

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)**

During this school year, have you had any lessons from a teacher, coach, or some other type of instructor about: food, nutrition, and your health or exercise, physical activity, and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise, Physical Activity, and Health
<b>Total</b>	<b>52</b>	<b>67</b>
<b>Gender</b>		
Males	53	70
Females	50	65
<b>Ethnicity</b>		
White	55 *	73 **
African American	51	60
Latino	46	62
Asian/Other	64	75
<b>Food Stamp/FPL</b>		
Food Stamp Participant	39 **	57 **
No FS/ ≤130% FPL	54	64
No FS/ >130%-≤185% FPL	37	58
No FS/ >185% FPL	55	72
<b>Overweight Status</b>		
Not at Risk	51	68
At Risk/Overweight	52	67
<b>Physical Activity</b>		
≥ 60 minutes	50	67
< 60 minutes	53	68
<b>School Breakfast</b>		
Yes	41 **	56 **
No	54	70
<b>School Lunch</b>		
Yes	49	66
No	56	70
<b>Nutrition Lesson</b>		
Yes	N/A	N/A
No	N/A	N/A
<b>Exercise Lesson</b>		
Yes	N/A	N/A
No	N/A	N/A

No lessons includes "no," "not sure," and "no answer."

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 68: Parental Factors for Healthy Eating (Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Your parents eat high-fat foods like french fries, chips, or desserts	Your parents limit the amount of chips, soda or sweets you can eat each day
<b>Total</b>	<b>41</b>	<b>78</b>
<b>Gender</b>		
Males	38	77
Females	45	78
<b>Ethnicity</b>		
White	41	83
African American	46	68
Latino	42	78
Asian/Other	33	67
<b>Food Stamp/FPL</b>		
Food Stamp Participant	50	73 *
No FS/ ≤130% FPL	49	67
No FS/ >130%-≤185% FPL	48	69
No FS/ >185% FPL	38	82
<b>Overweight Status</b>		
Not at Risk	41	73 *
At Risk/Overweight	42	85
<b>Physical Activity</b>		
≥ 60 minutes	36	80
< 60 minutes	45	76
<b>School Breakfast</b>		
Yes	54 *	67 *
No	39	80
<b>School Lunch</b>		
Yes	42	74 *
No	40	83
<b>Nutrition Lesson</b>		
Yes	38	79
No	44	76
<b>Exercise Lesson</b>		
Yes	41	79
No	43	75

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

Chi Square Test

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 69: Personal, Social, and Environmental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement						
	You want to have fruit for an afternoon snack <sup>1</sup>	Your friends at school usually eat healthy foods	You like to try new kinds of fruits <sup>1</sup>	You like to try new kinds of vegetables	You like most kinds of fruits <sup>1</sup>	You like most kinds of vegetables	You help fix fruits, vegetables, or salads for dinner
<b>Total</b>	58	61	62	76	80	73	75
<b>Gender</b>							
Males	55	59	58	73	77	70	70*
Females	61	63	67	81	84	76	80
<b>Ethnicity</b>							
White	60	60	68	73	78	72	78
African American	60	40	48	80	88	80	75
Latino	57	66	59	82	82	77	74
Asian/Other	58	56	67	64	78	58	70
<b>Food Stamp/FPL</b>							
Food Stamp Participant	61	69	73	91*	84	79	81
No FS/ ≤130% FPL	61	72	55	86	69	80	70
No FS/ >130%-≤185% FPL	57	52	62	74	80	81	81
No FS/ >185% FPL	57	59	62	72	81	69	74
<b>Overweight Status</b>							
Not at Risk	55	61	66	77	78	70	73
At Risk/Overweight	63	63	59	76	86	78	79
<b>Physical Activity</b>							
≥ 60 minutes	55	61	67	76	81	78	75
< 60 minutes	61	61	59	77	79	69	75
<b>School Breakfast</b>							
Yes	54	61	63	82	84	75	68
No	59	60	62	75	80	73	76
<b>School Lunch</b>							
Yes	56	62	63	79	80	77*	76
No	61	58	62	71	80	67	73
<b>Nutrition Lesson</b>							
Yes	61	62	64	78	80	73	79*
No	55	59	60	74	80	74	70
<b>Exercise Lesson</b>							
Yes	60	61	66	76	81	73	78
No	53	60	55	77	78	74	69

<sup>1</sup> Percent of children who reported agreeing a lot.

