

2001 California Dietary Practices Survey

Table 1: Proportion of California Adults Who Ate Foods Recommended for Good Health

Question: Yesterday, did you eat 5 or more servings of fruits and vegetables?
 (Fruit and vegetable consumption based on 24 hour recall question module)
 Yesterday, did you drink any milk?
 Was the milk you drank whole, 2%, 1%, or fat free?
 Yesterday, did you eat any yogurt?
 Yesterday, did you eat any cheese?
 Yesterday, did you eat any breakfast cereals? If yes, was it a high fiber cereal?
 Yesterday, did you eat any whole grain breads or corn tortillas?
 Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

Percent Eating Each Item

	5 or More Servings of Fruits and Vegetables	Any Milk	Any Fat Free Milk/1% Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
Total	34	55	19	56	11	45	27
Sex							
Males	33 *	60 **	17 *	56	10	45	29
Females	34	52	21	56	11	45	26
Males							
18 - 24	36	63	14	63 **	6 ***	43 **	32 **
25 - 34	34	59	18	64	8	50	40
35 - 50	30	61	18	57	10	36	25
51 - 64	31	57	16	44	8	44	22
65+	39	59	20	50	24	57	25
Females							
18 - 24	27 **	57	14 *	61 *	2 ***	47	30
25 - 34	29	58	24	63	9	42	32
35 - 50	39	46	19	60	10	45	25
51 - 64	35	46	18	50	10	45	22
65+	39	52	29	47	21	52	20
Ethnicity							
White	36	58 **	25 ***	62 ***	13 ***	46	23 ***
Hispanic	33	58	10	47	4	44	44
Black	24	45	7	51	10	51	28
Asian/ Pacific Islander	33	43	14	51	11	37	14
Education							
Less than high school	28 ***	57 ***	8 ***	42 ***	6 **	41	47 ***
High school graduate	31	61	19	59	8	43	27
Some college	32	48	16	59	11	46	26
College graduate	40	57	28	60	14	47	21
Income							
Less than \$15,000	28	55	16 **	51 **	10	49	33 ***
\$15,000 - 24,999	37	60	15	58	8	44	32
\$25,000 - 34,999	36	52	20	52	13	46	38
\$35,000 - 49,999	34	55	18	58	12	43	20
\$50,000+	36	56	26	64	13	43	22
Physically Active							
Did not meet recommendations	28 ***	55	17 **	54 *	10	41 ***	29
Met recommendations	42	55	22	60	12	50	25
Overweight Status							
Overweight/Obese	33	58	21	55	9	42 *	28
Not overweight	36	53	18	59	12	48	26

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 2: Proportion of California Adults Who Did Not Eat Selected Foods Recommended for Good Health

Question: Yesterday, did you eat any fruits and vegetables?

Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?

Yesterday, did you drink/eat any milk, yogurt, or cheese?

	2 or Fewer Fruits or Vegetables	Percent Ate No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
Total	37	50	21
<i>Sex</i>			
Males	40 **	51	18 *
Females	34	50	23
<i>Males</i>			
18 - 24	40	57 **	17
25 - 34	40	48	16
35 - 50	39	57	17
51 - 64	47	51	22
65+	38	34	20
<i>Females</i>			
18 - 24	48 **	52	12 **
25 - 34	38	55	18
35 - 50	29	49	24
51 - 64	34	51	27
65+	26	40	31
<i>Ethnicity</i>			
White	36 *	49	18 *
Hispanic	32	54	24
Black	48	45	28
Asian/ Pacific Islander	40	58	23
<i>Education</i>			
Less than high school	42 ***	56	27 *
High school graduate	40	53	18
Some college	42	49	22
College graduate	27	47	18
<i>Income</i>			
Less than \$15,000	44 *	47	22
\$15,000 - 24,999	34	53	17
\$25,000 - 34,999	34	47	23
\$35,000 - 49,999	39	52	25
\$50,000+	34	51	16
<i>Physically Active</i>			
Did not meet recommendations	42 ***	54 ***	21
Met recommendations	30	45	20
<i>Overweight Status</i>			
Overweight/Obese	37	54 **	20
Not overweight	36	47	21

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 3: Consumption of Salad Dressing, Out of Salad Eaters, Trends 1993-2001

Question: Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie, vinegar or lemon juice, or no dressing at all?

Base: Out of Salad Eaters

	Percent Who Ate Low Fat Dressing					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	46	51	59	54	48	5	8**	-5	-6
Sex									
Males	41	46	62	55	52	5	16***	-7	-3
Females	50	55	57	53	45	5	2	-4	-8
Males									
18 - 24	29	16 *	44	63 *	46	-13	28	19	-17
25 - 34	52	34	58	62	50	-18	24*	4	-12
35 - 50	33	56	64	42	42	23*	8	-22**	NC
51 - 64	34	59	75	64	70	25	16	-11	6
65+	61	37	61	54	53	-24	24	-7	-1
Females									
18 - 24	48	49	48	62	33	1	-1	14	-29
25 - 34	43	62	47	49	43	19	-15	2	-6
35 - 50	50	53	59	47	40	3	6	-12	-7
51 - 64	52	57	60	53	49	5	3	-7	-4
65+	51	50	66	67	58	-1	16	1	-9
Ethnicity									
White	48	51	56	55	50	3	5	-1	-5
Hispanic	46	54	63	59	47	8	9	-4	-12
Black	41	36	61	45	42	-5	25	-16	-3
Asian/Pacific Islander				53	32				-21
Education									
Less than high school	48	54	58	55	41	6	4	-3	-14
High school graduate	39	38	59	45	41	-1	21**	-14	-4
Some college	44	49	59	51	46	5	10	-8	-5
College graduate	51	59	59	60	55	8	NC	1	-5
Income									
Less than \$15,000	45	49	52	63 *	43	4	3	11	-20
\$15,000 - 24,999	47	49	65	55	44	2	16	-10	-11
\$25,000 - 34,999	46	41	62	33	51	-5	21*	-29***	18
\$35,000 - 49,999	50	54	60	53	37	4	6	-7	-16
\$50,000+	43	55	55	53	53	12	NC	-2	NC
Physically Active									
Did not meet recommendations				43 *					
Met recommendations				53					
Overweight Status									
Overweight/Obese					49				
Not overweight					48				

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 4: Healthy Eating Practices Score (HEP Score)

	Mean Healthy Eating Practices Score
Total	2.7
<i>Sex</i>	
Males	2.7
Females	2.7
<i>Males</i>	
18 - 24	2.5 ^a *
25 - 34	2.8 ^{ab}
35 - 50	2.6 ^a
51 - 64	2.6 ^{ab}
65+	3.2 ^b
<i>Females</i>	
18 - 24	2.4 ^a *
25 - 34	2.7 ^{ab}
35 - 50	2.7 ^{ab}
51 - 64	2.6 ^{ab}
65+	3.0 ^b
<i>Ethnicity</i>	
White	2.8 ^c ***
Hispanic	2.7 ^{bc}
Black	2.3 ^a
Asian/ Pacific Islander	2.4 ^{abc}
<i>Education</i>	
Less than high school	2.6 ^a ***
High school graduate	2.6 ^a
Some college	2.6 ^a
College graduate	3.0 ^b
<i>Income</i>	
Less than \$15,000	2.5
\$15,000 - 24,999	2.8
\$25,000 - 34,999	2.8
\$35,000 - 49,999	2.7
\$50,000+	2.8
<i>Physically Active</i>	
Did not meet recommendations	2.5 ***
Met recommendations	2.9
<i>Overweight Status</i>	
Overweight/Obese	2.7
Not overweight	2.7

¹ The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven. A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). 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<.001

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Table 5: Healthy Eating Practices Score, Trends 1991-2001

	Mean Healthy Eating Practices Score						Percent Change				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	3.1	3.1	3.1	3.0	3.0	2.7	NC	NC	-0.1	NC	-0.3
<i>Sex</i>											
Males	3.0	3.1	3.1	3.0	2.9	2.7	0.1	NC	-0.1	-0.1	-0.2
Females	3.1	3.2	3.2	3.1	3.0	2.7	0.1	NC	-0.1	-0.1	-0.3
<i>Males</i>											
18 - 24	3.1	3.0 ^a ***	3.2 ^{ab} **	3.1 ^a	2.9 ^{ab} *	2.5 ^a *	-0.1	0.2	-0.1	-0.2	-0.4
25 - 34	2.8	2.8 ^a	2.9 ^a	2.8 ^a	2.7 ^a	2.8 ^{ab}	NC	0.1	-0.1	-0.1	0.1
35 - 50	3.0	3.0 ^a	2.8 ^a	2.9 ^a	3.0 ^{ab}	2.6 ^a	NC	-0.2	0.1	0.1	-0.4
51 - 64	3.0	3.0 ^a	3.2 ^{ab}	2.9 ^a	2.7 ^a	2.6 ^{ab}	NC	0.2	-0.3	-0.2	-0.1
65+	3.4	3.8 ^b	3.6 ^b	3.3 ^b	3.4 ^b	3.2 ^b	0.4	-0.2	-0.3	0.1	-0.2
<i>Females</i>											
18 - 24	2.6 ^a ***	2.9 ^a **	2.6 ^a ***	3.1 ^a **	2.7 ^a *	2.4 ^a *	0.3	-0.3	0.5	-0.4	-0.3
25 - 34	3.1 ^a	3.2 ^{ab}	3.0 ^{ab}	2.9 ^a	3.0 ^{ab}	2.7 ^{ab}	0.1	-0.2	-0.1	0.1	-0.3
35 - 50	3.0 ^a	3.2 ^{ab}	3.3 ^b	3.1 ^a	2.9 ^{ab}	2.7 ^{ab}	0.2	0.1	-0.2	-0.2	-0.2
51 - 64	3.1 ^{ab}	2.9 ^a	3.1 ^{ab}	3.0 ^a	3.1 ^{ab}	2.6 ^{ab}	-0.2	0.2	-0.1	0.1	-0.5
65+	3.7 ^b	3.6 ^b	3.9 ^c	3.5 ^b	3.3 ^b	3.0 ^b	-0.1	0.3	-0.4	-0.2	-0.3
<i>Ethnicity</i>											
White	3.2 ^c **	3.3 ^{bc} ***	3.2 ^{bc} ***	3.1 ^{bc} ***	3.1 ^b ***	2.8 ^c ***	0.1	-0.1	-0.1	NC	-0.3
Hispanic	2.9 ^{bc}	3.1 ^c	3.4 ^c	3.3 ^c	3.1 ^b	2.7 ^{bc}	0.2	0.3	-0.1	-0.2	-0.4
Black	2.7 ^a	2.8 ^a	2.5 ^a	2.2 ^a	2.1 ^a	2.3 ^a	0.1	-0.3	-0.3	-0.1	0.2
Asian/Pacific Islander					2.1 ^a	2.4 ^{abc}					0.3
<i>Education</i>											
Less than high school	2.9 ^{ab} ***	3.1 ^a ***	3.5 ^c **	3.0 ^{ab} ***	2.8 ^a ***	2.6 ^a ***	0.2	0.4*	-0.5*	-0.2	-0.2
High school graduate	2.7 ^a	2.8 ^a	3.0 ^{ab}	2.8 ^a	2.7 ^a	2.6 ^a	0.1	0.2	-0.2	-0.1	-0.1
Some college	3.1 ^{bc}	3.0 ^a	3.0 ^a	3.0 ^a	3.0 ^{ab}	2.6 ^a	-0.1	NC	NC	NC	-0.4
College graduate	3.4 ^c	3.4 ^b	3.3 ^{bc}	3.3 ^b	3.2 ^b	3.0 ^b	NC	-0.1	NC	-0.1	-0.2
<i>Income</i>											
Less than \$15,000	3.1	2.9	3.1	2.8 ^a **	2.9 ^{ab} **	2.5	-0.2	0.2	-0.3*	0.1	-0.2
\$15,000 - 24,999	3.0	3.1	3.2	3.1 ^a	2.7 ^a	2.8	0.1	0.1	-0.1	-0.4*	-0.3
\$25,000 - 34,999	3.0	3.0	3.0	3.3 ^b	2.9 ^{ab}	2.8	NC	NC	0.3	-0.4*	-0.1
\$35,000 - 49,999	3.0	3.2	3.2	3.0 ^a	3.1 ^{ab}	2.7	0.2	NC	-0.2	0.1	0.1
\$50,000+	3.2	3.3	3.1	3.0 ^a	3.2 ^b	2.8	0.1	-0.2	-0.1	0.2	NC
<i>Physically Active</i>											
Did not meet recommendations						2.5 ***					
Met recommendations						2.9					
<i>Overweight Status</i>											
Overweight/Obese						2.7					
Not overweight						2.7					

¹ The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven.

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

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).

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 6: Consumption of at Least One Fruit and/or Vegetable

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Percent						
	Ate at least 1 Fruit or Juice	Ate at least 1 Vegetable or Salad	Ate at least 1 Vegetable or Fruit	Ate at least 1 Fruit (not juice)	Drank at least 1 Juice	Ate at least 1 Vegetable (not salad)	Ate at least 1 Salad
Total	72	75	90	61	35	58	35
Sex							
Males	70	71**	89	56***	35	55*	32**
Females	74	78	91	65	35	61	39
Males							
18 - 24	65*	70	90	48**	41	54	25
25 - 34	66	71	87	50	34	58	30
35 - 50	72	67	88	58	37	50	31
51 - 64	68	74	90	56	27	54	39
65+	82	77	94	71	37	60	33
Females							
18 - 24	65***	65**	82***	53***	42	56	27*
25 - 34	70	78	90	59	35	61	35
35 - 50	73	79	91	66	33	58	46
51 - 64	72	78	88	64	35	62	36
65+	89	85	99	80	36	68	42
Ethnicity							
White	72	78***	90	61*	33	60	38**
Hispanic	76	69	91	65	41	52	33
Black	66	65	85	48	33	56	23
Asian/ Pacific Islander	73	80	93	60	35	65	26
Education							
Less than high school	73**	62***	88**	63**	35	47**	26***
High school graduate	70	73	88	58	37	58	31
Some college	67	74	88	55	34	57	37
College graduate	77	82	94	67	36	63	41
Income							
Less than \$15,000	70	64***	85*	57	36	52*	30**
\$15,000 - 24,999	74	77	91	63	35	60	32
\$25,000 - 34,999	67	78	90	55	36	61	38
\$35,000 - 49,999	72	71	87	63	36	51	35
\$50,000+	73	80	92	61	36	62	42
Physical Activity							
Did not meet recommendations	68***	72*	89	57***	33*	54***	31***
Met recommendations	77	78	91	66	38	63	40
Overweight Status							
Overweight/Obese	72	73*	89	59	35	57	34
Not overweight	72	78	92	62	35	60	37

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

2001 California Dietary Practices Survey

Table 7: Average Servings of Fruits and Vegetables Eaten by Adults, Trends 1989-2001

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Mean Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	3.8	3.9	3.7	4.1	3.8	3.8	3.9	0.1	-0.2*	0.4***	-0.3**	NC	0.1
Sex													
Males	3.7	3.8	3.5**	3.9	3.7	3.7	3.8	0.1	-0.3	0.4**	-0.2	NC	0.1
Females	3.9	4.0	3.9	4.3	3.9	4.0	4.0	0.1	-0.1	0.4**	-0.4**	0.1	NC
Males													
18 - 24	3.7	3.9	3.0	3.5	3.5	3.4 ^{ab} *	3.9	0.2	-0.9*	0.5	NC	-0.1	0.5
25 - 34	3.5	3.3	3.1	3.7	3.5	3.1 ^a	3.9	-0.2	-0.2	0.6	-0.2	-0.4	0.8*
35 - 50	3.9	3.9	3.7	4.2	3.6	4.0 ^b	3.8	NC	-0.2	0.5	-0.6	0.4	-0.2
51 - 64	3.6	3.8	3.6	3.6	4.0	4.0 ^{ab}	3.4	0.2	-0.2	NC	0.4	NC	-0.6
65+	3.8	3.9	3.9	4.5	4.1	4.0 ^{ab}	3.9	0.1	NC	0.6	-0.4	-0.1	-0.1
Females													
18 - 24	3.8	3.1 ^a ***	3.0 ^a **	3.8	3.4	3.4	3.3*	-0.7	-0.1	0.8	-0.4	NC	-0.1
25 - 34	3.7	4.0 ^{abc}	3.9 ^b	4.0	3.7	4.0	3.6	0.3	-0.1	0.1	-0.3	0.3	-0.4
35 - 50	4.2	3.9 ^{ab}	4.0 ^b	4.5	3.9	4.1	4.2	-0.3	0.1	0.5	-0.6*	0.2	0.1
51 - 64	4.0	4.2 ^{bc}	3.6 ^{ab}	4.2	4.2	4.2	4.1	0.2	-0.6	0.6	NC	NC	-0.1
65+	3.9	5.0 ^c	4.3 ^b	5.0	4.2	4.3	4.4	1.1	-0.7	0.7*	-0.8*	0.1	0.1
Ethnicity													
White	3.7	4.0 ^b ***	3.7	3.9 ^{ab} ***	3.9**	3.9	4.0	0.3*	-0.3*	0.2	NC	NC	0.1
Hispanic	3.9	3.2 ^a	3.5	4.7 ^b	3.9 ^a	3.7	3.9	-0.7***	0.3	1.2	-0.8**	-0.2	0.2
Black	4.0	4.3 ^b	3.7	3.0 ^a	3.1 ^b	3.2	3.2	0.3	-0.6	-0.7	0.1	0.1	NC
Asian/Pacific Islander						3.7	3.6						
Education													
Less than high school	3.9 ^{ab} ***	3.2 ^a ***	3.6 ^a ***	4.4 ^a *	3.4 ^a ***	3.1 ^a ***	3.4 ^a ***	-0.7*	0.4	0.8*	-1.0**	-0.3	0.3
High school graduate	3.2 ^a	3.5 ^a	3.2 ^a	3.7 ^a	3.2 ^a	3.3 ^{ab}	3.8 ^{ab}	0.3	-0.3	0.5*	-0.5	0.1	0.5*
Some college	4.0 ^b	4.2 ^b	3.5 ^a	4.1 ^a	3.7 ^a	3.8 ^b	3.6 ^a	0.2	-0.7***	0.6**	-0.4	0.1	-0.2
College graduate	4.2 ^c	4.2 ^b	4.2 ^b	4.5 ^b	4.4 ^b	4.5 ^c	4.3 ^b	NC	NC	0.3	-0.1	0.1	-0.2
Income													
Less than \$15,000	3.5	3.6	3.3 ^a ***	4.5	3.1 ^a ***	3.4 ^a ***	3.5	0.1	-0.3	1.2***	-1.4***	0.3	0.1
\$15,000 - 24,999	4.1	3.9	3.8 ^{ab}	4.0	3.8 ^b	3.6 ^a	4.0	-0.2	-0.1	0.2	-0.2	-0.2	0.4
\$25,000 - 34,999	4.0	3.9	3.7 ^{ab}	4.0	4.3 ^b	3.7 ^{ab}	3.9	-0.1	-0.2	0.3**	-0.6***	-0.6	0.2
\$35,000 - 49,999	3.7	3.8	3.7 ^{ab}	4.3	3.8 ^b	3.8 ^{ab}	3.8	0.1	-0.1	0.6*	-0.5	NC	NC
\$50,000+	3.9	4.3	3.9 ^b	4.1	3.9 ^b	4.5 ^b	4.1	0.4	-0.4	0.2	-0.2	0.6**	-0.4
Physically Active													
Did not meet recommendations						3.5***							
Met recommendations						4.4							
Overweight Status													
Overweight/Obese						3.7*							
Not overweight						4.1							

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

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

2001 California Dietary Practices Survey

Table 8: Average Number of Servings of Fruits and Juices Eaten By Adults, Trends 1989-2001

Question: Did you have any fruit or juice yesterday?

	Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	2.2	2.1	1.9	2.2	2.0	1.8	1.9	-0.1	-0.2	0.3***	-0.2*	-0.2	0.1
Sex													
Males	2.1	2.0*	1.7*	2.1	1.9	1.7	1.9	-0.1	-0.3	0.4**	-0.2	-0.2	0.2
Females	2.2	2.2	2.0	2.2	2.0	1.9	2	NC	-0.2*	0.2*	-0.2*	-0.1	0.1
Males													
18 - 24	2.3	2.1	1.6	1.8	1.6	1.9 ^{ab} *	1.9	-0.2	-0.5	0.2	-0.2	0.3	NC
25 - 34	2.0	1.5	1.6	1.9	1.8	1.3 ^a	2.0	-0.5	0.1	0.3	-0.1	-0.5**	0.7***
35 - 50	2.2	2.0	1.7	2.0	1.9	1.8 ^b	1.9	-0.2	-0.3	0.3	-0.1	-0.1	0.1
51 - 64	1.8	2.1	1.8	2.1	2.1	1.8 ^{ab}	1.5	0.3	-0.3	0.3	NC	-0.3	-0.3
65+	2.2	2.1	2.0	2.7	2.1	2.1 ^b	2.2	-0.1	-0.1	0.7*	-0.6*	NC	0.1
Females													
18 - 24	2.3	1.7 ^a ***	1.6 ^a *	1.7 ^a *	1.7 ^a *	1.7	1.8	-0.6	-0.1	0.1	NC	NC	0.1
25 - 34	2.2	2.3 ^{ab}	2.2 ^{ab}	2.2 ^a	1.9 ^{ab}	1.8	1.7	0.1	-0.1	NC	-0.3	-0.1	-0.1
35 - 50	2.2	1.9 ^a	1.8 ^{ab}	2.2 ^a	1.9 ^{ab}	1.9	2.0	-0.3	-0.1	0.4*	-0.3	NC	0.1
51 - 64	2.3	2.3 ^{ab}	1.8 ^{ab}	2.1 ^a	2.2 ^{ab}	2.1	2.2	NC	-0.5	0.3	0.1	-0.1	0.1
65+	2.3	3.0 ^b	2.3 ^b	2.9 ^b	2.3 ^b	2.3	2.3	0.7	-0.7*	0.6*	-0.6	NC	NC
Ethnicity													
White	2.0 ^a ***	2.0 ^{ab} *	1.8 ^a *	2.0 ^b *	1.9 ^b **	1.8*	1.9	NC	-0.2	0.2	-0.1	-0.1	0.1
Hispanic	2.6 ^b	1.8 ^a	2.1 ^b	2.8 ^a	2.2 ^a	2.1	2.1	-0.8***	0.3	0.7	-0.6**	-0.1	NC
Black	2.5 ^{ab}	2.5 ^b	1.9 ^{ab}	1.6 ^b	1.7 ^b	1.5	1.5	NC	-0.6	-0.3	0.1	-0.2	NC
Asian/Pacific Islander						1.7	1.9						0.2
Education													
Less than high school	2.4 ^b **	1.8 ^a *	2.1 ^b ***	2.8 ^b *	1.9 ^{ab} ***	1.6 ^{ab} *	1.9	-0.6*	0.3	0.7**	-0.9***	-0.3	0.3
High school graduate	1.8 ^a	1.9 ^a	1.6 ^a	1.9 ^a	1.7 ^a	1.7 ^a	1.8	0.1	-0.3*	0.3*	-0.2	NC	0.1
Some college	2.2 ^b	2.2 ^a	1.7 ^a	2.0 ^{ab}	1.9 ^{ab}	1.8 ^{ab}	1.9	NC	-0.5***	0.3	-0.1	-0.1	0.1
College graduate	2.3 ^b	2.2 ^a	2.1 ^b	2.3 ^a	2.2 ^b	2.1 ^b	2.1	-0.1	-0.1	0.2	-0.1	-0.1	NC
Income													
Less than \$15,000	2.1	2.0	1.7	2.5	1.7	1.6	1.7	-0.1	-0.3	0.8**	-0.8***	-0.1	0.1
\$15,000 - 24,999	2.4	2.1	2.0	2.2	2.0	1.9	2.0	-0.3	-0.1	0.2	-0.2	-0.2	0.1
\$25,000 - 34,999	2.2	2.2	1.8	2.0	2.1	1.8	2.0	NC	-0.4	0.2	0.1	-0.3	0.2
\$35,000 - 49,999	2.1	2.2	1.6	2.2	2.0	1.8	2.0	0.1	0.6*	0.6***	-0.2	-0.2	0.2
\$50,000+	2.0	2.2	1.9	2.1	1.9	1.9	2.0	0.2	-0.3	0.2	-0.2	NC	0.1
Physically Active													
Did not meet recommendations						1.7	***						
Met recommendations						2.2							
Overweight Status													
Overweight/Obese						1.8							
Not overweight						2.0							

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

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

2001 California Dietary Practices Survey

Table 9: Average Number of Servings of Vegetables and Salads Eaten By Adults, Trends 1989-2001

Question: Did you have any vegetables or salad yesterday?

