

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 18: Breakdown of the Milk Products Reported by California Children
(N=856)**

Milk Products	Mean Servings
Total	3.5
Milk ¹	2.0
Cheese	1.0
Dairy Desserts ²	0.3
Yogurt	0.3

¹ This includes milk, flavored milks, and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 19: Total Servings of Milk Products Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk	Cheese
Total	3.5	2.0	1.0
Gender			
Males	3.6	2.1*	1.0
Females	3.5	1.9	1.0
Ethnicity			
White	3.5	1.8 ^a *	1.0
African American	3.7	2.1 ^{ab}	0.9
Latino	3.5	2.1 ^b	1.0
Asian/Other	3.8	2.2 ^{ab}	1.0
Food Stamp Status, % FPL			
Participant, ≤ 130%	3.9 ^{ab} **	2.3 ^{ab} ***	1.1
Likely Eligible, ≤ 130%	3.9 ^b	2.4 ^b	0.9
Potentially Eligible, 131-≤ 185%	3.6 ^{ab}	2.0 ^a	1.1
Not Eligible, >185%	3.4 ^a	1.8 ^a	1.0
Overweight Status			
Not Overweight	3.5	1.9*	1.0
Overweight/Obese	3.6	2.1	1.0
Physical Activity			
≥60 minutes	3.7	2.0	1.1*
<60 minutes	3.4	2.0	0.9
School Breakfast			
Yes	4.1***	2.5***	1.0
No	3.4	1.9	1.0
School Lunch			
Yes	3.8***	2.3***	1.0
No	3.1	1.5	1.0
Nutrition Lesson			
Yes	3.6	2.0	1.0
No	3.5	2.0	0.9
Exercise Lesson			
Yes	3.6	2.0	1.0*
No	3.3	2.2	0.7

¹ This includes milk, flavored milks, and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 20: Range in Number of Servings of Dairy Desserts Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of dairy desserts¹ did your child eat?

	Servings of Dairy Desserts Reported, Percent	
	0 ²	0.5+
Total	63.6	36.4
Gender		
Males	67.5	32.5
Females	59.9	40.1
Ethnicity		
White	60.0	40.0
African American	65.2	34.8
Latino	66.4	33.6
Asian/Other	61.3	38.7
Food Stamp Status, % FPL		
Participant, ≤ 130%	66.1	33.9
Likely Eligible, ≤ 130%	70.3	29.7
Potentially Eligible, 131-≤ 185%	68.8	31.2
Not Eligible, >185%	60.4	39.6
Overweight Status		
Not Overweight	61.4	38.6
Overweight/Obese	67.5	32.5
Physical Activity		
≥60 minutes	60.7	39.3
<60 minutes	66.3	33.7
School Breakfast		
Yes	65.7	34.3
No	63.1	36.9
School Lunch		
Yes	65.3	34.7
No	60.8	39.2
Nutrition Lesson		
Yes	61.4	38.6
No	66.8	33.2
Exercise Lesson		
Yes	62.4	37.6
No	82.4	17.6

¹ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

² 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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 21: Range in Number of Servings of Milk Products Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did your child eat/drink?

	Servings of Milk Products Reported, Percent		
	0-1	2	3+
Total	12.3	22.5	65.2
Gender			
Males	11.6	20.2	68.2
Females	13.0	24.7	62.3
Ethnicity			
White	11.2	23.8	65.0
African American	15.2	18.8	66.0
Latino	13.6	21.9	64.5
Asian/Other	8.7	22.9	68.4
Food Stamp Status, % FPL			
Participant, ≤ 130%	8.6	17.3	74.0
Likely Eligible, ≤ 130%	9.5	21.9	68.7
Potentially Eligible, 131-≤ 185%	14.8	16.5	68.6
Not Eligible, >185%	13.1	24.5	62.4
Overweight Status			
Not Overweight	12.7	22.6	64.6
Overweight/Obese	11.9	22.3	65.8
Physical Activity			
≥60 minutes	11.2	21.8	67.0
<60 minutes	13.3	23.1	63.6
School Breakfast			
Yes	2.8	22.2	75.0
No	14.8	22.6	62.6
School Lunch			
Yes	8.1	20.4	71.5
No	19.5	25.9	54.6
Nutrition Lesson			
Yes	12.7	20.8	66.5
No	11.8	24.7	63.4
Exercise Lesson			
Yes	12.2	22.2	65.7
No	14.6	27.0	58.5

¹ This includes milk, flavored milks, and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 22: Range in the Number of Servings of Milk¹ Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

How many servings of milk did your child drink?