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

Chi Square Test

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Parental Factors for Physical Activity (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement			
	Your parents ask you what school is teaching you about exercise and health	Your family exercises together by doing things like going to the park, playing sports, or riding bikes	Your parents limit the amount of time you spend watching TV or playing video games	Your parents make you stay inside after school rather than letting you play outside
<b>Total</b>	<b>73</b>	<b>74</b>	<b>73</b>	<b>25</b>
<b>Gender</b>				
Males	73	74	70	27
Females	73	74	76	23
<b>Ethnicity</b>				
White	74	75	76	16**
African American	87	68	79	46
Latino	71	73	69	31
Asian/Other	70	76	73	22
<b>Food Stamp/FPL</b>				
Food Stamp Participant	82**	53*	67	38
No FS/ ≤130% FPL	92	80	74	28
No FS/ >130%-≤185% FPL	61	80	59	26
No FS/ >185% FPL	70	74	76	23
<b>Overweight Status</b>				
Not at Risk	71	74	74	26
At Risk/Overweight	75	73	70	26
<b>Physical Activity</b>				
≥ 60 minutes	75	82**	76	21
< 60 minutes	72	67	70	28
<b>School Breakfast</b>				
Yes	74	61*	61*	24
No	73	76	75	25
<b>School Lunch</b>				
Yes	74	74	69*	28
No	71	74	79	20
<b>Nutrition Lesson</b>				
Yes	72	76	77*	26
No	73	71	68	23
<b>Exercise Lesson</b>				
Yes	73	76	76*	24
No	73	69	66	26

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 71: Personal, Social, and Environmental Factors for Physical Activity  
(Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement		
	You think you're good at most sports	You would rather watch TV than play outdoors right after school or on weekends	Your friends exercise or are active by going to the park, playing sports or riding bikes <sup>1</sup>
<b>Total</b>	<b>75</b>	<b>31</b>	<b>70</b>
<b>Gender</b>			
Males	78	33	74
Females	73	29	66
<b>Ethnicity</b>			
White	76	31	68
African American	84	25	75
Latino	75	31	71
Asian/Other	70	33	70
<b>Food Stamp/FPL</b>			
Food Stamp Participant	88	27	66
No FS/ ≤130% FPL	74	22	69
No FS/ >130%-≤185% FPL	73	36	69
No FS/ >185% FPL	75	32	71
<b>Overweight Status</b>			
Not at Risk	75	32	70
At Risk/Overweight	79	29	70
<b>Physical Activity</b>			
≥ 60 minutes	84	27	73
< 60 minutes	68	35	68
<b>School Breakfast</b>			
Yes	74	24	65
No	76	32	72
<b>School Lunch</b>			
Yes	75	30	69
No	76	32	72
<b>Nutrition Lesson</b>			
Yes	75	26	74
No	76	37	67
<b>Exercise Lesson</b>			
Yes	77	26	73
No	73	42	64

<sup>1</sup> Percent of children who reported agreeing a lot.

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 72a: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)**

<b>Outcome Expectations</b>			
If you eat five servings of fruits and vegetables everyday, your friends will make fun of you.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
All other responses	24	2.8	2.7
Disagree a lot	76	2.7	2.5
If you eat five servings of fruits and vegetables everyday, your friends will start eating them too.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree	53	2.8	2.6
Disagree	47	2.7	2.5
If you eat five servings of fruits and vegetables everyday, you will have more energy.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	83	2.9**	2.6
All other responses	17	2.3	2.4
If you eat five servings of fruits and vegetables everyday, you will become stronger.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	80	2.9	2.5
All other responses	20	2.5	2.6
If you eat five servings of fruits and vegetables everyday, you will think better in class.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	65	2.9	2.6
All other responses	35	2.6	2.5
<i>Outcome Expectation Scale</i>		<i>0.135**</i>	<i>0.021</i>

ANOVA

*Spearman's rho*

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 72b: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)**

<b>Self Efficacy</b>					
How confident are you that you can eat two or more servings of fruit each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	58	1.6	1.3	2.9*	2.6
Confident/Not Confident <sup>1</sup>	42	1.5	1.1	2.6	2.5
How confident are you that you can eat three or more servings of vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	42	1.7	1.3	2.9*	2.6
Confident/Not Confident <sup>1</sup>	58	1.5	1.1	2.6	2.5
How confident are you that you can eat five or more servings of fruits and vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	35	1.5	1.3	2.8	2.5
Confident/Not Confident <sup>1</sup>	65	1.6	1.1	2.7	2.6
<i>Self Efficacy Scale</i>		<i>0.025</i>	<i>0.143**</i>	<i>0.121*</i>	<i>0.044</i>