	Servings Eaten							Change in Average Number of Servings Eaten Yesterday					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	1.6	1.8	1.8	2.0	1.9	2.0	1.9	0.2*	NC	0.2*	-0.1*	0.1*	-0.1
Sex													
Males	1.6	1.8	1.7	1.9	1.8	2.0	1.9	0.2	-0.1	0.2	-0.1	0.2	-0.1
Females	1.7	1.8	1.9	2.1	1.9	2.1	2.0	0.1	0.1	0.2*	-0.2	0.2	-0.1
Males													
18 - 24	1.4	1.9	1.4 ^a *	1.6 ^a *	1.9	1.5	2.0	0.5	-0.5	0.2	0.3	-0.4	0.5
25 - 34	1.5	1.7	1.6 ^{ab}	1.8 ^a	1.7	1.8	2.0	0.2	-0.1	0.2	-0.1	0.1	0.2
35 - 50	1.6	1.9	1.9 ^b	2.2 ^b	1.7	2.2	1.9	0.3	NC	0.3	-0.5**	0.5*	-0.3
51 - 64	1.8	1.7	1.8 ^{ab}	1.5 ^a	1.9	2.2	1.8	-0.1	0.1	-0.3	0.4*	0.3	-0.4
65+	1.6	1.8	1.9 ^{ab}	1.8 ^a	2.0	2.0	1.7	0.2	0.1	-0.1	0.2	NC	-0.3
Females													
18 - 24	1.5	1.3 ^a ***	1.4 ^a *	2.0	1.7	1.7	1.5	-0.2	0.1	0.6*	-0.3	NC	-0.2
25 - 34	1.6	1.7 ^a	1.7 ^{ab}	1.9	1.8	2.2	1.9	0.1	NC	0.2	-0.1	0.4	-0.3
35 - 50	2.0	2.0 ^b	2.2 ^b	2.3	2.0	2.2	2.2	NC	0.2	0.1	-0.3	0.2	NC
51 - 64	1.7	1.9 ^{ab}	1.8 ^{ab}	2.0	2.1	2.1	2.0	0.2	-0.1	0.2	0.1	NC	-0.1
65+	1.6	1.9 ^{ab}	2.0 ^{ab}	2.2	1.9	2.0	2.1	0.3	0.1	0.2	-0.3	0.1	0.1
Ethnicity													
White	1.7**	1.9 ^b ***	2.0 ^a ***	2.0 ^b *	2.0***	2.1 ^b ***	2.1	0.2*	0.1	NC	NC	0.1	NC
Hispanic	1.3	1.4 ^a	1.5 ^b	1.9 ^a	1.6	1.6 ^a	1.8	0.1	0.1	0.4	-0.3	NC	0.2
Black	1.5	1.8 ^{ab}	1.8 ^{ab}	1.4 ^a	1.4	1.7 ^{ab}	1.7	0.3	NC	-0.4	NC	0.3	NC
Asian/Pacific Islander						1.9 ^{ab}	1.8						0.1
Education													
Less than high school	1.5*	1.4 ^a ***	1.5 ^a ***	1.6 ^a *	1.5***	1.4 ^a ***	1.5 ^a ***	-0.1	0.1	0.1	-0.1	-0.1	0.1
High school graduate	1.4	1.6 ^{ab}	1.6 ^a	1.8 ^{ab}	1.6	1.7 ^{ab}	2.0 ^{bc}	0.2	NC	0.2	-0.2	0.1	0.3
Some college	1.7	2.0 ^{bc}	1.8 ^a	2.1 ^b	1.8	2.0 ^b	1.8 ^{ab}	0.3	-0.2	0.3*	-0.3*	0.2	-0.2
College graduate	1.9	2.0 ^c	2.1 ^b	2.2 ^b	2.2	2.5 ^c	2.2 ^c	0.1	0.1	0.1	NC	0.3*	-0.3
Income													
Less than \$15,000	1.4**	1.6 ^a *	1.5 ^a ***	2.0	1.4***	1.8 ^a ***	1.8	0.2	-0.1	0.5**	-0.6***	0.4*	NC
\$15,000 - 24,999	1.7	1.8 ^{ab}	1.8 ^{ab}	1.9	1.8	1.7 ^a	1.9	0.1	NC	0.1	-0.1	-0.1	0.2
\$25,000 - 34,999	1.7	1.8 ^{ab}	1.8 ^{ab}	2.1	2.2	1.9 ^a	1.9	0.1	NC	0.3	0.1	-0.3	NC
\$35,000 - 49,999	1.6	1.7 ^{ab}	2.1 ^b	2.1	1.9	2.0 ^a	1.8	0.1	0.4*	NC	-0.2	0.1	-0.2
\$50,000+	1.9	2.1 ^b	2.0 ^b	2.1	2.0	2.6 ^b	2.1	0.2	-0.1	0.1	-0.1	0.6***	0.5**
Physically Active													
Did not meet recommendations							1.7***						
Met recommendations							2.2						
Overweight Status													
Overweight/Obese							1.9						
Not overweight							2.0						

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

2001 California Dietary Practices Survey

Table 10: Average Number of Servings of Fruits and Vegetables Eaten by Adults

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Mean Servings Eaten		
	Fruits and Vegetables	Fruits & Juices	Vegetables & Salads
Total	3.9	1.9	1.9
<i>Sex</i>			
Males	3.8	1.9	1.9
Females	4.0	2	2.0
<i>Males</i>			
18 - 24	3.9	1.9	2.0
25 - 34	3.9	2	2.0
35 - 50	3.8	1.9	1.9
51 - 64	3.4	1.5	1.8
65+	3.9	2.2	1.7
<i>Females</i>			
18 - 24	3.3 ^a *	1.8	1.5
25 - 34	3.6 ^a	1.7	1.9
35 - 50	4.2 ^a	2.0	2.2
51 - 64	4.1 ^a	2.2	2.0
65+	4.4 ^a	2.3	2.1
<i>Ethnicity</i>			
White	4.0	1.9	2.1
Hispanic	3.9	2.1	1.8
Black	3.2	1.5	1.7
Asian/ Pacific Islander	3.6	1.9	1.8
<i>Education</i>			
Less than high school	3.4 ^a ***	1.9	1.5 ^a ***
High school graduate	3.8 ^{ab}	1.8	2.0 ^{bc}
Some college	3.6 ^a	1.9	1.8 ^{ab}
College graduate	4.3 ^b	2.1	2.2 ^c
<i>Income</i>			
Less than \$15,000	3.5	1.7	1.8
\$15,000 - 24,999	4.0	2.0	1.9
\$25,000 - 34,999	3.9	2.0	1.9
\$35,000 - 49,999	3.8	2.0	1.8
\$50,000+	4.1	2.0	2.1
<i>Physically Active</i>			
Did not meet recommendations	3.5 ***	1.7 ***	1.7 ***
Met recommendations	4.4	2.2	2.2
<i>Overweight Status</i>			
Overweight/Obese	3.7 *	1.8	1.9
Not Overweight	4.1	2.0	2.0

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<.001

2001 California Dietary Practices Survey

Table 11: Consumption of Meals and Snacks with Fruits and Vegetables, Trends 1989-2001

Question: Did you eat (breakfast, lunch, dinner, snacks) yesterday?
Did you have any fruit, vegetables, salad, or juice for your meal?

	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Breakfast	75	69	71	74	74	74	75	-6**	2*	3	NC	NC	1
Percent Who Ate Fruit & Vegetables with Breakfast	50	46	46	50	51	64	50	-4	NC	4	1	13***	6
Servings of Fruit & Vegetables at Breakfast	0.8	0.7	0.8	0.8	0.8	0.9	0.8	-0.1	0.1	NC	NC	0.1	-0.1
Servings of Fruit & Vegetables at Meal For Those Who Ate Breakfast	1.1	1.0	1.1	1.2	1.3	1.2	1.1	-0.1	0.1	0.1	0.1	-0.1	-0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Breakfast	1.6	1.6	1.7	1.7	1.7	1.9	1.7	NC	0.1	NC	NC	0.2***	-0.2
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Lunch	79	80	81	81	83	82	81	1	1	NC	2	-1	-1
Percent Who Ate Fruit & Vegetables with Lunch	56	59	58	61	63	72	58	3	-1	3	2	9***	-14
Servings of Fruit & Vegetables at Lunch	1.1	1.2	1.1	1.3	1.2	1.2	1.2	0.1	-0.1	0.2**	-0.1*	NC	NC
Servings of Fruit & Vegetables at Meal For Those Who Ate Lunch	1.4	1.5	1.4	1.6	1.5	1.4	1.5	0.1	-0.1	0.2**	-0.1**	-0.1	0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at Lunch	2.0	2.0	1.9	2.1	1.9	2.0	2.1	NC	-0.1	0.2**	-0.2***	0.1*	0.1
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Dinner	92	92	91	92	91	90	91	NC	-1	1	-1	-1	1
Percent Who Ate Fruit & Vegetables with Dinner	70	72	69	73	71	75	67	2	-3	4	-2	4*	-8
Servings of Fruit & Vegetables at Dinner	1.6	1.6	1.5	1.6	1.4	1.5	1.4	NC	-0.1	0.1	-0.2*	0.1	-0.1
Servings of Fruit & Vegetables at Meal For Those Who Ate Dinner	1.7	1.7	1.6	1.7	1.6	1.7	1.6	NC	-0.1	0.1	-0.1*	0.1	-0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables	2.2	2.2	2.2	2.2	2.0	2.2	2.2	NC	NC	NC	-0.2*	0.2***	NC
	Percent							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Percent Who Ate Snack	43	49	47	49	45	47	46	6**	-2	2	-4*	2	-1
Percent Who Ate Fruit & Vegetables with a Snack	21	24	20	22	21	39	20	3	-4*	2	-1	18***	-19
Servings of Fruit & Vegetables at a Snack	0.3	0.4	0.3	0.4	0.3	0.3	0.3	0.1	-0.1**	0.1	-0.1	NC	NC
Servings of Fruit & Vegetables at Meal For Those Who Ate a Snack	0.8	0.8	0.7	0.8	0.8	0.7	0.8	NC	-0.1*	0.1*	NC	-0.1	0.1
Servings of Fruit & Vegetables For Those Who Ate Fruit & Vegetables at a Snack	1.7	1.7	1.6	1.8	1.6	1.8	1.8	NC	-0.1	0.2*	-0.2*	0.2*	NC

Chi square tests were used to compare percents over time.
Analysis of variance techniques were used to compare servings over time (ANOVA).
* p<.05
** p<.01
*** p<.001

2001 California Dietary Practices Survey

Table 12: Number of Servings of Fruits and Vegetables Eaten by Adults, Percent, Trends 1989-2001
 Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	0 Servings								1-2 Servings								Percent 3-4 Servings								5+ Servings								3 Vegetables, 2 Fruits							
	1989	1991	1993	1995	1997	1999	2001		1989	1991	1993	1995	1997	1999	2001		1989	1991	1993	1995	1997	1999	2001		1989	1991	1993	1995	1997	1999	2001		1989	1991	1993	1995	1997	1999	2001	
Total	7	7	8	7	7	11	10		28	27	29	25	27	27	27		31	30	31	31	34	30	29		34	36	32	37	33	32	34		14	16	16	18	16	18	17	
Sex																																								
Males	9	7	11	10	9	14	11		30	31	30	25	27	27	30		30	29	30	32	34	30	26		32	33	29	32	30	30	33		12	14	13	14	14	16	17	
Females	6	7	5	5	6	9	9		27	23	28	25	26	27	25		32	31	32	28	33	30	32		35	38	35	42	35	35	34		17	18	18	21	18	19	18	
Males																																								
18 - 24	9	11	13	11	16	22	10		31	24	36	23	21	24	30		31	25	32	38	38	29	24		29	39	18	28	25	26	36		13	16	8	7	9	12	18	
25 - 34	12	8	14	14	9	13	13		31	37	35	26	31	36	26		30	31	23	32	32	32	26		27	24	28	28	28	18	34		11	14	8	15	12	11	20	
35 - 50	5	6	10	8	10	13	12		30	30	26	29	30	24	27		31	28	33	32	30	27	31		35	36	31	32	30	37	30		11	13	15	16	14	18	17	
51 - 64	12	5	11	10	5	12	9		28	37	30	28	28	24	37		24	24	30	34	34	30	22		36	35	28	29	34	34	31		17	12	17	12	17	21	10	
65+	7	4	7	5	4	8	6		25	26	24	15	19	23	32		36	39	28	36	42	34	23		33	31	40	44	35	34	39		9	15	17	18	20	17	18	
Females																																								
18 - 24	12	21	10	13	10	14	16		28	19	36	31	34	27	31		26	29	31	24	26	32	26		34	30	24	32	29	27	27		18	12	10	14	18	16	17	
25 - 34	8	6	4	4	6	8	9		32	29	33	33	29	28	28		31	27	28	27	33	32	34		29	38	36	37	32	32	29		16	19	17	18	15	20	14	
35 - 50	3	6	5	4	5	8	9		26	26	27	23	27	27	20		33	32	33	27	34	28	32		39	36	35	47	34	37	39		19	21	20	24	18	20	18	
51 - 64	5	5	5	5	4	7	12		19	20	28	19	23	24	22		36	39	40	36	36	25	32		39	36	28	39	37	43	35		14	17	14	20	20	27	19	
65+	8	4	4	1	6	6	1		28	18	19	19	16	28	24		29	27	34	27	34	30	35		35	53	44	54	44	36	39		15	22	23	25	20	16	18	
Ethnicity																																								
White	9	7	7	6	7	10	10		26	25	29	27	24	26	27		34	31	31	32	36	30	28		32	37	34	35	33	34	36		14	18	17	17	18	20	19	
Hispanic	7	9	12	9	7	12	9		31	38	30	17	29	30	23		24	27	28	30	29	27	35		39	26	30	45	35	31	33		13	11	13	19	14	13	15	
African American	4	6	8	16	12	20	15		37	25	23	34	32	29	34		25	28	44	23	30	25	27		34	41	26	27	22	26	24		14	20	13	15	9	8	15	
Asian/Pacific Islander					11	7							21	33								43	27						25	33									15	11
Education																																								
Less than high school	9	13	8	7	12	19	11		29	37	31	24	29	32	31		26	25	32	26	28	28	30		37	25	29	43	32	21	28		14	10	12	18	14	10	12	
High school graduate	12	9	12	8	10	14	11		32	30	34	30	31	30	29		31	34	30	31	35	30	29		25	28	24	31	24	26	31		7	11	12	11	9	13	17	
Some college	6	7	7	8	9	12	12		27	24	32	23	26	26	30		32	30	31	34	34	29	26		36	40	30	35	31	34	32		16	16	12	16	14	18	16	
College graduate	4	5	5	7	2	5	6		24	24	21	24	23	24	20		32	29	32	28	34	31	33		39	43	42	43	42	40	40		20	23	23	24	24	24	21	
Income																																								
Less than \$15,000	12	11	8	6	13	17	14		34	28	34	28	34	27	30		25	31	34	23	30	29	28		30	30	23	42	24	27	28		12	11	10	21	10	16	14	
\$15,000 - 24,999	6	5	8	8	9	12	9		27	30	26	28	25	28	24		29	32	32	26	32	30	30		38	34	34	38	34	30	37		18	15	17	22	19	11	20	
\$25,000 - 34,999	4	6	10	13	3	15	9		27	31	32	19	26	26	26		37	28	24	34	34	30	30		32	35	35	35	37	29	36		12	14	13	19	20	19	14	
\$35,000 - 49,999	6	6	7	6	7	10	13		29	29	26	24	23	29	26		33	31	33	29	37	29	27		33	34	34	41	33	32	34		11	15	19	17	14	14	15	
\$50,000+	7	6	7	6	5	5	8		23	22	27	25	23	24	26		31	27	29	33	34	30	30		39	46	36	36	33	41	36		18	25	20	17	18	26	20	
Physically Active																																								
Did not meet recommendations							11							32								30								28								11		
Met recommendations							8							21									28								42								25	
Overweight Status																																								
Overweight/Obese							11							27									30								33								17	
Not overweight							8							27									29								36								18	

2001 California Dietary Practices Survey

Table 13: Range of Fruit and Vegetable Servings

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Percent Servings Eaten			
	0	1-2	3-4	5+
Total	10	27	29	34
<i>Sex</i>				
Males	11	30	26	33
Females	9	25	32	34
<i>Males</i>				
18 - 24	10	30	24	36
25 - 34	13	26	26	34
35 - 50	12	27	31	30
51 - 64	9	37	22	31
65+	6	32	23	39
<i>Females</i>				
18 - 24	16	31	26	27
25 - 34	9	28	34	29
35 - 50	9	20	32	39
51 - 64	12	22	32	35
65+	1	24	35	39
<i>Ethnicity</i>				
White	10	27	28	36
Hispanic	9	23	35	33
Black	15	34	27	24
Asian/ Pacific Islander	7	33	27	33
<i>Education</i>				
Less than high school	11	31	30	28
High school graduate	11	29	29	31
Some college	12	30	26	32
College graduate	6	20	33	40
<i>Income</i>				
Less than \$15,000	14	30	28	28
\$15,000 - 24,999	9	24	30	37
\$25,000 - 34,999	9	26	30	36
\$35,000 - 49,999	13	26	27	34
\$50,000+	8	26	30	36
<i>Physically Active</i>				
Did not meet recommendations	11	32	30	28
Met recommendations	8	21	28	42
<i>Overweight Status</i>				
Overweight/Obese	11	27	30	33
Not overweight	8	27	29	36

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

2001 California Dietary Practices Survey

Table 14: Percent of Adults Eating 2 or Fewer Servings of Fruits and Vegetables, Trends 1997-2001 (Low Consumption Carrying Highest Chronic Disease Risks)

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Percent Eating Less Than 2 Servings of Fruits or Vegetables			Change of Percentage	
	1997	1999	2001	1997-99	1999-01
Total	34	38	37	4	-1
<i>Sex</i>					
Males	36	40	40	4	NC
Females	32	36	34	4	-2
<i>Males</i>					
18 - 24	37	46	40	9	-6
25 - 34	40	49	40	9	-9
35 - 50	40	36	39	-4	3
51 - 64	32	36	47	4	11
65+	23	32	38	9	6
<i>Females</i>					
18 - 24	44	41	48	-3	7
25 - 34	35	36	38	1	2
35 - 50	32	36	29	4	-7
51 - 64	27	32	34	5	2
65+	22	34	26	12	-8
<i>Ethnicity</i>					
White	31	36	36	5	NC
Hispanic	36	42	32	6	-10*
Black	48	49	48	1	-1
Asian/Pacific Islander		32	40		8
<i>Education</i>					
Less than high school	41	51	42	10	-9
High school graduate	41	44	40	3	-4
Some college	35	38	42	3	4
College graduate	25	29	27	4	-2
<i>Income</i>					
Less than \$15,000	46	44	44	-2	NC
\$15,000 - 24,999	34	40	34	6	-6
\$25,000 - 34,999	28	41	34	13	-7
\$35,000 - 49,999	30	39	39	9	NC
\$50,000+	32	29	34	-3	5
<i>Physical Activity</i>					
Did not meet recommendations		39	42		3
Met recommendations		29	30		1
<i>Overweight Status</i>					
Overweight/Obese		39	37		-2
Not overweight		36	36		NC

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

2001 California Dietary Practices Survey

Table 16: Belief That 5 Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health, Trends 1989-2001
 Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

	Percent thinking 5 or more							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	23	23	35	44	45	43	44	NC	12***	9***	1	-2	1
<i>Sex</i>													
Males	15	16	26	31	35	36 ***	35 ***	1	10	5	4	1	-1
Females	30	30	43	55	54	49	52	NC	13	12***	-1	-5*	3
<i>Males</i>													
18 - 24	32	26	28	34	33	38	42 *	-6	2	6	-1	5	4
25 - 34	16	13	28	33	39	36	37	-3	15	5	6	-3	1
35 - 50	13	11	27	31	37	35	37	-2	16	4	6	-2	2
51 - 64	8	15	27	31	29	41	22	7	12	4	-2	12	-19**
65+	8	26	22	23	28	24	32	18	-4	1	5	-4	8
<i>Females</i>													
18 - 24	28	35	35	59	50	56	56	7	NC	24***	-9	6	NC
25 - 34	28	29	47	49	56	50	57	1	18	2	7	-6	7
35 - 50	35	34	45	59	57	50	54	-1	11	14**	-2	-7	4
51 - 64	29	28	48	59	52	54	49	-1	20	11	-7	2	-5
65+	31	23	35	52	54	41	45	-8	12	17*	2	-13*	4
<i>Ethnicity</i>													
White	28	29	42	51	51	50 ***	51 **	1	13	9*	NC	-1	1
Hispanic	14	16	24	32	35	32	30	2	8	8	3	-3	-2
Black	17	18	23	28	29	23	30	1	5	5	1	-6	7
Asian/Pacific Islander						42	36						-6
<i>Education</i>													
Less than high school	10	12	20	31	30	25 ***	28 ***	2	8	11*	-1	-5	3
High school graduate	21	22	28	31	32	31	36	1	6	3	1	-1	5
Some college	28	26	36	49	46	48	44	-2	10	13***	-3	2	-4
College graduate	28	28	46	51	55	53	57	NC	18	5	4	-2	4
<i>Income</i>													
Less than \$15,000	14	18	24	33	30	34 ***	31 ***	4	6	9	-3	4	-3
\$15,000 - 24,999	21	24	29	39	39	39	40	3	5	10*	NC	NC	1
\$25,000 - 34,999	22	20	39	44	52	49	44	-2	19	5	8	-3	-5
\$35,000 - 49,999	25	27	39	50	45	41	43	2	12	11*	-5	-4	2
\$50,000+	34	30	46	50	53	54	58	-4	16	4	3	1	4
<i>Physically Active</i>													
Did not meet recommendations							38 ***						
Met recommendations							51						
<i>Overweight Status</i>													
Overweight/Obese							42						
Not overweight							45						

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

2001 California Dietary Practices Survey

Table 17: Total Servings of Fruits and Vegetables Heard for Good Health

Question: How many total servings of fruits and vegetables have you heard you should eat every day for good health?

	Percent Servings Heard Should Eat			
	0-2	3-4	5+	Don't Know
Total	7	20	54	19
Sex				
Males	9	21	47	23
Females	5	18	60	17
Males				
18 - 24	10	19	50	21
25 - 34	9	18	49	24
35 - 50	4	22	52	21
51 - 64	12	29	36	24
65+	17	17	40	26
Females				
18 - 24	4	23	49	25
25 - 34	3	16	64	17
35 - 50	5	13	64	19
51 - 64	4	26	56	13
65+	9	18	58	14
Ethnicity				
White	5	17	60	18
Hispanic	11	27	35	28
Black	12	26	46	15
Asian/ Pacific Islander	10	21	58	11
Education				
Less than high school	11	26	29	33
High school graduate	8	23	44	24
Some college	8	19	55	18
College graduate	4	16	67	14
Income				
Less than \$15,000	14	25	41	20
\$15,000 - 24,999	7	19	55	19
\$25,000 - 34,999	4	28	46	21
\$35,000 - 49,999	2	20	61	16
\$50,000+	2	14	63	20
Physically Active				
Did not meet recommendations	9	20	49	22
Met recommendations	5	19	60	16
Overweight Status				
Overweight/Obese	8	22	50	20
Not overweight	6	19	58	17

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

Chi Square Test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 18: Percent That Heard Five or More Servings Should Be Eaten Every Day For Good Health, Trends 1989-2001

Question: Have you heard of any recommendations on the total number of fruits and vegetables you SHOULD eat every day for good health?
What was the number of servings recommended?

	Percent Heard Five or More							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	35	14	61	64	70	67	67	-21***	47***	3	6*	-3	NC
Sex													
Males	30*	7***	54*	56**	62**	60***	60***	-23***	47***	3	5	-2	NC
Females	38	21	65	68	74	72	72	-17***	44***	4	5	-2	NC
Males													
18 - 24	38	4	32*	54	70	66	64	-34***	28**	22	16	-4	-2
25 - 34	17	5	48	64	65	53	64	-12	43***	16	1	-12	11
35 - 50	40	5	63	57	64	62	66	-35***	58***	-6	7	-2	4
51 - 64	26	11	50	50	58	63	47	-15	39***	0	8	5	-16
65+	27	8	64	48	48	58	54	-19	56***	-16	1	9	-4
Females													
18 - 24	34	16	52	73	76	74	65	-19	36***	21	3	-2	-9
25 - 34	39	15	73	70	72	77	77	-24**	58***	-3	2	5	NC
35 - 50	45	28	65	69	76	74	78	17*	37***	4	7	-2	4
51 - 64	36	26	60	70	72	70	65	-10	34***	10	2	-2	-5
65+	28	18	70	62	76	62	68	-10	52***	-8	14	-10	6
Ethnicity													
White	35	18***	69***	71***	76***	76***	73***	-17***	51***	2	5	0	-3
Hispanic	33	9	45	51	52	49	48	-24***	36***	6	1	-3	-1
Black	34	4	20	46	58	46	54	-30***	16*	26	12	-12	8
Asian/Pacific Islander						53	65						12
Education													
Less than high school	23	6**	52	40***	50***	44***	44***	-16**	45***	-12	10	-6	NC
High school graduate	29	11	47	48	61	58	59	-18***	36***	1	13*	-3	1
Some college	37	20	64	74	72	69	68	-17***	44***	10	-2	-3	-1
College graduate	41	15	65	69	75	75	77	-26***	50***	4	6	0	2
Income													
Less than \$15,000	22	10	56	46***	55***	58***	51***	-12*	47***	-10	8	1	-7
\$15,000 - 24,999	42	11	48	64	61	58	68	-31***	37***	16	-3	-3	10
\$25,000 - 34,999	22	14	63	62	78	64	59	-7	48***	-1	16*	-14*	-5
\$35,000 - 49,999	43	14	57	71	71	76	73	-29***	43***	14	0	5	-3
\$50,000+	44	20	67	73	75	79	80	-25***	47***	6	2	4	1
Physically Active													
Did not meet recommendations							63**						
Met recommendations							72						
Overweight Status													
Overweight/Obese							63						
Not overweight							70						

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

2001 California Dietary Practices Survey

Table 19: Beliefs About Fruits and Vegetables

Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

Do you think you eat the right amount of fruits and vegetables on a daily basis?

	Percent Thinking Five or More	Percent Thinking Eat The Right Amount
Total	46	29
<i>Sex</i>		
Males	37 ***	29
Females	55	29
<i>Males</i>		
18 - 24	45 *	23 ***
25 - 34	39	26
35 - 50	40	25
51 - 64	24	31
65+	35	51
<i>Females</i>		
18 - 24	58	25 ***
25 - 34	59	17
35 - 50	56	26
51 - 64	53	35
65+	48	46
<i>Ethnicity</i>		
White	53 ***	30
Hispanic	34	27
Black	32	22
Asian/ Pacific Islander	37	33
<i>Education</i>		
Less than high school	32 ***	24
High school graduate	39	27
Some college	46	29
College graduate	58	31
<i>Income</i>		
Less than \$15,000	35 ***	30
\$15,000 - 24,999	41	26
\$25,000 - 34,999	46	25
\$35,000 - 49,999	46	34
\$50,000+	59	26
<i>Physically Active</i>		
Did not meet recommendations	40 ***	26 **
Met recommendations	54	33
<i>Overweight Status</i>		
Overweight/Obese	45	27
Not overweight	48	31

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

2001 California Dietary Practices Survey

Table 20: Belief that They Should Eat More Fruits and Vegetables Now, Trends 1989-2001

Question: Do you think you eat the right amount of fruits and vegetables on a daily basis or do you think you should eat more?

