfast			
Yes	7.6	11.6	80.8
No	16.0	18.6	65.3
School Lunch			
Yes	15.5	10.7	73.9
No	13.0	21.9	65.1
Fast Food			
Yes	21.1	15.9	63.0
No	13.1	17.2	69.8
Nutrition Lesson			
Yes	13.4	19.3	67.3
No	14.6	15.6	69.8

Excludes those reporting "don't know."

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Children Reporting Schools with Salad Bars in the Cafeteria, Bake Sales, Teacher Rewards, and Fresh Produce Tasting in Classrooms (N=651)

	Percent of Children Reporting that Schools Have...					
	Cafeteria with a Salad Bar	Bake or Candy Sales to Raise Money	Teachers who Reward Students with Candy, Soda, or Chips	Fruit or Vegetable Taste Testing in the Classroom	Does your school have a fruit or vegetable garden?	Have you worked in the school garden to grow fruits and vegetables?
Total	63.0	66.6	41.1	65.3	32.1	14.6
Gender						
Males	65.7	63.7	38.6	67.1	31.9	12.2
Females	60.3	69.7	43.6	63.4	32.4	17.1
Age						
6-8	63.9	63.9	31.5 ***	69.5 *	29.9	14.8
9-11	62.0	69.8	52.4	60.5	34.8	14.4
Ethnicity						
White	59.8 ***	74.0	49.4 *	52.5 *	35.8	17.7
Black	43.4	75.6	53.7	57.5	38.2	22.5
Hispanic	67.5	63.5	37.7	69.1	30.6	12.3
Asian/Other	48.0	73.7	41.2	56.2	31.7	22.6
Parent Education						
Less than High School	68.9 **	61.7 **	37.7	69.7	29.1	10.8 **
High School Graduate	63.8	62.3	39.4	59.6	28.4	11.3
Some College/Graduate	53.8	76.0	46.8	61.5	38.2	21.6
Overweight Status						
Not Overweight	60.0	70.8	41.7	65.4	33.1	13.2
Overweight/Obese	61.3	68.3	45.8	60.0	34.1	19.6
Fruits and Vegetables						
Met MyPlate (2½-5 cups)	50.8 *	63.8	32.1	64.8	26.8	14.1
Below Guideline	64.8	67.1	42.4	65.4	32.9	14.7
Physical Activity						
≥ 60 minutes	61.4	69.8	41.3	65.5	31.5	17.1
< 60 minutes	65.2	63.0	41.0	65.4	33.0	11.7
School Breakfast						
Yes	57.1	66.3	45.3	67.1	28.9	13.5
No	64.8	66.8	39.8	64.8	33.1	14.9
School Lunch						
Yes	57.5 *	68.7	46.4 *	61.3	33.4	16.1
No	67.4	65.0	37.0	68.4	31.1	13.4
Fast Food						
Yes	67.7	80.4 **	46.9	56.7	43.5 *	26.7 **
No	62.3	64.7	40.3	66.5	30.6	12.9
Nutrition Lesson						
Yes	60.5	67.4	43.2	75.8 ***	38.6 **	20.3 **
No	63.5	68.6	41.5	56.5	28.2	11.3

Excludes those reporting "don't know."

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

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 64: Children who Reported Eating Any Fast Food Yesterday (N=651)

Reported location where meals/snacks were eaten (NDSR).

	Ate Any Fast Food Yesterday, Percent
Total	12.4
Gender	
Males	12.4
Females	12.4
Age	
6-8	11.3
9-11	13.7
Ethnicity	
White	18.9
Black	19.4
Hispanic	9.7
Asian/Other	18.9
Parent Education	
Less than High School	7.4 ***
High School Graduate	12.5
Some College/Graduate	19.5
Overweight Status	
Not Overweight	12.8
Overweight/Obese	12.9
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	5.6 *
Below Guideline	13.4
Physical Activity	
≥ 60 minutes	17.5 ***
< 60 minutes	6.0
School Breakfast	
Yes	14.0
No	11.9
School Lunch	
Yes	11.6
No	13.0
Nutrition Lesson	
Yes	12.5
No	13.1

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

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 65: Relationship of School Breakfast, School Lunch, and Fast Food with Eating Recommended Foods (N=651)

	Percent Eating Recommended Servings							
	Percent	Fruits and Vegetables (5+ Servings)	Fruits and Vegetables (2½-5 cup-eq)	Fruits (1-2 cup-eq)	Vegetables (1½-3 cup-eq)	Whole Grains (2-3½ oz-eq)	Dairy (2½-3 cup-eq)	Protein Foods (3-6 oz-eq)
Fast Food								
Yes	12.4	18.1	5.8 *	15.0 *	8.2	11.0 *	33.2	31.2
No	87.6	28.1	13.7	28.5	10.4	23.5	25.1	36.8
School Lunch								
Yes	43.6	33.5 ***	16.3 *	31.9 **	12.7	14.0 ***	30.5 *	37.6
No	56.4	21.8	10.0	22.8	8.2	28.0	22.7	35.0
School Breakfast								
Yes	23.3	32.1	13.0	32.6	10.7	11.9 ***	39.7 ***	37.8
No	76.7	25.3	12.7	25.0	9.9	25.0	22.0	35.6

	Children Who Ate, Percent			
	Percent	Any Sugar-Sweetened Beverages ¹	Any Sweets ¹	Any High-Fat Snacks ¹
Fast Food				
Yes	12.4	77.1 ***	87.5 *	52.7 ***
No	87.6	54.7	74.6	29.9
School Lunch				
Yes	43.6	63.6 **	75.8	37.9 *
No	56.4	52.7	76.5	28.7
School Breakfast				
Yes	23.3	57.6	77.1	35.4
No	76.7	57.4	75.9	31.9

Recommendations are based on the *Dietary Guidelines for Americans 2010* and vary 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.

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.

Chi Square Test

* p<.05

** p<.01

*** p<.001