<sup>1</sup> The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

ANOVA

*Spearman's rho*

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 72c: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)**

<b>Food Preference</b>			
You want to have fruit for an afternoon snack.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	58	2.8	2.6
All other responses	42	2.7	2.5
You like to try new kinds of fruits.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	62	2.9	2.6
All other responses	38	2.6	2.5
You like to try new kinds of vegetables.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree	76	2.8	2.6
Disagree	24	2.5	2.4
You like most kinds of fruits.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	80	2.9 *	2.6 *
All other responses	20	2.4	2.3
You like most kinds of vegetables.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree	73	2.9 *	2.6 **
Disagree	27	2.5	2.3
<b>Behavioral Capability</b>			
You help fix fruits, vegetables, or salads for dinner.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree	75	2.8	2.5
Disagree	25	2.6	2.6
Have you ever worked in a garden to grow fruits and vegetables?	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>
Yes	78	1.8	1.4
No	22	2.0	1.5
<b>Modeling</b>			
Your parents eat high-fat foods like French fries, chips, or desserts.	<b>Percent</b>	<b>Servings of High-Fat Foods</b>	<b>Servings of High Calorie, Low Nutrient Foods</b>
Agree	41	0.8	3.6
Disagree	59	0.8	3.7
<b>Social Norms</b>			
Most people in your family think that eating five or more servings of fruits and vegetables each day is important.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree a lot	73	2.8	2.6
All other responses	27	2.6	2.4
Most kids your age think that eating five or more servings of fruits and vegetables each day is important.	<b>Percent</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Agree	74	2.8	2.6
Disagree	26	2.7	2.5

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

ANOVA

\* p<.05

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 72d: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)**

<b>Availability/Environment</b>					
In your home, there are lots of fruits to eat that you like.	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Always	55	1.6	1.2	2.8	2.6
Sometimes/Never <sup>1</sup>	45	1.5	1.2	2.7	2.4
In your home, there are lots of vegetables to eat that you like.	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Always	44	1.6	1.3	2.9	2.6
Sometimes/Never <sup>1</sup>	56	1.5	1.1	2.6	2.5
In your home, there are fruits kept out in a place where you can get them.	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Always	71	1.6	1.2	2.8	2.6
Sometimes/Never <sup>1</sup>	29	1.6	1.1	2.6	2.5
In your home, there are vegetables cut up and ready to eat where you can get them.	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>	<b>Healthy Eating Practices Score</b>
Always	18	1.6	1.2	2.8	2.4
Sometimes/Never <sup>1</sup>	82	1.6	1.2	2.8	2.6
<i>Home Availability Scale</i>		<i>0.031</i>	<i>0.100</i>	<i>0.090</i>	<i>0.076</i>
Your parents limit the amount of chips, soda, or sweets you can eat each day.	<b>Percent</b>	<b>Servings of Soda and Sweetened Beverages</b>	<b>Servings of Sweets</b>	<b>Servings of High-Fat Snacks</b>	<b>Servings of High Calorie, Low Nutrient Foods</b>
Agree	78	1.0	1.9	0.9**	3.7
Disagree	22	1.0	1.7	0.6	3.3

<sup>1</sup> The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.

ANOVA

*Spearman's rho*

\*\* p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 73a: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)**

<b>Self-Efficacy</b>					
How confident are you that you can exercise or be active for 60 minutes each day?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Very Confident	39	67 **	90	40	57 *
Confident/Not Confident <sup>1</sup>	61	82	80	49	80
<b>Activity Preferences</b>					
You would rather watch TV than play outside right after school or during weekends	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	31	73	102 **	39	74
Disagree	69	78	76	48	81
<b>Behavioral Capability</b>					
You think you are good at most sports	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	75	82 ***	77 **	51 ***	82 **
Disagree	25	61	104	29	70
During this school year, have you had any lessons from a teacher, coach or some other type of instructor about exercise, physical activity, and your health? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	67	78	81	45	82
No	33	74	83	45	81
During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school PE or gym class? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	99	84	72	54	87
No	1	45	55	13	100
Other than sports lessons, classes or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	98	79	62	49	90
No	2	52	90	19	66
<b>Reinforcement</b>					
Your parent ask you what school is teaching you about exercise, physical activity and health	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	73	77	85	46	78
Disagree	27	73	82	42	81