	Percent That Think They Should Eat More							Change of Percent					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	52	60	66	65	71	70	71	8***	6**	-1	6**	-1	1
Sex													
Males	50	59	67	64	70	70	71	9**	8**	-3	6*	NC	1
Females	54	61	66	66	71	70	71	7*	5	NC	5	-1	1
Males													
18 - 24	64**	77***	88***	72***	78***	80***	77***	13	11	-16**	6	2	-3
25 - 34	53	66	75	72	84	76	74	13*	9	-3	12**	-8*	-2
35 - 50	49	61	71	71	71	73	75	12*	10	NC	NC	2	2
51 - 64	47	55	58	56	61	64	69	8	3	-2	5	3	5
65+	28	25	32	36	47	49	49	-3	7	4	11	2	NC
Females													
18 - 24	68***	77***	89***	85***	83***	80***	75***	9	12*	-4	-2	-3	-5
25 - 34	71	81	75	69	79	74	83	10	-6	-6	10*	-5	9*
35 - 50	53	62	75	67	77	74	74	9	13**	-8	10*	-3	NC
51 - 64	36	52	54	66	65	66	65	16*	2	12	-1	1	-1
65+	45	35	40	46	52	53	54	-10	5	6	6	1	1
Ethnicity													
White	54**	58*	64***	66	68**	67**	70	4	6*	2	2	-1	3
Hispanic	42	67	74	63	77	72	73	25***	7	-11*	14***	-5	1
Black	65	65	81	73	77	81	78	NC	16*	-8	4	4	-3
Asian/Pacific Islander						79	67						-12
Education													
Less than high school	40***	58	66**	65	66***	73	76	18**	8	-1	1	7	3
High school graduate	64	62	71	68	74	74	73	-2	9*	-3	6	NC	-1
Some college	53	64	69	67	76	70	71	11**	5	-2	9**	-6*	1
College graduate	46	57	60	62	64	66	69	11**	3	2	2	2	3
Income													
Less than \$15,000	50	67*	67	62	66	71	70	17***	NC	-5	4	5	-1
\$15,000 - 24,999	54	57	71	66	71	72	74	3	14**	-5	5	1	2
\$25,000 - 34,999	54	60	69	72	71	71	75	6	9	3	-1	NC	4
\$35,000 - 49,999	58	70	72	67	75	75	66	12*	2	-5	8	NC	-9
\$50,000+	51	56	65	67	72	66	74	5	9*	2	5	-6	8*
Physically Active													
Did not meet recommendations						74**							
Met recommendations						67							
Overweight Status													
Overweight/Obese						73							
Not overweight						69							

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

2001 California Dietary Practices Survey

Table 21: Barriers to Eating More Fruits and Vegetables

Question: *What is the one main reason you don't eat more fruits and vegetables?*

- Too expensive.*
- Take too much time to prepare and cook.*
- Don't like the taste.*
- Not in the habit/ don't think about it/ not used to eating them.*
- I believe I eat enough now.*
- Other*

	Percent Agreeing						
	Too Expensive	Take too much time to prepare	Don't like the taste	Not in the habit	Not Available	Eat enough now	Other
Total	9	22	7	12	13	18	18
Sex							
Males	9	20	8	15	15	17	16 *
Females	8	23	7	10	12	19	20
Males							
18 - 24	2	25	10	18	17	16	12 ***
25 - 34	9	22	10	12	16	8	23
35 - 50	11	22	6	14	18	14	15
51 - 64	14	16	11	16	13	16	15
65+	6	11	2	14	7	45	15
Females							
18 - 24	9	33	9	8	15	9	18 ***
25 - 34	8	24	11	10	11	12	24
35 - 50	9	29	5	13	10	13	21
51 - 64	12	22	7	6	13	20	20
65+	5	7	4	10	12	42	20
Ethnicity							
White	8	23	7	12	13	20	18 **
Hispanic	9	23	9	13	15	10	20
Black	16	17	10	13	10	13	20
Asian/ Pacific Islander	4	16	4	10	17	31	18
Education							
Less than high school	10	20	12	16	13	9	20 *
High school graduate	12	20	5	14	14	18	17
Some college	8	22	8	11	14	19	19
College graduate	7	24	6	11	14	20	18
Income							
Less than \$15,000	17	16	8	12	12	14	21 ***
\$15,000 - 24,999	11	20	7	11	14	16	21
\$25,000 - 34,999	10	35	8	12	8	16	10
\$35,000 - 49,999	7	28	7	11	8	22	16
\$50,000+	4	23	8	14	16	17	19
Physically Active							
Did not meet recommendations	10	22	8	14	12	15	19 **
Met recommendations	7	22	6	11	15	22	18
Overweight Status							
Overweight/Obese	10	22	7	13	13	16	19
Not overweight	7	22	8	11	14	21	17

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

2001 California Dietary Practices Survey

Table 22: Why Californians Are Not Eating More Fruits and Vegetables (Out of Those Who Think They Should Eat More Vegetables)

Question: For yourself, do you agree or disagree...

Its hard to get fruits and vegetables at restaurants.

Its hard to get fruits and vegetables at fast food places.

Its hard to get fruits and vegetables at work.

I don't eat more fruits and vegetables because I'm worried about pesticides.

Fruits and vegetables are too expensive.

Base: Out of those who think they should eat more vegetables

Percent Agreeing

	Hard to buy in restaurants	Hard to buy in fast food places	Hard to get at work	Worried about pesticides	Too Expensive
Total	37	86	62	15	32
Sex					
Males	38	88	62	14	26 ***
Females	35	85	62	16	37
Males					
18 - 24	41	88	62	14	20 *
25 - 34	42	87	61	15	26
35 - 50	38	88	63	13	24
51 - 64	33	88	64	16	41
65+	33	94	63	9	26
Females					
18 - 24	34	86	65	10 *	32
25 - 34	42	87	59	13	33
35 - 50	32	86	65	19	37
51 - 64	25	82	64	11	40
65+	42	77	55	26	51
Ethnicity					
White	30 ***	90 ***	62	10 ***	26 ***
Hispanic	54	77	63	26	41
Black	40	89	59	27	45
Asian/ Pacific Islander	27	86	60	15	32
Education					
Less than high school	57 ***	77 ***	67	36 ***	49 ***
High school graduate	36	85	66	17	37
Some college	32	86	62	12	32
College graduate	34	92	58	8	22
Income					
Less than \$15,000	44	80 **	65 ***	24 ***	51 ***
\$15,000 - 24,999	37	87	70	18	36
\$25,000 - 34,999	40	89	43	13	41
\$35,000 - 49,999	36	89	61	9	28
\$50,000+	32	91	61	9	17
Physically Active					
Did not meet recommendations	38	86	64	18 **	36 **
Met recommendations	35	87	60	11	27
Overweight Status					
Overweight/Obese	36	87	61	14	32
Not overweight	37	88	64	13	31

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

2001 California Dietary Practices Survey

Table 23: Why Californians Are Not Eating More Fruits and Vegetables (Out of Everyone)

Question: For yourself, do you agree or disagree...
 Its hard to get fruits and vegetables at restaurants.
 Its hard to get fruits and vegetables at fast food places.
 Its hard to get fruits and vegetables at work.
 I don't eat more fruits and vegetables because I'm worried about pesticides.
 Fruits and vegetables are too expensive.

Base: Out of everyone

Percent Agreeing

	Hard to buy in restaurants	Hard to buy in fast food places	Hard to get at work	Worried about pesticides	Too Expensive
Total	36	85	61	16	32
Sex					
Males	37	86	59	15	27 ***
Females	36	85	62	17	36
Males					
18 - 24	40	84	58	14	21 *
25 - 34	42	87	64	18	26
35 - 50	34	86	56	14	25
51 - 64	31	82	62	16	38
65+	37	88	58	10	27
Females					
18 - 24	36	86	61	13	33
25 - 34	40	88	60	14	32
35 - 50	33	86	62	19	35
51 - 64	26	81	59	19	40
65+	42	80	69	19	45
Ethnicity					
White	30 ***	89 ***	60	11 ***	26 ***
Hispanic	52	75	62	29	43
Black	41	88	60	25	41
Asian/ Pacific Islander	33	85	62	14	31
Education					
Less than high school	57 ***	75 ***	65	41 ***	51 ***
High school graduate	37	85	62	18	40
Some college	33	87	64	12	30
College graduate	30	89	56	8	20
Income					
Less than \$15,000	42 **	80 ***	63 **	24 ***	48 ***
\$15,000 - 24,999	38	86	69	20	36
\$25,000 - 34,999	42	83	49	14	39
\$35,000 - 49,999	31	84	55	12	28
\$50,000+	30	91	58	8	15
Physically Active					
Did not meet recommendations	39 *	86	63	18 **	36 ***
Met recommendations	33	85	58	13	26
Overweight Status					
Overweight/Obese	36	85	60	17	32
Not overweight	36	87	62	13	29

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

2001 California Dietary Practices Survey

Table 24: Main reasons that Californians Are Eating More Fruits and Vegetables

Question: What is the one main reason you eat more fruits and vegetables?

	Percent Agreeing			
	Taste	Trying to Eat Healthier	Lower Risk of Disease	Other
Total	43	35	10	12
<i>Sex</i>				
Males	41	35	10	14
Females	45	35	9	11
<i>Males</i>				
18 - 24	37	42	7	14
25 - 34	34	34	10	22
35 - 50	46	35	8	10
51 - 64	39	37	13	11
65+	45	27	11	16
<i>Females</i>				
18 - 24	52	37	5	5
25 - 34	45	36	6	13
35 - 50	47	33	9	10
51 - 64	41	35	12	13
65+	43	31	14	12
<i>Ethnicity</i>				
White	48	33	9	11
Hispanic	40	36	9	15
Black	36	32	16	15
Asian/ Pacific Islander	18	52	10	21
<i>Education</i>				
Less than high school	42	36	10	12
High school graduate	45	34	11	10
Some college	43	35	10	11
College graduate	43	36	7	14
<i>Income</i>				
Less than \$15,000	40	35	13	13
\$15,000 - 24,999	42	36	11	10
\$25,000 - 34,999	41	39	7	12
\$35,000 - 49,999	46	36	5	13
\$50,000+	48	31	9	12
<i>Physically Active</i>				
Did not meet recommendations	41	36	10	13
Met recommendations	46	34	8	12
<i>Overweight Status</i>				
Overweight/Obese	41	37	10	13
Not overweight	45	34	8	12

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

Chi square test:

* p<.05

*** p<.001

2001 California Dietary Practices Survey

Table 25: Number of Meals Eaten Out Compared to Fruit and Vegetable Consumption

Question: Yesterday, how many of your meals or snacks were from a restaurant or cafeteria, either eaten there or carried out?

Did you have any fruit, vegetables, salad, or juice at your meal yesterday?

	Percent Eating Meals Out ¹			Mean Servings of Fruits and Vegetables of those Eating at least 1 meal out ²
	0	1	2+	
Total	59	30	11	3.6
<i>Sex</i>				
Males	54	33	14	3.4
Females	64	28	8	3.9
<i>Males</i>				
18 - 24	59	24	17	3.3
25 - 34	42	40	17	3.3
35 - 50	51	35	14	3.6
51 - 64	59	33	8	3.5
65+	70	22	8	3.2
<i>Females</i>				
18 - 24	63	28	9	3.4
25 - 34	56	32	12	3.5
35 - 50	61	30	9	3.9
51 - 64	66	28	7	4.4
65+	78	20	3	4.5
<i>Ethnicity</i>				
White	56	32	12	3.8
Hispanic	68	24	8	3.5
Black	54	33	13	3.1
Asian/ Pacific Islander	52	32	16	3.3
<i>Education</i>				
Less than high school	78	17	5	3.4
High school graduate	62	29	9	3.6
Some college	55	35	10	3.3
College graduate	52	32	16	4.0
<i>Income</i>				
Less than \$15,000	73	20	7	3.7
\$15,000 - 24,999	61	30	9	3.6
\$25,000 - 34,999	64	25	10	3.8
\$35,000 - 49,999	55	30	15	3.7
\$50,000+	45	40	15	3.7
<i>Physically Activity</i>				
Did not meet recommendations	59	30	11	3.3
Met recommendations	59	31	10	4.1
<i>Overweight Status</i>				
Overweight/Obese	58	30	12	3.6
Not overweight	59	31	10	3.7

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 26: Have You Ever Worked in a Garden, Trends 1999-2001

Question: Have you ever worked in a garden to grow fruits and vegetables?

Percent Worked in Garden		
	1999	2001
Total	52	50
<i>Sex</i>		
Males	50	49
Females	53	50
<i>Males</i>		
18 - 24	39 ***	46 ***
25 - 34	33	38
35 - 50	58	52
51 - 64	60	52
65+	67	64
<i>Females</i>		
18 - 24	31 ***	28 ***
25 - 34	45	36
35 - 50	54	57
51 - 64	66	55
65+	67	70
<i>Ethnicity</i>		
White	59 ***	59 ***
Hispanic	35	29
Black	45	32
Asian/ Pacific Islander	42	36
<i>Education</i>		
Less than high school	42 **	39 ***
High school graduate	49	47
Some college	52	51
College graduate	57	55
<i>Income</i>		
Less than \$15,000	47 **	47 ***
\$15,000 - 24,999	52	46
\$25,000 - 34,999	45	36
\$35,000 - 49,999	51	52
\$50,000+	60	60
<i>Physically Active</i>		
Did not meet recommendations		44 ***
Met recommendations		57
<i>Overweight Status</i>		
Overweight/Obese	53	52
Not overweight	50	49

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

Chi square test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

CrossTab 27: Worked in Garden By Fruit and Vegetable Consumption

Question: *Have you ever worked in a garden to grow fruits and vegetables?
Did you have any fruit, vegetables, salad, or juice yesterday?*

Worked in Garden	Servings of Fruits & Vegetables, Percent ¹				Mean Servings Fruits and Vegetables ²
	0	1-2	3-4	5+	
Yes	7	25	30	38	4.2
No	12	29	28	30	3.6

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi-Square).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

Chi Square Test and ANOVA:

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 30: Knowledge of Specific Protective Foods Compared to Eating Them

Question: *What things have you heard of that people eat or drink that might help prevent cancer?*

Gave Correct Answer to Prevent Cancer	Servings of Fruits and Vegetables
Yes	4.3 ***
No	3.4

Gave Fruits and Vegetables as Preventing Cancer	Servings of Fruits and Vegetables
Yes	4.3 ***
No	3.4

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

Chi Square Test:

*** $p < .001$

2001 California Dietary Practices Survey

Cross Tab 31: Servings of Fruits and Vegetables, Heard Recommended and Think Should Eat, by Servings of Fruits and Vegetables Eaten

Questions: Did you have any fruit, vegetables, salad, or juice yesterday?

Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health? What was the number of servings recommended?

How many total servings of fruits and vegetables do you think you should eat every day for good health? That's a combined total of both fruits and vegetables.

Servings of Fruits and Vegetables Eaten	Servings of Fruits and Vegetables Heard Recommended				Servings of Fruits and Vegetables Think Should Eat			
	0-2	3-4	5+		0-2	3-4	5+	
0	13	12	6	***	12	11	7	***
1 to 2	26	25	19		37	32	17	
3 to 4	36	32	29		29	29	31	
5+	25	32	46		22	27	46	

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

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 33: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

Questions: Did you have any fruit, vegetables, salad, or juice yesterday?

Overweight Status	Ate Less Than 5 Servings of Fruits and Vegetables ¹	Ate 5 or More Servings Fruits and Vegetables ¹	Average Servings of Fruits and Vegetables ²
Obese	74	26	3.4 ^a
Overweight	65	35	3.9 ^{ab}
Not overweight	64	36	4.1 ^b

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi-Square).

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).

Chi Square Test and ANOVA:

** p<.01

2001 California Dietary Practices Survey

Table 34: Consumption of Whole Grain Breads or Corn Tortillas, Trends 1989-2001

Question: Yesterday, did you eat any whole grain breads such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or corn tortillas?

	Percent Ate Whole Grains							Change of Percentage				
	1989 ¹	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	43	52	54	49	52	48	45	2	-5*	3	-4*	-3
Sex												
Males	45	52	53	49	51	51	45	1	-4	2	NC	-6*
Females	41	51	55	49	54	46	45	4	-6*	5	-8**	-1
Males												
18 - 24	36	52	59	55	56**	50	43**	7	-4	2	-6	-7
25 - 34	44	58	50	50	42	48	50	-8	NC	8	6	2
35 - 50	42	54	52	47	48	50	36	-2	-5	1	2	-14**
51 - 64	56	44	54	50	63	49	44	10	-4	13	-14*	-5
65+	52	50	56	45	50	60	57	6	-11	5	10	-3
Females												
18 - 24	20***	47	50	34	54	34*	47	3	-16*	20*	-20**	13
25 - 34	35	52	48	51	48	46	42	-4	3	-3	-2	-4
35 - 50	41	49	59	53	55	45	45	10	-6	2	-10*	NC
51 - 64	49	51	56		49	54	45	5	-9	2	5	-9
65+	58	58	58	53	62	50	52	NC	-5	9	-12*	2
Ethnicity												
White	47***	52**	52***	46***	49***	47***	46	NC	-6*	3	-2	-1
Hispanic	32	64	66	64	67	56	44	2	-2	3	-11**	-11**
Black	48	47	42	51	49	43	51	-5	9	-2	-6	8
Asian/pacific Islander						31	37					6
Education												
Less than high school	40*	66***	63***	70***	62*	54	41	-3	7	-8	-8	-13**
High school graduate	39	43	51	46	51	48	43	8*	-5	5	-3	-5
Some college	41	49	48	45	53	46	46	-1	-3	8*	-7*	NC
College graduate	51	57	58	49	49	48	47	1	-9*	NC	-1	-1
Income												
Less than \$15,000	38	62*	53	53	52	55	49	-9	NC	-1	3	-6
\$15,000 - 24,999	44	55	53	49	55	46	44	-2	-4	6	-9*	-2
\$25,000 - 34,999	49	47	52	52	57	46	46	5	NC	5	-11*	NC
\$35,000 - 49,999	47	49	50	51	49	47	43	1	1	-2	-2	-4
\$50,000+	43	47	55	44	48	47	43	8	-11**	4	-1	-4
Physically Active												
Did not meet recommendations							41***					
Met recommendations							50					
Overweight Status												
Overweight/Obese							42*					
Not overweight							48					

¹ Consumption of corn tortillas was not asked in 1989.

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

2001 California Dietary Practices Survey

Table 35: Consumption of Breakfast Cereals, Trends 1989-2001

Question: Yesterday, did you eat any breakfast cereal?

	Percent Who Ate Breakfast Cereal							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	32	31	34	36	36	31	32	-1	3	2	NC	-5**	1
Sex													
Males	34	31	34	38	34	28*	32	-3	3	4	-4	-6*	4
Females	30	31	34	35	38	33	32	1	3	1	3	-5*	-1
Males													
18 - 24	36**	24***	29***	37***	31***	27**	26***	-12	5	8	-6	-4	-1
25 - 34	28	27	26	32	26	23	36	-1	-1	6	-6	-3	13**
35 - 50	31	27	30	29	28	27	26	-4	3	-1	-1	-1	-1
51 - 64	31	31	36	43	38	25	29	NC	5	7	-5	-13*	4
65+	55	57	59	64	58	52	50	2	2	5	-6	-6	-2
Females													
18 - 24	23***	15***	40***	32***	45***	32***	32***	-8	25***	-8	13	-13*	NC
25 - 34	26	26	31	29	31	26	32	NC	5	-2	2	-5	6
35 - 50	26	29	28	24	29	30	26	3	-1	-4	5	1	-4
51 - 64	30	32	29	40	39	29	22	2	-3	11	-1	-10	-7
65+	52	53	51	63	57	53	54	1	-2	12	-6	-4	1
Ethnicity													
White	35*	35***	41***	39	40***	34***	34	NC	6*	-2	1	-5*	0
Hispanic	25	21	28	37	34	28	27	-4	7	9*	-3	-6	-1
Black	30	24	25	27	18	19	29	-6	1	2	-9	1	10
Asian/Pacific Islander						16	28						12
Education													
Less than high school	25*	25*	31	35	31	32	27*	NC	6	4	-4	1	-5
High school graduate	28	27	37	41	36	31	35	-1	10*	4	-5	-5	4
Some college	38	31	32	31	35	30	28	-7	1	-1	4	-5	-2
College graduate	32	37	36	39	39	31	36	5	-1	3	NC	-8**	5
Income													
Less than \$15,000	32	33	37	36	42	36*	33	1	4	-1	6	-5	-3
\$15,000 - 24,999	35	27	35	43	36	28	33	-8	8	8	-7	-8*	5
\$25,000 - 34,999	34	37	33	31	33	26	27	3	-4	-2	2	-7	1
\$35,000 - 49,999	25	26	32	37	36	31	34	1	6	5	-1	-5	3
\$50,000+	33	30	33	34	33	28	30	-3	3	1	-1	-5	2
Physically Active													
Did not meet recommendations							32						
Met recommendations							32						
Overweight Status													
Overweight/Obese							30						
Not overweight							33						

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

2001 California Dietary Practices Survey

Table 36: Consumption of High Fiber Cereals, Trends 1989-2001

Question: Yesterday, did you eat any breakfast cereal? If yes, what was it?¹

	Percent Who Ate High Fiber Cereal							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	16	16	19	16	10	17	11	NC	3*	-3*	-6***	7***	-6***
Sex													
Males	15	15	19	16	11	14*	10	NC	4	-3	-5**	3*	-4*
Females	16	16	19	16	9	19	11	NC	3	-3	-7***	10***	-8***
Males													
18 - 24	9***	10***	15***	17***	6***	5***	6***	1	5	2	-11*	-1	1
25 - 34	8	10	7	10	8	12	8	2	-3	3	-2	4	-4
35 - 50	13	13	17	13	9	15	10	NC	4	-4	-4	6	-5
51 - 64	14	21	25	15	11	14	8	7	4	-10	-4	3	-6
65+	41	33	45	39	23	29	24	-8	12	-6	-16*	6	-5
Females													
18 - 24	10**	2***	13***	15***	9**	17***	2***	-8*	11*	2	-6	8	-15***
25 - 34	10	8	16	9	5	13	9	-2	8*	-7	-4	8**	-4
35 - 50	15	15	16	10	8	17	10	NC	1	-6	-2	9**	-7*
51 - 64	19	15	16	17	13	14	10	-4	1	1	-4	1	-4
65+	30	37	34	39	15	37	21	7	-3	5	-24***	22***	-16**
Ethnicity													
White	18	21***	25***	19	13***	20***	13***	3	4	-6**	-6**	7***	7***
Hispanic	12	5	11	14	7	12	4	-7**	6*	3	-7**	5*	-8***
Black	12	7	13	13	4	7	10	-5	6	NC	-9*	3	3
Asian/Pacific Islander						9	11						2
Education													
Less than high school	11	11**	13*	18	7	15	6**	NC	2	5	-11**	8**	-9**
High school graduate	13	12	21	18	10	14	8	-1	9	-3	-8**	4	-6*
Some college	19	15	17	15	10	18	11	-4	2	-2	-5**	8***	-7**
College graduate	18	22	23	15	12	18	14	4	1	-8*	-3	6**	-4
Income													
Less than \$15,000	15	16	18	16	10	21	10	1	2	-2	-6*	11***	-11***
\$15,000 - 24,999	11	12	21	24	8	12	8	1	9*	3	-16***	4	-4
\$25,000 - 34,999	17	17	18	13	10	14	13	NC	1	-5	-3	4	-1
\$35,000 - 49,999	16	14	17	15	13	17	12	-2	3	-2	-2	4	-5
\$50,000+	18	17	21	14	9	17	13	-1	4	-7*	-5*	8***	-4
Physically Active													
Did not meet recommendations							10						
Met recommendations							12						
Overweight Status													
Overweight/Obese							9						
Not overweight							12						

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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

2001 California Dietary Practices Survey

Table 37: Consumption of Beans, Trends 1989-2001

Question: Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

	Percent Who Ate Beans							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	22	25	28	25	30	26	27	3	3*	-3*	5***	-4*	1
<i>Sex</i>													
Males	24	29**	31*	23	34**	25	29	5	2	-8**	11***	-9***	4
Females	20	21	26	26	27	28	26	1	5*	NC	1	1	-2
<i>Males</i>													
18 - 24	24	32	33	28	44**	26	32**	8	1	-5	16*	-18**	6
25 - 34	29	31	37	23	40	26	40	2	6	-14*	17**	-14**	14**
35 - 50	19	31	28	23	31	28	25	12*	-3	-5	8	-3	-3
51 - 64	18	21	24	22	26	22	22	3	3	-2	4	-4	0
65+	35	26	32	15	26	16	25	-9	6	-17*	11	-10	9
<i>Females</i>													
18 - 24	27*	20	29	19	29	31**	30	-7	9	-10	10	2	-1
25 - 34	26	30	31	30	31	39	32	4	1	-1	1	8	-7
35 - 50	22	20	28	33	27	23	25	-2	8	5	-6	-4	2
51 - 64	13	16	21	23	24	28	22	3	5	2	1	4	-6
65+	11	17	19	20	24	21	20	6	2	1	4	-3	-1
<i>Ethnicity</i>													
White	18***	21***	26***	22***	27***	22***	23***	3	5*	-4	5*	-5*	1
Hispanic	35	43	43	36	46	44	44	8	NC	-7	10*	-2	0
Black	17	19	19	25	22	22	28	2	NC	6	-3	NC	6
Asian/Pacific Islander						17	14						-3
<i>Education</i>													
Less than high school	31*	41***	46***	44***	43***	42***	47***	10	5	-2	-1	-1	5
High school graduate	22	19	22	23	27	24	27	-3	3	1	4	-3	3
Some college	19	25	27	20	30	24	26	6*	2	-7*	10***	-6*	2
College graduate	20	21	27	25	28	24	21	1	6	-2	3	-4	-3
<i>Income</i>													
Less than \$15,000	27*	33	27	30	34**	29*	33***	6	-6	3	4	-5	4
\$15,000 - 24,999	23	24	33	26	32	22	32	1	9*	-7	6	-9*	9**
\$25,000 - 34,999	21	24	30	18	38	23	38	3	6	-12*	20***	-15**	15**
\$35,000 - 49,999	16	25	27	20	30	35	20	9*	2	7	10*	5	-15**
\$50,000+	15	22	25	25	24	26	22	7	3	NC	-1	2	-4
<i>Physically Active</i>													
Did not meet recommendations							29						
Met recommendations							25						
<i>Overweight Status</i>													
Overweight/Obese							28						
Not overweight							26						

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

2001 California Dietary Practices Survey

Table 38: Consumption of Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal, Trends 1989-2001

Question: Yesterday, did you eat both whole grain breads/corn tortillas and high fiber cereal?

