

## 2005 California Dietary Practices Survey

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

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 Who Ate Each Item						
	5 or More Servings of Fruits and Vegetables	Any Milk	Any Low Fat <sup>1</sup> Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
<b>Total</b>	<b>38</b>	<b>55</b>	<b>22</b>	<b>61</b>	<b>19</b>	<b>40</b>	<b>27</b>
<b>Sex</b>							
Males	35	55	24	61	18	40	31***
Females	41	54	21	61	20	40	23
<b>Males</b>							
18 - 24	35	53	22	78***	12***	24***	31
25 - 34	32	51	20	57	9	37	35
35 - 50	35	52	22	65	15	39	32
51 - 64	31	62	32	52	28	45	22
65+	44	61	28	54	39	62	35
<b>Females</b>							
18 - 24	34	61	15	68	14***	32*	25
25 - 34	38	54	19	60	16	41	29
35 - 50	41	50	20	62	13	37	22
51 - 64	46	50	22	52	25	40	19
65+	44	63	30	62	39	54	21
<b>Ethnicity</b>							
White	39	56**	28***	66***	23***	43**	23***
Hispanic	38	60	10	53	12	37	46
Black	26	44	9	54	15	30	17
Asian/Pacific Islander	44	44	19	46	10	31	17
<b>Education</b>							
Less than High School	31	56	10***	49**	13	35*	45***
High School Graduate	32	55	16	60	18	37	24
Some College	36	53	23	64	21	39	25
College Graduate	46	55	31	64	21	45	24
<b>Income</b>							
Less than \$15,000	32	54	13***	51***	14	36	30**
\$15,000 - 24,999	40	58	16	56	16	38	33
\$25,000 - 34,999	34	50	21	61	20	42	30
\$35,000 - 49,999	31	55	22	68	24	43	26
\$50,000+	42	54	29	68	21	43	22
<b>Physically Active</b>							
Did Not Meet Recommendations	41	57	24	66	22	38*	27
Met Recommendations	43	56	27	64	21	44	26
<b>Overweight Status</b>							
Overweight/Obese	35	55	20**	59	17*	40	29
Not Overweight	42	54	26	64	22	41	25
<b>Poverty Index</b>							
Food Stamp Participants	29	53	11***	61***	4***	40*	29**
All Other Respondents/ ≤ 130% FPL	35	57	12	49	15	33	36
All Other Respondents/ > 130% FPL	39	54	27	65	22	43	24

<sup>1</sup> Low fat milk is used to refer to nonfat or 1% milk.

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

## 2005 California Dietary Practices Survey

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

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?

	Percent Who Ate		
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
<b>Total</b>	<b>33</b>	<b>36</b>	<b>17</b>
<i>Sex</i>			
Males	36**	34*	17
Females	29	39	17
<i>Males</i>			
18 - 24	41***	43***	7*
25 - 34	40	36	20
35 - 50	39	35	19
51 - 64	37	33	17
65+	16	14	18
<i>Females</i>			
18 - 24	22	47***	9**
25 - 34	36	38	15
35 - 50	29	45	22
51 - 64	26	40	24
65+	31	23	11
<i>Ethnicity</i>			
White	33***	35***	13***
Hispanic	35	28	20
Black	44	52	24
Asian/Pacific Islander	12	56	31
<i>Education</i>			
Less than High School	44***	31*	24*
High School Graduate	40	40	17
Some College	31	40	16
College Graduate	25	34	15
<i>Income</i>			
Less than \$15,000	36***	37	23**
\$15,000 - 24,999	34	36	18
\$25,000 - 34,999	49	29	20
\$35,000 - 49,999	35	34	14
\$50,000+	26	38	13
<i>Physically Active</i>			
Did Not Meet Recommendations	41***	36	17
Met Recommendations	26	35	16
<i>Overweight Status</i>			
Overweight/Obese	36**	36	18
Not Overweight	29	37	15
<i>Poverty Index</i>			
Food Stamp Participants	39	38	20**
All Other Respondents/ ≤ 130% FPL	36	37	23
All Other Respondents/ > 130% FPL	30	37	14

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 3: Healthy Eating Practices Score (HEPS)<sup>1</sup>**

	Mean HEP
<b>Total</b>	<b>3.0</b>
<i>Sex</i>	
Males	2.9 **
Females	3.1
<i>Males</i>	
18 - 24	2.4 <sup>a</sup> ***
25 - 34	2.6 <sup>ab</sup>
35 - 50	3.0 <sup>b</sup>
51 - 64	2.8 <sup>ab</sup>
65+	3.7 <sup>c</sup>
<i>Females</i>	
18 - 24	3.0
25 - 34	3.1
35 - 50	3.1
51 - 64	3.1
65+	3.5
<i>Ethnicity</i>	
White	3.1 <sup>b</sup> **
Hispanic	3.1 <sup>b</sup>
Black	2.5 <sup>a</sup>
Asian/Pacific Islander	2.8 <sup>ab</sup>
<i>Education</i>	
Less than High School	3.0 <sup>ab</sup> ***
High School Graduate	3.0 <sup>ab</sup>
Some College	2.8 <sup>a</sup>
College Graduate	3.3 <sup>b</sup>
<i>Income</i>	
Less than \$15,000	2.8 <sup>a</sup> **
\$15,000 - 24,999	2.9 <sup>ab</sup>
\$25,000 - 34,999	3.0 <sup>ab</sup>
\$35,000 - 49,999	2.9 <sup>ab</sup>
\$50,000+	3.2 <sup>b</sup>
<i>Physically Active</i>	
Did Not Meet Recommendations	2.9 ***
Met Recommendations	3.2
<i>Overweight Status</i>	
Overweight/Obese	3.0
Not Overweight	3.1
<i>Poverty Index</i>	
Food Stamp Participants	2.9
All Other Respondents/ ≤ 130% FPL	2.9
All Other Respondents/ > 130% FPL	3.1

<sup>1</sup> 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 are seven.

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<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 4: Consumption of at Least One Fruit and/or Vegetable**

Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)

	Percent Who Ate/Drank						
	At Least 1 Fruit or Juice	At Least 1 Vegetable or Salad	At Least 1 Vegetable or Fruit	At Least 1 Fruit (Not Juice)	At Least 1 Juice	At Least 1 Vegetable (Not Salad)	At Least 1 Salad
<b>Total</b>	<b>77</b>	<b>75</b>	<b>91</b>	<b>66</b>	<b>37</b>	<b>60</b>	<b>30</b>
<b>Sex</b>							
Males	74 **	69 ***	87 ***	61 ***	35	56 ***	28
Females	80	81	95	71	39	65	32
<b>Males</b>							
18 - 24	69 **	52 ***	78 *	53 **	30	43 **	30
25 - 34	64	62	83	55	26	49	20
35 - 50	76	76	90	63	38	61	32
51 - 64	76	73	89	63	39	60	25
65+	85	81	91	76	39	66	35
<b>Females</b>							
18 - 24	78	75	95	58 *	51	59	34
25 - 34	76	79	94	70	38	67	26
35 - 50	79	83	95	72	37	67	31
51 - 64	82	85	96	71	35	61	39
65+	88	80	95	81	40	64	32
<b>Ethnicity</b>							
White	76	81 ***	92 *	67	32 ***	67 ***	33 **
Hispanic	80	62	87	67	47	46	24
Black	74	66	89	56	40	52	25
Asian/Pacific Islander	79	87	96	71	39	74	41
<b>Education</b>							
Less than High School	77 **	60 ***	85 ***	66 ***	44 *	46 ***	23 **
High School Graduate	72	74	89	58	34	60	31
Some College	73	78	91	62	34	64	29
College Graduate	82	84	96	75	35	69	35
<b>Income</b>							
Less than \$15,000	70 ***	63 ***	83 ***	60 ***	36	49 ***	22 ***
\$15,000 - 24,999	80	70	94	69	44	56	24
\$25,000 - 34,999	75	79	91	59	32	63	36
\$35,000 - 49,999	67	81	89	57	34	65	33
\$50,000+	81	84	94	72	34	69	37
<b>Physically Active</b>							
Did Not Meet Recommendations	73 ***	70 ***	88 ***	61 ***	37	56 ***	26 **
Met Recommendations	81	80	94	72	36	65	34
<b>Overweight Status</b>							
Overweight/Obese	75 *	74	89 **	64	36	58 *	30
Not Overweight	80	78	93	68	39	65	30
<b>Poverty Index</b>							
Food Stamp Participants	77	66 ***	88 ***	60	42	58 ***	19 ***
All Other Respondents/ ≤ 130% FPL	72	63	87	64	37	48	23
All Other Respondents/ > 130% FPL	78	83	94	68	35	68	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

## 2005 California Dietary Practices Survey

**Table 5: Average Number of Servings of Fruits and Vegetables Eaten by Adults**

Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)

	Mean Servings Eaten		
	Fruits & Vegetables	Fruits & Juices	Vegetables & Salads
<b>Total</b>	<b>4.4</b>	<b>2.2</b>	<b>2.2</b>
<i>Sex</i>			
Males	4.0 ***	2.1 *	1.9 ***
Females	4.8	2.4	2.4
<i>Males</i>			
18 - 24	3.3	1.9	1.4 <sup>a</sup> *
25 - 34	4.1	2.0	2.1 <sup>ab</sup>
35 - 50	4.1	2.1	2.0 <sup>ab</sup>
51 - 64	3.8	2.1	1.6 <sup>ab</sup>
65+	4.6	2.4	2.2 <sup>b</sup>
<i>Females</i>			
18 - 24	4.7	2.2	2.6
25 - 34	5.0	2.4	2.6
35 - 50	4.9	2.3	2.6
51 - 64	4.6	2.3	2.3
65+	4.7	2.6	2.1
<i>Ethnicity</i>			
White	4.5 <sup>ab</sup> **	2.2	2.3 <sup>b</sup> ***
Hispanic	4.3 <sup>ab</sup>	2.5	1.8 <sup>a</sup>
Black	3.6 <sup>a</sup>	2.0	1.6 <sup>a</sup>
Asian/Pacific Islander	5.2 <sup>b</sup>	2.2	3.0 <sup>c</sup>
<i>Education</i>			
Less than High School	4.2 <sup>a</sup> **	2.4 <sup>ab</sup> **	1.8 <sup>a</sup> ***
High School Graduate	4.1 <sup>a</sup>	2.0 <sup>a</sup>	2.1 <sup>ab</sup>
Some College	4.3 <sup>ab</sup>	2.0 <sup>a</sup>	2.3 <sup>b</sup>
College Graduate	4.9 <sup>b</sup>	2.4 <sup>b</sup>	2.4 <sup>b</sup>
<i>Income</i>			
Less than \$15,000	3.9 <sup>a</sup> ***	2.2	1.7 <sup>a</sup> ***
\$15,000 - 24,999	4.4 <sup>ab</sup>	2.5	1.9 <sup>a</sup>
\$25,000 - 34,999	4.4 <sup>ab</sup>	2.0	2.3 <sup>ab</sup>
\$35,000 - 49,999	4.1 <sup>ab</sup>	1.9	2.1 <sup>ab</sup>
\$50,000+	4.9 <sup>b</sup>	2.2	2.6 <sup>b</sup>
<i>Physically Active</i>			
Did Not Meet Recommendations	4.0 ***	2.0 ***	1.9 ***
Met Recommendations	4.9	2.5	2.4
<i>Overweight Status</i>			
Overweight/Obese	4.2 *	2.1 *	2.1
Not Overweight	4.7	2.4	2.3
<i>Poverty Index</i>			
Food Stamp Participants	4.6 <sup>ab</sup> *	2.5	2.2 <sup>ab</sup> ***
All Other Respondents/ ≤ 130% FPL	4.0 <sup>a</sup>	2.2	1.7 <sup>a</sup>
All Other Respondents/ > 130% FPL	4.7 <sup>b</sup>	2.2	2.4 <sup>b</sup>