<sup>1</sup> The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

- \* p<.05
- \*\* p<.01
- \*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 73b: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)**

Social Norms					
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	74	79	84	51**	79
Disagree	26	69	84	32	80
Your friends exercise or are active by doing things like going to the park, playing sports, or riding bikes	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree a lot	70	79	86	47	77
All other responses	30	71	78	42	84
Availability/Environment					
Not including recess, during your most recent school year, did you have any PE or gym classes that were taught by a teacher, coach, athletic instructor, or some other type of adult teacher? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	90	79**	81	47**	81
No	10	57	89	30	82
School PE or gym classes meet California mandate of 200 minutes every 10 days. (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	32	85**	92*	54***	78
No	68	72	79	40	83
Your parents make you stay inside after school rather than letting you play outside.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	25	71	77	38	82
Disagree	75	78	86	48	78
Your parents limit the amount of time you spend watching TV or playing video games.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	73	78	80	47	80
Disagree	27	70	94	40	77
Do you have a television in your bedroom?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	54	77	84	45	76
No	46	75	80	46	83
In your neighborhood, is there a park, playground, grassy field, or sports field within walking distance of your home?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	72	77	84	48	80
No	28	75	80	42	78
The park or playground closest to where you live is safe during the day	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	86	75	86	45	77*
Disagree	14	81	67	51	91
The park or playground closest to where you live is safe at night	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	36	73	89	44	76
Disagree	64	78	80	46	81

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Chi Square Test

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 74: School Environment Factors Among California Children Associated with Behavioral Theories (Phone and Dairy Samples)**

<b>Behavioral Capability</b>					
During the most recent school year, worked in a garden at school to help grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	31	1.7	1.3	3.0	2.6
No	69	1.5	1.1	2.7	2.6
During this school year, had lessons from a teacher, coach or other instructor about food, nutrition, and your health? (Diary Sample)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	52	1.8	1.4	3.2 *	2.6
No	48	1.6	1.2	2.8	2.6
<b>Modeling</b>					
Your friends at school usually eat healthy foods.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score		
Agree	61	2.7	2.5		
Disagree	39	2.8	2.6		
<b>Reinforcement</b>					
Your teacher rewards students by giving out treats like candy, cookies, soda, or chips.	Percent	Servings of Soda and Sweetened Beverages	Servings of High Fat Foods	Servings of Sweets	Servings of High Calorie, Low Nutrient Foods
Yes	58	1.0	0.8	1.8	3.6
No	42	1.0	0.8	1.9	3.7
<b>Availability/Environment</b>					
School has vending machines stocked with candy, chips, and cookies that students can use.	Percent	Servings of High-Fat Snacks	Servings of Sweets	Servings of High Calorie, Low Nutrient Foods	
Yes	6	0.7	1.8	3.6	
No	94	0.8	1.8	3.6	
School has soda vending machines that students can use.	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods		
Yes	11	1.2	4.1		
No	89	1.0	3.6		
School cafeteria usually serves students fast food.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	23	1.0	2.0	0.8	3.7
No	77	1.0	1.8	0.8	3.6
School usually has bake sales or candy sales to raise money.	Percent	Servings of High-Fat Snacks	Servings of Sweets		
Yes	71	0.8	1.8		
No	29	0.8	2.0		
School cafeteria has a salad bar.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	47	1.5	1.3	2.8	2.6
No	53	1.6	1.1	2.7	2.5

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

ANOVA

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**Table 80: Participation in Growing Fruits and Vegetables in a Garden (Phone Sample)**

Thinking of the most recent school year, did you work in a garden at school to help grow fruits or vegetables?  
Have you ever worked in a garden to grow fruits or vegetables?