	Percent Who Ate Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal							Change of Percentage				
	1989 ¹	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	9	10	12	9	6	10	6	2	-3*	-3**	4***	-4***
Sex												
Males	10	10	11	8	6	9	6	1	-3	-2	3	-3*
Females	9	9	12	10	6	10	6	3	-2	-4**	4***	-4***
Males												
18 - 24	7***	8*	12***	13*	6**	3***	6***	4	1	-7	-3	3
25 - 34	4	7	5	5	3	8	6	-2	NC	-2	5*	-2
35 - 50	7	8	9	7	5	7	3	1	-2	-2	2	-4
51 - 64	11	14	14	4	9	7	4	NC	-10*	5	-2	-3
65+	29	22	23	17	13	25	15	1	-6	-4	12*	-10
Females												
18 - 24	4***	2***	8***	5***	4**	7**	1**	6	-3	-1	3	-6*
25 - 34	3	5	8	5	3	6	6	3	-3	-2	4	NC
35 - 50	9	7	10	7	5	10	5	3	-3	-2	5*	-5*
51 - 64	7	8	11	10	9	8	5	3	-1	-1	-1	-3
65+	21	26	24	27	11	20	11	-2	3	-16**	9*	-9
Ethnicity												
White	11	13***	14**	10	7	12**	7**	1	-4*	-3	5**	-5**
Hispanic	6	3	8	11	6	7	2	5*	3	-5*	1	-5***
Black	12	6	8	12	3	4	5	2	4	-9**	1	1
Asian/Pacific Islander						4	6					2
Education												
Less than high school	8	8***	9	14	5	8	3**	1	5	-9**	3	-5*
High school graduate	7	7	11	10	6	9	4	4	-1	-4	3	-5**
Some college	10	8	10	8	5	10	5	2	-2	-3	5**	-5*
College graduate	11	16	15	8	8	11	8	-1	-7**	NC	3	-3
Income												
Less than \$15,000	9	13	11	10	6	11	6	-2	-1	-4	5*	-5*
\$15,000 - 24,999	6	8	13	14	6	9	4	5	1	-8*	3	-5*
\$25,000 - 34,999	11	10	12	11	5	8	6	2	-1	-6	3	-2
\$35,000 - 49,999	10	8	8	7	8	10	6	NC	-1	1	2	-4
\$50,000+	10	9	12	7	5	10	6	3	-5*	-2	5*	-4
Physically Active												
Did not meet recommendations							5					
Met recommendations							6					
Overweight Status												
Overweight/Obese							5					
Not overweight							7					

¹ Consumption of corn tortillas was not asked in 1989.

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

2001 California Dietary Practices Survey

Table 39: Consumption of No Whole Grain Breads/Corn Tortillas, High Fiber Cereal, or Beans, Trends 1989-2001

Question: Yesterday, did you eat any whole grain breads/corn tortillas, high fiber cereal, or beans?

	Percent Who Ate No Whole Grain Breads/ Corn Tortillas, High Fiber Cereal, or Beans							Change of Percentage				
	1989 ¹	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	40	34	30	35	34	34	36	-4**	5**	-1	NC	2
<i>Sex</i>												
Males	39	32	30	34	33	34	36	-2	4	-1	2	2
Females	41	36	29	36	34	34	36	-7*	7*	-2	NC	2
<i>Males</i>												
18 - 24	49*	32	29*	28	23*	38	40**	-3	-1	-5	15*	2
25 - 34	41	29	36	36	39	37	27	7	NC	3	-2	-10
35 - 50	43	32	31	39	37	31	43	-1	8	-2	-6	12**
51 - 64	34	38	32	34	27	38	40	-6	2	-7	11	2
65+	22	26	17	26	33	28	27	-9	9	7	-4	-1
<i>Females</i>												
18 - 24	53	47	35	49	33	39	32	-12	14	-16*	6	-7
25 - 34	43	31	33	38	33	30	38	2	5	-5	-3	8
35 - 50	42	38	24	31	36	38	34	-14**	7	5	2	-4
51 - 64	36	35	33	38	40	33	42	-2	5	2	-7	9
65+	31	29	27	28	26	28	33	-2	1	-2	2	5
<i>Ethnicity</i>												
White	38	32	29***	36**	36***	34***	38**	-3	7**	NC	-2	4
Hispanic	43	25	21	23	20	26	29	-4	2	-3	6	3
Black	47	39	42	36	42	45	34	3	-6	6	3	-11
Asian/Pacific islander						54	48					-6
<i>Education</i>												
Less than high school	38	23***	24	16***	25**	26*	31	1	-8	9	1	5
High school graduate	43	43	32	37	37	38	38	-11**	5	NC	1	0
Some college	42	34	33	40	31	36	37	-1	7*	-9**	5	1
College graduate	35	30	27	35	37	33	36	-3	8*	2	-4	3
<i>Income</i>												
Less than \$15,000	42	28	33	31	30*	26***	30*	5	-2	-1	-4	4
\$15,000 - 24,999	39	31	28	33	33	40	37	-3	5	NC	7	-3
\$25,000 - 34,999	35	36	32	37	28	42	30	-4	5	-9	14*	-12
\$35,000 - 49,999	39	34	31	35	36	30	42	-3	4	1	-6	12*
\$50,000+	43	35	29	37	39	34	39	-6	8*	2	-5	5
<i>Physically Active</i>												
Did not meet recommendations							38					
Met recommendations							34					
<i>Overweight Status</i>												
Overweight/Obese							39*					
Not overweight							34					

¹ Consumption of corn tortillas was not asked in 1989.

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

2001 California Dietary Practices Survey

Table 40: Consumption of Whole Grain Breads, High Fiber Cereal, or Both

Question: Yesterday, did you eat any whole grain breads/corn tortillas or high fiber cereal?

	Ate Whole Grain Breads	Percent Ate High Fiber Cereal	Ate Both
Total	45	11	6
<i>Sex</i>			
Males	45	10	6
Females	45	11	6
<i>Males</i>			
18 - 24	43 **	6 ***	6 ***
25 - 34	50	8	6
35 - 50	36	10	3
51 - 64	44	8	4
65+	57	24	15
<i>Females</i>			
18 - 24	47	2 ***	1 **
25 - 34	42	9	6
35 - 50	45	10	5
51 - 64	45	10	5
65+	52	21	11
<i>Ethnicity</i>			
White	46	13 ***	7 **
Hispanic	44	4	2
Black	51	10	5
Asian/Pacific Islander	37	11	6
<i>Education</i>			
Less than high school	41	6 **	3 **
High school graduate	43	8	4
Some college	46	11	5
College graduate	47	14	8
<i>Income</i>			
Less than \$15,000	49	10	6
\$15,000 - 24,999	44	8	4
\$25,000 - 34,999	46	13	6
\$35,000 - 49,999	43	12	6
\$50,000+	43	13	6
<i>Physically Active</i>			
Did not meet recommendations	41 ***	10	5
Met recommendations	50	12	6
<i>Overweight Status</i>			
Overweight/Obese	42 *	9	5
Not overweight	48	12	7

¹ Consumption of corn tortillas was not asked in 1989.

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

2001 California Dietary Practices Survey

Table 41: Persons Who Drank Any Milk, Trends 1989-2001

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	Percent Drank Milk							Change of Percentage					
	1989	1991 ¹	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	41	56	57	57	53	55	55	15***	1	NC	-4	2	NC
Sex													
Males	44	57	57	60*	53	56	60**	13***	NC	3	-7*	3	4
Females	39	54	57	54	53	55	52	15***	3	-3	-1	2	-3
Males													
18 - 24	65**	61	63**	71**	63**	64***	63	-4	2	8	-8	1	-1
25 - 34	46	58	60	60	54	54	59	12	2	NC	-6	NC	5
35 - 50	39	53	52	49	49	57	61	14*	-1	-3	NC	8	4
51 - 64	38	52	46	62	42	39	57	14	-6	16*	-20**	-3	18**
65+	34	69	69	72	65	65	59	35***	NC	3	-7	NC	-6
Females													
18 - 24	46	54	64**	51*	61*	58	57	8	10	-13	10	-3	-1
25 - 34	41	52	63	56	53	55	58	11	11	-7	-3	2	3
35 - 50	34	55	54	52	49	54	46	21***	-1	-2	-3	5	-8
51 - 64	37	50	41	46	46	46	46	13	-9	5	NC	NC	NC
65+	39	62	63	70	63	62	52	23**	1	7	-7	-1	-10
Ethnicity													
White	41	59*	60***	57***	55***	57***	58**	18***	1	-3	-2	2	1
Hispanic	47	55	61	64	61	62	58	8	6	3	-3	1	-4
Black	32	44	40	35	32	32	45	12	-4	-5	-3	NC	13
Asian/Pacific Islander						33	43						10
Education													
Less than high school	49	57	60	64	58	61	57***	8	3	4	-6	3	-4
High school graduate	44	54	59	59	54	57	61	10*	5	NC	-5	3	4
Some college	40	55	58	53	50	54	48	15***	3	-5	-3	4	-6
College graduate	36	57	53	57	55	52	57	21***	-4	4	-2	-3	5
Income													
Less than \$15,000	46*	58	64*	52	56	59	55	12*	6	-12*	4	3	-4
\$15,000 - 24,999	51	52	59	63	56	58	60	1	7	4	-7	2	2
\$25,000 - 34,999	39	60	57	54	51	53	52	21***	-3	-3	-3	2	-1
\$35,000 - 49,999	39	54	57	60	54	54	55	15**	3	3	-6	NC	1
\$50,000+	35	53	51	55	50	50	56	18***	-2	4	-5	NC	6
Physically Active													
Did not meet recommendations							55						
Met recommendations							55						
Overweight Status													
Overweight/Obese							58						
Not overweight							53						

¹ Lowfat milk was introduced to California in 1990.

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

2001 California Dietary Practices Survey

Table 42: Milk Consumption by Type of Milk, Out of Milk Drinkers - Since the Introduction of 1% Fat Milk in 1990, Trends 1991-2001
Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	Whole	2%	1%	Nonfat	Significant Change
Total					
1991	31	37	13	19	91-93
1993	29	22	12	18	93-95 ***
1995	22	39	12	27	95-97
1997	25	40	12	23	97-99 ***
1999	31	31	19	19	99-01
2001	35	35	16	19	
Gender					
Males					
1991	29	40	13	18	91-93
1993	30	45	10	15	93-95 *
1995	23	43	10	24	95-97 ***
1997	25	43	10	22	97-99
1999	30	33	20	17	99-01
2001	32	38	14	15	
Females					
1991	32	35	14	19	91-93
1993	27	39	13	21	93-95 *
1995	22	34	13	31	95-97
1997	26	36	14	23	97-99
1999	32	30	17	22	99-01
2001	37	32	18	24	
Males 18-24					
1991	46	37	5	12	91-93
1993	31	48	12	10	93-95 *
1995	46	43	0	11	95-97 *
1997	24	54	6	16	97-99 *
1999	28	31	21	20	99-01 *
2001	38	38	8	16	
Males 25-34					
1991	38	37	9	16	91-93
1993	49	33	8	10	93-95 **
1995	23	44	13	20	95-97
1997	35	27	13	25	97-99
1999	33	38	17	12	99-01
2001	37	34	16	18	
Males 35-50					
1991	21	43	19	18	91-93
1993	30	40	15	15	93-95
1995	25	36	12	28	95-97
1997	24	44	15	18	97-99
1999	34	31	19	16	99-01
2001	34	35	16	14	
Males 51-64					
1991	17	45	18	29	91-93
1993	24	47	10	20	93-95
1995	7	49	17	26	95-97
1997	19	49	6	27	97-99
1999	23	29	24	24	99-01
2001	33	38	13	15	
Males 65+					
1991	29	35	20	16	91-93 ***
1993	7	65	6	23	93-95
1995	13	46	8	34	95-97
1997	18	50	6	26	97-99
1999	20	38	21	21	99-01
2001	12	55	18	16	
Females 18-24					
1991	45	29	9	17	91-93
1993	36	28	16	19	93-95
1995	29	29	12	30	95-97
1997	29	41	16	14	97-99
1999	39	30	12	19	99-01
2001	42	34	10	15	
Females 25-34					
1991	41	34	11	15	91-93
1993	34	35	12	19	93-95
1995	33	40	14	13	95-97
1997	36	32	8	24	97-99
1999	38	21	19	21	99-01
2001	34	25	14	27	
Females 35-50					
1991	29	37	15	18	91-93
1993	25	44	9	24	93-95
1995	19	35	11	35	95-97 *
1997	25	36	14	35	97-99 *
1999	36	31	22	12	99-01
2001	34	34	20	22	
Females 51-64					
1991	19	44	14	24	91-93
1993	21	46	13	21	93-95 *
1995	8	28	14	46	95-97
1997	23	28	23	26	97-99
1999	21	34	12	33	99-01
2001	25	36	22	19	
Females 65+					
1991	30	27	18	25	91-93
1993	16	48	17	19	93-95
1995	16	32	14	38	95-97
1997	17	45	13	26	97-99
1999	22	32	18	29	99-01
2001	14	31	21	35	
Ethnicity					
White					
1991	22	42	15	22	91-93
1993	18	45	15	22	93-95 ***
1995	12	37	16	35	95-97
1997	17	38	16	29	97-99 **
1999	22	32	22	25	99-01
2001	21	36	18	24	
Latino					
1991	58	23	7	12	91-93
1993	56	34	4	7	93-95
1995	46	37	5	12	95-97
1997	44	40	5	11	97-99 *
1999	44	32	14	10	99-01
2001	53	29	9	9	
African American					
1991	48	40	4	8	91-93
1993	59	16	6	18	93-95
1995	40	46	0	15	95-97
1997	50	38	6	5	97-99
1999	65	16	14	5	99-01
2001	55	30	7	9	
Asian/Pacific Islander					
1991	42	24	18	16	91-93
1993	27	40	17	17	93-95
Education					
Less than high school					
1991	55	30	4	11	91-93
1993	53	34	3	10	93-95
1995	45	34	2	19	95-97 *
1997	51	39	1	9	97-99 *
1999	48	33	10	9	99-01
2001	58	28	6	8	
High school graduate					
1991	39	37	10	15	91-93
1993	39	42	9	10	93-95
1995	28	46	7	19	95-97
1997	33	50	7	10	97-99
1999	38	35	11	16	99-01
2001	34	35	15	16	
Chi square tests were used to compare changes in pattern.					
* p<.05					
** p<.01					
*** p<.001					
Some college					
1991	30	40	14	16	91-93
1993	24	45	13	19	93-95
1995	19	41	14	25	95-97
1997	24	39	14	23	97-99
1999	30	29	25	16	99-01
2001	33	43	14	25	
College graduate					
1991	14	38	19	29	91-93
1993	15	41	16	27	93-95
1995	14	33	15	30	95-97
1997	13	35	17	36	97-99 *
1999	18	36	20	29	99-01
2001	20	32	22	25	
Income					
<\$15,000					
1991	49	26	8	17	91-93
1993	42	36	7	15	93-95
1995	41	34	3	22	95-97
1997	38	44	7	11	97-99 **
1999	44	27	15	14	99-01
2001	38	33	16	13	
\$15,000-24,999					
1991	29	38	11	22	91-93
1993	39	39	10	12	93-95
1995	29	37	12	23	95-97
1997	31	41	8	20	97-99
1999	40	35	12	13	99-01
2001	34	40	16	10	
\$25,000-34,999					
1991	37	37	17	9	91-93
1993	29	41	10	19	93-95
1995	19	39	20	22	95-97
1997	19	38	15	28	97-99
1999	27	37	20	16	99-01
2001	32	28	21	19	
\$35,000-49,999					
1991	24	44	10	22	91-93
1993	19	46	16	19	93-95
1995	17	42	17	24	95-97
1997	19	44	10	27	97-99 ***
1999	26	23	29	22	99-01
2001	27	41	12	20	
\$50,000+					
1991	17	44	17	22	91-93
1993	11	47	17	26	93-95 *
1995	14	38	10	38	95-97
1997	17	35	20	27	97-99
1999	14	33	25	29	99-01
2001	20	34	18	28	
Physically Active					
Met recommendations					
1991	26	33	17	23	91-93
1993	26	33	17	23	93-95
1995	26	33	17	23	95-97
1997	26	33	17	23	97-99
1999	26	33	17	23	99-01
2001	26	33	17	23	
Did not meet recommendations					
1991	33	35	15	16	91-93
1993	33	35	15	16	93-95
1995	33	35	15	16	95-97
1997	33	35	15	16	97-99
1999	33	35	15	16	99-01
2001	33	35	15	16	
Overweight Status					
Overweight/Obese					
1991	27	37	18	19	91-93
1993	27	37	18	19	93-95
1995	27	37	18	19	95-97
1997	27	37	18	19	97-99
1999	27	37	18	19	99-01
2001	27	37	18	19	
Not overweight					
1991	30	35	14	20	91-93
1993	30	35	14	20	93-95
1995	30	35	14	20	95-97
1997	30	35	14	20	97-99
1999	30	35	14	20</	

2001 California Dietary Practices Survey

Table 43: Consumption of Whole Milk (Out of Milk Drinkers), Trends 1989-2001

Question: Yesterday, was the milk you drank whole milk?

Base: Out of milk drinkers

	Percent Who Drank Whole Milk							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	41	31	29	22	25	31	30	-10***	-2	-7**	3	6*	-1
Sex													
Males	45	29	30	23	25	30	32**	-16***	1	-7*	2	5	2
Females	38	32	27	22	26	32	27	2	-5	-5	4	8	-5
Males													
18 - 24	31	46**	31***	46***	24	28	38	15	-15	15	-22*	4	10
25 - 34	51	38	49	23	35	33	37	-13	11	-26***	12	-2	4
35 - 50	49	21	30	25	24	34	34	-27***	9	-5	-1	10	NC
51 - 64	42	17	24	7	19	23	33	-25*	7	-17*	12	4	10
65+	50	29	7	13	18	20	12	-18	-22**	6	5	2	-8
Females													
18 - 24	50	45	36*	29*	29*	39*	42*	-5	-9	-7	NC	10	3
25 - 34	39	49	34	33	36	38	34	10	-15	-1	3	2	-4
35 - 50	33	29	25	19	25	36	24	-4	-4	-6	6	11	-12
51 - 64	30	19	21	8	23	21	25	-11	2	-13	15	-2	4
65+	38	30	16	16	17	22	14	-8	-14	NC	1	5	-8
Ethnicity													
White	31***	22***	18***	12***	17***	22***	21***	-9**	-4	-6*	5*	5*	-1
Hispanic	66	58	56	46	44	44	53	-8	-2	-10	-2	NC	9
Black	64	48	59	40	50	65	55	-16	11	-19	10	15	-10
Asian/Pacific Islander						42	27						-15
Education													
Less than high school	62***	55***	53***	45***	51***	48***	58***	-7	-2	-8	6	3	10
High school graduate	49	39	39	28	33	38	34	-10	NC	-11*	5	5	-4
Some college	34	30	24	19	24	30	23	-4	-6	-5	5	6	-7
College graduate	26	14	15	14	13	18	20	-12*	1	-1	-1	5	2
Income													
Less than \$15,000	53***	49***	42***	41***	38***	44***	38***	-4	-7	-1	-3	6	-6
\$15,000 - 24,999	45	29	39	29	31	40	34	-16*	10	-10	2	9	-6
\$25,000 - 34,999	49	37	29	19	19	27	32	-12	-8	-10	NC	8	5
\$35,000 - 49,999	27	24	19	17	19	26	27	-3	-5	-2	2	7	1
\$50,000+	19	17	11	14	17	14	20	-2	-6	3	3	-3	6
Physically Active													
Did not meet recommendations							33*						
Met recommendations							26						
Overweight Status													
Overweight/Obese							27						
Not overweight							30						

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

2001 California Dietary Practices Survey

Table 44: Consumption of 1% or Less Fat Milk (Out of Milk Drinkers), Trends 1989-2001

Question: Yesterday, was the milk you drank 1% or less fat milk?

Base: Out of Milk Drinkers

	Percent Who Drank 1% or Less Fat							Change of Percentage				
	1989 ¹	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	17	32	30	39	35	38	35	-2	9***	-4	3	-3
Sex												
Males	13	31	25 **	34 **	32	37	29 ***	-6	9*	-2	5	-8*
Females	21	33	34	44	38	39	42	1	10**	-6	1	3
Males												
18 - 24	15	17	22	11 **	22	41	23	5	-11	11	19*	-18*
25 - 34	10	25	17	33	38	29	32	-8	16*	5	9	3
35 - 50	20	36	30	39	32	35	29	-6	9	-7	3	-6
51 - 64	7	39	29	44	33	48	28	-10	15	-11	15	-20*
65+	5	36	27	41	32	42	34	-9	14	-9	10	-8
Females												
18 - 24	17	26	36	43 **	30	31	24 *	10	7	-13	1	-7
25 - 34	15	25	31	27	32	41	41	6	-4	5	9	NC
35 - 50	29	34	33	46	39	34	42	-1	13	-7	-5	8
51 - 64	19	38	34	64	49	44	39	-4	30**	-15	-5	-5
65+	25	43	36	52	39	47	55	-7	16	-13	8	8
Ethnicity												
White	19	36 ***	37 ***	51 ***	45 ***	46 ***	43 ***	1	14***	-6	1	-3
Hispanic	11	19	10	17	16	24	18	-9*	7	-1	8*	-6
Black	5	12	24	15	12	19	16	12	-9	-3	7	-3
Asian/ Pacific Islander						34	34					NC
Education												
Less than high school	19	15 ***	13 ***	21 ***	10 ***	19 ***	14 ***	-2	8	-11	9	-5
High school graduate	8	25	19	26	18	27	32	-6	7	-8	9*	5
Some college	20	30	32	40	37	41	34	2	8	-3	4	-7
College graduate	25	48	43	54	52	52	48	-5	11*	-2	NC	-4
Income												
Less than \$15,000	17	25	22 **	25 **	18 ***	29 ***	29 ***	-3	3	-7	11*	NC
\$15,000 - 24,999	12	34	22	35	28	25	25	-12	13*	-7	-3	NC
\$25,000 - 34,999	15	26	30	42	43	36	39	4	12	1	-7	3
\$35,000 - 49,999	14	32	34	41	36	51	32	2	7	-5	15*	-19*
\$50,000+	27	40	42	48	47	54	46	2	6	-1	7	-8
Physically Active												
Did not meet recommendations							31 **					
Met recommendations							41					
Overweight Status												
Overweight/Obese							36					
Not overweight							34					

¹Lowfat milk (1%) was introduced to California in 1990.

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

2001 California Dietary Practices Survey

Table 45: Consumption of Cheese, Trends 1991-2001

Question: Yesterday, did you eat any cheese, like on a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Percent Who Had Any Cheese						Change of Percentage				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	48	51	48	47	50	50	3	-3	-1	3	NC
Sex											
Males	49	53	52 *	46	52	51	4	-1	-6*	6*	-1
Females	47	49	44	48	48	49	2	-5	4	NC	1
Males											
18 - 24	66 *	55 **	71 ***	65 ***	66 ***	60 **	-11	16*	-6	1	-6
25 - 34	47	62	58	50	61	58	15*	-4	-8	11*	-3
35 - 50	47	54	53	51	48	52	7	-1	-2	-3	4
51 - 64	48	49	37	32	45	38	1	-12	-5	13*	-7
65+	35	37	30	25	41	43	2	-7	-5	16*	2
Females											
18 - 24	56 ***	58 **	53 *	57 ***	53 **	58 **	2	-5	4	-4	5
25 - 34	62	54	47	58	59	55	-8	-7	11	1	-4
35 - 50	45	51	49	49	46	50	6	-2	NC	-3	4
51 - 64	39	44	32	42	46	45	5	-12	10	4	-1
65+	29	35	38	35	37	37	6	3	-3	2	NC
Ethnicity											
White	52 *	54 **	51	51	52 *	55 ***	2	-3	NC	1	3
Hispanic	42	49	53	44	50	41	7	4	-9*	6	-9*
Black	41	38	40	45	44	48	-3	2	5	-1	4
Asian/Pacific Islander					34	40					6
Education											
Less than high school	34 ***	36 ***	42	40 *	41 *	38 **	2	6	-2	1	-3
High school graduate	47	49	54	43	48	52	2	5	-11*	5	4
Some college	55	53	48	51	52	53	-2	-5	3	1	1
College graduate	47	56	45	48	53	52	9*	-9**	3	5	-1
Income											
Less than \$15,000	41	43 ***	48	41 **	47	46 *	2	5	-7	6	-1
\$15,000 - 24,999	45	42	46	42	53	52	-3	4	-4	11**	-1
\$25,000 - 34,999	50	55	43	56	49	44	5	-12*	13*	-7	-5
\$35,000 - 49,999	49	55	49	50	53	51	6	-6	1	3	-2
\$50,000+	54	60	54	50	50	55	6	-6	-4	NC	5
Physically Active											
Did not meet recommendations						47 *					
Met recommendations						53					
Overweight Status											
Overweight/Obese						50					
Not overweight						51					

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

2001 California Dietary Practices Survey

Table 46: Consumption of Reduced Fat Cheese, Out of Those Who Consume Cheese, Trends 1993-2001

Question: Yesterday, did you have any cheese? If yes, was it reduced fat, lowfat, fat free, or regular?