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ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 6: Range of Fruit and Vegetable Servings**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Servings Eaten, Percent				
	0	1 - 2	3 - 4	5+	
<b>Total</b>	<b>9</b>	<b>22</b>	<b>27</b>	<b>42</b>	
<i>Sex</i>					
Males	13	24	26	38	***
Females	5	21	28	46	
<i>Males</i>					
18 - 24	22	24	30	24	**
25 - 34	17	22	19	42	
35 - 50	10	24	24	42	
51 - 64	11	26	34	28	
65+	9	20	26	45	
<i>Females</i>					
18 - 24	5	20	38	36	*
25 - 34	6	26	16	52	
35 - 50	5	20	26	48	
51 - 64	4	22	31	43	
65+	5	14	37	43	
<i>Ethnicity</i>					
White	8	23	27	42	***
Hispanic	13	20	28	38	
Black	11	30	29	31	
Asian/Pacific Islander	4	11	25	60	
<i>Education</i>					
Less than High School	15	18	27	40	***
High School Graduate	11	26	30	33	
Some College	9	28	24	39	
College Graduate	4	18	27	50	
<i>Income</i>					
Less than \$15,000	17	21	28	34	***
\$15,000 - 24,999	6	26	32	36	
\$25,000 - 34,999	9	19	30	42	
\$35,000 - 49,999	11	24	23	42	
\$50,000+	6	21	22	51	
<i>Physically Active</i>					
Did Not Meet Recommendations	12	22	30	35	***
Met Recommendations	6	22	23	49	
<i>Overweight Status</i>					
Overweight/Obese	11	21	29	39	**
Not Overweight	7	22	26	46	
<i>Poverty Index</i>					
Food Stamp Participants	12	18	26	44	***
All Other Respondents/ ≤ 130% FPL	13	19	36	31	
All Other Respondents/ > 130% FPL	6	23	24	47	

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

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 7: Percent of Adults Eating Three Vegetables and Two Fruits**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Ate 3+ Vegetables and 2+ Fruits
<b>Total</b>	<b>22</b>
<i>Sex</i>	
Males	19 *
Females	24
<i>Males</i>	
18 - 24	17
25 - 34	20
35 - 50	20
51 - 64	14
65+	23
<i>Females</i>	
18 - 24	17
25 - 34	26
35 - 50	28
51 - 64	21
65+	20
<i>Ethnicity</i>	
White	23
Hispanic	19
Black	16
Asian/Pacific Islander	27
<i>Education</i>	
Less than High School	18 *
High School Graduate	21
Some College	20
College Graduate	26
<i>Income</i>	
Less than \$15,000	12 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	24
\$35,000 - 49,999	18
\$50,000+	30
<i>Physically Active</i>	
Did Not Meet Recommendations	17 ***
Met Recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	19 **
Not Overweight	25
<i>Poverty Index</i>	
Food Stamp Participants	20 ***
All Other Respondents/ ≤ 130% FPL	12
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 8: Percent of Adults Eating Two or Fewer Servings of Fruits and Vegetables**

*Did you have any fruit, vegetables, salad, or juice yesterday? (Fruit and vegetable consumption based on 24-hour recall question module.)*

	Percent Who Ate 2 or Fewer Servings
<b>Total</b>	<b>31</b>
<i>Sex</i>	
Males	37 ***
Females	26
<i>Males</i>	
18 - 24	46
25 - 34	39
35 - 50	34
51 - 64	37
65+	29
<i>Females</i>	
18 - 24	25
25 - 34	33
35 - 50	25
51 - 64	26
65+	20
<i>Ethnicity</i>	
White	31 ***
Hispanic	33
Black	40
Asian/Pacific Islander	15
<i>Education</i>	
Less than High School	34 ***
High School Graduate	37
Some College	36
College Graduate	22
<i>Income</i>	
Less than \$15,000	38 *
\$15,000 - 24,999	32
\$25,000 - 34,999	28
\$35,000 - 49,999	35
\$50,000+	27
<i>Physically Active</i>	
Did Not Meet Recommendations	34 *
Met Recommendations	28
<i>Overweight Status</i>	
Overweight/Obese	32
Not Overweight	28
<i>Poverty Index</i>	
Food Stamp Participants	30
All Other Respondents/ ≤ 130% FPL	33
All Other Respondents/ > 130% FPL	29

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 9: Belief That Five Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health**

*Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat everyday for good health? What is the number of servings recommended?*

	Percent Believing 5+ Servings
<b>Total</b>	<b>55</b>
<i>Sex</i>	
Males	45 ***
Females	64
<i>Males</i>	
18 - 24	62 **
25 - 34	48
35 - 50	43
51 - 64	39
65+	33
<i>Females</i>	
18 - 24	68
25 - 34	69
35 - 50	63
51 - 64	67
65+	57
<i>Ethnicity</i>	
White	61 ***
Hispanic	46
Black	51
Asian/Pacific Islander	48
<i>Education</i>	
Less than High School	46 ***
High School Graduate	51
Some College	54
College Graduate	64
<i>Income</i>	
Less than \$15,000	48 **
\$15,000 - 24,999	52
\$25,000 - 34,999	48
\$35,000 - 49,999	55
\$50,000+	62
<i>Physically Active</i>	
Did Not Meet Recommendations	47 ***
Met Recommendations	64
<i>Overweight Status</i>	
Overweight/Obese	51 **
Not Overweight	59
<i>Poverty Index</i>	
Food Stamp Participants	52 ***
All Other Respondents/ ≤ 130% FPL	44
All Other Respondents/ > 130% FPL	59

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 10: Total Servings of Fruits and Vegetables Heard for Good Health**

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 is the number of servings recommended?

	Percent Servings Heard			
	0 - 2	3 - 4	5+	Don't Know
<b>Total</b>	<b>6</b>	<b>19</b>	<b>60</b>	<b>14</b>
<i>Sex</i>				
Males	9	23	49	19
Females	4	17	69	10
<i>Males</i>				
18 - 24	5	46	43	5
25 - 34	7	23	49	21
35 - 50	7	20	53	19
51 - 64	11	12	55	22
65+	18	25	35	21
<i>Females</i>				
18 - 24	3	24	61	12
25 - 34	4	13	73	10
35 - 50	3	14	74	9
51 - 64	6	19	65	10
65+	6	21	62	11
<i>Ethnicity</i>				
White	6	15	66	13
Hispanic	8	22	52	17
Black	4	28	48	20
Asian/Pacific Islander	8	27	55	10
<i>Education</i>				
Less than High School	9	31	44	16
High School Graduate	10	21	57	13
Some College	4	27	56	13
College Graduate	4	8	74	14
<i>Income</i>				
Less than \$15,000	6	27	53	14
\$15,000 - 24,999	11	21	56	12
\$25,000 - 34,999	13	22	58	7
\$35,000 - 49,999	6	15	67	13
\$50,000+	4	15	66	15
<i>Physically Active</i>				
Did Not Meet Recommendations	9	22	54	15
Met Recommendations	4	17	66	13
<i>Overweight Status</i>				
Overweight/Obese	8	20	58	13
Not Overweight	4	17	64	14
<i>Poverty Index</i>				
Food Stamp Participants	6	22	56	16
All Other Respondents/ ≤ 130% FPL	8	30	48	14
All Other Respondents/ > 130% FPL	6	16	65	13

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

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Chi Square Test

\*\* p<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 11: Belief About Whether Eating Right Amount of Fruits and Vegetables Now**  
*Do you think you eat the right amount of fruits and vegetables now, or do you think you should eat more?*

	<b>Percent That Think They Should Eat More</b>
<b>Total</b>	<b>71</b>
<b>Sex</b>	
Males	69
Females	74
<b>Males</b>	
18 - 24	82 ***
25 - 34	71
35 - 50	73
51 - 64	67
65+	44
<b>Females</b>	
18 - 24	84 **
25 - 34	77
35 - 50	77
51 - 64	70
65+	60
<b>Ethnicity</b>	
White	68
Hispanic	75
Black	76
Asian/Pacific Islander	68
<b>Education</b>	
Less than High School	76 *
High School Graduate	74
Some College	70
College Graduate	67
<b>Income</b>	
Less than \$15,000	75
\$15,000 - 24,999	76
\$25,000 - 34,999	68
\$35,000 - 49,999	69
\$50,000+	68
<b>Physically Active</b>	
Did Not Meet Recommendations	78 ***
Met Recommendations	65
<b>Overweight Status</b>	
Overweight/Obese	73 *
Not Overweight	68
<b>Poverty Index</b>	
Food Stamp Participants	80 *
All Other Respondents/ ≤ 130% FPL	73
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 12: Why Californians Are Not Eating More Fruits and Vegetables**

Base: Out of Those Who Think They Should Eat More Fruits and Vegetables

For yourself, do you agree or disagree...

*It's hard to get fruits and vegetables at restaurants.*

*It's hard to get fruits and vegetables at fast food places.*

*It's hard to get fruits and vegetables at work, such as in the cafeteria, vending machines, food trucks or nearby restaurants.*

*Fruits and vegetables are too expensive.*

	Percent Agreeing			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
<b>Total</b>	<b>37</b>	<b>76</b>	<b>64</b>	<b>32</b>
<i>Sex</i>				
Males	35	76	65	27**
Females	39	76	63	37
<i>Males</i>				
18 - 24	41*	77	57*	39*
25 - 34	41	76	75	23
35 - 50	35	78	69	21
51 - 64	25	71	52	28
65+	18	67	60	36
<i>Females</i>				
18 - 24	55*	89*	75	36
25 - 34	36	79	58	31
35 - 50	36	73	62	38
51 - 64	40	72	63	36
65+	33	67	62	44
<i>Ethnicity</i>				
White	28***	80	62	29**
Hispanic	54	72	68	36
Black	35	76	53	29
Asian/Pacific Islander	36	78	61	15
<i>Education</i>				
Less than High School	52***	66***	68	45***
High School Graduate	36	78	64	31
Some College	28	79	58	32
College Graduate	32	80	65	22
<i>Income</i>				
Less than \$15,000	48***	67*	61	43***
\$15,000 - 24,999	46	78	69	42
\$25,000 - 34,999	42	85	63	39
\$35,000 - 49,999	19	77	52	26
\$50,000+	26	76	64	19
<i>Physically Active</i>				
Did Not Meet Recommendations	41*	74	64	33
Met Recommendations	33	78	64	31
<i>Overweight Status</i>				
Overweight/Obese	38	74	64	31
Not Overweight	35	79	64	31
<i>Poverty Index</i>				
Food Stamp Participants	51***	78*	60	44***
All Other Respondents/ ≤ 130% FPL	50	66	69	39
All Other Respondents/ > 130% FPL	26	76	64	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

## 2005 California Dietary Practices Survey

**Table 13: Have You Ever Worked in a Garden**

*As an adult, have you ever worked in a garden to grow fruits and vegetables?*

	Percent Who Worked in Garden
<b>Total</b>	<b>45</b>
<i>Sex</i>	
Males	44
Females	45
<i>Males</i>	
18 - 24	13 ***
25 - 34	22
35 - 50	52
51 - 64	69
65+	64
<i>Females</i>	
18 - 24	20 ***
25 - 34	34
35 - 50	51
51 - 64	58
65+	55
<i>Ethnicity</i>	
White	58 ***
Hispanic	25
Black	32
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	27 ***
High School Graduate	40
Some College	53
College Graduate	55
<i>Income</i>	
Less than \$15,000	34 ***
\$15,000 - 24,999	34
\$25,000 - 34,999	51
\$35,000 - 49,999	47
\$50,000+	58
<i>Physically Active</i>	
Did Not Meet Recommendations	40 ***
Met Recommendations	50
<i>Overweight Status</i>	
Overweight/Obese	43
Not Overweight	48
<i>Poverty Index</i>	
Food Stamp Participants	33 ***
All Other Respondents/ ≤ 130% FPL	30
All Other Respondents/ > 130% FPL	53

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Cross Tab 14: Servings of Fruits and Vegetables Heard Recommended by Servings of Fruits and Vegetables Eaten**

*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 is the number of servings recommended?*

*Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?*

*Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?*

*How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?*

Range of Servings of Fruits and Vegetables Heard Recommended	Range of Servings of Fruits and Vegetables Eaten <sup>1</sup>				Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
	0 - 2	3 - 4	5+		
0 - 2	47	19	34	***	3.7 <sup>a</sup> ***
3 - 4	38	30	32		3.9 <sup>a</sup>
5+	24	27	49		4.9 <sup>b</sup>

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

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

Chi Square Test

<sup>2</sup> 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<.001

## 2005 California Dietary Practices Survey

### Cross Tab 15: Servings of Fruits and Vegetables Thought Should Be Eaten by Servings of Fruits and Vegetables Eaten

How many total servings of fruits and vegetables do you think you should eat every day for good health?

Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?

Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?

How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?

Range of Servings of Fruits and Vegetables Thought Should Be Eaten	Range of Servings of Fruits and Vegetables Eaten <sup>1</sup>			Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
	0 - 2	3 - 4	5+	
0 - 2	45	29	26	3.4 <sup>a</sup>
3 - 4	36	32	33	3.8 <sup>a</sup>
5+	24	24	51	5.1 <sup>b</sup>

Rows may not add to 100 percent due to rounding.

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

Chi Square Test

<sup>2</sup> 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<.001

## 2005 California Dietary Practices Survey

### Cross Tab 16: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

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

Overweight Status	Percent Who	
	Ate < 5 Servings of Fruits and Vegetables	Ate 5+ Servings of Fruits and Vegetables
Obese	54	46
Overweight	58	42
Not overweight	67	33

\*\*

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

\*\* p<.01

**2005 California Dietary Practices Survey**

**Table 17: Consumption of Whole Grain Breads/Whole Wheat Tortillas**

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

	<b>Percent Ate Whole Grains</b>
<b>Total</b>	<b>44</b>
<i>Sex</i>	
Males	41
Females	46
<i>Males</i>	
18 - 24	32
25 - 34	29
35 - 50	49
51 - 64	41
65+	50
<i>Females</i>	
18 - 24	38
25 - 34	47
35 - 50	42
51 - 64	48
65+	58
<i>Ethnicity</i>	
White	46
Hispanic	41
Black	56
Asian/Pacific Islander	43
<i>Education</i>	
Less than High School	36
High School Graduate	43
Some College	46
College Graduate	48
<i>Income</i>	
Less than \$15,000	42
\$15,000 - 24,999	43
\$25,000 - 34,999	49
\$35,000 - 49,999	41
\$50,000+	42
<i>Physically Active</i>	
Did Not Meet Recommendations	42
Met Recommendations	46
<i>Overweight Status</i>	
Overweight/Obese	42
Not Overweight	47
<i>Poverty Index</i>	
Food Stamp Participants	41
All Other Respondents/ ≤ 130% FPL	43
All Other Respondents/ > 130% FPL	43

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

**2005 California Dietary Practices Survey**

**Table 18: Consumption of Breakfast Cereals**

*Yesterday, did you eat any breakfast cereal?*

	<b>Percent Who Ate Breakfast Cereal</b>
<b>Total</b>	<b>35</b>
<b>Sex</b>	
Males	33
Females	37
<b>Males</b>	
18 - 24	27 ***
25 - 34	17
35 - 50	38
51 - 64	34
65+	51
<b>Females</b>	
18 - 24	42 **
25 - 34	36
35 - 50	32
51 - 64	34
65+	50
<b>Ethnicity</b>	
White	42 ***
Hispanic	31
Black	36
Asian/Pacific Islander	20
<b>Education</b>	
Less than High School	33 **
High School Graduate	39
Some College	28
College Graduate	39
<b>Income</b>	
Less than \$15,000	34
\$15,000 - 24,999	35
\$25,000 - 34,999	31
\$35,000 - 49,999	30
\$50,000+	38
<b>Physically Active</b>	
Did Not Meet Recommendations	33 *
Met Recommendations	38
<b>Overweight Status</b>	
Overweight/Obese	33
Not Overweight	37
<b>Poverty Index</b>	
Food Stamp Participants	32
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	38

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

**2005 California Dietary Practices Survey**

**Table 19: Consumption of High Fiber Cereals**

*Yesterday did you eat a breakfast cereal?*

*What was the name of the cereal you ate yesterday?<sup>1</sup>*

	<b>Percent Who Ate High Fiber Cereal</b>
<b>Total</b>	<b>18</b>
<b>Sex</b>	
Males	17
Females	19
<b>Males</b>	
18 - 24	3 ***
25 - 34	10
35 - 50	16
51 - 64	24
65+	35
<b>Females</b>	
18 - 24	17 ***
25 - 34	14
35 - 50	16
51 - 64	18
65+	34
<b>Ethnicity</b>	
White	26 ***
Hispanic	9
Black	19
Asian/Pacific Islander	10
<b>Education</b>	
Less than High School	10 ***
High School Graduate	21
Some College	16
College Graduate	23
<b>Income</b>	
Less than \$15,000	14
\$15,000 - 24,999	18
\$25,000 - 34,999	14
\$35,000 - 49,999	20
\$50,000+	21
<b>Physically Active</b>	
Did Not Meet Recommendations	16 *
Met Recommendations	20
<b>Overweight Status</b>	
Overweight/Obese	18
Not Overweight	19
<b>Poverty Index</b>	
Food Stamp Participants	10 ***
All Other Respondents/ ≤ 130% FPL	13
All Other Respondents/ > 130% FPL	22

<sup>1</sup> 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<.001

## 2005 California Dietary Practices Survey

**Table 20: Consumption of Beans**

*Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?*

	Percent Who Ate Beans
<b>Total</b>	<b>28</b>
<i>Sex</i>	
Males	32 ***
Females	23
<i>Males</i>	
18 - 24	26 **
25 - 34	45
35 - 50	29
51 - 64	24
65+	34
<i>Females</i>	
18 - 24	27
25 - 34	25
35 - 50	26
51 - 64	22
65+	17
<i>Ethnicity</i>	
White	22 ***
Hispanic	49
Black	12
Asian/Pacific Islander	9
<i>Education</i>	
Less than High School	43 ***
High School Graduate	27
Some College	20
College Graduate	22
<i>Income</i>	
Less than \$15,000	33 **
\$15,000 - 24,999	34
\$25,000 - 34,999	22
\$35,000 - 49,999	26
\$50,000+	23
<i>Physically Active</i>	
Did Not Meet Recommendations	30 *
Met Recommendations	25
<i>Overweight Status</i>	
Overweight/Obese	29
Not Overweight	26
<i>Poverty Index</i>	
Food Stamp Participants	29 ***
All Other Respondents/ ≤ 130% FPL	40
All Other Respondents/ > 130% FPL	23

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

**2005 California Dietary Practices Survey**

**Table 21: Consumption of Both Whole Grain Breads/Whole Wheat Tortillas and High Fiber Cereals**

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?<sup>1</sup>

Yesterday did you eat a breakfast cereal?

What was the name of the cereal you ate yesterday?<sup>2</sup>

	<b>Percent Who Ate Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal</b>
<b>Total</b>	<b>10</b>
<i>Sex</i>	
Males	9
Females	11
<i>Males</i>	
18 - 24	0
25 - 34	4
35 - 50	12
51 - 64	10
65+	16
<i>Females</i>	
18 - 24	11
25 - 34	7
35 - 50	9
51 - 64	9
65+	22
<i>Ethnicity</i>	
White	14
Hispanic	6
Black	16
Asian/Pacific Islander	2
<i>Education</i>	
Less than High School	6
High School Graduate	13
Some College	7
College Graduate	12
<i>Income</i>	
Less than \$15,000	10
\$15,000 - 24,999	11
\$25,000 - 34,999	7
\$35,000 - 49,999	13
\$50,000+	9
<i>Physically Active</i>	
Did Not Meet Recommendations	9
Met Recommendations	11
<i>Overweight Status</i>	
Overweight/Obese	10
Not Overweight	11
<i>Poverty Index</i>	
Food Stamp Participants	6
All Other Respondents/ ≤ 130% FPL	8
All Other Respondents/ > 130% FPL	11

<sup>1</sup>Consumption of corn tortillas was not asked in 1989, however it was included as a whole grain in the 1991-1999 surveys, and was not included as a whole grain in the 2001-2005 surveys. In 2001-2005, whole wheat tortillas were included as whole grains.

<sup>2</sup>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<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 22: Consumption of No Whole Grain Breads/Whole Wheat Tortillas, High Fiber Cereal, or Beans**

*Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpnickel, or whole wheat tortillas?  
Yesterday did you eat a breakfast cereal?*

*What was the name of the cereal you ate yesterday? <sup>1</sup>*

*Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils?*

	<b>Percent Who Ate No Whole Grain Breads/Corn Tortillas, High Fiber Cereal, or Beans</b>
<b>Total</b>	<b>33</b>
<i>Sex</i>	
Males	32
Females	34
<i>Males</i>	
18 - 24	48**
25 - 34	33
35 - 50	29
51 - 64	32
65+	23
<i>Females</i>	
18 - 24	40
25 - 34	33
35 - 50	37
51 - 64	34
65+	25
<i>Ethnicity</i>	
White	32***
Hispanic	26
Black	36
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	33
High School Graduate	33
Some College	37
College Graduate	31
<i>Income</i>	
Less than \$15,000	33
\$15,000 - 24,999	32
\$25,000 - 34,999	32
\$35,000 - 49,999	42
\$50,000+	34
<i>Physically Active</i>	
Did Not Meet Recommendations	34
Met Recommendations	33
<i>Overweight Status</i>	
Overweight/Obese	34
Not Overweight	32
<i>Poverty Index</i>	
Food Stamp Participants	35
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	35

<sup>1</sup> 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<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 23: Consumption of Whole Grain Breads, High Fiber Cereal, or Both**

*Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas?*

*Yesterday did you eat a breakfast cereal?*

*What was the name of the cereal you ate yesterday?*

	Percent Who		
	Ate Whole Grain Bread	Ate High-Fiber Cereal <sup>1</sup>	Ate Both
<b>Total</b>	<b>44</b>	<b>18</b>	<b>10</b>
<i>Sex</i>			
Males	41	17	9
Females	46	19	11
<i>Males</i>			
18 - 24	32***	3***	0***
25 - 34	29	10	4
35 - 50	49	16	12
51 - 64	41	24	10
65+	50	35	16
<i>Females</i>			
18 - 24	38*	17***	11**
25 - 34	47	14	7
35 - 50	42	16	9
51 - 64	48	18	9
65+	58	34	22
<i>Ethnicity</i>			
White	46	26***	14***
Hispanic	41	9	6
Black	56	19	16
Asian/Pacific Islander	43	10	2
<i>Education</i>			
Less than High School	36**	10***	6**
High School Graduate	43	21	13
Some College	46	16	7
College Graduate	48	23	12
<i>Income</i>			
Less than \$15,000	42	14	10
\$15,000 - 24,999	43	18	11
\$25,000 - 34,999	49	14	7
\$35,000 - 49,999	41	20	13
\$50,000+	42	21	9
<i>Physically Active</i>			
Did Not Meet Recommendations	42	16*	9
Met Recommendations	46	20	11
<i>Overweight Status</i>			
Overweight/Obese	42*	18	10
Not Overweight	47	19	11
<i>Poverty Index</i>			
Food Stamp Participants	41	10***	6
All Other Respondents/ ≤ 130% FPL	43	13	8
All Other Respondents/ > 130% FPL	43	22	11

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

**2005 California Dietary Practices Survey**

**Table 24: Persons Who Drank Any Milk**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast food milk shake, chai, latte, or have milk on cereal?*

	<b>Percent Who Drank Milk</b>
<b>Total</b>	<b>58</b>
<i>Sex</i>	
Males	57
Females	59
<i>Males</i>	
18 - 24	58
25 - 34	54
35 - 50	36
51 - 64	58
65+	66
<i>Females</i>	
18 - 24	65
25 - 34	57
35 - 50	60
51 - 64	54
65+	57
<i>Ethnicity</i>	
White	58 ***
Hispanic	69
Black	48
Asian/Pacific Islander	46
<i>Education</i>	
Less than High School	66 ***
High School Graduate	61
Some College	50
College Graduate	54
<i>Income</i>	
Less than \$15,000	59 ***
\$15,000 - 24,999	58
\$25,000 - 34,999	57
\$35,000 - 49,999	53
\$50,000+	59
<i>Physically Active</i>	
Did Not Meet Recommendations	60
Met Recommendations	58
<i>Overweight Status</i>	
Overweight/Obese	59
Not Overweight	56
<i>Poverty Index</i>	
Food Stamp Participants	66 *
All Other Respondents/ ≤ 130% FPL	60
All Other Respondents/ > 130% FPL	55

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 25: Consumption of Whole Milk (Out of Milk Drinkers)**

Base: Out of milk drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent Who Drank Whole Milk
<b>Total</b>	<b>22</b>
<i>Sex</i>	
Males	23
Females	21
<i>Males</i>	
18 - 24	11
25 - 34	41
35 - 50	36
51 - 64	26
65+	11
<i>Females</i>	
18 - 24	23
25 - 34	21
35 - 50	29
51 - 64	14
65+	11
<i>Ethnicity</i>	
White	18
Hispanic	27
Black	36
Asian/Pacific Islander	24
<i>Education</i>	
Less than High School	33
High School Graduate	20
Some College	23
College Graduate	13
<i>Income</i>	
Less than \$15,000	26
\$15,000 - 24,999	28
\$25,000 - 34,999	22
\$35,000 - 49,999	32
\$50,000+	14
<i>Physically Active</i>	
Did Not Meet Recommendations	26
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	24
Not Overweight	20
<i>Poverty Index</i>	
Food Stamp Participants	29
All Other Respondents/ ≤ 130% FPL	26
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 26: Consumption of Low Fat Milk (Out of Milk Drinkers)**

Base: Out of Milk Drinkers

Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?