For children ages 9-11, the recommended amount of milk is 3 cups per day.²

	Servings of Milk Reported, Percent		
	0 ³	1-2	3+
Total	16.5	58.5	24.9
Gender			
Males	13.1	60.0	26.9
Females	19.8	57.1	23.0
Ethnicity			
White	19.8	58.1	22.1
African American	11.2	63.2	25.5
Latino	15.9	59.3	24.8
Asian/Other	12.6	54.2	33.2
Food Stamp Status, % FPL			
Participant, ≤ 130%	10.3	59.1	30.7
Likely Eligible, ≤ 130%	8.3	58.0	33.7
Potentially Eligible, 131-≤ 185%	16.8	56.9	26.3
Not Eligible, >185%	19.6	58.9	21.5
Overweight Status			
Not Overweight	18.0	58.6	23.4
Overweight/Obese	13.7	57.6	28.7
Physical Activity			
≥60 minutes	15.5	58.1	26.5
<60 minutes	17.5	59.0	23.5
School Breakfast			
Yes	4.3	64.6	31.1
No	19.7	57.0	23.3
School Lunch			
Yes	9.4	61.0	29.6
No	28.6	54.5	17.0
Nutrition Lesson			
Yes	19.2	55.4	25.5
No	12.8	63.0	24.2
Exercise Lesson			
Yes	16.7	58.7	24.5
No	13.2	55.8	31.0

¹ This includes milk, flavored milks, and milkshakes.

² Based on the 2005 *Dietary Guidelines for Americans*.

³ 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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 23: Type of Milk Reported by California Children per Typical Weekday for All Eating Occasions (N=856)

What types of milk did your child drink?

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent				Out of All Children, Percent who Drank Low Fat Milk ³
	Nonfat	1%	2%	Whole	
Total	13.7	15.9	47.8	22.6	26.8
Gender					
Males	14.1	15.1	46.4	24.4	28.4
Females	13.2	16.7	49.3	20.9	25.2
Ethnicity					
White	19.7	16.8	45.2	18.2	31.2 *
African American	11.2	6.6	42.4	39.7	15.0
Latino	7.9	17.3	50.5	24.2	24.5
Asian/Other	21.9	12.0	46.5	19.6	30.0
Food Stamp Status, % FPL					
Participant, ≤ 130%	3.7	12.4	41.9	42.1	19.2 *
Likely Eligible, ≤ 130%	4.3	13.9	49.9	31.9	20.1
Potentially Eligible, 131-≤ 185%	5.9	18.2	51.9	24.1	22.2
Not Eligible, >185%	19.2	16.5	47.3	17.0	30.6
Overweight Status					
Not Overweight	14.0	17.4	49.2	19.4	26.6
Overweight/Obese	14.6	12.9	45.2	27.3	27.7
Physical Activity					
≥60 minutes	14.8	19.1	45.5	20.6	30.4 *
<60 minutes	12.5	12.8	50.0	24.6	23.5
School Breakfast					
Yes	2.9	25.6	44.9	26.6	30.2
No	16.7	13.1	48.7	21.5	25.9
School Lunch					
Yes	8.1	14.8	49.5	27.7	25.5
No	24.4	18.0	44.7	12.9	29.1
Nutrition Lesson					
Yes	15.5	16.1	44.3	24.1	27.0
No	11.2	15.6	52.5	20.7	26.5
Exercise Lesson					
Yes	13.4	16.1	48.0	22.5	26.3
No	16.6	13.3	45.1	24.9	34.5

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting more than 0.5 servings of nonfat and/or 1% milk only.

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<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 24: Children's Belief About the Number of Servings of Milk Needed for Good Health (N=390)

About how many glasses or servings of milk do you think you should drink each day for good health?

	Servings of Milk Believed Needed, Percent	
	0-2	3+
Total	57.4	42.6
Gender		
Males	60.4	39.6
Females	54.1	45.9
Ethnicity		
White	54.7	45.3
African American	55.9	44.1
Latino	59.7	40.3
Asian/Other	56.1	43.9
Food Stamp Status, % FPL		
Participant, ≤ 130%	58.9	41.1
Likely Eligible, ≤ 130%	48.3	51.7
Potentially Eligible, 131-≤ 185%	61.7	38.3
Not Eligible, >185%	59.2	40.8
Overweight Status		
Not Overweight	54.6	45.4
Overweight/Obese	62.3	37.7
Physical Activity		
≥60 minutes	58.9	41.1
<60 minutes	56.1	43.9
School Breakfast		
Yes	62.3	37.7
No	55.9	44.1
School Lunch		
Yes	59.3	40.7
No	53.6	46.4
Nutrition Lesson		
Yes	59.2	40.8
No	54.6	45.4
Exercise Lesson		
Yes	57.8	42.2
No	53.1	46.9

Excludes those reporting "don't know."

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

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 25: Glasses of Milk Children Believe Are Needed Compared with Reported Milk Consumption (N=390)

How many servings of milk did your child drink?

About how many glasses or servings of milk do you think you should drink each day for good health?

For children ages 9-11, the recommended amount of milk is 3 cups per day.¹

Milk Belief ³	Percent	Servings of Milk ² Reported, Percent		
		0-1	2	3+
Servings children believe are needed				
0-1	20.2	41.9	30.2	27.9
2	37.2	44.2	33.6	22.2
3+	42.6	43.4	25.5	31.1

¹ Based on the 2005 *Dietary Guidelines for Americans*.

² Excludes those reporting "milkshake."

³ Excludes those reporting "don't know."

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