Base: People who reported eating cheese.

	Percent Who Ate Reduced Fat Cheese					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	22	25	20	19	20	3	-5*	-1	1
<i>Sex</i>									
Males	20	26	17	17	18	6	-9*	NC	1
Females	23	25	22	21	22	2	-3	-1	1
<i>Males</i>									
18 - 24	12	32	15	20	12	20*	-17*	5	-8
25 - 34	14	14	13	11	10	NC	-1	-2	-1
35 - 50	21	23	15	15	18	2	-8	NC	3
51 - 64	17	45	32	13	26	28**	-13	-19*	13
65+	53	33	22	38	39	-20	-11	16	1
<i>Females</i>									
18 - 24	17	20	10	17	15	3	-10	7	-2
25 - 34	16	14	15	19	20	-2	1	4	1
35 - 50	26	26	25	20	19	NC	-1	-5	-1
51 - 64	29	19	29	20	19	-10	10	-9	-1
65+	32	50	42	30	43	18	-8	-12	13
<i>Ethnicity</i>									
White	20	24	19	18	20	4	-5	-1	2
Hispanic	24	28	23	21	17	4	-5	-2	-4
Black	37	12	20	15	21	25	8	-5	6
Asian/Pacific Islander				17	24				7
<i>Education</i>									
Less than high school	33	25	24	33	20	-8	-1	9	-13
High school graduate	15	27	17	18	24	12*	-10*	1	6
Some college	20	26	20	16	18	6	-6	-4	2
College graduate	24	23	20	17	19	-1	-3	-3	2
<i>Income</i>									
Less than \$15,000	15	27	18	25	22	12	-9	7	-3
\$15,000 - 24,999	23	33	25	16	22	10	-8	-9	6
\$25,000 - 34,999	23	13	20	23	7	-10	7	3	-16*
\$35,000 - 49,999	26	25	20	13	16	-1	-5	-7	3
\$50,000+	20	25	18	16	19	5	-7	-2	3
<i>Physically Active</i>									
Did not meet recommendations					18				
Met recommendations					22				
<i>Overweight Status</i>									
Overweight/Obese					19				
Not overweight					20				

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

2001 California Dietary Practices Survey

Table 47: Consumption of Yogurt, Trends 1989-2001

Question: Yesterday, did you eat any yogurt?

	Percent Who Ate Any Yogurt							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	10	9	10	11	11	12	12	-1	1	1	NC	1	NC
<i>Sex</i>													
Males	7*	7	8*	11	10	11	10***	NC	1	3	-1	1	-1
Females	12	10	11	12	12	13	15	-2	1	1	NC	1	2
<i>Males</i>													
18 - 24	5	5	6*	9	9	12**	7	NC	1	3	NC	3	-5
25 - 34	8	9	5	14	12	7	12	1	-4	9**	-2	-5	5
35 - 50	10	9	7	8	9	17	10	-1	-2	1	1	8*	-7*
51 - 64	4	6	10	10	9	5	7	2	4	NC	-1	-4	2
65+	5	4	15	13	9	12	10	-1	11	-2	-4	3	-2
<i>Females</i>													
18 - 24	6	6***	5	6	11	8	9	NC	-1	1	5	-3	1
25 - 34	13	7	12	8	8	13	19	-6	5	-4	NC	5	6
35 - 50	14	8	10	14	11	16	18	-6	2	4	-3	5	2
51 - 64	14	8	18	17	12	13	10	-6	10*	-1	-5	1	-3
65+	6	22	9	14	16	14	16	16**	-13**	5	2	-2	2
<i>Ethnicity</i>													
White	11	11**	11	12*	12*	14*	13	NC	NC	1	NC	2	-1
Hispanic	6	3	7	8	10	11	12	-3	4	1	2	1	1
Black	6	5	7	4	4	5	6	-1	2	-3	NC	1	1
Asian/Pacific Islander						8	17						9
<i>Education</i>													
Less than high school	3***	6**	8***	9	7*	12***	10*	3	2	1	-2	5	-2
High school graduate	7	6	5	9	8	11	10	-1	-1	4	-1	3	-1
Some college	10	7	8	10	10	8	11	-3	1	2	NC	-2	3
College graduate	14	14	15	14	15	18	16	NC	1	-1	1	3	-2
<i>Income</i>													
Less than \$15,000	5	10	5**	9*	10	13	8*	5*	-5*	4	1	3	-5*
\$15,000 - 24,999	12	6	10	9	10	9	12	-6	4	-1	1	-1	3
\$25,000 - 34,999	8	4	7	7	11	9	16	-4	3	NC	4	-2	7
\$35,000 - 49,999	9	8	9	18	10	13	12	-1	1	9**	-8*	3	-1
\$50,000+	12	12	15	11	11	15	15	NC	3	-4	NC	4	NC
<i>Physically Active</i>													
Did not meet recommendations							12						
Met recommendations							13						
<i>Overweight Status</i>													
Overweight/Obese							11						
Not overweight							13						

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

2001 California Dietary Practices Survey

Table 48: Consumption of Soy Products

Question: Yesterday how many times did you eat soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk?

	Percent Ate Soy
Total	12
Sex	
Males	12
Females	13
Males	
18 - 24	15
25 - 34	11
35 - 50	9
51 - 64	16
65+	12
Females	
18 - 24	8
25 - 34	11
35 - 50	15
51 - 64	10
65+	19
Ethnicity	
White	13
Hispanic	8
Black	11
Asian/ Pacific Islander	24
Education	
Less than high school	9
High school graduate	9
Some college	14
College graduate	15
Income	
Less than \$15,000	11
\$15,000 - 24,999	13
\$25,000 - 34,999	16
\$35,000 - 49,999	12
\$50,000+	12
Physically Active	
Did not meet recommendations	10
Met recommendations	15
Overweight Status	
Overweight/Obese	10
Not overweight	15

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

2001 California Dietary Practices Survey

Table 49: Lowfat Frozen Dairy Desserts that Adults Ate

Question: Yesterday did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?

	Percent Who Ate Lowfat Frozen Dairy Desserts
Total	14
<i>Sex</i>	
Males	14
Females	13
<i>Males</i>	
18 - 24	11 ***
25 - 34	9
35 - 50	12
51 - 64	20
65+	28
<i>Females</i>	
18 - 24	19
25 - 34	14
35 - 50	10
51 - 64	12
65+	15
<i>Ethnicity</i>	
White	12 ***
Hispanic	19
Black	6
Asian/ Pacific Islander	20
<i>Education</i>	
Less than high school	14
High school graduate	14
Some college	12
College graduate	14
<i>Income</i>	
Less than \$15,000	14
\$15,000 - 24,999	12
\$25,000 - 34,999	16
\$35,000 - 49,999	20
\$50,000+	11
<i>Physically Active</i>	
Did not meet recommendations	14
Met recommendations	13
<i>Overweight Status</i>	
Overweight/Obese	13
Not Overweight	14

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

Chi square test:

*** p<.001

2001 California Dietary Practices Survey

Table 50: Proportion of California Adults Who Ate High Fat Milk Products (Of Persons Eating the Food)

Question: Yesterday, was the milk you drank whole milk?

Yesterday, was the cheese you ate regular cheese?

Base: Out of Milk Drinkers and Cheese Eaters Respectively

	Percent	
	Whole Milk	Regular Cheese
Total	30	80
<i>Sex</i>		
Males	32 **	82
Females	27	78
<i>Males</i>		
18 - 24	38	88 **
25 - 34	37	90
35 - 50	34	82
51 - 64	33	74
65+	12	61
<i>Females</i>		
18 - 24	42 *	85 **
25 - 34	34	80
35 - 50	24	81
51 - 64	25	81
65+	14	57
<i>Ethnicity</i>		
White	21 ***	80
Hispanic	53	83
Black	55	79
Asian/ Pacific Islander	27	76
<i>Education</i>		
Less than high school	58 ***	80
High school graduate	34	76
Some college	23	82
College graduate	20	81
<i>Income</i>		
Less than \$15,000	38 ***	78
\$15,000 - 24,999	34	78
\$25,000 - 34,999	32	93
\$35,000 - 49,999	27	84
\$50,000+	20	81
<i>Physically Active</i>		
Did not meet recommendations	33 *	82
Met recommendations	26	78
<i>Overweight Status</i>		
Overweight/Obese	27	81
Not overweight	30	80

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

2001 California Dietary Practices Survey

Table 51: Consumption of Milk, Yogurt, or Cheese (At least two different items), Trends 1991-2001

Question: Yesterday, did you eat at least two items of milk, yogurt, or cheese?

	Percent Who Ate at Least Two Items						Change of Percentage				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	33	36	35	31	34	35	3	-1	-4	3	1
<i>Sex</i>											
Males	34	36	39	30	34	36	2	3	-9**	4	2
Females	32	36	30	32	33	34	4	-6	2	1	1
<i>Males</i>											
18 - 24	42	40	55	47	42	44	-2	15*	-8	-5	2
25 - 34	38	39	49	35	35	41	1	10	-14*	NC	6
35 - 50	31	35	35	28	39	36	4	NC	-7	**11	-3
51 - 64	28	30	28	23	22	24	2	-2	-5	-1	2
65+	28	31	29	21	26	31	3	-2	-8	5	5
<i>Females</i>											
18 - 24	36	40	33	38	37	33	4	-7	5	-1	-4
25 - 34	35	41	32	36	36	43	6	-9	4	NC	7
35 - 50	30	34	34	29	33	34	4	NC	-5	4	1
51 - 64	21	30	20	26	29	24	9	-10	6	3	-5
65+	35	31	33	33	30	32	-4	2	NC	-3	2
<i>Ethnicity</i>											
White	38	39	35	34	35	39	1	-4	-1	1	4*
Hispanic	25	34	45	33	37	30	9*	11*	-12**	4	-7*
Black	20	19	16	15	23	25	-1	-3	-1	8	2
Asian/Pacific Islander					17	21					4
<i>Education</i>											
Less than high school	24	25	35	29	34	27	1	10	-6	5	-7
High school graduate	29	34	38	26	32	39	5	4	-12**	6	7
Some college	38	37	33	32	31	31	-1	-4	-1	-1	NC
College graduate	34	40	33	34	36	39	6	-7	1	2	3
<i>Income</i>											
Less than \$15,000	29	33	27	30	34	29	4	-6	3	4	-5
\$15,000 - 24,999	29	34	37	28	38	36	5	3	-9	10**	-2
\$25,000 - 34,999	33	37	29	36	27	29	4	-8	7	-9	2
\$35,000 - 49,999	31	37	41	39	35	40	6	4	-2	-4	5
\$50,000+	36	40	38	28	31	40	4	-2	-10**	3	9**
<i>Physically Active</i>											
Did not meet recommendations						32					
Met recommendations						38					
<i>Overweight Status</i>											
Overweight/Obese						36					
Not overweight						35					

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

2001 California Dietary Practices Survey

Table 52: Consumption of No Milk, Yogurt, or Cheese, Trends 1991-2001

Question: Yesterday, did you eat any milk, yogurt, or cheese?

	Percent Who Had No Milk, Yogurt, or Cheese						Change of Percentage				
	1991	1993	1995	1997	1999	2001	1991- 93	1993- 95	1995- 97	1997- 99	1999- 01
Total	24	21	22	23	21	21	-3	1	1	-2	NC
<i>Sex</i>											
Males	24	21	20	23	20	18	-3	-1	3	-3	-2
Females	23	22	23	22	22	23	-1	1	-1	NC	1
<i>Males</i>											
18 - 24	15	17	7	15	10	17	2	-10*	8	-5	7
25 - 34	25	17	20	20	16	16	-8	3	NC	-4	NC
35 - 50	27	25	27	21	21	17	-2	2	-6	NC	-4
51 - 64	26	29	20	41	34	22	3	-9	21**	-7	-12*
65+	24	12	17	23	14	20	-12	5	6	-9	6
<i>Females</i>											
18 - 24	21	16	26	12	20	12	5	10	-14*	8	-8
25 - 34	17	17	24	21	15	18	NC	7	-3	-6	3
35 - 50	25	22	25	22	25	24	-3	3	-3	3	-1
51 - 64	25	33	25	29	26	27	8	-8	4	-3	1
65+	24	24	13	23	24	31	NC	-11*	10	1	7
<i>Ethnicity</i>											
White	19	17	19	20	18	18	-2	2	1	-2	NC
Hispanic	26	19	21	22	19	24	-7	2	1	-3	5
Black	34	37	37	37	42	28	3	NC	NC	5	-14*
Asian/Pacific Islander					44	23					-21**
<i>Education</i>											
Less than high school	30	22	20	27	23	27	8	-2	7	-4	4
High school graduate	25	22	18	23	23	18	-3	-4	5	NC	-5
Some college	23	22	26	24	20	22	-1	4	-2	-4	2
College graduate	20	20	21	20	20	18	NC	1	-1	NC	-2
<i>Income</i>											
Less than \$15,000	23	23	21	25	21	22	NC	-2	4	-4	1
\$15,000 - 24,999	29	24	21	22	22	17	-5	-3	1	NC	-5
\$25,000 - 34,999	22	22	26	22	19	23	NC	4	-4	-3	4
\$35,000 - 49,999	23	20	18	27	22	25	-3	-2	9*	-5	3
\$50,000+	21	19	22	19	20	16	-2	3	-3	1	-4
<i>Physically Active</i>											
Did not meet recommendations						21					
Met recommendations						20					
<i>Overweight Status</i>											
Overweight/Obese						20					
Not overweight						21					

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

2001 California Dietary Practices Survey

Table 53: Consumption of Milk

Question: Yesterday, did you drink any milk, including chocolate milk, a fast-food milkshake, or have milk on cereal?

Was the milk you drank regular, reduced fat (2%), lowfat (1%), or nonfat (skim)?
Which kind did you drink the most?

	Percent			
	Drank Any Milk	Drank No Milk	Drank Whole Milk	Drank NonFat Milk
Total	55	45	16	11
Sex				
Males	60 **	40 **	19 ***	9 ***
Females	52	48	14	12
Males				
18 - 24	63	37	24	10
25 - 34	59	41	22	9
35 - 50	61	39	20	8
51 - 64	57	43	19	9
65+	59	41	7	9
Females				
18 - 24	57	43	24 **	8 **
25 - 34	58	42	20	16
35 - 50	46	54	11	10
51 - 64	46	54	11	8
65+	52	48	7	18
Ethnicity				
White	58 **	42 **	12 ***	14 ***
Hispanic	58	42	30	5
Black	45	55	24	4
Asian/ Pacific Islander	43	57	11	7
Education				
Less than high school	57 ***	43 ***	33 ***	4 ***
High school graduate	61	39	20	10
Some college	48	52	11	9
College graduate	57	43	11	15
Income				
Less than \$15,000	55	45	20 ***	7 ***
\$15,000 - 24,999	60	40	20	6
\$25,000 - 34,999	52	48	17	10
\$35,000 - 49,999	55	45	15	11
\$50,000+	56	44	11	16
Physically Active				
Did not meet recommendations	55	45	18 *	9 *
Met recommendations	55	45	14	13
Overweight Status				
Overweight/Obese	58	42	15	11
Not overweight	53	47	16	10

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

2001 California Dietary Practices Survey

Table 54: Servings of Any Fluid Milk

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast-food milk shake, or have milk on cereal?
How many glasses of milk did you have yesterday?

	Percent Drank Servings of Any Milk				
	None	1	2	3+	
Total	47	33	14	7	
<i>Sex</i>					
Males	42	35	15	9	***
Females	51	32	12	5	
<i>Males</i>					
18 - 24	38	29	13	19	***
25 - 34	42	28	20	11	
35 - 50	41	36	17	6	
51 - 64	45	41	9	5	
65+	43	42	10	5	
<i>Females</i>					
18 - 24	46	33	12	9	
25 - 34	43	35	17	5	
35 - 50	58	28	10	4	
51 - 64	56	31	10	3	
65+	49	33	14	5	
<i>Ethnicity</i>					
White	44	34	14	8	**
Hispanic	45	36	15	4	
Black	57	23	17	3	
Asian/ Pacific Islander	57	30	8	4	
<i>Education</i>					
Less than high school	45	35	14	5	***
High school graduate	39	34	16	10	
Some college	55	26	13	6	
College graduate	46	38	11	6	
<i>Income</i>					
Less than \$15,000	46	33	14	6	
\$15,000 - 24,999	42	36	14	7	
\$25,000 - 34,999	52	33	12	3	
\$35,000 - 49,999	46	34	15	5	
\$50,000+	46	32	12	9	
<i>Physically Active</i>					
Did not meet recommendations	47	34	14	6	
Met recommendations	47	32	14	8	
<i>Overweight Status</i>					
Overweight/Obese	44	34	15	7	
Not overweight	49	31	12	7	

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

Chi square test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Cross Tab 55: Milk Products, by Recommendations Heard

*Question: Have you heard of any recommendations on the total number of servings of milk products you SHOULD have every day for good health?
What was the number of servings recommended?*

Servings of Milk Products Heard Recommended	Percent Consumption of Milk Products	
	0-2 servings	3+ servings
0-2 servings	98	2
3+ servings	90	10

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

Chi square test:

*** $p < .001$

2001 California Dietary Practices Survey

Table 56: Consumption of Meat Yesterday, and Fat Trimming Practices

Question: How many times did you eat red meat, including beef, pork, lamb, or lunchmeat, hot dogs or sausages made from beef, pork or lamb yesterday?

When you eat red meat or chicken, how often do you trim away the fat from the meat or remove the skin from chicken? Would you say you do this always, sometimes, rarely or never?

	Percent Times Ate Red Meat ¹			Mean Times Eaten ²	Percent of Meat Eaters Who Trim Fat Away Sometimes or Always ¹
	0	1	2+		
Total	44	40	15	0.7	83
<i>Sex</i>					
Males	36	44	20	0.9	79
Females	52	37	11	0.6	87
<i>Males</i>					
18 - 24	28	48	23	1.0 ^c	79
25 - 34	36	37	27	0.9 ^{bc}	73
35 - 50	36	47	17	0.8 ^{abc}	82
51 - 64	38	43	20	0.8 ^{abc}	82
65+	47	47	6	0.6 ^a	80
<i>Females</i>					
18 - 24	48	36	16	0.7	88
25 - 34	46	42	11	0.7	89
35 - 50	54	36	10	0.6	87
51 - 64	49	40	12	0.6	80
65+	61	29	10	0.5	92
<i>Ethnicity</i>					
White	44	40	16	0.7	84
Hispanic	42	43	16	0.8	85
Black	41	43	16	0.8	77
Asian/ Pacific Islander	47	38	15	0.8	82
<i>Education</i>					
Less than high school	44	42	14	0.7 ^a	79
High school graduate	36	46	18	0.9 ^b	81
Some college	44	42	14	0.7 ^a	85
College graduate	50	34	16	0.7 ^a	85
<i>Income</i>					
Less than \$15,000	45	39	16	0.8	78
\$15,000 - 24,999	42	43	15	0.7	82
\$25,000 - 34,999	41	48	11	0.7	81
\$35,000 - 49,999	41	42	18	0.8	83
\$50,000+	46	38	16	0.7	88
<i>Physically Active</i>					
Did not meet recommendations	41	45	14	0.8	82
Met recommendations	49	34	17	0.7	85
<i>Overweight Status</i>					
Overweight/Obese	41	42	17	0.8	84
Not overweight	47	38	15	0.7	84

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square).

² A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). Categories sharing ANOVA and Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 57: Frequency of Using Butter, Margarine, or Mayonnaise

Question: How often do you use butter, margarine, or mayonnaise on your bread or tortillas?

	Percent Used			
	Always	Sometimes	Rarely / Never	
Total	30	37	33	
<i>Sex</i>				
Males	30	36	34	
Females	30	38	33	
<i>Males</i>				
18 - 24	17	46	37	***
25 - 34	27	35	38	
35 - 50	28	37	36	
51 - 64	43	34	23	
65+	43	27	29	
<i>Females</i>				
18 - 24	21	46	33	
25 - 34	25	44	31	
35 - 50	33	35	32	
51 - 64	28	33	39	
65+	36	31	33	
<i>Ethnicity</i>				
White	33	36	31	***
Hispanic	20	40	40	
Black	32	32	36	
Asian/ Pacific Islander	25	48	27	
<i>Education</i>				
Less than high school	27	32	41	*
High school graduate	33	38	29	
Some college	31	39	30	
College graduate	28	36	36	
<i>Income</i>				
Less than \$15,000	29	37	34	
\$15,000 - 24,999	30	38	33	
\$25,000 - 34,999	31	35	35	
\$35,000 - 49,999	30	42	28	
\$50,000+	34	35	31	
<i>Physically Active</i>				
Did not meet recommendations	34	37	30	***
Met recommendations	25	37	38	
<i>Overweight Status</i>				
Overweight/Obese	32	37	31	
Not overweight	29	36	35	

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

Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 58: Consumption of Deep Fat Fried Foods, Trends 1993-2001

Question: Yesterday, did you eat any deep fat fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, or onion rings?

	Percent Ate Deep Fat Fried Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	21	21	20	19	19	NC	-1	-1	NC
<i>Sex</i>									
Males	22	25 **	23 **	22 **	23 ***	3	-2	-1	1
Females	20	18	17	16	16	-2	-1	-1	NC
<i>Males</i>									
18 - 24	29	40	31 **	34 ***	31 *	11	-9	4	-3
25 - 34	23	26	28	26	22	3	2	-2	-4
35 - 50	24	29	24	24	24	5	-5	NC	NC
51 - 64	19	16	18	12	19	-3	2	-6	7
65+	14	7	12	12	14	-7	5	NC	2
<i>Females</i>									
18 - 24	34 ***	22 ***	24 *	28 ***	20 *	-12	2	4	-8
25 - 34	24	27	19	16	17	3	-8	-3	1
35 - 50	19	22	18	16	18	3	-4	-2	2
51 - 64	17	9	16	10	15	-8	7	-6	5
65+	11	5	9	10	6	-6	4	1	-4
<i>Ethnicity</i>									
White	15 ***	18	17 **	16 ***	16 ***	3	-1	-1	NC
Hispanic	32	24	22	24	22	-8*	-2	2	-2
Black	29	27	28	33	33	-2	1	5	NC
Asian/Pacific Islander				17	26				9
<i>Education</i>									
Less than high school	32 ***	24	26	24 *	17 *	-8	2	-2	-7
High school graduate	24	21	20	21	23	-3	-1	1	2
Some college	21	21	20	20	20	NC	-1	NC	NC
College graduate	15	20	18	15	16	5	-2	-3	1
<i>Income</i>									
Less than \$15,000	30 ***	22	18	20	18	-8	-4	2	-2
\$15,000 - 24,999	23	20	19	19	19	-3	-1	NC	NC
\$25,000 - 34,999	21	25	23	21	19	4	-2	-2	-2
\$35,000 - 49,999	20	22	19	21	18	2	-3	2	-3
\$50,000+	14	23	21	16	22	9***	-2	*-5	6*
<i>Physically Active</i>									
Did not meet recommendations					22 ***				
Met recommendations					15				
<i>Overweight Status</i>									
Overweight/Obese					21 *				
Not overweight					16				

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

2001 California Dietary Practices Survey

Table 59: Consumption of Chips and Other Fried Snack Foods, Trends 1993-2001

Question: Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snacks?