	Percent Who Drank Low Fat <sup>1</sup> Milk
<b>Total</b>	<b>39</b>
<i>Sex</i>	
Males	37
Females	41
<i>Males</i>	
18 - 24	26
25 - 34	36
35 - 50	40
51 - 64	36
65+	42
<i>Females</i>	
18 - 24	28
25 - 34	35
35 - 50	35
51 - 64	57
65+	52
<i>Ethnicity</i>	
White	50
Hispanic	25
Black	20
Asian/Pacific Islander	39
<i>Education</i>	
Less than High School	29
High School Graduate	30
Some College	34
College Graduate	57
<i>Income</i>	
Less than \$15,000	32
\$15,000 - 24,999	26
\$25,000 - 34,999	24
\$35,000 - 49,999	37
\$50,000+	54
<i>Physically Active</i>	
Did Not Meet Recommendations	33
Met Recommendations	46
<i>Overweight Status</i>	
Overweight/Obese	36
Not Overweight	43
<i>Poverty Index</i>	
Food Stamp Participants	28
All Other Respondents/ ≤ 130% FPL	31
All Other Respondents/ > 130% FPL	46

<sup>1</sup> Low fat milk is used to refer to nonfat or 1% milk.

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

**2005 California Dietary Practices Survey**

**Table 27: Consumption of Cheese**

*Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich or as a snack?*

	<b>Percent Who Had Any Cheese</b>
<b>Total</b>	<b>53</b>
<i>Sex</i>	
Males	53
Females	52
<i>Males</i>	
18 - 24	58
25 - 34	51
35 - 50	55
51 - 64	50
65+	48
<i>Females</i>	
18 - 24	40 *
25 - 34	58
35 - 50	56
51 - 64	53
65+	47
<i>Ethnicity</i>	
White	59 ***
Hispanic	49
Black	39
Asian/Pacific Islander	35
<i>Education</i>	
Less than High School	51 **
High School Graduate	45
Some College	52
College Graduate	58
<i>Income</i>	
Less than \$15,000	49 ***
\$15,000 - 24,999	46
\$25,000 - 34,999	37
\$35,000 - 49,999	60
\$50,000+	61
<i>Physically Active</i>	
Did Not Meet Recommendations	48 **
Met Recommendations	57
<i>Overweight Status</i>	
Overweight/Obese	52
Not Overweight	53
<i>Poverty Index</i>	
Food Stamp Participants	46 **
All Other Respondents/ ≤ 130% FPL	48
All Other Respondents/ > 130% FPL	56

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

## 2005 California Dietary Practices Survey

**Table 28: Consumption of Yogurt**

*Yesterday did you eat any yogurt, not including frozen yogurt?*

	Percent Who Ate Any Yogurt
<b>Total</b>	<b>18</b>
<i>Sex</i>	
Males	14 ***
Females	22
<i>Males</i>	
18 - 24	6 ***
25 - 34	23
35 - 50	11
51 - 64	12
65+	19
<i>Females</i>	
18 - 24	16
25 - 34	24
35 - 50	20
51 - 64	26
65+	25
<i>Ethnicity</i>	
White	19
Hispanic	16
Black	16
Asian/Pacific Islander	24
<i>Education</i>	
Less than High School	15 ***
High School Graduate	13
Some College	17
College Graduate	25
<i>Income</i>	
Less than \$15,000	16 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	17
\$35,000 - 49,999	23
\$50,000+	20
<i>Physically Active</i>	
Did Not Meet Recommendations	15 **
Met Recommendations	22
<i>Overweight Status</i>	
Overweight/Obese	18
Not Overweight	18
<i>Poverty Index</i>	
Food Stamp Participants	16
All Other Respondents/ ≤ 130% FPL	16
All Other Respondents/ > 130% FPL	20

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 29: Consumption of Soy**

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

	Percent Ate Any Soy
<b>Total</b>	<b>13</b>
<i>Sex</i>	
Males	14
Females	12
<i>Males</i>	
18 - 24	19
25 - 34	12
35 - 50	15
51 - 64	10
65+	14
<i>Females</i>	
18 - 24	13
25 - 34	11
35 - 50	13
51 - 64	17
65+	7
<i>Ethnicity</i>	
White	15
Hispanic	8
Black	8
Asian/Pacific Islander	29
<i>Education</i>	
Less than High School	9
High School Graduate	12
Some College	10
College Graduate	19
<i>Income</i>	
Less than \$15,000	11
\$15,000 - 24,999	10
\$25,000 - 34,999	12
\$35,000 - 49,999	5
\$50,000+	18
<i>Physically Active</i>	
Did Not Meet Recommendations	10
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	10
Not Overweight	17
<i>Poverty Index</i>	
Food Stamp Participants	12
All Other Respondents/ ≤ 130% FPL	11
All Other Respondents/ > 130% FPL	15

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 30: Proportion of California Adults Who Ate High Fat Milk Products (of Persons Eating the Food)**

*Base: Out of Milk Drinkers and Cheese Eaters Respectively  
Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?  
Yesterday, was the cheese you ate regular cheese?*

	Percent	
	Whole Milk	Regular Cheese
<b>Total</b>	<b>22</b>	<b>53</b>
<i>Sex</i>		
Males	23	53
Females	21	52
<i>Males</i>		
18 - 24	11 ***	58
25 - 34	41	51
35 - 50	20	55
51 - 64	26	50
65+	11	48
<i>Females</i>		
18 - 24	23 *	40 *
25 - 34	21	58
35 - 50	29	56
51 - 64	14	53
65+	11	47
<i>Ethnicity</i>		
White	18 **	59 ***
Hispanic	27	49
Black	36	39
Asian/Pacific Islander	24	35
<i>Education</i>		
Less than High School	33 ***	51 **
High School Graduate	20	45
Some College	23	52
College Graduate	13	58
<i>Income</i>		
Less than \$15,000	26 ***	49 ***
\$15,000 - 24,999	28	46
\$25,000 - 34,999	22	37
\$35,000 - 49,999	32	60
\$50,000+	14	61
<i>Physically Active</i>		
Did Not Meet Recommendations	26 **	48 **
Met Recommendations	17	57
<i>Overweight Status</i>		
Overweight/Obese	24	52
Not Overweight	20	53
<i>Poverty Index</i>		
Food Stamp Participants	29	46 **
All Other Respondents/ ≤ 130% FPL	26	48
All Other Respondents/ > 130% FPL	19	56

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

## 2005 California Dietary Practices Survey

**Table 31: Consumption of Milk, Yogurt, or Cheese (At least two different items)**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal?  
 Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?  
 Yesterday did you eat any yogurt, not including frozen yogurt?*

	Percent Who Ate at Least Two Items
<b>Total</b>	<b>40</b>
<i>Sex</i>	
Males	38
Females	42
<i>Males</i>	
18 - 24	31
25 - 34	46
35 - 50	38
51 - 64	33
65+	37
<i>Females</i>	
18 - 24	38
25 - 34	46
35 - 50	43
51 - 64	40
65+	40
<i>Ethnicity</i>	
White	43
Hispanic	41
Black	27
Asian/Pacific Islander	30
<i>Education</i>	
Less than High School	42
High School Graduate	36
Some College	37
College Graduate	43
<i>Income</i>	
Less than \$15,000	34
\$15,000 - 24,999	38
\$25,000 - 34,999	35
\$35,000 - 49,999	44
\$50,000+	46
<i>Physically Active</i>	
Did Not Meet Recommendations	37
Met Recommendations	44
<i>Overweight Status</i>	
Overweight/Obese	40
Not Overweight	38
<i>Poverty Index</i>	
Food Stamp Participants	41
All Other Respondents/ ≤ 130% FPL	36
All Other Respondents/ > 130% FPL	42

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

Chi Square Test

\*\* p<.01

**2005 California Dietary Practices Survey**

**Table 32: Consumption of No Milk, Yogurt, or Cheese**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal?  
 Yesterday, how many times did you have cheese, for example cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?  
 Yesterday did you eat any yogurt, not including frozen yogurt?*

	<b>Percent Who Had No Milk, Yogurt, or Cheese</b>
<b>Total</b>	<b>17</b>
<i>Sex</i>	
Males	18
Females	17
<i>Males</i>	
18 - 24	12
25 - 34	20
35 - 50	20
51 - 64	18
65+	13
<i>Females</i>	
18 - 24	23
25 - 34	17
35 - 50	14
51 - 64	16
65+	18
<i>Ethnicity</i>	
White	14 ***
Hispanic	14
Black	29
Asian/Pacific Islander	28
<i>Education</i>	
Less than High School	14 ***
High School Graduate	20
Some College	23
College Graduate	13
<i>Income</i>	
Less than \$15,000	17 *
\$15,000 - 24,999	20
\$25,000 - 34,999	26
\$35,000 - 49,999	15
\$50,000+	14
<i>Physically Active</i>	
Did Not Meet Recommendations	19
Met Recommendations	15
<i>Overweight Status</i>	
Overweight/Obese	16
Not Overweight	19
<i>Poverty Index</i>	
Food Stamp Participants	17
All Other Respondents/ ≤ 130% FPL	18
All Other Respondents/ > 130% FPL	17

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

Chi Square Test

\* p<.05

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 33: Consumption of Milk, Any Milk and by Type**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? Was the milk you drank or used whole milk; reduced fat or 2%, low fat or 1%, or nonfat or skim?*

	Percent Who		
	Drank Any Milk	Drank Whole Milk (out of everyone)	Drank Nonfat Milk (out of everyone)
<b>Total</b>	<b>58</b>	<b>13</b>	<b>12</b>
<i>Sex</i>			
Males	57	13	12
Females	59	12	13
<i>Males</i>			
18 - 24	58	6***	8
25 - 34	54	22	12
35 - 50	55	11	13
51 - 64	58	15	10
65+	66	8	11
<i>Females</i>			
18 - 24	65	15*	9*
25 - 34	57	12	8
35 - 50	60	18	10
51 - 64	54	7	19
65+	57	6	18
<i>Ethnicity</i>			
White	58***	10***	14*
Hispanic	69	18	10
Black	48	17	4
Asian/Pacific Islander	46	11	13
<i>Education</i>			
Less than High School	66***	22***	11***
High School Graduate	61	12	6
Some College	50	12	9
College Graduate	54	7	18
<i>Income</i>			
Less than \$15,000	59	15***	9***
\$15,000 - 24,999	58	16	7
\$25,000 - 34,999	57	12	8
\$35,000 - 49,999	53	17	11
\$50,000+	59	8	18
<i>Physically Active</i>			
Did Not Meet Recommendations	60	16***	10**
Met Recommendations	58	10	15
<i>Overweight Status</i>			
Overweight/Obese	59	14	11
Not Overweight	56	11	14
<i>Poverty Index</i>			
Food Stamp Participants	66*	19***	11
All Other Respondents/ ≤ 130% FPL	60	16	9
All Other Respondents/ > 130% FPL	55	11	14

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

## 2005 California Dietary Practices Survey

**Table 34: Range in Servings of Milk Consumed**

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast-food milk shake, chai, latte, or have milk on cereal? How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday?*