	Percent of Children	
	Worked in a school garden to help grow fruits and vegetables in the most recent school year	Ever worked in a garden to grow fruits and vegetables
<b>Total</b>	<b>31</b>	<b>76</b>
<b>Gender</b>		
Males	29	72
Females	32	80
<b>Ethnicity</b>		
White	32	87**
African American	40	75
Latino	30	69
Asian/Other	24	67
<b>Food Stamp/FPL</b>		
Food Stamp Participant	33	94*
No FS/ ≤130% FPL	39	69
No FS/ >130%-≤185% FPL	30	65
No FS/ >185% FPL	28	78
<b>Overweight Status</b>		
Not at Risk	33	78
At Risk/Overweight	27	75
<b>Physical Activity</b>		
≥ 60 minutes	37**	79
< 60 minutes	25	73
<b>School Breakfast</b>		
Yes	38	79
No	29	75
<b>School Lunch</b>		
Yes	34	75
No	25	77
<b>Nutrition Lesson</b>		
Yes	32	78
No	29	73
<b>Exercise Lesson</b>		
Yes	29	77
No	34	73

A box around a group of numbers signifies that differences observed within the group are statistically significant. Chi Square Test

\* p<.05

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**Table 81: Social Norms for Eating Fruits and Vegetables (Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Most people in your family think that eating five or more servings of fruits and vegetables each day is important <sup>1</sup>	Most kids your age think that eating five or more servings of fruits and vegetables each day is important
<b>Total</b>	<b>73</b>	<b>74</b>
<b>Gender</b>		
Males	69 *	78
Females	78	70
<b>Ethnicity</b>		
White	73	68
African American	88	80
Latino	73	80
Asian/Other	64	67
<b>Food Stamp/FPL</b>		
Food Stamp Participant	72	88 **
No FS/ ≤130% FPL	78	82
No FS/ >130%-≤185% FPL	74	88
No FS/ >185% FPL	72	67
<b>Overweight Status</b>		
Not at Risk	77 *	70 *
At Risk/Overweight	67	81
<b>Physical Activity</b>		
≥ 60 minutes	69	76
< 60 minutes	76	73
<b>School Breakfast</b>		
Yes	72	78
No	73	74
<b>School Lunch</b>		
Yes	70	75
No	78	74
<b>Nutrition Lesson</b>		
Yes	73	77
No	72	71
<b>Exercise Lesson</b>		
Yes	72	76
No	74	69

<sup>1</sup> Percent of children who reported agreeing a lot.

A box around a group of numbers signifies that differences observed within the group are statistically significant. Chi Square Test

\* p<.05

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**Table 82: Fruit and Vegetable Outcome Expectations (Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement: If You Eat Five Servings of Fruits and Vegetables Everyday...				
	Your friends will make fun of you <sup>1</sup>	Your friends will start eating them too	You will have more energy <sup>2</sup>	You will become stronger <sup>2</sup>	You will think better in class <sup>2</sup>
<b>Total</b>	<b>76</b>	<b>53</b>	<b>84</b>	<b>80</b>	<b>65</b>
<b>Gender</b>					
Males	78	50	84	82	68
Females	75	55	83	79	62
<b>Ethnicity</b>					
White	78	48	85	77	64
African American	75	50	75	96	60
Latino	76	60	84	80	66
Asian/Other	73	42	80	85	63
<b>Food Stamp/FPL</b>					
Food Stamp Participant	67**	76*	91	88	73
No FS/ ≤130% FPL	59	61	80	86	69
No FS/ >130%-≤185% FPL	88	45	90	86	62
No FS/ >185% FPL	78	50	82	77	62
<b>Overweight Status</b>					
Not at Risk	73	51	82	79	64
At Risk/Overweight	82	57	86	82	67
<b>Physical Activity</b>					
≥ 60 minutes	79	49	82	82	64
< 60 minutes	74	56	85	79	65
<b>School Breakfast</b>					
Yes	69	55	79	85	72
No	78	52	84	79	63
<b>School Lunch</b>					
Yes	74	54	84	82	69*
No	80	51	82	78	57
<b>Nutrition Lesson</b>					
Yes	80	52	85	84*	67
No	72	53	82	76	62
<b>Exercise Lesson</b>					
Yes	79*	51	84	82	65
No	69	56	84	78	65

<sup>1</sup> Percent of children who reported disagreeing a lot.

<sup>2</sup> Percent of children who reported agreeing a lot.

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

Chi Square Test

\* p<.05

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**Table 83: Availability of Fruits and Vegetables in the Home (Phone Sample)**

Thinking of your own home, tell me if the following statements are always true, sometimes true or never true.