	Percent Ate Fried Snack Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	21	21	21	21	24	NC	NC	NC	3
<i>Sex</i>									
Males	24 *	21	23	23	27 **	-3	2	NC	4
Females	18	20	19	20	20	2	-1	1	NC
<i>Males</i>									
18 - 24	27 *	37 **	24	23	30	10	-13	-1	7
25 - 34	33	24	26	26	32	-9	2	NC	6
35 - 50	23	18	24	20	24	-5	6	-4	4
51 - 64	17	17	14	24	24	NC	-3	10	NC
65+	18	11	22	27	26	-7	11	5	-1
<i>Females</i>									
18 - 24	24	22	30 ***	29 *	21	-2	8	-1	-8
25 - 34	20	19	22	20	23	-1	3	-2	3
35 - 50	20	23	23	22	20	3	NC	-1	-2
51 - 64	14	17	12	15	21	3	-5	3	6
65+	15	17	11	14	17	2	-6	3	3
<i>Ethnicity</i>									
White	19 ***	20	20	21	24	1	NC	1	3
Hispanic	22	22	23	19	20	NC	1	-4	1
Black	45	22	23	30	29	-23**	1	7	-1
Asian/Pacific Islander				19	29				10
<i>Education</i>									
Less than high school	15 *	22	22	15 ***	20	7	NC	-7	5
High school graduate	25	23	22	20	26	-2	-1	-2	6*
Some college	23	19	24	28	22	-4	5	4	-6
College graduate	19	19	17	19	24	NC	-2	2	5
<i>Income</i>									
Less than \$15,000	20	22	23	19	21	2	1	-4	2
\$15,000 - 24,999	25	22	22	22	23	-3	NC	NC	1
\$25,000 - 34,999	18	16	22	21	26	-2	6	-1	5
\$35,000 - 49,999	21	24	16	28	25	3	-8	13**	-3
\$50,000+	24	19	21	22	24	-5	2	1	2
<i>Physically Active</i>									
Did not meet recommendations					23				
Met recommendations					24				
<i>Overweight Status</i>									
Overweight/Obese					22				
Not overweight					26				

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

2001 California Dietary Practices Survey

Table 60a: Consumption of High Fat Sweets, Breakfast Pastries, and Frozen Dairy Desserts

*Question: Yesterday, did you eat any desserts like cake, pie, cookies, brownies, or chocolate candy
 Yesterday, did you eat any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants,
 or pop tarts?
 Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?*

	Percent Ate		
	High Fat Sweets	Breakfast Pastries	Lowfat Frozen Dairy Desserts ¹
Total	42	15	14
<i>Sex</i>			
Males	42	18 ***	14
Females	41	12	13
<i>Males</i>			
18 - 24	45	17	11 ***
25 - 34	39	17	9
35 - 50	39	18	12
51 - 64	42	17	20
65+	50	24	28
<i>Females</i>			
18 - 24	40	9	19
25 - 34	47	14	14
35 - 50	38	10	10
51 - 64	33	12	12
65+	46	12	15
<i>Ethnicity</i>			
White	45 ***	12 ***	12 ***
Hispanic	32	23	19
Black	47	19	6
Asian/ Pacific Islander	35	11	20
<i>Education</i>			
Less than high school	24 ***	22 **	14
High school graduate	44	16	14
Some college	44	13	12
College graduate	44	12	14
<i>Income</i>			
Less than \$15,000	37	18 *	14
\$15,000 - 24,999	43	18	12
\$25,000 - 34,999	40	12	16
\$35,000 - 49,999	48	12	20
\$50,000+	45	12	11
<i>Physically Active</i>			
Did not meet recommendations	40	16 *	14
Met recommendations	44	13	13
<i>Overweight Status</i>			
Overweight/Obese	39 *	16	13
Not overweight	45	14	14

¹ About 2/3 of frozen dairy desserts were regular varieties, not reduced in fat.

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

2001 California Dietary Practices Survey

Table 60b: Consumption of Deep Fried Foods

Questions: Yesterday, did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, or other fried snack foods?

	Percent	
	Ate deep-fried foods	Ate fried snack foods
Total	19	24
Sex		
Males	23***	27**
Females	16	20
Males		
18 - 24	31*	30
25 - 34	22	32
35 - 50	24	24
51 - 64	19	24
65+	14	26
Females		
18 - 24	20*	21
25 - 34	17	23
35 - 50	18	20
51 - 64	15	21
65+	6	17
Ethnicity		
White	16***	24
Hispanic	22	20
Black	33	29
Asian/Pacific Islander	26	29
Education		
Less than high school	17*	20
High school graduate	23	26
Some college	20	22
College graduate	16	24
Income		
Less than \$15,000	18	21
\$15,000 - 24,999	19	23
\$25,000 - 34,999	19	26
\$35,000 - 49,999	18	25
\$50,000+	22	24
Physically Active		
Did not meet recommendations	22***	23
Met recommendations	15	24
Overweight Status		
Overweight/Obese	21*	22
Not overweight	16	26

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

2001 California Dietary Practices Survey

Table 61: Consumption of Soda

Question: Yesterday, how many cans or glasses of regular soda or sweetened carbonated beverages did you drink?

	Percent Drank Any Soda ²	Mean Servings ¹ of Soda
Total	49	1.0
<i>Sex</i>		
Males	55 ***	1.2 ***
Females	43	0.8
<i>Males</i>		
18 - 24	68 **	1.8 ^c ***
25 - 34	56	1.0 ^{ab}
35 - 50	54	1.0 ^{ab}
51 - 64	51	1.4 ^{bc}
65+	43	0.7 ^a
<i>Females</i>		
18 - 24	58 ***	1.1 ^b ***
25 - 34	55	1.1 ^b
35 - 50	38	0.7 ^a
51 - 64	36	0.6 ^a
65+	32	0.4 ^a
<i>Ethnicity</i>		
White	45 ***	0.9
Hispanic	56	1.0
Black	59	1.2
Asian/ Pacific Islander	46	1.0
<i>Education</i>		
Less than high school	53 *	1.1 ^b **
High school graduate	52	1.1 ^b
Some college	49	1.0 ^{ab}
College graduate	44	0.8 ^a
<i>Income</i>		
Less than \$15,000	47	0.9
\$15,000 - 24,999	53	1.1
\$25,000 - 34,999	44	0.8
\$35,000 - 49,999	58	1.2
\$50,000+	46	0.9
<i>Physically Active</i>		
Did not meet recommendations	51	1
Met recommendations	46	0.9
<i>Overweight Status</i>		
Overweight/Obese	53 **	1.0
Not overweight	45	0.9

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square).

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi square test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 62: Consumption of High Calorie, Low Nutrient Foods

Question: Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts? Do not include reduced fat or fat-free items.
 Yesterday did you eat any deep-fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items.
 Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars? Do not include reduced fat, fat-free, or lower fat items.

	Servings ¹ of High Calorie, Low Nutrient Foods Reported, Mean
Total	1.0
Sex	
Males	1.1 *
Females	0.9
Males	
18 - 24	1.2
25 - 34	1.1
35 - 50	1.0
51 - 64	1.0
65+	1.1
Females	
18 - 24	0.9
25 - 34	1.0
35 - 50	0.9
51 - 64	0.8
65+	0.8
Ethnicity	
White	1.0 ^a *
Hispanic	1.0 ^a
Black	1.3 ^b
Asian/ Pacific Islander	1.0 ^{ab}
Education	
Less than high school	0.8 ^a **
High school graduate	1.1 ^b
Some college	1.0 ^{ab}
College graduate	1.0 ^{ab}
Income	
Less than \$15,000	0.9
\$15,000 - 24,999	1.0
\$25,000 - 34,999	1.0
\$35,000 - 49,999	1.0
\$50,000+	1.0
Physical Activity	
Did not meet recommendations	1.0
Met recommendations	1.0
Overweight Status	
Overweight/Obese	1.0
Not overweight	1.0

¹ Each report of "any" was counted as one serving.

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Chi Square Test:

* p<.05

** p<.01

2001 California Dietary Practices Survey

Table 63: Percent of Eating Out that Was in Fast Food Restaurants, Trends 1989-2001

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

Base: Of people eating out.

	Percent of Adults Eating Out Who Ate Fast Food on the Previous Day								Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Total	37	48	42	38	48	48	41	11**	-6	-4	10**	NC	-7	
Sex														
Males	34	52*	45	45**	50	48	43	18***	-7	NC	5	-2	-5	
Females	39	42	39	32	46	48	39	3	-3	-7	14***	2	-9	
Males														
18 - 24	59***	83*	53**	64***	57	53*	63*	24*	-30**	11	-7	-4	10	
25 - 34	43	57	56	52	54	59	39	14	-1	-4	2	4	-20	
35 - 50	29	49	39	45	47	47	42	20*	-10	6	2	NC	-5	
51 - 64	15	19	54	31	45	32	42	4	35**	-23	14	13	10	
65+	30	33	16	15	34	30	30	3	-17	-1	19	-4	NC	
Females														
18 - 24	46	60	46	33	63**	56	45	14	-14	-13	30**	-7	-11	
25 - 34	44	51	48	38	52	58	44	7	-3	-10	14	7	-14	
35 - 50	43	37	37	35	43	45	40	-6	NC	-2	8	2	-5	
51 - 64	28	34	30	26	34	35	27	6	-4	-4	8	1	-8	
65+	19	26	29	13	24	40	29	7	3	-16	11	16	-11	
Ethnicity														
White	33*	44	36***	32**	45	44***	36**	11**	-8*	-4	13***	-1	-8	
Hispanic	49	48	63	56	54	62	56	-1	15	-7	-2	8	-6	
Black	47	70	57	63	50	69	44	23	-13	6	-13	19*	-25	
Asian/Pacific Islander						38	44						6	
Education														
Less than high school	40*	53	63**	61**	66**	70***	39	13	10	-2	5	4	-31	
High school graduate	40	52	49	48	56	59	47	12	-3	-1	8	3	-12	
Some college	42	49	40	37	51	54	41	7	-9	-3	14**	3	-13	
College graduate	25	42	35	32	36	33	37	17**	-7	-3	4	-3	4	
Income														
Less than \$15,000	37**	60	51***	45	53	56***	49	23*	-9	-6	8	3	-7	
\$15,000 - 24,999	52	41	39	46	53	58	41	-11	-2	7	7	5	-17	
\$25,000 - 34,999	43	50	55	47	53	41	41	7	5	-8	6	-12	NC	
\$35,000 - 49,999	36	44	49	40	44	58	50	8	5	-9	4	14	-8	
\$50,000+	24	44	27	34	45	37	35	20**	-17**	7	11*	-8	-2	
Physically Active														
Did not meet recommendations							46**							
Met recommendations							35							
Overweight Status														
Overweight/Obese							42							
Not overweight							39							

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

2001 California Dietary Practices Survey

Cross Tab 64: Eating out Compared to Consumption of Fruits and Vegetables, High Fiber Foods, Dairy Products, and High Fat Food Intake

Base: Out of everyone, unless indicated

Out of Home Eating	Mean Servings of Fruits and Vegetables Eaten ¹
No Meals Eaten Out	4.0 ^c ***
Yes, not fast food	3.9 ^{bc}
Yes, fast food	3.2 ^a

Out of Home Eating	Percent having No whole grain bread, beans, or high fiber
No Meals Eaten Out	34 ***
Yes, not fast food	36
Yes, fast food	45

Out of Home Eating	Percent having whole/2% milk (out of milk drinkers) ²
No Meals Eaten Out	65 **
Yes, not fast food	57
Yes, fast food	74

Out of Home Eating	Percent having any milk ²
No Meals Eaten Out	57
Yes, not fast food	52
Yes, fast food	54

Out of Home Eating	Percent having cheese ²
No Meals Eaten Out	43 ***
Yes, not fast food	54
Yes, fast food	68

Out of Home Eating	Percent having deep fried fat foods, like french fries, fried chicken, chicken nuggets, fried shrimp, or onion rings ²
No Meals Eaten Out	9 ***
Yes, not fast food	19
Yes, fast food	54

Out of Home Eating	Percent having fried snack foods, like potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods ²
No Meals Eaten Out	21 ***
Yes, not fast food	20
Yes, fast food	35

Out of Home Eating	Percent having high fat sweets/desserts, like cake, pie, cookies, brownies, or chocolate candy bars ²
No Meals Eaten Out	37 ***
Yes, not fast food	47
Yes, fast food	49

Out of Home Eating	Percent having frozen dairy desserts, like frozen yogurt, ice cream, or soft serve ²
No Meals Eaten Out	14
Yes, not fast food	14
Yes, fast food	12

Out of Home Eating	Percent "always" or "sometimes" using butter, margarine, or mayonnaise on your bread or tortillas ²
No Meals Eaten Out	64 ***
Yes, not fast food	65
Yes, fast food	80

Out of Home Eating	Percent having any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or poptarts ²
No Meals Eaten Out	13 *
Yes, not fast food	17
Yes, fast food	19

Categories sharing a common superscript (a, b, c) are not statistically different from each other on a Chi square test.

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 65: Percent of Californians Who Ate At Least One Meal Out, Trends 1989-2001

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

	Percentage of Adults Eating One or More Meals Out ²							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	41	41	41	48	41	44	41	NC	NC	7	-7***	3	-3
Sex													
Males	44 *	49 ***	44 *	53 **	43 *	48 **	46 ***	5	-5	9	-10**	5	-2
Females	38	34	38	44	38	40	36	-4	4	6	-6*	2	-4
Males													
18 - 24	36 *	61 ***	59 ***	58 *	60 ***	61 ***	41 ***	25	-2	-1	2	1	-20
25 - 34	56	46	47	57	47	56	58	-10	1	10	-10	9	2
35 - 50	43	58	49	56	45	46	49	15	-9	7	-11*	1	3
51 - 64	47	45	38	35	37	40	41	-2	-7	-3	2	3	1
65+	30	20	25	51	25	35	30	-10	5	26	-26***	10	-5
Females													
18 - 24	50 **	36	48 ***	55 **	52 ***	49 ***	37 **	-14	12	7	-3	-3	-12
25 - 34	38	42	40	45	47	44	44	4	-2	5	2	-3	NC
35 - 50	43	34	43	50	40	46	39	-9	9	7	-10*	6	-7
51 - 64	33	35	43	38	37	41	34	2	8	-5	-1	4	-7
65+	23	23	22	28	17	18	22	NC	-1	6	-11	1	4
Ethnicity													
White	43	45 *	45 ***	51 **	41	47 ***	44 **	2	NC	6	-10***	6**	-3
Hispanic	35	35	34	38	36	33	32	NC	-1	4	-2	-3	-1
Black	38	41	32	45	45	44	46	3	-9	13	NC	-1	2
Asian/Pacific Islander						50	48						-2
Education													
Less than high school	24 ***	23 ***	23 ***	25 ***	26 ***	24 ***	22 ***	-1	NC	2	1	-2	-2
High school graduate	37	41	42	46	39	42	38	4	1	4	-7	3	-4
Some college	50	47	46	50	43	45	45	-3	-1	4	-7*	2	NC
College graduate	44	45	45	54	44	51	48	1	NC	9	-10**	7*	-3
Income													
Less than \$15,000	34 **	26 ***	33 ***	37 ***	29 ***	34 ***	27 ***	-8	7	4	-8	5	-7
\$15,000 - 24,999	40	36	34	39	37	39	39	-4	-2	5	-2	2	NC
\$25,000 - 34,999	42	45	43	52	38	45	36	3	-2	9	-14*	7	-9
\$35,000 - 49,999	47	51	52	45	46	45	45	4	1	-7	1	-1	NC
\$50,000+	52	53	50	60	50	58	55	1	-3	10	-10**	8*	-3
Physically Active													
Did not meet recommendations							41						
Met recommendations							41						
Overweight Status													
Overweight/Obese							42						
Not overweight							41						

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

2001 California Dietary Practices Survey

Table 66: Consumption of Fast Food

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

	Percent Who Ate Fast Food	
	Out of Everyone	Out of Those Who Eat Out
Total	17	41
<i>Sex</i>		
Males	20**	43
Females	14	39
<i>Males</i>		
18 - 24	26*	63*
25 - 34	22	39
35 - 50	20	42
51 - 64	17	42
65+	9	30
<i>Females</i>		
18 - 24	17**	45
25 - 34	20	44
35 - 50	16	40
51 - 64	9	27
65+	6	29
<i>Ethnicity</i>		
White	16	36**
Hispanic	18	56
Black	20	44
Asian/ Pacific Islander	21	44
<i>Education</i>		
Less than high school	9*	39
High school graduate	18	47
Some college	19	41
College graduate	18	37
<i>Income</i>		
Less than \$15,000	13	49
\$15,000 - 24,999	16	41
\$25,000 - 34,999	14	41
\$35,000 - 49,999	22	50
\$50,000+	20	35
<i>Physically Active</i>		
Did not meet recommendations	19*	46**
Met recommendations	15	35
<i>Overweight Status</i>		
Overweight/Obese	18	42
Not overweight	16	39

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

2001 California Dietary Practices Survey

Table 67: Types of Restaurants Californians Ate At Yesterday

Question: Which of the following other types of restaurants did you eat at yesterday?

	Family Style	Fine Dining	Percent Cafeteria at Work	Self-Service (Buffet)	Other
Total	38	18	12	13	19
<i>Sex</i>					
Males	42	14 *	13	13	16
Females	34	22	12	13	22
<i>Males</i>					
18 - 24	50 **	insufficient sample size for analysis			
25 - 34	22				
35 - 50	52				
51 - 64	45				
65+	53				
<i>Females</i>					
18 - 24	41	insufficient sample size for analysis			
25 - 34	34				
35 - 50	28				
51 - 64	36				
65+	45				
<i>Ethnicity</i>					
White	38	20	12	12	19
Hispanic	41	13	14	18	18
Black	19	25	15	9	20
Asian/ Pacific Islander	46	4	10	20	19
<i>Education</i>					
Less than high school	23 **	3	30	26	23 *
High school graduate	54	13	12	9	9
Some college	41	18	8	14	14
College graduate	32	22	13	13	25
<i>Income</i>					
Less than \$15,000	27	8 **	25	17	22
\$15,000 - 24,999	41	15	13	16	14
\$25,000 - 34,999	43		13	18	26
\$35,000 - 49,999	53	13	12	10	17
\$50,000+	37	26	10	10	22
<i>Physically Active</i>					
Did not meet recommendations	44 *	10 ***	12	11	20
Met recommendations	32	26	13	15	18
<i>Overweight Status</i>					
Overweight/Obese	41	12 **	14	10 *	21
Not overweight	36	24	10	17	18

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

2001 California Dietary Practices Survey

Table 68: Meals Eaten at Fast Food Restaurants

Question: *What meal or meals yesterday did you eat at a fast food restaurant? (Check all that apply)*

Base: *Out of those who ate fast food*

	Percent			
	Breakfast	Lunch	Dinner	Snack
Total	15	58	38	4
<i>Sex</i>				
Males	insufficient sample size for analysis	60	39	insufficient sample size for analysis
Females		55	36	
<i>Males</i>				
18 - 24	insufficient sample size for analysis	54	60**	insufficient sample size for analysis
25 - 34		70	31	
35 - 50		49	41	
51 - 64		68	10	
65+		86	49	
<i>Females</i>				
18 - 24	insufficient sample size for analysis	62	34	insufficient sample size for analysis
25 - 34		54	36	
35 - 50		50	31	
51 - 64		53	50	
65+		72	28	
<i>Ethnicity</i>				
White	insufficient sample size for analysis	58	36	insufficient sample size for analysis
Hispanic		63	32	
Black		62	56	
Asian/ Pacific Islander		34	48	
<i>Education</i>				
Less than high school	insufficient sample size for analysis	56	18	insufficient sample size for analysis
High school graduate		60	38	
Some college		60	44	
College graduate		56	33	
<i>Income</i>				
Less than \$15,000	insufficient sample size for analysis	42*	51	insufficient sample size for analysis
\$15,000 - 24,999		54	33	
\$25,000 - 34,999		47	40	
\$35,000 - 49,999		76	38	
\$50,000+		62	35	
<i>Physically Active</i>				
Did not meet recommendations	insufficient sample size for analysis	57	38	insufficient sample size for analysis
Met recommendations		59	37	
<i>Overweight Status</i>				
Overweight/Obese	insufficient sample size for analysis	62	35	insufficient sample size for analysis
Not overweight		53	42	

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

Chi Square Test

* p<.05

** p<.01

2001 California Dietary Practices Survey

Table 69: Californians Living in Proximity to Exercise Locations and Heard of

*Question: Do you live near a school, park or other place where you can exercise or workout?
Have you heard of recommendations on amount of physical activity or exercise you should get for good health?*

	Percent	
	Living in Proximity to Exercise Locations	Heard Recommendations
Total	75	58
<i>Sex</i>		
Males	76	56
Females	73	60
<i>Males</i>		
18 - 24	84	38
25 - 34	85	50
35 - 50	80	64
51 - 64	60	60
65+	61	64
<i>Females</i>		
18 - 24	78	34
25 - 34	78	53
35 - 50	80	72
51 - 64	63	64
65+	58	64
<i>Ethnicity</i>		
White	74	64
Hispanic	76	46
Black	80	49
Asian/ Pacific Islander	73	53
<i>Education</i>		
Less than high school	66	39
High school graduate	71	48
Some college	77	64
College graduate	79	70
<i>Income</i>		
Less than \$15,000	68	48
\$15,000 - 24,999	68	50
\$25,000 - 34,999	70	54
\$35,000 - 49,999	78	65
\$50,000+	86	70
<i>Physically Active</i>		
Did not meet recommendations	69	56
Met recommendations	82	60
<i>Overweight Status</i>		
Overweight/Obese	74	58
Not overweight	76	59

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

*** p<.001

2001 California Dietary Practices Survey

Table 70: Mean and Range of Days Heard Recommended for Physical Activity

Question: How many days per week should you be active?

Base: Out of those who heard recommendations for physical activity

	Percent Heard ¹				Mean Days Heard ²
	0-2 days	3-4 days	5-6 days	7+ days	
Total	7	53	20	21	4.3
<i>Sex</i>					
Males	8	54	17	20	4.2
Females	5	52	22	21	4.4
<i>Males</i>					
18 - 24	10	42	30	17	4.3
25 - 34	7	57	20	16	4.0
35 - 50	7	61	12	21	4.2
51 - 64	13	52	14	21	4.0
65+	6	44	20	30	4.5
<i>Females</i>					
18 - 24	3	65	27	5	3.9 ^{ab} **
25 - 34	6	66	15	12	4.0 ^a
35 - 50	6	49	25	20	4.3 ^{ab}
51 - 64	5	43	21	31	4.8 ^b
65+	3	46	19	32	4.7 ^{ab}
<i>Ethnicity</i>					
White	5	55	22	18	4.3
Hispanic	13	45	13	29	4.3
Black	12	54	18	16	3.9
Asian/ Pacific Islander	2	55	14	29	4.6
<i>Education</i>					
Less than high school	14	39	9	38	4.6 ^a **
High school graduate	9	41	19	30	4.6 ^b
Some college	5	58	19	19	4.2 ^{ab}
College graduate	5	60	23	13	4.1 ^a
<i>Income</i>					
Less than \$15,000	10	43	15	32	4.5
\$15,000 - 24,999	7	49	20	25	4.3
\$25,000 - 34,999	15	44	20	20	4.1
\$35,000 - 49,999	5	59	16	19	4.1
\$50,000+	3	60	24	14	4.1
<i>Physically Active</i>					
Did not meet recommendations					4.2
Met recommendations					4.3
<i>Overweight Status</i>					
Overweight/Obese	8	53	17	22	4.3
Not overweight	5	54	22	19	4.3

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA)

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi Square Test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 71: Range and Mean of Minutes Heard Recommended for Physical Activity

Question: *How many minutes have you heard recommended?*

How many days per week should you be active?

Base: *Out of those who heard recommendations for physical activity*

	Percent Heard ¹			Mean Minutes Heard ²
	0-29	30-59	60+	
Total	36	54	11	30.4
<i>Sex</i>				
Males	37	51	13	31.0
Females	35	56	9	29.7
<i>Males</i>				
18 - 24	24	52	24	40.6 ^c
25 - 34	28	57	15	34.7 ^{bc}
35 - 50	46	44	10	27.8 ^{ab}
51 - 64	47	47	6	26.0 ^a
65+	21	62	17	34.1 ^{abc}
<i>Females</i>				
18 - 24	35	60	5	27.6
25 - 34	32	59	9	30.6
35 - 50	35	55	9	29.1
51 - 64	23	64	13	33.3
65+	49	44	7	27.1
<i>Ethnicity</i>				
White	35	58	7	29.4
Hispanic	34	49	18	32.8
Black	41	45	14	29.4
Asian/ Pacific Islander	40	44	16	32.5
<i>Education</i>				
Less than high school	31	52	17	32.3
High school graduate	38	45	16	32.1
Some college	37	54	10	30.6
College graduate	35	59	6	28.5
<i>Income</i>				
Less than \$15,000	38	47	15	32.6
\$15,000 - 24,999	38	47	15	31.3
\$25,000 - 34,999	31	59	10	30.4
\$35,000 - 49,999	31	59	10	30.2
\$50,000+	36	57	7	29.2
<i>Physically Active</i>				
Did not meet recommendations				30.3
Met recommendations				30.4
<i>Overweight Status</i>				
Overweight/Obese	34	55	11	31.3
Not overweight	39	51	10	29.5

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA)

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi Square Test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

CrossTab 72: Minutes Heard Recommended by Minutes Active

Question: *How many minutes have you heard recommended?*

How many minutes or hours did you usually keep at your activity?

Minutes Physically Active	Minutes Heard Recommended		
	1-29 minutes	30-59 minutes	60+ minutes
1-29 minutes	36	34	37
30-59 minutes	22	20	8
60+ minutes	42	46	54

2001 California Dietary Practices Survey

CrossTab 73: Days Heard Recommended by Days Active¹

Question: *How many times per week or month did you take part in this activity in the past month?*

Days Physically Active	Days Heard				
	0-2 days	3-4 days	5-6 days	7+ days	
0-2 days	58	33	28	40	***
3-4 days	5	21	17	8	
5-6 days	12	19	17	11	
7+ days	25	28	38	40	

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

Chi Square Test:

*** p<.001

2001 California Dietary Practices Survey

Table 74: Participation Any Physical Activity in the Past Month

Question: *During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?*

	Percent Participating in Any Physical Activity
Total	72
<i>Sex</i>	
Males	74
Females	70
<i>Males</i>	
18 - 24	81 **
25 - 34	82
35 - 50	71
51 - 64	64
65+	70
<i>Females</i>	
18 - 24	68
25 - 34	75
35 - 50	71
51 - 64	67
65+	67
<i>Ethnicity</i>	
White	78 ***
Hispanic	60
Black	61
Asian/ Pacific Islander	68
<i>Education</i>	
Less than high school	52 ***
High school graduate	63
Some college	74
College graduate	84
<i>Income</i>	
Less than \$15,000	60 ***
\$15,000 - 24,999	63
\$25,000 - 34,999	74
\$35,000 - 49,999	81
\$50,000+	87
<i>Overweight Status</i>	
Overweight/Obese	71
Not overweight	74

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

Chi Square Test:

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 76: Times Per Month Family Does Physical Activity Together (Out of Everyone)

Question: How many times per month does your family do some kind of physical activity together, such as gardening, cycling, going to the park, or swimming?