	Servings Drank, Percent				
	0	1	2	3+	
<b>Total</b>	<b>44</b>	<b>33</b>	<b>15</b>	<b>8</b>	
<i>Sex</i>					
Males	45	32	14	9	
Females	42	34	15	8	
<i>Males</i>					
18 - 24	42	40	7	11	
25 - 34	48	32	10	10	
35 - 50	48	26	16	10	
51 - 64	44	31	17	8	
65+	37	41	18	4	
<i>Females</i>					
18 - 24	35	40	15	10	
25 - 34	45	30	18	7	
35 - 50	41	36	15	8	
51 - 64	48	31	14	7	
65+	44	34	16	6	
<i>Ethnicity</i>					
White	45	30	14	11	***
Hispanic	32	43	17	8	
Black	54	28	14	4	
Asian/Pacific Islander	54	26	17	2	
<i>Education</i>					
Less than High School	35	41	15	9	**
High School Graduate	40	37	15	8	
Some College	52	27	12	8	
College Graduate	47	29	16	8	
<i>Income</i>					
Less than \$15,000	42	36	15	7	
\$15,000 - 24,999	42	34	14	10	
\$25,000 - 34,999	45	40	12	4	
\$35,000 - 49,999	48	30	14	8	
\$50,000+	44	30	16	10	
<i>Physically Active</i>					
Did Not Meet Recommendations	42	35	16	8	
Met Recommendations	44	32	14	10	
<i>Overweight Status</i>					
Overweight/Obese	43	33	15	9	
Not Overweight	46	32	13	9	
<i>Poverty Index</i>					
Food Stamp Participants	34	35	17	14	**
All Other Respondents/ ≤ 130% FPL	40	37	17	6	
All Other Respondents/ > 130% FPL	47	30	15	9	

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

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Cross Tab 35: Milk Products Consumed by Recommendations Heard**

*Have you heard of any recommendations on the total number of servings of milk products you should have every day for good health?*

*What is the total number of servings of milk products that is recommended you should have every day for good health?*

*Yesterday, did you drink any milk or drinks made with milk, such as chocolate milk, fast food milk shake, chai, latte, or have milk on cereal?*

*How many glasses of milk, drinks made with milk, or bowls of cereal with milk did you have yesterday?*

Servings of Milk Products Heard Recommended	Consumption of Milk Products, Percent	
	0 - 2 servings	3+ servings
0 - 2 servings	39	61
3+ servings	17	83

\*\*

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

Chi Square Test

\*\* p<.01

## 2005 California Dietary Practices Survey

**Table 36: Consumption of Deep-Fried Foods**

*Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?*

	Percent Who Ate Deep-Fried Foods
<b>Total</b>	<b>20</b>
<i>Sex</i>	
Males	23 *
Females	18
<i>Males</i>	
18 - 24	34 *
25 - 34	20
35 - 50	21
51 - 64	26
65+	14
<i>Females</i>	
18 - 24	22 *
25 - 34	21
35 - 50	19
51 - 64	17
65+	8
<i>Ethnicity</i>	
White	14 ***
Hispanic	23
Black	30
Asian/Pacific Islander	20
<i>Education</i>	
Less than High School	28 ***
High School Graduate	23
Some College	19
College Graduate	14
<i>Income</i>	
Less than \$15,000	23 *
\$15,000 - 24,999	24
\$25,000 - 34,999	15
\$35,000 - 49,999	17
\$50,000+	16
<i>Physically Active</i>	
Did Not Meet Recommendations	23 **
Met Recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	22 **
Not Overweight	16
<i>Poverty Index</i>	
Food Stamp Participants	19 **
All Other Respondents/ ≤ 130% FPL	26
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 37: Consumption of Chips and Other Fried Snack Foods**

*Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods?*

	Percent Who Ate Fried Snack Foods
<b>Total</b>	<b>21</b>
<i>Sex</i>	
Males	22
Females	20
<i>Males</i>	
18 - 24	29
25 - 34	18
35 - 50	21
51 - 64	24
65+	20
<i>Females</i>	
18 - 24	35 **
25 - 34	22
35 - 50	14
51 - 64	18
65+	18
<i>Ethnicity</i>	
White	22
Hispanic	20
Black	22
Asian/Pacific Islander	19
<i>Education</i>	
Less than High School	23
High School Graduate	21
Some College	19
College Graduate	21
<i>Income</i>	
Less than \$15,000	18
\$15,000 - 24,999	19
\$25,000 - 34,999	24
\$35,000 - 49,999	24
\$50,000+	21
<i>Physically Active</i>	
Did Not Meet Recommendations	22
Met Recommendations	20
<i>Overweight Status</i>	
Overweight/Obese	21
Not Overweight	21
<i>Poverty Index</i>	
Food Stamp Participants	22
All Other Respondents/ ≤ 130% FPL	19
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 38: Consumption of High Fat Sweets and Breakfast Pastries**

*Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?*

*Did you eat any that were reduced fat or fat-free?*

*Yesterday, did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or pop tarts?<sup>1</sup>*

*Did you eat any that were reduced fat or fat-free?*

	Percent Who Ate	
	High Fat Sweets <sup>2</sup>	Breakfast Pastries <sup>3</sup>
<b>Total</b>	45	17
<b>Sex</b>		
Males	42 *	18
Females	48	16
<b>Males</b>		
18 - 24	36 ***	14
25 - 34	30	20
35 - 50	46	22
51 - 64	50	13
65+	51	14
<b>Females</b>		
18 - 24	58 *	22
25 - 34	45	18
35 - 50	44	17
51 - 64	45	14
65+	57	9
<b>Ethnicity</b>		
White	53 ***	12 ***
Hispanic	29	29
Black	47	14
Asian/Pacific Islander	44	13
<b>Education</b>		
Less than High School	30 ***	28 ***
High School Graduate	47	16
Some College	46	16
College Graduate	54	10
<b>Income</b>		
Less than \$15,000	42 **	22 ***
\$15,000 - 24,999	40	22
\$25,000 - 34,999	38	20
\$35,000 - 49,999	57	14
\$50,000+	50	10
<b>Physically Active</b>		
Did Not Meet Recommendations	43 *	20 *
Met Recommendations	48	14
<b>Overweight Status</b>		
Overweight/Obese	42 **	18
Not Overweight	50	16
<b>Poverty Index</b>		
Food Stamp Participants	37 ***	22 ***
All Other Respondents/ ≤ 130% FPL	38	25
All Other Respondents/ > 130% FPL	51	12

<sup>1</sup> In the Spanish translation of the survey, this question includes "pan dulce".

<sup>2</sup> Of high fat sweets, 17 percent reported were reduced fat.

<sup>3</sup> Of breakfast pastries, 20 percent reported were reduced 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

## 2005 California Dietary Practices Survey

**Table 39: Consumption of Soda**

Yesterday, how many cans or glasses of regular carbonated soft drinks such as cola, lemon lime, or sweetened non-carbonated beverages such as Gatorade, Snapple, Sunny Delight, or Kool-Aid did you drink? <sup>1</sup>

	Percent <sup>2</sup> Who Drank Any Soda	Mean Servings <sup>3</sup> of Soda
<b>Total</b>	<b>48</b>	<b>1.0</b>
<b>Sex</b>		
Males	53 ***	1.2 ***
Females	43	0.8
<b>Males</b>		
18 - 24	54 **	1.8 <sup>b</sup> ***
25 - 34	62	1.2 <sup>ab</sup>
35 - 50	56	1.3 <sup>b</sup>
51 - 64	49	1.1 <sup>ab</sup>
65+	38	0.6 <sup>a</sup>
<b>Females</b>		
18 - 24	52 **	1.0 <sup>ab</sup> *
25 - 34	48	1.0 <sup>b</sup>
35 - 50	46	0.9 <sup>ab</sup>
51 - 64	42	0.8 <sup>ab</sup>
65+	27	0.5 <sup>a</sup>
<b>Ethnicity</b>		
White	43 ***	1.0 <sup>b</sup> ***
Hispanic	62	1.2 <sup>b</sup>
Black	49	1.0 <sup>ab</sup>
Asian/Pacific Islander	35	0.5 <sup>a</sup>
<b>Education</b>		
Less than High School	59 ***	1.4 <sup>c</sup> ***
High School Graduate	51	1.1 <sup>bc</sup>
Some College	47	1.0 <sup>b</sup>
College Graduate	39	0.7 <sup>a</sup>
<b>Income</b>		
Less than \$15,000	50 *	1.1 <sup>ab</sup> *
\$15,000 - 24,999	54	1.2 <sup>b</sup>
\$25,000 - 34,999	51	1.0 <sup>ab</sup>
\$35,000 - 49,999	45	0.9 <sup>ab</sup>
\$50,000+	43	0.9 <sup>a</sup>
<b>Physically Active</b>		
Did Not Meet Recommendations	54 ***	1.2 ***
Met Recommendations	42	0.8
<b>Overweight Status</b>		
Overweight/Obese	53 ***	1.1 **
Not Overweight	41	0.9
<b>Poverty Index</b>		
Food Stamp Participants	59 ***	1.4 <sup>b</sup> ***
All Other Respondents/ ≤ 130% FPL	52	1.1 <sup>ab</sup>
All Other Respondents/ > 130% FPL	43	0.9 <sup>a</sup>

<sup>1</sup> This includes any sweetened, non-carbonated beverages that are not 100% fruit juice.

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

Chi Square Test

<sup>3</sup> 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

## 2005 California Dietary Practices Survey

**Table 40: Range in Servings of High Calorie, Low Nutrient Foods**

Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts?  
 Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion  
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods?  
 Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars?

	Servings of High Calorie Low Nutrient Foods		
	Eaten, Percent <sup>1</sup>		
	0	1	2+
<b>Total</b>	<b>32</b>	<b>40</b>	<b>28</b>
<i>Sex</i>			
Males	33	38	30
Females	32	42	27
<i>Males</i>			
18 - 24	32	32	36
25 - 34	43	34	24
35 - 50	29	42	30
51 - 64	30	37	33
65+	31	43	26
<i>Females</i>			
18 - 24	18	49	34
25 - 34	30	41	29
35 - 50	35	40	25
51 - 64	36	40	24
65+	37	40	23
<i>Ethnicity</i>			
White	31	43	26
Hispanic	36	36	28
Black	30	40	30
Asian/Pacific Islander	36	37	26
<i>Education</i>			
Less than High School	36	31	33
High School Graduate	35	33	32
Some College	32	41	26
College Graduate	28	49	23
<i>Income</i>			
Less than \$15,000	33	37	30
\$15,000 - 24,999	33	37	30
\$25,000 - 34,999	35	42	23
\$35,000 - 49,999	31	37	32
\$50,000+	32	43	25
<i>Physically Active</i>			
Did Not Meet Recommendations	33	35	31
Met Recommendations	32	44	24
<i>Overweight Status</i>			
Overweight/Obese	34	37	29
Not Overweight	30	44	26
<i>Poverty Index</i>			
Food Stamp Participants	31	45	24
All Other Respondents/ ≤ 130% FPL	34	34	32
All Other Respondents/ > 130% FPL	32	42	26

<sup>1</sup>Excludes soda or other sweetened beverages.