	Percent of Children in Agreement: Your Home Always Has...			
	Lots of fruit to eat that you like	Lots of vegetables to eat that you like	Fruits kept out where you can get them	Vegetables cut up and ready-to-eat where you can get them
<b>Total</b>	<b>55</b>	<b>44</b>	<b>71</b>	<b>18</b>
<b>Gender</b>				
Males	50 *	44	75	18
Females	61	44	66	18
<b>Ethnicity</b>				
White	62	47	72 *	17
African American	42	42	46	16
Latino	53	46	72	22
Asian/Other	49	33	76	9
<b>Food Stamp/FPL</b>				
Food Stamp Participant	48	70 *	48 **	16
No FS/ ≤130% FPL	47	41	55	20
No FS/ >130%-≤185% FPL	52	41	78	17
No FS/ >185% FPL	58	42	75	18
<b>Overweight Status</b>				
Not at Risk	54	44	71	18
At Risk/Overweight	58	46	73	19
<b>Physical Activity</b>				
≥ 60 minutes	63 **	46	75	18
< 60 minutes	48	43	67	18
<b>School Breakfast</b>				
Yes	49	55	49 ***	10
No	56	42	75	20
<b>School Lunch</b>				
Yes	52	46	66 *	20
No	59	42	77	14
<b>Nutrition Lesson</b>				
Yes	59	46	74	21
No	50	43	67	14
<b>Exercise Lesson</b>				
Yes	58 *	44	75 **	20
No	47	45	61	13

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

Chi Square Test

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**Table 84: Self-Efficacy for Meeting Fruit, Vegetable and Physical Activity Recommendations (Phone Sample)**

How confident are you that you can... Would you say not confident, confident, or very confident?

	Percent of Children Reporting They Are Very Confident that They Can...			
	Eat two or more servings of fruits each day	Eat three or more servings of vegetables each day	Eat five or more servings of fruits and vegetable each day	Exercise or be active for at least 60 minutes each day
<b>Total</b>	<b>58</b>	<b>42</b>	<b>35</b>	<b>61</b>
<b>Gender</b>				
Males	56	44	38	59
Females	62	40	32	62
<b>Ethnicity</b>				
White	60	40 *	35	59
African American	60	67	54	75
Latino	56	43	34	59
Asian/Other	61	30	30	63
<b>Food Stamp/FPL</b>				
Food Stamp Participant	76	48	33	58 *
No FS/ ≤130% FPL	47	37	39	43
No FS/ >130%-≤185% FPL	57	52	42	72
No FS/ >185% FPL	60	40	34	62
<b>Overweight Status</b>				
Not at Risk	59	40	33	62
At Risk/Overweight	61	45	41	59
<b>Physical Activity</b>				
≥ 60 minutes	56	44	35	66
< 60 minutes	61	40	35	56
<b>School Breakfast</b>				
Yes	63	52	41	59
No	57	40	34	61
<b>School Lunch</b>				
Yes	59	43	35	58
No	58	40	34	65
<b>Nutrition Lesson</b>				
Yes	61	42	36	60
No	55	42	34	62
<b>Exercise Lesson</b>				
Yes	58	41	34	62
No	58	43	37	58

A box around a group of numbers signifies that differences observed within the group are statistically significant. Chi Square Test

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**Table 85: Neighborhood Environmental Factors for Physical Activity (Phone Sample)**

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement		
	Have a park within walking distance of your home	Park closest to your home is safe during the day	Park closest to your home is safe at night
<b>Total</b>	<b>72</b>	<b>86</b>	<b>36</b>
<b>Gender</b>			
Males	74	89	38
Females	70	82	34
<b>Ethnicity</b>			
White	72 *	91	42
African American	56	79	25
Latino	70	82	33
Asian/Other	90	91	33
<b>Food Stamp/FPL</b>			
Food Stamp Participant	82	79	38
No FS/ ≤130% FPL	81	82	43
No FS/ >130%-≤185% FPL	77	84	29
No FS/ >185% FPL	68	87	36
<b>Overweight Status</b>			
Not at Risk	72	88	34
At Risk/Overweight	71	81	42
<b>Physical Activity</b>			
≥ 60 minutes	74	84	35
< 60 minutes	70	87	37
<b>School Breakfast</b>			
Yes	60 *	87	21 **
No	74	86	40
<b>School Lunch</b>			
Yes	72	84	34
No	72	89	40
<b>Nutrition Lesson</b>			
Yes	75	88	41 *
No	69	84	31
<b>Exercise Lesson</b>			
Yes	71	85	41 **
No	74	88	26

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

Chi Square Test

\* p<.05

\*\* p<.01