	Mean Number of Times Per Month
Total	5.1
<i>Sex</i>	
Males	5.0
Females	5.1
<i>Males</i>	
18 - 24	3.3
25 - 34	5.0
35 - 50	5.8
51 - 64	4.8
65+	5.8
<i>Females</i>	
18 - 24	3.7
25 - 34	4.9
35 - 50	6.1
51 - 64	4.4
65+	5.6
<i>Ethnicity</i>	
White	5.5 ^b **
Hispanic	4.0 ^a
Black	3.5 ^{ab}
Asian/ Pacific Islander	4.2 ^{ab}
<i>Education</i>	
Less than high school	3.5 ^a ***
High school graduate	4.9 ^{ab}
Some college	4.6 ^a
College graduate	6.1 ^b
<i>Income</i>	
Less than \$15,000	4 ^a ***
\$15,000 - 24,999	4.5 ^a
\$25,000 - 34,999	4.4 ^a
\$35,000 - 49,999	5.4 ^{ab}
\$50,000+	6.4 ^b
<i>Physically Active</i>	
Did not meet recommendations	3.6 ***
Met recommendations	7.0
<i>Overweight Status</i>	
Overweight/Obese	5.4
Not overweight	4.9

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

Chi Square Test

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 77: Level of Activity At Work

Question: *When you are at work, which of the following best describes what you do?
Would you say mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work?*

	Percent			
	Mostly Sitting or Standing	Mostly Walking	Mostly Heavy Labor	Not Working
Total	44	22	11	23
<i>Sex</i>				
Males	44	23	16	17
Females	45	21	6	29
<i>Males</i>				
18 - 24	43	26	28	3
25 - 34	51	28	17	4
35 - 50	50	26	19	6
51 - 64	52	18	8	22
65+	9	8	3	80
<i>Females</i>				
18 - 24	47	28	11	14
25 - 34	54	25	6	15
35 - 50	53	24	7	16
51 - 64	47	13	4	35
65+	17	9	1	72
<i>Ethnicity</i>				
White	46	18	10	25
Hispanic	40	30	12	18
Black	40	28	11	21
Asian/ Pacific Islander	55	24	4	17
<i>Education</i>				
Less than high school	23	33	14	29
High school graduate	38	20	15	27
Some college	46	22	11	21
College graduate	57	19	6	18
<i>Income</i>				
Less than \$15,000	32	23	11	34
\$15,000 - 24,999	38	24	14	24
\$25,000 - 34,999	36	31	14	19
\$35,000 - 49,999	50	18	14	17
\$50,000+	63	16	8	14
<i>Physically Active</i>				
Did not meet recommendations	43	22	10	25
Met recommendations	46	22	12	20
<i>Overweight Status</i>				
Overweight/Obese	46	20	11	23
Not overweight	45	23	11	22

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

*** p<.001

2001 California Dietary Practices Survey

Table 78: Main Reasons For Not Being More Physically Active

Question: What is the main reason that you are not more physically active (choose one)?

	Percent				
	Exercise Enough	Too Busy	Lack Self- Motivation	Other	
Total	19	42	12	27	
<i>Sex</i>					
Males	22	43	11	24	**
Females	16	41	12	31	
<i>Males</i>					
18 - 24	19	61	10	9	***
25 - 34	18	57	16	10	
35 - 50	21	47	11	21	
51 - 64	24	28	10	38	
65+	27	11	7	55	
<i>Females</i>					
18 - 24	16	54	14	16	***
25 - 34	10	64	9	17	
35 - 50	17	46	13	24	
51 - 64	18	28	16	38	
65+	23	7	10	60	
<i>Ethnicity</i>					
White	18	40	13	28	*
Hispanic	21	47	7	24	
Black	19	38	14	28	
Asian/ Pacific Islander	19	43	20	18	
<i>Education</i>					
Less than high school	14	40	9	37	***
High school graduate	21	35	12	31	
Some college	19	42	12	27	
College graduate	18	49	12	20	
<i>Income</i>					
Less than \$15,000	14	30	10	46	***
\$15,000 - 24,999	21	37	10	32	
\$25,000 - 34,999	22	49	9	20	
\$35,000 - 49,999	23	45	14	18	
\$50,000+	16	54	13	17	
<i>Physically Active</i>					
Did not meet recommendations	13	40	14	34	***
Met recommendations	27	45	9	19	
<i>Overweight Status</i>					
Overweight/Obese	16	43	12	30	**
Not overweight	22	42	12	24	

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

2001 California Dietary Practices Survey

Cross Tab 79: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at Least 5 Days a Week by Overweight Status

Question: How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?

Physically Active for 30 Minutes or More, 5 Days a Week	Overweight Status ¹ , Percent	
	Overweight/Obese	Not Overweight
Yes	40	49
No	60	51

¹A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

*** p<.01

2001 California Dietary Practices Survey

Cross Tab 80: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at least 6 Days a Week by Overweight Status

Question: How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?

Physically Active for 30 Minutes or More, 6 Days a Week	Overweight Status ¹ , Percent	
	Overweight/Obese	Not Overweight
Yes	34	42
No	66	58

**

¹A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

** p<.01

2001 California Dietary Practices Survey

Table 81: Weight Status (by BMI) and mean BMI

Question: How tall are you without shoes? How much do you weigh?

	Percent ²			Mean BMI ¹
	Not overweight	Overweight	Obese	
Total	51	32	16	25.6
<i>Sex</i>				
Males	43	39	18	26.4
Females	59	26	15	24.9
<i>Males</i>				
18 - 24	59	29	12	24.6 ^a
25 - 34	40	41	20	27 ^{bc}
35 - 50	42	43	15	26.2 ^{abc}
51 - 64	27	44	29	28.3 ^c
65+	52	33	14	25.4 ^{ab}
<i>Females</i>				
18 - 24	78	16	6	22.9 ^a
25 - 34	64	22	14	24.1 ^{ab}
35 - 50	53	30	16	25.7 ^{ab}
51 - 64	48	28	24	26.7 ^b
65+	57	28	14	24.9 ^{ab}
<i>Ethnicity</i>				
White	54	31	15	25.3 ^a
Hispanic	42	37	20	26.8 ^a
Black	44	33	23	26.3 ^a
Asian/ Pacific Islander	62	34	5	24.1 ^a
<i>Education</i>				
Less than high school	41	39	20	26.7
High school graduate	53	28	20	25.8
Some college	49	34	17	25.6
College graduate	55	33	12	25.3
<i>Income</i>				
Less than \$15,000	53	29	18	25.2 ^a
\$15,000 - 24,999	52	32	16	25.1 ^a
\$25,000 - 34,999	44	37	20	27.2 ^a
\$35,000 - 49,999	46	35	19	27.0 ^a
\$50,000+	53	33	14	25.3 ^a
<i>Physically Active</i>				
Did not meet recommendations	47	32	21	26.1
Met recommendations	56	33	11	25.0

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). 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).

² A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA and Chi Square Test:

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 82: Opinion of Weight Status

Question: Do you consider yourself to be overweight, underweight, or about average for your height?

	Percent Agreeing			
	Overweight	Underweight	About Average	
Total	44	6	50	
Sex				
Males	38	8	54	***
Females	50	4	46	
Males				
18 - 24	19	13	68	***
25 - 34	33	9	58	
35 - 50	39	6	55	
51 - 64	56	4	40	
65+	45	8	47	
Females				
18 - 24	33	5	61	***
25 - 34	42	7	51	
35 - 50	60	3	37	
51 - 64	60	4	36	
65+	48	5	47	
Ethnicity				
White	45	6	50	
Hispanic	46	7	48	
Black	47	7	46	
Asian/ Pacific Islander	31	8	61	
Education				
Less than high school	48	7	45	
High school graduate	41	6	52	
Some college	47	5	48	
College graduate	42	6	52	
Income				
Less than \$15,000	45	6	49	*
\$15,000 - 24,999	44	7	49	
\$25,000 - 34,999	53	4	43	
\$35,000 - 49,999	38	11	51	
\$50,000+	45	4	51	
Physically Active				
Did not meet recommendations	48	6	47	**
Met recommendations	40	7	54	
Overweight Status				
Overweight/Obese	71	1	29	***
Not overweight	18	11	71	

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

2001 California Dietary Practices Survey

CrossTab 83: Actual Weight Status by Opinion of Weight Status

Question: *How tall are you without shoes? How much do you weigh?*

Do you consider yourself to be overweight, underweight, or about average for your height?

Think Weight	Weight Status, Percent		
	Not Overweight	Overweight	Obese
Underweight	95	4	1
About Average	72	23	5
Overweight	21	47	32

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

Chi Square Test:

*** $p < .001$

2001 California Dietary Practices Survey

Table 84: Percent Trying to Lose Weight and Method Used

Question: Do you consider yourself to be overweight, underweight, or about average for your height? Are you presently trying to lose weight? What have you done to lose weight?

	Percent Trying to Lose Weight ¹	Method, Percent ²	
		Dieting	Exercising
Total	72	48	35
<i>Sex</i>			
Males	71	44	42
Females	73	51	30
<i>Males</i>			
18 - 24	73	33	52
25 - 34	68	51	39
35 - 50	64	37	44
51 - 64	85	38	46
65+	68	69	26
<i>Females</i>			
18 - 24	73	33	49
25 - 34	71	40	33
35 - 50	77	58	31
51 - 64	72	48	25
65+	71	59	21
<i>Ethnicity</i>			
White	73	48	34
Hispanic	70	44	40
Black	63	57	34
Asian/ Pacific Islander	87	52	32
<i>Education</i>			
Less than high school	60	58	29
High school graduate	75	47	39
Some college	73	50	35
College graduate	74	48	32
<i>Income</i>			
Less than \$15,000	69	56	31
\$15,000 - 24,999	71	47	35
\$25,000 - 34,999	79	38	47
\$35,000 - 49,999	73	53	26
\$50,000+	75	44	37
<i>Physically Active</i>			
Did not meet recommendations	69	54	28
Met recommendations	77	40	44

¹ Out of those who consider themselves overweight

² Out of those who consider themselves overweight and are trying to lose weight

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

Chi Square Test:

* p<.05

*** p<.001

2001 California Dietary Practices Survey

Table 85: Percent Who Lost Weight and Maintained Weight Loss

Question: *Do you consider yourself to be overweight, underweight, or about average for your height?*

Have you ever lost weight and kept it off for one year?

What did you do to lose weight and maintain your weight loss?

	Percent Who Lost and Maintained ¹	Method, Percent ²			
		Dieting	Exercising	Both Dieting / Exercising	Neither Dieting or Exercising
Total	45	25	25	21	30
<i>Sex</i>					
Males	37 ***	30	27	15	28 *
Females	53	21	23	26	31
<i>Males</i>					
18 - 24	29	31	43	8	18
25 - 34	36	24	29	18	29
35 - 50	38	20	25	20	36
51 - 64	37	42	17	25	16
65+	51	49	19		32
<i>Females</i>					
18 - 24	47	11	45	26	18 *
25 - 34	50	18	28	28	26
35 - 50	63	15	18	35	33
51 - 64	63	28	13	13	45
65+	44	39	16	20	24
<i>Ethnicity</i>					
White	49 **	25	24	22	29
Hispanic	38	23	25	22	29
Black	32	18	42	9	31
Asian/ Pacific Islander	30	19	26	12	43
<i>Education</i>					
Less than high school	23 ***	20	27	6	47
High school graduate	44	26	29	15	30
Some college	53	23	19	24	34
College graduate	47	26	28	26	21
<i>Income</i>					
Less than \$15,000	43	22	28	16	35
\$15,000 - 24,999	46	24	31	15	30
\$25,000 - 34,999	42	24	35	14	28
\$35,000 - 49,999	44	30	25	20	25
\$50,000+	51	23	19	30	28
<i>Physically Active</i>					
Did not meet recommendations	41 *	25	23	18	35
Met recommendations	49	25	26	24	25
<i>Overweight Status</i>					
Overweight/Obese	47	20	39	14	27 **
Not overweight	45	27	19	24	30

¹ Out of those who consider themselves about average in Weight

² Out of those who consider themselves about average and maintained weight loss

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

2001 California Dietary Practices Survey

Table 86: Use of Newspaper Food Pages and Weekly Supermarket Advertising

Question: How often do you read the food section of the newspaper?
 Would you say always, sometimes, rarely or never?
 How often do you look for weekly supermarket specials in the newspaper?
 Would you say always, sometimes, rarely or never?
 Do you usually do the major shopping in your household?

Base: Out of everyone

	Percent Read Food Section			Percent Use Supermarket Specials from the Newspaper			Percent Do Major Shopping
	Always/ Almost	Sometimes	Rarely/ Never	Always/ Almost	Sometimes	Rarely/ Never	
Total	18	20	62	33	22	45	78
Sex							
Males	11	19	71	28	21	51	67
Females	24	22	54	38	23	39	88
Males							
18 - 24	3	15	82	20	22	57	57
25 - 34	6	20	74	22	24	53	75
35 - 50	12	22	66	28	21	50	71
51 - 64	12	15	73	31	14	56	67
65+	24	18	58	43	21	36	57
Females							
18 - 24	8	24	68	32	23	45	76
25 - 34	12	26	63	34	25	41	92
35 - 50	22	21	57	37	22	41	91
51 - 64	33	15	52	36	18	46	87
65+	46	23	31	52	23	26	88
Ethnicity							
White	19	19	62	33	20	46	80
Hispanic	13	20	67	34	25	41	73
Black	18	21	61	36	20	44	72
Asian/ Pacific Islander	10	32	57	24	32	44	86
Education							
Less than high school	8	22	71	26	25	49	74
High school graduate	19	21	60	40	24	37	77
Some college	17	19	64	38	18	44	75
College graduate	21	20	59	27	22	51	84
Income							
Less than \$15,000	14	23	63	36	25	39	82
\$15,000 - 24,999	19	24	57	40	22	38	82
\$25,000 - 34,999	20	18	62	45	19	36	80
\$35,000 - 49,999	13	16	72	38	16	46	78
\$50,000 +	19	18	63	22	22	56	74
Physically Active							
Did not meet recommendations	16	21	63	34	22	44	77
Met recommendations	20	19	62	32	22	46	79
Overweight Status							
Overweight/Obese	17	19	64	36	20	44	75
Not overweight	18	22	60	31	24	45	81

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

2001 California Dietary Practices Survey

Table 87: Use of Weekly Supermarket Specials, Trends 1993-2001

Question: How often do you look for weekly supermarket specials that are in the newspaper or posted in the store?

	Percent Who Report Using Weekly Supermarket Specials Always/Almost Always					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	37	35	39	34	33	-2	-4*	-5**	-1
<i>Sex</i>									
Males	29	30	30	28	28	1	NC	-2	NC
Females	45	39	48	41	38	-6	9**	-7**	-3
<i>Males</i>									
18 - 24	20	26	19	19	20	6	-7	NC	1
25 - 34	27	24	31	27	22	-3	7	-4	-5
35 - 50	28	29	29	29	28	1	NC	NC	-1
51 - 64	32	39	37	21	31	7	-2	-16**	10
65+	39	31	32	44	43	-8	1	12	-1
<i>Females</i>									
18 - 24	29	24	33	24	32	-5	9	-9	8
25 - 34	43	33	44	40	34	-10	11	-4	-6
35 - 50	44	38	46	38	37	-6	8	-8	-1
51 - 64	44	48	46	44	36	-4	-2	-2	-8
65+	60	55	69	57	52	-5	14*	-12*	-5
<i>Ethnicity</i>									
White	36	32	36	35	33	-4	4	-1	-2
Hispanic	35	38	45	32	34	3	7**	-13***	2
Black	47	37	48	42	36	-10	11	-6	-6
Asian/Pacific Islander				18	24				6
<i>Education</i>									
Less than high school	33	41	48	34	26	8	7	-14***	-8
High school graduate	44	39	49	40	40	-5	10*	-9*	NC
Some college	37	38	39	38	38	1	1	-1	NC
College graduate	34	26	31	28	27	-8	5	-3	-1
<i>Income</i>									
Less than \$15,000	45	42	44	39	36	-3	2	-5	-3
\$15,000 - 24,999	44	36	48	38	40	-8	12	-10*	2
\$25,000 - 34,999	33	34	47	31	45	1	13	-16**	14*
\$35,000 - 49,999	37	33	34	37	38	-4	1	3	1
\$50,000 +	30	28	30	29	22	-2	2	-1	-7*
<i>Physically Active</i>									
Did not meet recommendations					34				
Met recommendations					32				
<i>Overweight Status</i>									
Overweight/Obese					36				
Not overweight					31				

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

2001 California Dietary Practices Survey

Table 88: Use of Newspaper Food Pages, Trends 1993-2001

Question: How often do you read the food section of the newspaper, including articles, menus, and recipes, not food advertisements?

	Percent Read Food Section Always/Almost Always					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	20	26	28	24	18	6***	2	-4**	-6***
<i>Sex</i>									
Males	12	18	23	18	11	6**	5*	-5*	-7***
Females	27	33	33	30	24	6*	NC	-3	-6*
<i>Males</i>									
18 - 24	3	6	10	8	3	3	4	-2	-5
25 - 34	5	9	21	13	6	4	12**	-8*	-7*
35 - 50	12	22	19	21	12	10**	-3	2	-9**
51 - 64	17	31	35	16	12	14*	4	-19***	-4
65+	27	23	34	36	24	-4	11	2	-12
<i>Females</i>									
18 - 24	6	13	14	7	8	7	1	-7	1
25 - 34	18	19	22	25	12	1	3	3	-13**
35 - 50	24	34	29	31	22	10*	-5	2	-9*
51 - 64	47	43	39	33	33	-4	-4	-6	NC
65+	41	59	60	48	54	18*	1	-12*	6
<i>Ethnicity</i>									
White	23	28	29	27	19	15*	1	-2	-8***
Hispanic	10	19	23	14	13	9**	4	-9**	-1
Black	13	20	31	30	18	7	11	-1	-12*
Asian/Pacific Islander				5	10				
<i>Education</i>									
Less than high school	12	25	26	22	8	13**	1	-4	-14***
High school graduate	22	28	33	25	19	6	5	-8*	-6*
Some college	17	28	28	26	17	11***	NC	-2	-9***
College graduate	25	23	26	22	21	-2	3	-4	-1
<i>Income</i>									
Less than \$15,000	19	31	26	27	14	12**	-5	1	-13***
\$15,000 - 24,999	21	25	33	27	19	4	8	-6	-8*
\$25,000 - 34,999	15	26	34	19	20	11*	8	-15**	1
\$35,000 - 49,999	21	22	27	22	13	1	5	-5	-9*
\$50,000 +	23	23	25	24	19	NC	2	-1	-5
<i>Physically Active</i>									
Did not meet recommendations					16				
Met recommendations					20				
<i>Overweight Status</i>									
Overweight/Obese					17				
Not overweight					18				

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

2001 California Dietary Practices Survey

Table 89: Frequency of Grocery Shopping by California Adults

Question: How many times per week or month do you shop in a grocery store or supermarket?

Percent Shop in Grocery Store					
	>1 times a week	3-4 times per month	1-2 times a month	<1 time a month	
Total	36	41	17	6	
<i>Sex</i>					
Males	35	39	18	8	***
Females	38	43	16	4	
<i>Males</i>					
18 - 24	25	41	24	11	***
25 - 34	24	44	26	5	
35 - 50	36	42	16	6	
51 - 64	52	31	8	9	
65+	41	26	17	15	
<i>Females</i>					
18 - 24	31	39	24	6	**
25 - 34	33	50	16	1	
35 - 50	46	36	13	4	
51 - 64	38	43	16	3	
65+	32	49	11	7	
<i>Ethnicity</i>					
White	41	39	14	7	***
Hispanic	24	48	23	4	
Black	36	34	23	6	
Asian/Pacific Islander	34	41	24	1	
<i>Education</i>					
Less than high school	24	49	19	8	***
High school graduate	32	43	18	8	
Some college	38	39	16	7	
College graduate	43	38	16	3	
<i>Income</i>					
Less than \$15,000	29	44	22	5	*
\$15,000 - 24,999	37	42	17	4	
\$25,000 - 34,999	35	47	13	5	
\$35,000 - 49,999	37	45	15	3	
\$50,000+	42	35	16	7	
<i>Physically Active</i>					
Did not meet recommendations	33	45	16	6	**
Met recommendations	40	36	18	6	
<i>Overweight</i>					
Overweight/Obese	34	42	18	6	
Not Overweight	39	40	16	6	

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

2001 California Dietary Practices Survey

Table 92: Where Californians Buy Fresh Fruits and Vegetables

Question: Where do you get most of your fresh fruits and vegetables?

Where Fruits and Vegetables Are Purchased	Percent
Grocery Store	79
Farmer's Market	10
Grown at Home	4
Co-op	1
Supermarket	5
Other	2

2001 California Dietary Practices Survey

Table 93: Californians Who Have Heard About Foods or Drinks that Might Help Prevent Cancer

Question: *Have you heard about things that people eat or drink that might help PREVENT cancer?*

	Percent Heard of Foods to Prevent Cancer
Total	74
<i>Sex</i>	
Males	69 ***
Females	78
<i>Males</i>	
18 - 24	56 *
25 - 34	66
35 - 50	72
51 - 64	78
65+	70
<i>Females</i>	
18 - 24	61 ***
25 - 34	73
35 - 50	83
51 - 64	90
65+	75
<i>Ethnicity</i>	
White	82 ***
Hispanic	68
Black	66
Asian/ Pacific Islander	65
<i>Education</i>	
Less than high school	61 ***
High school graduate	67
Some college	80
College graduate	84
<i>Income</i>	
Less than \$15,000	68 ***
\$15,000 - 24,999	72
\$25,000 - 34,999	74
\$35,000 - 49,999	80
\$50,000+	82
<i>Physically Active</i>	
Did not meet recommendations	71 ***
Met recommendations	79
<i>Overweight Status</i>	
Overweight/Obese	74
Not overweight	77

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

Chi square test:

* p<.05

*** p<.001

2001 California Dietary Practices Survey

**Table 94: Californians Who Can Name Fruits and Vegetables as Foods that Reduce Cancer Risk
Trends 1991-2001**

Question: Have you heard of any foods that may prevent cancer?
Can you name any of these foods?

	Percent Naming Fruits and Vegetables						Change of Percentage				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
Total	34	39	49	52	57	51	-5**	10***	3	5**	-6***
Sex											
Males	30*	35**	43***	48**	55	47**	5	8**	5	7**	-8**
Females	37	43	55	56	59	56	*6	12***	1	3	-3
Males											
18 - 24	21**	27**	24**	26***	35***	41	6	-3	2	9	6
25 - 34	24	27	41	40	54	42	3	14*	-1	14**	12*
35 - 50	36	44	53	61	62	52	8	9	8	1	-10*
51 - 64	41	34	49	55	68	53	-7	15*	6	13*	-15*
65+	20	32	38	48	51	42	12	6	10	3	-9
Females											
18 - 24	19**	25***	36**	38***	54***	34***	6	11	2	16*	-20**
25 - 34	34	40	50	52	58	56	6	10	2	6	-2
35 - 50	45	53	63	67	64	64	8	10	4	-3	NC
51 - 64	45	56	62	63	72	71	11	6	1	9	-1
65+	35	33	51	50	47	44	-2	18*	-1	-3	-3
Ethnicity											
White	40***	45***	53	58***	67***	56***	5*	8**	5	9***	-11***
Hispanic	20	28	43	39	39	43	8	15***	-4	NC	4
Black	25	27	50	49	45	45	2	13**	-1	-4	NC
Asian/Pacific Islander					47	47					NC
Education											
Less than high school	20***	27***	34***	32***	37***	32***	7	7	-2	5	-5
High school graduate	26	28	42	43	41	42	2	14***	1	-2	1
Some college	37	41	52	54	60	54	4	11**	2	6	-6
College graduate	43	51	56	63	74	64	8*	5	7	11***	-10***
Income											
Less than \$15,000	25**	26***	40***	40***	40***	38***	1	14**	NC	NC	-2
\$15,000 - 24,999	27	33	41	45	52	47	6	8	4	7	-5
\$25,000 - 34,999	37	43	46	56	68	54	6	3	10	12*	-14*
\$35,000 - 49,999	38	50	55	58	67	48	12*	5	3	9	-19***
\$50,000+	43	49	57	60	72	65	6	8*	3	12***	-7*
Physically Active											
Did not meet recommendations						46***					
Met recommendations						58					
Overweight Status											
Overweight/Obese						49					
Not overweight						54					

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

2001 California Dietary Practices Survey

Table 95: Californians Who Can Name Whole Grains or Other High Fiber Foods as Foods That Can Reduce Cancer Risk, Trends 1989-2001

Question: What food have you heard of that people could eat or drink that might help PREVENT cancer?