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

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 41: Percent of Eating Out that Was in Fast Food Restaurants**

*Base: Of people eating out.*

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

*Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a food court)?*

	Percent of Adults Eating Out Who Chose Fast Food on the Previous Day	
<b>Total</b>	<b>46</b>	
<b>Sex</b>		
Males	47	
Females	44	
<b>Males</b>		
18 - 24	59	
25 - 34	55	
35 - 50	40	
51 - 64	43	
65+	37	
<b>Females</b>		
18 - 24	39	
25 - 34	51	
35 - 50	47	
51 - 64	41	
65+	28	
<b>Ethnicity</b>		
White	41	***
Hispanic	61	
Black	67	
Asian/Pacific Islander	21	
<b>Education</b>		
Less than High School	69	***
High School Graduate	43	
Some College	54	
College Graduate	31	
<b>Income</b>		
Less than \$15,000	75	***
\$15,000 - 24,999	46	
\$25,000 - 34,999	48	
\$35,000 - 49,999	45	
\$50,000+	34	
<b>Physically Active</b>		
Did Not Meet Recommendations	51	**
Met Recommendations	38	
<b>Overweight Status</b>		
Overweight/Obese	48	
Not Overweight	44	
<b>Poverty Index</b>		
Food Stamp Participants	72	***
All Other Respondents/ ≤ 130% FPL	64	
All Other Respondents/ > 130% FPL	36	

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Cross Tab 42a: Eating Out Compared to Consumption of Healthy Foods**

Out of Home Eating	Mean Servings of Fruits and Vegetables Eaten <sup>2</sup>
No Meals Eaten Out	4.6 <sup>a</sup> ***
Yes, not fast food	4.6 <sup>a</sup>
Yes, fast food	3.5 <sup>b</sup>
Out of Home Eating	Mean Servings of Vegetables and Salad <sup>2</sup>
No Meals Eaten Out	2.1 <sup>a</sup> **
Yes, not fast food	2.6 <sup>b</sup>
Yes, fast food	1.9 <sup>a</sup>
Out of Home Eating	Mean Servings of Fruit and Juice <sup>2</sup>
No Meals Eaten Out	2.5 <sup>c</sup> ***
Yes, not fast food	2.0 <sup>b</sup>
Yes, fast food	1.6 <sup>a</sup>
Out of Home Eating	Percent Having Whole Grain Bread, Beans, or High Fiber Cereal
No Meals Eaten Out	69
Yes, not fast food	65
Yes, fast food	62
Out of Home Eating	Percent Having Any Milk <sup>1</sup>
No Meals Eaten Out	62 ***
Yes, not fast food	51
Yes, fast food	51

<sup>1</sup> A box around a group of numbers signifies that differences observed within this group are statistically significant. Chi Square Test

<sup>2</sup> 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<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Cross Tab 42b: Eating Out Compared to Consumption of High Calorie, Low Nutrient Foods

Base: Out of everyone, unless indicated

Out of Home Eating	Percent Having Whole/2% Milk (Out of milk drinkers) <sup>1</sup>
No Meals Eaten Out	64
Yes, not fast food	49
Yes, fast food	63
	**
Out of Home Eating	Percent Having Cheese <sup>2</sup>
No Meals Eaten Out	51
Yes, not fast food	50
Yes, fast food	64
	**
Out of Home Eating	Percent Having Deep Fried Foods, like French Fries, Fried Chicken, Chicken Nuggets, Fried Shrimp, or Onion Rings <sup>1</sup>
No Meals Eaten Out	12
Yes, not fast food	22
Yes, fast food	47
	***
Out of Home Eating	Percent having fried snack foods, like potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods <sup>1</sup>
No Meals Eaten Out	20
Yes, not fast food	19
Yes, fast food	27
	*
Out of Home Eating	Percent having high fat sweets/desserts, like cake, pie, cookies, brownies, or chocolate candy bars
No Meals Eaten Out	46
Yes, not fast food	42
Yes, fast food	47
Out of Home Eating	Percent having any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or poptarts
No Meals Eaten Out	15
Yes, not fast food	19
Yes, fast food	21

<sup>1</sup> 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

## 2005 California Dietary Practices Survey

**Table 43: Percent of Californians Who Ate At Least One Meal Out**

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

	<b>Adults Eating 1+ Meals Out</b>
<b>Total</b>	<b>36</b>
<i>Sex</i>	
Males	41**
Females	32
<i>Males</i>	
18 - 24	46**
25 - 34	44
35 - 50	45
51 - 64	35
65+	25
<i>Females</i>	
18 - 24	38
25 - 34	35
35 - 50	34
51 - 64	36
65+	22
<i>Ethnicity</i>	
White	40**
Hispanic	35
Black	28
Asian/Pacific Islander	38
<i>Education</i>	
Less than High School	29**
High School Graduate	36
Some College	38
College Graduate	42
<i>Income</i>	
Less than \$15,000	30***
\$15,000 - 24,999	32
\$25,000 - 34,999	30
\$35,000 - 49,999	37
\$50,000+	45
<i>Physically Active</i>	
Did Not Meet Recommendations	38
Met Recommendations	36
<i>Overweight Status</i>	
Overweight/Obese	38
Not Overweight	35
<i>Poverty Index</i>	
Food Stamp Participants	27***
All Other Respondents/ ≤ 130% FPL	30
All Other Respondents/ > 130% FPL	41

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 44: Consumption of Fast Food**

Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?  
 Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a food court)?

	Percent Who Ate Fast Food	
	Out of Everyone	Out of Those Who Eat Out
<b>Total</b>	<b>17</b>	<b>46</b>
<i>Sex</i>		
Males	19 *	47
Females	14	44
<i>Males</i>		
18 - 24	27 **	59
25 - 34	24	55
35 - 50	18	40
51 - 64	15	43
65+	9	37
<i>Females</i>		
18 - 24	15	39
25 - 34	18	51
35 - 50	16	47
51 - 64	15	41
65+	6	28
<i>Ethnicity</i>		
White	16 *	41 ***
Hispanic	17	61
Black	24	67
Asian/Pacific Islander	8	21
<i>Education</i>		
Less than High School	20 *	69 ***
High School Graduate	16	43
Some College	20	54
College Graduate	13	31
<i>Income</i>		
Less than \$15,000	22	75 ***
\$15,000 - 24,999	15	46
\$25,000 - 34,999	14	48
\$35,000 - 49,999	17	45
\$50,000+	15	34
<i>Physically Active</i>		
Did Not Meet Recommendations	19 **	51 **
Met Recommendations	14	38
<i>Overweight Status</i>		
Overweight/Obese	18	48
Not Overweight	15	44
<i>Poverty Index</i>		
Food Stamp Participants	20	72 ***
All Other Respondents/ ≤ 130% FPL	19	64
All Other Respondents/ > 130% FPL	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

## 2005 California Dietary Practices Survey

**Table 45: Meals from Fast Food Restaurants in the Past Week**

*In the last week, how many times did you eat a meal or snack from a fast food restaurant?*

	Times Eating Fast Food, Percent				
	0	1	2	3	4+
<b>Total</b>	<b>39</b>	<b>29</b>	<b>12</b>	<b>9</b>	<b>11</b>
<i>Sex</i>					
Males	35	27	12	11	15
Females	42	31	13	8	6
<i>Males</i>					
18 - 24	8	41	11	16	25
25 - 34	30	23	12	15	20
35 - 50	34	29	12	9	16
51 - 64	47	21	14	7	10
65+	64	18	10	6	2
<i>Females</i>					
18 - 24	25	32	20	13	11
25 - 34	29	30	17	15	9
35 - 50	39	36	12	6	7
51 - 64	44	38	10	6	2
65+	70	18	7	3	2
<i>Ethnicity</i>					
White	42	24	13	10	10
Hispanic	36	32	11	9	12
Black	29	24	19	14	14
Asian/Pacific Islander	33	43	9	8	6
<i>Education</i>					
Less than High School	36	35	10	8	11
High School Graduate	34	26	19	11	10
Some College	38	26	13	11	12
College Graduate	44	28	9	9	10
<i>Income</i>					
Less than \$15,000	40	28	10	10	12
\$15,000 - 24,999	34	35	13	9	9
\$25,000 - 34,999	33	35	14	9	10
\$35,000 - 49,999	46	16	12	13	13
\$50,000+	38	30	14	8	10
<i>Physically Active</i>					
Did Not Meet Recommendations	39	26	12	11	12
Met Recommendations	38	32	12	9	9
<i>Overweight Status</i>					
Overweight/Obese	38	29	13	9	11
Not Overweight	39	28	12	11	10
<i>Poverty Index</i>					
Food Stamp Participants	27	34	16	11	12
All Other Respondents/ ≤ 130% FPL	37	32	11	9	10
All Other Respondents/ > 130% FPL	40	28	12	9	10

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

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 46: Mean and Range of Days Heard Recommended for Physical Activity**

Base: Out of those who heard recommendations for physical activity

How many days per week have you heard that adults should be physically active?

	Percent Heard <sup>1</sup>					Mean Days Heard <sup>2</sup>
	0 - 2 days	3 - 4 days	5 - 6 days	7+ days		
<b>Total</b>	<b>14</b>	<b>44</b>	<b>24</b>	<b>18</b>		<b>4.0</b>
<b>Sex</b>						
Males	20	43	19	18	***	3.8 ***
Females	10	44	28	18		4.2
<b>Males</b>						
18 - 24	32	41	15	11	**	3.2 <sup>a</sup> *
25 - 34	26	40	15	20		3.7 <sup>ab</sup>
35 - 50	14	42	26	18		4.0 <sup>b</sup>
51 - 64	12	56	13	19		3.9 <sup>ab</sup>
65+	24	36	21	20		3.7 <sup>ab</sup>
<b>Females</b>						
18 - 24	21	36	33	10	**	3.7 <sup>a</sup> **
25 - 34	10	55	25	10		3.8 <sup>a</sup>
35 - 50	7	45	28	20		4.3 <sup>ab</sup>
51 - 64	6	43	30	21		4.4 <sup>ab</sup>
65+	8	39	28	25		4.5 <sup>b</sup>
<b>Ethnicity</b>						
White	9	46	26	18	***	4.2 <sup>b</sup> ***
Hispanic	21	42	20	17		3.7 <sup>a</sup>
Black	18	46	25	11		3.7 <sup>ab</sup>
Asian/Pacific Islander	20	36	28	17		3.8 <sup>ab</sup>
<b>Education</b>						
Less than High School	27	33	21	19	***	3.7 <sup>a</sup> **
High School Graduate	15	47	22	16		3.9 <sup>ab</sup>
Some College	10	46	23	21		4.2 <sup>b</sup>
College Graduate	9	47	28	16		4.2 <sup>b</sup>
<b>Income</b>						
Less than \$15,000	21	37	20	22	*	3.9
\$15,000 - 24,999	12	47	22	19		4.1
\$25,000 - 34,999	12	44	22	21		4.2
\$35,000 - 49,999	13	46	25	16		4.0
\$50,000+	12	47	26	14		4.0
<b>Physically Active</b>						
Did Not Meet Recommendations	15	48	21	16	**	3.8 **
Met Recommendations	14	39	28	20		4.2
<b>Overweight Status</b>						
Overweight/Obese	16	45	20	19	**	3.9
Not Overweight	12	42	30	17		4.1
<b>Poverty Index</b>						
Food Stamp Participants	20	38	24	17	**	3.8
All Other Respondents/ ≤ 130% FPL	20	38	20	22		4.0
All Other Respondents/ > 130% FPL	12	47	26	16		4.0

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

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

<sup>1</sup>Chi Square Test

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).

<sup>2</sup>ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Crosstab 47: Days Heard Recommended by Days Active

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

Days Heard Should Be Physically Active	Days Physically Active, Percent			
	0 - 2 days	3 - 4 days	5 - 6 days	7+ days
0 - 2 days	10	18	24	47
3 - 4 days	9	27	23	42
5 - 6 days	3	19	21	57
7+ days	2	18	28	52

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

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 48: Participated Any Physical Activity in the Past Month**

*During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?*

	Percent Participating in Any Physical Activity
<b>Total</b>	<b>74</b>
<i>Sex</i>	
Males	73
Females	74
<i>Males</i>	
18 - 24	82
25 - 34	69
35 - 50	73
51 - 64	74
65+	73
<i>Females</i>	
18 - 24	74
25 - 34	66
35 - 50	76
51 - 64	75
65+	80
<i>Ethnicity</i>	
White	83 ***
Hispanic	57
Black	73
Asian/Pacific Islander	75
<i>Education</i>	
Less than High School	53 ***
High School Graduate	68
Some College	82
College Graduate	87
<i>Income</i>	
Less than \$15,000	61 ***
\$15,000 - 24,999	64
\$25,000 - 34,999	74
\$35,000 - 49,999	76
\$50,000+	87
<i>Overweight Status</i>	
Overweight/Obese	70 ***
Not Overweight	79
<i>Poverty Index</i>	
Food Stamp Participants	60 ***
All Other Respondents/ ≤ 130% FPL	57
All Other Respondents/ > 130% FPL	84

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 49: Participation in Moderate, Vigorous, and Regular Activity**

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 these 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 these activities?