	Percent Naming High Fiber Foods							Change of Percentage					
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01
Total	19	26	19	16	12	14	6	7	-7***	-3*	-4**	2*	-8***
Sex													
Males	17	28	20	13	12	14	7	11**	-8**	-7***	-1	2	-7***
Females	20	23	19	19	12	14	5	3	-4	NC	-7***	2	-9***
Males													
18 - 24	8	20	9**	0**	6***	7***	2*	12	-11*	-9**	6*	1	-5*
25 - 34	17	33	21	18	10	10	7	16**	-12*	-3	-8	NC	-3
35 - 50	23	32	25	15	20	18	10	9	-7	-10*	5	-2	-8**
51 - 64	15	30	29	19	8	24	10	15	-1	-10	-11*	16***	-14**
65+	13	17	14	4	5	9	5	4	-3	-10*	1	4	-4
Females													
18 - 24	12*	10*	11**	7	4**	6**	1	-2	1	-4	-3	2	-5*
25 - 34	17	25	18	18	11	14	4	8	-7	NC	-7	3	-10***
35 - 50	29	33	27	29	18	17	6	4	-6	2	-11**	-1	-11***
51 - 64	19	26	22	18	11	21	8	7	-4	-4	-7	10*	-13**
65+	15	13	10	13	11	9	7	-2	-3	3	-2	-2	-2
Ethnicity													
White	24***	30*	23***	18***	14***	18***	8*	6	-7**	-5*	-4*	4*	-10***
Hispanic	9	15	10	9	6	6	3	6	-5	-1	-3	NC	-3*
Black	10	25	15	23	5	8	4	15*	-10	8	-18***	3	-4
Asian/Pacific Islander						14	5						-9*
Education													
Less than high school	7***	9***	7***	5***	2***	4***	3***	2	-2	-2	-3	3	-1
High school graduate	11	13	12	9	4	8	2	2	-1	-3	-5*	4	-6***
Some college	24	28	19	15	12	14	6	4	-9**	-4	-3	2	-8***
College graduate	27	42	31	26	19	23	11	15	-11**	-5	-7*	4	-12***
Income													
Less than \$15,000	10**	13***	9***	8*	3***	6***	3***	3	-4	-1	-5*	3	-3*
\$15,000 - 24,999	14	19	13	12	9	12	4	5	-6	-1	-3	3	-8***
\$25,000 - 34,999	26	25	25	20	6	13	2	-1	NC	-5	-14***	7*	-11***
\$35,000 - 49,999	27	30	25	17	18	16	8	3	-5	-8	1	-2	-8*
\$50,000+	23	44	30	21	17	25	11	21***	-14**	-9**	-4	8**	-14***
Physically Active													
Did not meet recommendations							6						
Met recommendations							7						
Overweight Status													
Overweight/Obese							5						
Not overweight							7						

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

2001 California Dietary Practices Survey

Table 96: Californians Who Can Name Fruits and Vegetables as Foods That Help Prevent Heart Disease, Trends 1993-2001

Question: *Have you heard of any foods that may prevent heart disease?
Can you name any of these foods?*

	Percent Naming Fruits and Vegetables					Change of Percentage							
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01				
Total	20	24	23	27	23	4*	-1	4*	-4*				
Sex													
Males	20	23	21	24	*	25	3	-2	3	1			
Females	19	25	25	30		22	6*	NC	5*	-8***			
Males													
18 - 24	21	18	12	**	14	**	18	-3	-6	2	4		
25 - 34	23	18	20		19		27	-5	2	-1	8		
35 - 50	19	28	25		29		29	9*	-3	4	0		
51 - 64	17	22	28		33		19	5	6	5	-14*		
65+	18	22	16		25		26	4	-6	9	1		
Females													
18 - 24	12	***	11	13	*	20	**	15	-1	2	7	-5	
25 - 34	17		26	28		31		21	9	2	3	-10*	
35 - 50	29		30	28		34		24	1	-2	6	-10*	
51 - 64	18		28	32		38		28	10	4	7	-10	
65+	14		18	20		22		21	4	2	2	-1	
Ethnicity													
White	21	24	24	30	***	26	**	15	3	NC	6**	-4*	
Hispanic	14	21	20	19		17		17	7*	-1	-1	-2	
Black	23	23	21	20		19		19	NC	-2	-1	-1	
Asian/Pacific Islander				31		21		21				-10	
Education													
Less than high school	15	***	16	15	***	15	***	11	1	-1	NC	-4	
High school graduate	13		19	17		22		18	6*	-2	5	-4	
Some college	22		22	23		31		26	NC	1	8**	-5	
College graduate	24		31	31		32		31	7*	NC	1	-1	
Income													
Less than \$15,000	12	*	20	15	**	21	***	18	**	8*	-5	6	-3
\$15,000 - 24,999	17		18	23		21		22	1	5	-2	1	
\$25,000 - 34,999	24		31	25		34		26	7	-6	9	-8	
\$35,000 - 49,999	22		29	29		38		23	7	NC	9	-15**	
\$50,000+	23		24	26		33		30	1	2	7*	-3	
Physically Active													
Did not meet recommendations						21	**						
Met recommendations						27							
Overweight Status													
Overweight/Obese								22					
Not overweight								24					

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

2001 California Dietary Practices Survey

Table 97: Californians Who Can Name Lowfat Foods as Foods that Help Prevent Heart Disease, Trends 1993-2001

Question: *Have you heard of any foods that may prevent heart disease?
Can you name any of these foods?*

	Percent Naming Lowfat Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	39	27	20	22	11	-12***	-7***	2	-11***
<i>Sex</i>									
Males	35***	25	17*	19*	10	-10***	-8***	2	-9***
Females	43	29	24	25	12	-14***	-5*	1	-13***
<i>Males</i>									
18 - 24	30	11*	8***	8***	4**	-19*	-3	NC	-4
25 - 34	28	19	16	18	6	-9	-3	2	-12***
35 - 50	34	31	18	20	12	-3	-13**	2	-8*
51 - 64	44	35	19	31	15	-9	-16**	12*	-16**
65+	49	26	20	19	15	-23**	-6	-1	-4
<i>Females</i>									
18 - 24	26**	8**	10*	14***	4**	-18**	2	4	-10*
25 - 34	36	26	20	22	9	-10	-6	2	-13***
35 - 50	49	32	28	27	15	-17***	-4	-1	-12**
51 - 64	53	33	29	37	20	-20**	-4	8	-17**
65+	41	39	26	22	12	-2	-13*	-4	-10*
<i>Ethnicity</i>									
White	46***	30**	25***	27***	13*	-4***	-5*	2	-14***
Hispanic	25	21	13	13	8	-4	-8**	NC	-5
Black	30	19	12	10	9	-11	-7	-2	-1
Asian/Pacific Islander				21	9				-12*
<i>Education</i>									
Less than high school	19***	16***	9***	11***	9***	-3	-7	2	-2
High school graduate	33	21	10	16	7	-12**	-11***	6**	-9***
Some college	42	26	25	18	9	-16***	-1	-7**	-9***
College graduate	51	37	26	34	17	-14***	-11***	8**	-17***
<i>Income</i>									
Less than \$15,000	28***	18***	17	11***	10	-10*	-1	-6	-1
\$15,000 - 24,999	34	24	17	12	11	-10*	-7	-5	-1
\$25,000 - 34,999	39	25	22	31	11	-14*	-3	9	-20***
\$35,000 - 49,999	44	33	20	23	11	-11*	-13**	3	-12***
\$50,000+	51	34	26	35	15	-17***	-8**	9**	-20***
<i>Physically Active</i>									
Did not meet recommendations					9**				
Met recommendations					14				
<i>Overweight Status</i>									
Overweight/Obese					11				
Not overweight					12				

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

2001 California Dietary Practices Survey

Table 98: Californians Who Can Name Low Cholesterol Foods that Help Prevent Heart Disease, Trends 1993-2001

Question: Have you heard of any foods that may prevent heart disease?

Can you name any of these foods?

	Percent Naming Low Cholesterol Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	22	12	10	11	5	-10***	-2*	1	-6***
Sex									
Males	22	12	10	10	4	-10***	-2	NC	-6***
Females	21	13	9	12	5	-8***	-4*	3	-7***
Males									
18 - 24	20	3	4	6	1	-17***	1	2	-5*
25 - 34	18	13	11	9	4	-5	-2	-2	-5*
35 - 50	24	14	12	10	6	-10*	-2	-2	-4
51 - 64	26	16	7	13	7	-10	-9*	6	-6
65+	26	6	11	11	3	-20**	5	NC	-8*
Females									
18 - 24	18	0	4	10	5	-18***	4	6	-5
25 - 34	18	13	9	10	4	-5	-4	1	-6
35 - 50	24	16	14	11	7	-8	-2	-3	-4
51 - 64	23	15	10	15	6	-8	-5	5	-9
65+	21	17	8	13	5	-4	-9*	5	-8
Ethnicity									
White	24	** 14	13	*** 13	*** 5	-10***	-1	NC	-8***
Hispanic	14	10	3	5	6	-4	-7***	2	1
Black	17	10	7	6	2	-7	-3	NC	-4
Asian/Pacific Islander				10	5				-5
Education									
Less than high school	8	12	* 3	*** 5	*** 3	4	-9**	2	-2
High school graduate	18	8	4	6	4	-10**	-4*	2	-2
Some college	24	10	11	10	4	-14***	1	-1	-6***
College graduate	28	18	13	17	7	-10***	-5	4	-10***
Income									
Less than \$15,000	15	** 10	6	*** 5	*** 2	* -5	-4	-1	-3*
\$15,000 - 24,999	19	9	6	6	6	-10**	-3	NC	0
\$25,000 - 34,999	22	8	7	11	8	-14**	-1	4	-3
\$35,000 - 49,999	23	16	14	12	4	-7	-2	-1	-8**
\$50,000+	28	16	12	17	6	-12***	-4	5*	-11***
Physically Active									
Did not meet recommendations					5				
Met recommendations					5				
Overweight Status									
Overweight/Obese					6				
Not overweight					5				

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

2001 California Dietary Practices Survey

Cross Tab 99: Awareness of the Diet/Heart Disease Relationship and Knowledge of Specific Foods, Compared to Intake of High Fat Foods

	Percent Who Ate									
	Deep Fried foods	Fried snacks	Whole milk, 2% (Out of milk drinkers)	Reg Cheese (Out of cheese eaters)	Sweets/desserts	Breakfast pastries	Regular salad dressing (Out of salad eaters)	Fast food (Out of everyone)	Always/Sometimes use butter, margarine, or mayonnaise on bread	Rarely or never trim fat from meat or remove skin from chicken
Aware of diet-heart disease relationship										
Yes	18	24	60***	74	43	15	48*	17	66	14***
No	21	23	71	74	40	14	58	17	68	21
Names low cholesterol as preventing heart disease										
Yes	17	17	54	68	45	15	50	12	64	7*
No	19	24	65	74	41	15	52	17	67	17
Names low fat as preventing heart disease										
Yes	19	23	58	65*	41	19	42	14	66	11*
No	19	24	66	75	42	14	54	17	67	18

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

Chi square test:

* p<.05

*** p<.001

2001 California Dietary Practices Survey

Table 100: Main Reasons Californians are Eating Less Fat

Question: *What is the main reason you eat less fat?*

Base: *People who say they are currently eating less fat*

	Percent Agreeing				
	Weight Reduction	Reduce Risk of Disease	Trying to Eat Healthier Foods	Medical Reasons	Other
Total	35	19	14	17	15
<i>Sex</i>					
Males	31	22	15	18	15
Females	38	17	13	16	15
<i>Males</i>					
18 - 24	25	17	22	9	27
25 - 34	38	18	13	14	17
35 - 50	32	24	20	16	9
51 - 64	32	23	2	35	7
65+	20	24	13	21	21
<i>Females</i>					
18 - 24	48	3	21	9	19
25 - 34	45	18	12	9	16
35 - 50	40	20	12	16	12
51 - 64	36	20	13	18	14
65+	24	18	12	26	20
<i>Ethnicity</i>					
White	36	15	16	17	16
Hispanic	31	29	9	16	15
Black	32	18	12	28	11
Asian/ Pacific Islander	30	29	18	13	11
<i>Education</i>					
Less than high school	26	29	5	23	17
High school graduate	36	18	12	16	18
Some college	37	18	14	17	14
College graduate	36	18	17	15	13
<i>Income</i>					
Less than \$15,000	29	23	11	21	16
\$15,000 - 24,999	35	15	12	20	18
\$25,000 - 34,999	35	27	12	15	11
\$35,000 - 49,999	37	20	16	12	15
\$50,000+	37	16	18	16	13
<i>Physically Active</i>					
Did not meet recommendations	36	18	11	20	15
Met recommendations	33	20	17	14	15
<i>Overweight Status</i>					
Overweight/Obese	36	23	13	19	10
Not overweight	34	17	15	14	19

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

2001 California Dietary Practices Survey

Table 101: Why Californians Are NOT Eating Less Fat

Question: What is the main reason why you or other people DO NOT eat less fat.

	Percent Agreeing			
	Too much Time to Prepare and Cook	Don't Like Taste	Already cut out Enough Fat	Other
Total	16	43	27	15
<i>Sex</i>				
Males	19	42	25	14
Females	11	44	29	15
<i>Males</i>				
18 - 24	20	26	29	24
25 - 34	26	43	22	10
35 - 50	9	49	27	15
51 - 64	33	38	22	6
65+	4	57	27	12
<i>Females</i>				
18 - 24	17	44	30	9
25 - 34	12	33	32	23
35 - 50	7	56	26	11
51 - 64	14	33	38	15
65+	7	54	23	16
<i>Ethnicity</i>				
White	16	46	26	12
Hispanic	18	33	30	19
Black	9	36	25	30
Asian/ Pacific Islander	15	51	34	
<i>Education</i>				
Less than high school	10	39	35	17
High school graduate	7	46	26	21
Some college	22	42	24	12
College graduate	20	43	28	10
<i>Income</i>				
Less than \$15,000	7	37	30	26
\$15,000 - 24,999	17	40	21	21
\$25,000 - 34,999	9	42	44	6
\$35,000 - 49,999	21	35	33	11
\$50,000+	21	49	23	7
<i>Physically Active</i>				
Did not meet recommendations	14	44	27	15
Met recommendations	17	42	27	14
<i>Overweight Status</i>				
Overweight/Obese	19	41	26	14
Not overweight	10	46	31	13

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

Chi square test:

** p<.01

2001 California Dietary Practices Survey

Table 102: Barriers to Eating Low Fat Foods

Question: For yourself, do you agree or disagree...
 Its hard to find low fat foods in restaurants.
 Its hard to find low fat foods at my workplace.
 Its hard to find low fat foods in fast food places.
 TV advertising encourages people to eat high-fat foods.
 TV advertising encourages people to eat too much food.

Percent Agreeing

	Hard to find in restaurants	Hard to find at work	Hard to find in fast food places	TV encourages eating high- fat foods	TV encourages eating too much food
Total	53	67	86	70	71
Sex					
Males	51	66	86	66	68
Females	55	68	86	74	74
Males					
18 - 24	53	56	84	67	56
25 - 34	51	71	83	69	67
35 - 50	52	63	86	65	66
51 - 64	56	79	90	70	81
65+	42	60	86	55	69
Females					
18 - 24	66	69	93	75	68
25 - 34	54	66	85	77	74
35 - 50	52	66	85	77	78
51 - 64	53	64	86	71	75
65+	54	80	87	68	74
Ethnicity					
White	52	68	88	72	75
Hispanic	58	67	81	69	65
Black	56	70	86	73	70
Asian/ Pacific Islander	54	63	82	60	52
Education					
Less than high school	55	73	75	64	62
High school graduate	56	67	86	63	67
Some college	55	68	88	74	76
College graduate	49	63	88	76	75
Income					
Less than \$15,000	57	69	83	70	67
\$15,000 - 24,999	55	69	87	64	68
\$25,000 - 34,999	63	62	88	76	75
\$35,000 - 49,999	49	66	81	68	75
\$50,000+	49	67	89	76	77
Physically Active					
Did not meet recommendations	54	68	86	68	70
Met recommendations	52	65	86	72	72
Overweight Status					
Overweight/Obese	53	68	85	70	72
Not overweight	53	66	87	70	70

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

2001 California Dietary Practices Survey

Table 103: Message Exposure Through TV Advertisements About 5 a Day and Healthy Eating Behaviors

Question: Are you aware of advertisements currently on television about eating fruits and vegetables?

Base: Out of those who are aware of advertisements currently on television.

	Percent					
	Aware of TV Ads	Message of the Ads				Don't Know, Not Sure
		Eat 5 A Day	Eat Fruits and Vegetables	Healthy Habits	Other	
Total	53	10	37	17	20	16
<i>Sex</i>						
Males	50*	9	40	17	20	14
Females	56	10	35	17	20	17
<i>Males</i>						
18 - 24	46	16	41	10	18	15
25 - 34	42	8	35	21	22	13
35 - 50	53	8	40	21	16	14
51 - 64	50	10	38	13	22	16
65+	58	5	45	10	25	14
<i>Females</i>						
18 - 24	43*	9	40	14	14	24
25 - 34	54	18	27	19	20	16
35 - 50	55	8	41	21	18	12
51 - 64	60	3	39	19	21	17
65+	65	13	29	11	24	23
<i>Ethnicity</i>						
White	51**	12	39	15	20	14*
Hispanic	62	4	38	25	18	18
Black	53	9	30	19	21	18
Asian/ Pacific Islander	42	7	29	20	33	11
<i>Education</i>						
Less than high school	63***	6	32	11	23	27**
High school graduate	59	6	40	19	19	17
Some college	54	14	35	18	21	12
College graduate	44	12	38	18	18	14
<i>Income</i>						
Less than \$15,000	61***	6	33	15	26	20
\$15,000 - 24,999	56	12	37	15	19	17
\$25,000 - 34,999	59	13	36	18	18	15
\$35,000 - 49,999	50	9	41	25	14	11
\$50,000+	46	9	43	16	20	12
<i>Physically Active</i>						
Did not meet recommendations	53	9	35	16	21	18
Met recommendations	54	10	40	18	18	13
<i>Overweight Status</i>						
Overweight/Obese	58**	9	38	17	22	14
Not overweight	50	11	37	17	19	16

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²Out of those who reported being aware of ads on tv about eating fruits and vegetables

* p<.05

** p<.01

*** p<.001

2001 California Dietary Practices Survey

Table 104: Media Campaign Radio Impressions Among California Adults

Question: Are you aware of advertisements currently on the radio about eating fruits and vegetables?

	Percent Aware of Radio Ads
Total	16
<i>Sex</i>	
Males	16
Females	16
<i>Males</i>	
18 - 24	7 ***
25 - 34	10
35 - 50	22
51 - 64	14
65+	21
<i>Females</i>	
18 - 24	10
25 - 34	20
35 - 50	15
51 - 64	12
65+	20
<i>Ethnicity</i>	
White	14 ***
Hispanic	25
Black	13
Asian/ Pacific Islander	11
<i>Education</i>	
Less than high school	29 ***
High school graduate	17
Some college	16
College graduate	10
<i>Income</i>	
Less than \$15,000	20 *
\$15,000 - 24,999	16
\$25,000 - 34,999	8
\$35,000 - 49,999	18
\$50,000+	14
<i>Physically Active</i>	
Did not meet recommendations	17
Met recommendations	15
<i>Overweight Status</i>	
Overweight/Obese	18
Not overweight	15

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

Chi Square Test

* p<.05

*** p<.001

2001 California Dietary Practices Survey

CrossTab 105: Awareness of TV Advertisements by Fruit and Vegetable Consumption

Question: Are you aware of advertisements currently on television about eating fruits and vegetables?

Did you have any fruit, vegetables, salad, or juice yesterday?

Awareness of TV Ads	Percent Servings of Fruits & Vegetables			
	0	1-2	3-4	5+
Yes	10	26	30	35
No	10	29	29	32

2001 California Dietary Practices Survey

CrossTab 106: Awareness of Radio Advertisements by Fruit and Vegetable Consumption

Question: Are you aware of advertisements currently on the radio about eating fruits and vegetables?

Did you have any fruit, vegetables, salad, or juice yesterday?

Awareness of Radio Advertisements	Percent Servings Fruits & Vegetables			
	0	1-2	3-4	5+
Yes	10	26	28	36
No	10	28	29	34

2001 California Dietary Practices Survey

Table 107: Heard of the 5 A Day Program

Question: Have you heard of the 5 A Day Program?

	Percent Heard of the 5 A Day Program
Total	19
<i>Sex</i>	
Males	17
Females	20
<i>Males</i>	
18 - 24	22 *
25 - 34	18
35 - 50	19
51 - 64	11
65+	9
<i>Females</i>	
18 - 24	16 *
25 - 34	28
35 - 50	23
51 - 64	16
65+	15
<i>Ethnicity</i>	
White	23 ***
Hispanic	8
Black	14
Asian/ Pacific Islander	13
<i>Education</i>	
Less than high school	8 ***
High school graduate	16
Some college	20
College graduate	25
<i>Income</i>	
Less than \$15,000	11 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	21
\$35,000 - 49,999	19
\$50,000+	25
<i>Physically Active</i>	
Did not meet recommendations	17 *
Met recommendations	21
<i>Overweight Status</i>	
Overweight/Obese	19
Not overweight	19

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

Chi Square Test

* p<.05

*** p<.001

2001 California Dietary Practices Survey

CrossTab 108: Heard of 5 A Day Program by Fruit and Vegetable Consumption

Question: *Have you heard of the 5 A Day Program?*

Did you have any fruit, vegetables, salad, or juice yesterday?

Heard of the 5 A Day Program	Percent Servings of Fruits & Vegetables			
	0	1-2	3-4	5+
Yes	8	16	32	44
No	10	30	29	32

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

Chi-Square Test

*** p<.001

2001 California Dietary Practices Survey

Table 109: Californians Who Used Food Stamps

Question: In the last 12 months, have you or anyone in your household used food stamps to buy food?

	Percent Used Food Stamps in Past 12 Months ¹
Total	12
<i>Sex</i>	
Males	8 **
Females	15
<i>Males</i>	
18 - 24	6
25 - 34	11
35 - 50	8
51 - 64	13
65+	0
<i>Females</i>	
18 - 24	19 ***
25 - 34	26
35 - 50	19
51 - 64	10
65+	1
<i>Ethnicity</i>	
White	7 ***
Hispanic	17
Black	23
Asian/ Pacific Islander	8
<i>Education</i>	
Less than high school	18 *
High school graduate	13
Some college	13
College graduate	6
<i>Income</i>	
Less than \$15,000	18 ***
\$15,000 - 24,999	10
\$25,000 - 34,999	3
<i>Physically Active</i>	
Did not meet recommendations	13
Met recommendations	11
<i>Overweight Status</i>	
Overweight/Obese	14 *
Not overweight	9

¹ Out of individuals with a household income < \$35,000

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

2001 California Dietary Practices Survey

Table 110: Food Bought Didn't Last

Question: *The food that I bought just didn't last, and I didn't have money to get more.
Was that often, sometimes, rarely, or never true for you in the last 12 months?*

	Percent ¹			
	Often	Sometimes	Rarely	Never
Total	11	20	20	49
Sex				
Males	9	21	21	48
Females	12	20	18	50
Males				
18 - 24	11	21	20	48
25 - 34	4	23	35	38
35 - 50	14	23	18	45
51 - 64	15	26	12	47
65+	3	10	13	74
Females				
18 - 24	12	24	26	38
25 - 34	15	22	20	44
35 - 50	11	24	22	42
51 - 64	21	19	13	48
65+	2	10	9	79
Ethnicity				
White	8	16	20	57
Hispanic	14	27	18	41
Black	13	25	27	35
Asian/ Pacific Islander	7	21	19	53
Education				
Less than high school	14	31	16	38
High school graduate	13	18	21	48
Some college	8	18	20	54
College graduate	8	18	20	53
Income				
Less than \$15,000	16	28	19	37
\$15,000 - 24,999	8	16	21	55
\$25,000 - 34,999	5	15	17	63
Physically Active				
Did not meet recommendations	11	24	18	48
Met recommendations	10	16	22	52
Overweight Status				
Overweight/Obese	11	21	18	50
Not overweight	9	19	21	50

¹ Out of individuals with a household income < \$35,000

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

Chi Square Test

* p<.05

*** p<.001

2001 California Dietary Practices Survey

Table 111: Californians Who Couldn't Afford Balanced Meals

Question: *I couldn't afford to eat balanced meals.*

Was that often, sometimes, rarely, or never for you in the last 12 months?

	Percent ¹			
	Often	Sometimes	Rarely	Never
Total	10	17	17	55
<i>Sex</i>				
Males	12	18	15	55
Females	10	17	18	56
<i>Males</i>				
18 - 24	13	20	14	54
25 - 34	14	20	20	46
35 - 50	12	15	19	54
51 - 64	11	31	15	44
65+	6	2	5	86
<i>Females</i>				
18 - 24	10	13	27	49
25 - 34	9	20	22	49
35 - 50	11	18	18	52
51 - 64	17	23	16	44
65+	3	10	8	80
<i>Ethnicity</i>				
White	10	13	14	64
Hispanic	12	20	23	46
Black	8	32	18	43
Asian/ Pacific Islander	11	13	17	59
<i>Education</i>				
Less than high school	10	24	21	44
High school graduate	11	19	17	53
Some college	12	16	13	59
College graduate	8	11	18	63
<i>Income</i>				
Less than \$15,000	15	24	16	44
\$15,000 - 24,999	8	15	18	59
\$25,000 - 34,999	6	7	14	73
<i>Physically Active</i>				
Did not meet recommendations	11	19	18	52
Met recommendations	9	15	16	60
<i>Overweight Status</i>				
Overweight/Obese	12	17	17	53
Not overweight	8	15	18	59

¹ Out of individuals with a household income < \$35,000

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

2001 California Dietary Practices Survey

Table 112: Californians Who Missed/Cut Meals and How Often

Question: In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? How often did this happen in the past 12 months? Was it almost every month, most months, some months but not every month, or only one or two months in the last 12 months?

	Percent		
	Missed/Cut Meals	Almost Every Month or Most Months ¹	Some months but not every month or Only 1 or 2 Months ¹
Total	17	41	59
<i>Sex</i>			
Males	18	37	63
Females	16	45	55
<i>Males</i>			
18 - 24	13	22	78
25 - 34	20	26	74
35 - 50	23	54	46
51 - 64	22	48	52
65+	9	0	100
<i>Females</i>			
18 - 24	24	35	65
25 - 34	18	47	53
35 - 50	15	49	51
51 - 64	24	44	56
65+	6	58	42
<i>Ethnicity</i>			
White	15	40	60
Hispanic	16	46	54
Black	24	32	68
Asian/ Pacific Islander	10	61	39
<i>Education</i>			
Less than high school	21	48	52
High school graduate	14	55	45
Some college	18	32	68
College graduate	17	32	68
<i>Income</i>			
Less than \$15,000	24	43	57
\$15,000 - 24,999	14	39	61
\$25,000 - 34,999	9	41	59
<i>Physically Active</i>			
Did not meet recommendations	17	47	53
Met recommendations	17	33	67
<i>Overweight Status</i>			
Overweight/Obese	17	40	60
Not overweight	16	41	59

¹ Out of those who skipped meals and with a household income < \$35,000

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

Chi Square Test

** p<.01

*** p<.001