	Percent	
	Participated in Recommended Vigorous Activity <sup>1</sup>	Met Recommendation for Regular Moderate and Vigorous Physical Activity <sup>2</sup>
<b>Total</b>	<b>43</b>	<b>50</b>
<i>Sex</i>		
Males	47 **	49
Females	40	50
<i>Males</i>		
18 - 24	74 ***	66 **
25 - 34	40	44
35 - 50	53	49
51 - 64	30	40
65+	31	48
<i>Females</i>		
18 - 24	51 ***	53
25 - 34	42	49
35 - 50	43	51
51 - 64	39	50
65+	21	49
<i>Ethnicity</i>		
White	51 ***	61 ***
Hispanic	31	32
Black	40	42
Asian/Pacific Islander	49	46
<i>Education</i>		
Less than High School	27 ***	32 ***
High School Graduate	40	43
Some College	49	59
College Graduate	53	60
<i>Income</i>		
Less than \$15,000	28 ***	38 ***
\$15,000 - 24,999	33	40
\$25,000 - 34,999	40	52
\$35,000 - 49,999	42	51
\$50,000+	60	62
<i>Overweight Status</i>		
Overweight/Obese	37 ***	42 ***
Not Overweight	52	59
<i>Poverty Index</i>		
Food Stamp Participants	28 ***	39 ***
All Other Respondents/ ≤ 130% FPL	28	35
All Other Respondents/ > 130% FPL	53	59

<sup>1</sup>Those who engage in vigorous physical activity for at least 20 minutes a day, at least 3 days per week (Healthy People 2010).

<sup>2</sup>Those who engage in any combination of moderate or vigorous physical activities for at least 30 minutes per day, at least 5 days per week (2005 Dietary Guidelines).

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 50: Level of Activity at Work**

*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
<b>Total</b>	<b>40</b>	<b>25</b>	<b>9</b>	<b>26</b>
<i>Sex</i>				
Males	39	28	14	19
Females	42	22	4	32
<i>Males</i>				
18 - 24	11	45	26	18
25 - 34	46	33	13	7
35 - 50	54	25	16	5
51 - 64	44	22	12	22
65+	14	13	1	72
<i>Females</i>				
18 - 24	41	24	10	25
25 - 34	44	30	2	25
35 - 50	48	27	6	19
51 - 64	51	19	2	27
65+	17	6	0	77
<i>Ethnicity</i>				
White	47	18	7	28
Hispanic	26	38	14	22
Black	34	25	11	31
Asian/Pacific Islander	57	21	5	17
<i>Education</i>				
Less than High School	22	36	14	29
High School Graduate	24	34	11	31
Some College	43	23	12	23
College Graduate	62	12	2	23
<i>Income</i>				
Less than \$15,000	26	27	10	37
\$15,000 - 24,999	29	36	12	23
\$25,000 - 34,999	32	21	14	33
\$35,000 - 49,999	47	20	10	22
\$50,000+	57	20	6	18
<i>Physically Active</i>				
Did Not Meet Recommendations	37	26	9	28
Met Recommendations	44	23	10	24
<i>Overweight Status</i>				
Overweight/Obese	39	24	9	28
Not Overweight	44	26	9	22
<i>Poverty Index</i>				
Food Stamp Participants	30	31	13	26
All Other Respondents/ ≤ 130% FPL	24	34	12	30
All Other Respondents/ > 130% FPL	51	20	7	22

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

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 51: Main Reasons for Not Being More Physically Active**

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

	Percent					
	Too Busy	Exercise Enough	Lack Self-Motivation	Health Reasons	Too Tired	Other <sup>1</sup>
<b>Total</b>	<b>37</b>	<b>15</b>	<b>10</b>	<b>17</b>	<b>8</b>	<b>14</b>
<i>Sex</i>						
Males	40	17	9	12	9	13
Females	35	12	11	21	7	14
<i>Males</i>						
18 - 24	52	22	0	0	13	13
25 - 34	53	14	8	7	12	6
35 - 50	46	15	10	10	10	9
51 - 64	25	14	15	26	4	16
65+	9	29	9	21	4	28
<i>Females</i>						
18 - 24	46	13	9	10	2	19
25 - 34	40	13	12	15	8	13
35 - 50	42	12	12	13	9	12
51 - 64	28	7	15	30	10	11
65+	11	16	8	45	2	19
<i>Ethnicity</i>						
White	35	15	10	19	6	15
Hispanic	40	15	9	11	13	12
Black	25	13	11	25	10	17
Asian/Pacific Islander	49	12	12	8	9	10
<i>Education</i>						
Less than High School	37	14	7	15	14	14
High School Graduate	31	19	13	17	6	15
Some College	35	13	8	20	10	13
College Graduate	43	14	12	15	4	12
<i>Income</i>						
Less than \$15,000	28	11	8	26	9	18
\$15,000 - 24,999	35	13	10	16	13	13
\$25,000 - 34,999	34	22	10	16	2	16
\$35,000 - 49,999	28	15	8	17	14	17
\$50,000+	50	13	12	10	5	10
<i>Physically Active</i>						
Did Not Meet Recommendations	35	9	11	20	11	14
Met Recommendations	40	21	9	13	5	12
<i>Overweight Status</i>						
Overweight/Obese	34	12	12	21	8	13
Not Overweight	40	19	7	12	8	14
<i>Poverty Index</i>						
Food Stamp Participants	30	13	9	23	13	12
All Other Respondents/ ≤ 130% FPL	37	11	9	18	9	15
All Other Respondents/ > 130% FPL	40	14	11	14	7	14

<sup>1</sup> Other includes "don't enjoy", "no parks or health clubs", "unsafe neighborhood", "lack of self motivation", "fear of injury", "lack of encouragement", "lack of confidence", "too old", "poor weather conditions", and "no child care".

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

Chi Square Test

\* p<.05

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Cross Tab 52: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at Least 5 Days a Week by Overweight Status**

*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 these 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 these activities?*

*How tall are you without shoes?*

*How much do you weigh?*

Physically Active for 30+ Minutes, 5 Days a Week	Percent		
	Overweight/Obese	Not Overweight	
Yes	42	59	***
No	58	41	

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

Chi Square Test

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Cross Tab 53: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at least 6 Days a Week by Overweight Status

*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 these 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 these activities?*

*How tall are you without shoes?*

*How much do you weigh?*

Physically Active for 30+ Minutes, 6 Days a Week	Percent		
	Overweight/Obese	Not Overweight	
Yes	36	50	***
No	64	50	

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 54: Time Spent Watching Television**

*How much time did you spend watching TV yesterday?*

	<b>Mean Hours</b>
<b>Total</b>	<b>2.2</b>
<b>Sex</b>	
Males	2.3
Females	2.1
<b>Males</b>	
18 - 24	3.9 <sup>c</sup> ***
25 - 34	1.6 <sup>a</sup>
35 - 50	1.8 <sup>a</sup>
51 - 64	2.8 <sup>b</sup>
65+	2.5 <sup>ab</sup>
<b>Females</b>	
18 - 24	2.1 <sup>ab</sup> ***
25 - 34	1.7 <sup>a</sup>
35 - 50	1.7 <sup>a</sup>
51 - 64	2.3 <sup>ab</sup>
65+	2.9 <sup>b</sup>
<b>Ethnicity</b>	
White	2.1 <sup>a</sup> ***
Hispanic	2.0 <sup>a</sup>
Black	3.2 <sup>b</sup>
Asian/Pacific Islander	1.7 <sup>a</sup>
<b>Education</b>	
Less than High School	2.6 <sup>bc</sup> ***
High School Graduate	2.6 <sup>c</sup>
Some College	2.1 <sup>ab</sup>
College Graduate	1.7 <sup>a</sup>
<b>Income</b>	
Less than \$15,000	2.6 <sup>b</sup> ***
\$15,000 - 24,999	2.3 <sup>b</sup>
\$25,000 - 34,999	2.6 <sup>b</sup>
\$35,000 - 49,999	2.3 <sup>ab</sup>
\$50,000+	1.7 <sup>a</sup>
<b>Physically Active</b>	
Did Not Meet Recommendations	2.5 ***
Met Recommendations	1.9
<b>Overweight Status</b>	
Overweight/Obese	2.3 **
Not Overweight	1.9
<b>Poverty Index</b>	
Food Stamp Participants	2.2
All Other Respondents/ ≤ 130% FPL	2.4
All Other Respondents/ > 130% FPL	2.1

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).

ANOVA

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Crosstab 55: Television Watching and Physical Activity Barriers

How much time did you spend watching TV yesterday?

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

Physical Activity Barriers	TV Watching, Percent		
	< 2 hrs per day	≥ 2 hrs per day	
Exercise Enough	78	22	***
Not Enough Time	81	19	
Lazy	67	33	
Health Reasons	53	47	
Too Tired	67	33	

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

Chi Square Test

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 56a: Weight Status (Based on Body Mass Index)**

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

	Percent <sup>1</sup>			
	Not Overweight	Overweight	Obese	
<b>Total</b>	<b>44</b>	<b>36</b>	<b>19</b>	
<i>Sex</i>				
Males	36	47	17	***
Females	53	26	21	
<i>Males</i>				
18 - 24	61	30	9	***
25 - 34	26	56	19	
35 - 50	39	43	18	
51 - 64	21	55	24	
65+	36	50	14	
<i>Females</i>				
18 - 24	67	21	12	
25 - 34	54	24	22	
35 - 50	53	25	22	
51 - 64	52	26	22	
65+	44	34	22	
<i>Ethnicity</i>				
White	50	36	14	***
Hispanic	33	40	27	
Black	34	37	29	
Asian/Pacific Islander	58	39	3	
<i>Education</i>				
Less than High School	34	36	30	***
High School Graduate	42	38	20	
Some College	47	36	16	
College Graduate	52	36	13	
<i>Income</i>				
Less than \$15,000	35	35	30	***
\$15,000 - 24,999	40	33	26	
\$25,000 - 34,999	44	37	19	
\$35,000 - 49,999	49	38	12	
\$50,000+	50	40	11	
<i>Physically Active</i>				
Did Not Meet Recommendations	36	38	26	***
Met Recommendations	53	34	13	
<i>Poverty Index</i>				
Food Stamp Participants	34	32	33	***
All Other Respondents/ ≤ 130% FPL	34	36	29	
All Other Respondents/ > 130% FPL	49	37	14	

<sup>1</sup> Not overweight refers to BMI < 25.0, overweight refers to BMI ≥25 and <30, and obese refers to BMI ≥30.

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

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 56b: Mean Body Mass Index (BMI)**

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

	<b>Mean BMI</b>
<b>Total</b>	<b>26.3</b>
<i>Sex</i>	
Males	26.7**
Females	25.9
<i>Males</i>	
18 - 24	24.5 <sup>a</sup> ***
25 - 34	26.8 <sup>b</sup>
35 - 50	26.8 <sup>b</sup>
51 - 64	28.5 <sup>c</sup>
65+	26.3 <sup>ab</sup>
<i>Females</i>	
18 - 24	24.3
25 - 34	26.1
35 - 50	25.9
51 - 64	26.3
65+	26.5
<i>Ethnicity</i>	
White	25.8 <sup>b</sup> ***
Hispanic	27.6 <sup>c</sup>
Black	27.6 <sup>c</sup>
Asian/Pacific Islander	23.8 <sup>a</sup>
<i>Education</i>	
Less than High School	27.8 <sup>c</sup> ***
High School Graduate	26.7 <sup>b</sup>
Some College	26.0 <sup>ab</sup>
College Graduate	25.3 <sup>a</sup>
<i>Income</i>	
Less than \$15,000	27.8 <sup>b</sup> ***
\$15,000 - 24,999	26.8 <sup>bc</sup>
\$25,000 - 34,999	26.5 <sup>abc</sup>
\$35,000 - 49,999	25.7 <sup>ab</sup>
\$50,000+	25.3 <sup>a</sup>
<i>Physically Active</i>	
Did Not Meet Recommendations	25.4***
Met Recommendations	27.3
<i>Poverty Index</i>	
Food Stamp Participants	28.0 <sup>b</sup> ***
All Other Respondents/ ≤ 130% FPL	27.6 <sup>b</sup>
All Other Respondents/ > 130% FPL	25.6 <sup>a</sup>

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<.01

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 57: Opinion of Weight Status**

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

	Percent Agreeing		
	Underweight/ About Average	Overweight	
<b>Total</b>	<b>57</b>	<b>43</b>	
<i>Sex</i>			
Males	64	36	***
Females	50	50	
<i>Males</i>			
18 - 24	78	22	***
25 - 34	64	36	
35 - 50	63	37	
51 - 64	48	52	
65+	71	29	
<i>Females</i>			
18 - 24	65	35	*
25 - 34	50	50	
35 - 50	47	53	
51 - 64	50	50	
65+	45	55	
<i>Ethnicity</i>			
White	61	39	***
Hispanic	49	51	
Black	59	41	
Asian/Pacific Islander	62	38	
<i>Education</i>			
Less than High School	50	50	*
High School Graduate	60	40	
Some College	56	44	
College Graduate	61	39	
<i>Income</i>			
Less than \$15,000	51	49	*
\$15,000 - 24,999	55	45	
\$25,000 - 34,999	55	45	
\$35,000 - 49,999	64	36	
\$50,000+	61	39	
<i>Physically Active</i>			
Did Not Meet Recommendations	51	49	***
Met Recommendations	63	37	
<i>Overweight Status</i>			
Overweight/Obese	33	67	***
Not Overweight	88	12	
<i>Poverty Index</i>			
Food Stamp Participants	46	54	***
All Other Respondents/ ≤ 130% FPL	52	48	
All Other Respondents/ > 130% FPL	62	38	

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Crosstab 58: Actual Weight Status (by BMI) by Perceived Weight Status (by BMI)

*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?*

Perceived Weight	Percent <sup>1</sup>	
	Not Overweight	Overweight/Obese
Underweight/Average	68	32
Overweight	13	87

\*\*\*

<sup>1</sup> Not overweight refers to BMI < 25.0, overweight refers to BMI ≥25 and <30, and obese refers to BMI ≥30.

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

Chi Square Test

\*\*\* p<.001

**2005 California Dietary Practices Survey**

**Table 59: Percent Trying to Lose Weight and Method Used**

*Are you presently trying to lose weight? What have you done to lose weight?*

	Percent Trying to Lose Weight <sup>1</sup>	Method, Percent <sup>2</sup>	
		Dieting or Exercising	Other Methods <sup>3</sup>
<b>Total</b>	<b>76</b>	<b>65</b>	<b>35</b>
<i>Sex</i>			
Males	71**	71	29*
Females	80	62	38
<i>Males</i>			
18 - 24	87	100	0*
25 - 34	65	65	35
35 - 50	68	74	26
51 - 64	74	62	38
65+	66	71	29
<i>Females</i>			
18 - 24	81	72	28
25 - 34	80	69	31
35 - 50	80	57	43
51 - 64	82	59	41
65+	78	58	42
<i>Ethnicity</i>			
White	76	68	32*
Hispanic	78	56	44
Black	73	78	22
Asian/Pacific Islander	74	74	26
<i>Education</i>			
Less than High School	77	54	46*
High School Graduate	77	69	31
Some College	69	64	36
College Graduate	79	73	27
<i>Income</i>			
Less than \$15,000	80	63	37
\$15,000 - 24,999	72	64	36
\$25,000 - 34,999	77	58	42
\$35,000 - 49,999	75	67	33
\$50,000+	75	72	28
<i>Physically Active</i>			
Did Not Meet Recommendations	72**	55	45***
Met Recommendations	83	77	23
<i>Poverty Index</i>			
Food Stamp Participants	75	69	33
All Other Respondents/ ≤ 130% FPL	80	61	39
All Other Respondents/ > 130% FPL	75	69	31

<sup>1</sup> Out of those who consider themselves overweight.

<sup>2</sup> Out of those who consider themselves overweight and are trying to lose weight.

<sup>3</sup> Includes taking vitamins, dietary supplements, weight loss drugs, laxatives, purging, medical procedures, decreasing portion sizes, joining a weight loss program, drinking more water, using a liquid diet, smoking cigarettes, eating more fruits and vegetables, decreasing TV time, low carb dieting, improving eating habits, drinking less alcohol, not eating after a specific time, and weight loss due to health issues.

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

**2005 California Dietary Practices Survey**

**Table 60: Percent Who Lost Weight and Maintained Weight Loss for at Least a Year**

*Have you ever lost at least 10 pounds and kept it off for one year or more?*

	<b>Percent Who Lost and Maintained</b>
<b>Total</b>	<b>57</b>
<i>Sex</i>	
Males	46 ***
Females	67
<i>Males</i>	
18 - 24	36
25 - 34	45
35 - 50	46
51 - 64	55
65+	50
<i>Females</i>	
18 - 24	57 *
25 - 34	64
35 - 50	67
51 - 64	67
65+	77
<i>Ethnicity</i>	
White	63 ***
Hispanic	50
Black	63
Asian/Pacific Islander	31
<i>Education</i>	
Less than High School	48 **
High School Graduate	57
Some College	61
College Graduate	60
<i>Income</i>	
Less than \$15,000	55
\$15,000 - 24,999	60
\$25,000 - 34,999	60
\$35,000 - 49,999	63
\$50,000+	54
<i>\$50,000+</i>	
Did Not Meet Recommendations	56
Met Recommendations	58
<i>Overweight Status</i>	
Overweight/Obese	64 ***
Not Overweight	47
<i>Poverty Index</i>	
Food Stamp Participants	56
All Other Respondents/ ≤ 130% FPL	52
All Other Respondents/ > 130% FPL	58

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

## 2005 California Dietary Practices Survey

**Table 61: Frequency of Grocery Shopping by California Adults**

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

	Percent Who Shop in Grocery Store				
	<2 Times a Month	2 Times a Month	3-4 Times Month	>1 Time a Week	
<b>Total</b>	<b>8</b>	<b>14</b>	<b>42</b>	<b>35</b>	
<i>Sex</i>					
Males	12	14	42	32	***
Females	5	14	43	38	
<i>Males</i>					
18 - 24	13	33	38	16	***
25 - 34	12	13	55	21	
35 - 50	10	12	38	40	
51 - 64	14	9	33	44	
65+	11	8	45	36	
<i>Females</i>					
18 - 24	8	19	41	32	
25 - 34	3	17	49	32	
35 - 50	4	10	41	45	
51 - 64	8	11	43	39	
65+	7	16	40	36	
<i>Ethnicity</i>					
White	10	13	34	42	***
Hispanic	6	15	54	25	
Black	14	20	39	28	
Asian/Pacific Islander	6	14	50	30	
<i>Education</i>					
Less than High School	7	16	54	23	***
High School Graduate	11	19	40	30	
Some College	10	15	38	38	
College Graduate	7	8	39	46	
<i>Income</i>					
Less than \$15,000	10	19	48	24	***
\$15,000 - 24,999	5	15	50	30	
\$25,000 - 34,999	6	16	51	28	
\$35,000 - 49,999	9	17	38	36	
\$50,000+	9	8	34	48	
<i>Physically Active</i>					
Did Not Meet Recommendations	10	13	47	30	***
Met Recommendations	7	14	37	42	
<i>Overweight Status</i>					
Overweight/Obese	10	15	43	32	**
Not Overweight	7	12	40	41	
<i>Poverty Index</i>					
Food Stamp Participants	8	15	47	29	***
All Other Respondents/ ≤ 130% FPL	8	18	52	21	
All Other Respondents/ > 130% FPL	8	11	38	43	

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

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2005 California Dietary Practices Survey

**Table 62: Awareness of Nutrition Information in the Produce Section**

In the produce section of your grocery store, have you ever seen any banners, posters, pamphlets, or special recipes about the number of fruits and vegetables to eat for better health?

	Percent	
<b>Total</b>	<b>23</b>	
<b>Sex</b>		
Males	19	***
Females	28	
<b>Males</b>		
18 - 24	10	
25 - 34	18	
35 - 50	22	
51 - 64	24	
65+	18	
<b>Females</b>		
18 - 24	11	**
25 - 34	27	
35 - 50	32	
51 - 64	29	
65+	32	
<b>Ethnicity</b>		
White	24	
Hispanic	21	
Black	23	
Asian/Pacific Islander	29	
<b>Education</b>		
Less than High School	17	**
High School Graduate	21	
Some College	26	
College Graduate	28	
<b>Income</b>		
Less than \$15,000	18	**
\$15,000 - 24,999	22	
\$25,000 - 34,999	35	
\$35,000 - 49,999	23	
\$50,000+	27	
<b>Physically Active</b>		
Did Not Meet Recommendations	22	
Met Recommendations	25	
<b>Overweight Status</b>		
Overweight/Obese	22	
Not Overweight	25	
<b>Poverty Index</b>		
Food Stamp Participants	23	*
All Other Respondents/ ≤ 130% FPL	17	
All Other Respondents/ > 130% FPL	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

**2005 California Dietary Practices Survey**

**Table 63: Use of Nutrition Information in the Produce Section by Frequent Shoppers and Those Who Have Seen Information**

*In the produce section of your grocery store, have you ever seen any banners, posters, pamphlets, or special recipes about the number of fruits and vegetables to eat for good health? How often do you read the information or take it home with you?*

<b>Percent Who Report Using Information from the Produce Section of Supermarket Always/Almost Always</b>	
<b>Total</b>	<b>43</b>
<i>Sex</i>	
Males	42
Females	44
<i>Males</i>	
18 - 24	44
25 - 34	60
35 - 50	39
51 - 64	27
65+	40
<i>Females</i>	
18 - 24	10
25 - 34	42
35 - 50	49
51 - 64	49
65+	42
<i>Ethnicity</i>	
White	34
Hispanic	58
Black	50
Asian/Pacific Islander	51
<i>Education</i>	
Less than High School	54
High School Graduate	30
Some College	53
College Graduate	39
<i>Income</i>	
Less than \$15,000	54
\$15,000 - 24,999	52
\$25,000 - 34,999	44
\$35,000 - 49,999	37
\$50,000+	32
<i>Physically Active</i>	
Did Not Meet Recommendations	36
Met Recommendations	49
<i>Overweight Status</i>	
Overweight/Obese	38
Not Overweight	48
<i>Poverty Index</i>	
Food Stamp Participants	53
All Other Respondents/ ≤ 130% FPL	60
All Other Respondents/ > 130% FPL	34

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

Chi Square Test

\* p<.05

\*\* p<.01

## 2005 California Dietary Practices Survey

**Table 64: Where Californians Buy Fresh Fruits and Vegetables**

*Base: Out of those that reported not buying most of their fruits and vegetables from the grocery store they visit most often (15 percent)  
Where do you get MOST of your fresh fruits and vegetables? Would you say ...*

<b>Bought Fresh Fruits and Vegetables at:</b>	<b>Percent</b>
<b>Supermarket</b>	41
<b>Farmers' Market</b>	22
<b>Other<sup>1</sup></b>	37

<sup>1</sup> "Other" includes a co-op, grown at home, warehouse store, never shop for groceries/someone else buys, other, don't know/not sure, and refused.

**2005 California Dietary Practices Survey**

**Table 65: Message Exposure Through Television Advertisements About 5 A Day and Healthy Eating Behaviors**

Are you aware of advertisements currently on television about eating fruits and vegetables?  
What is the message in the advertisements?

	Percent			
	Aware of TV Ads	Main Message of TV Ads <sup>1</sup>		
		Eat 5 A Day	Eat Fruits and Vegetables	Healthy Habits/Other
<b>Total</b>	<b>66</b>	<b>15</b>	<b>68</b>	<b>17</b>
<b>Sex</b>				
Males	62 **	11	70	19 **
Females	70	19	66	15
<b>Males</b>				
18 - 24	73	26	63	12 ***
25 - 34	57	4	78	18
35 - 50	63	6	75	19
51 - 64	60	8	65	27
65+	60	15	62	23
<b>Females</b>				
18 - 24	63	24	62	14
25 - 34	70	29	56	15
35 - 50	70	16	68	16
51 - 64	75	14	68	18
65+	75	14	74	12
<b>Ethnicity</b>				
White	60 ***	19	68	14 **
Hispanic	81	9	69	22
Black	71	14	70	16
Asian/Pacific Islander	48	26	59	15
<b>Education</b>				
Less than High School	79 ***	9	74	17
High School Graduate	72	16	65	19
Some College	63	16	67	16
College Graduate	56	18	66	15
<b>Income</b>				
Less than \$15,000	72 ***	12	69	19 ***
\$15,000 - 24,999	74	11	68	20
\$25,000 - 34,999	64	11	63	26
\$35,000 - 49,999	57	18	61	21
\$50,000+	61	22	69	10
<b>Physically Active</b>				
Did Not Meet Recommendations	68	11	74	16 ***
Met Recommendations	65	20	62	18
<b>Overweight Status</b>				
Overweight/Obese	70 ***	14	70	16
Not Overweight	61	17	65	18
<b>Poverty Index</b>				
Food Stamp Participants	74 ***	9	72	19 ***
All Other Respondents/ ≤ 130% FPL	74	9	68	23
All Other Respondents/ > 130% FPL	61	20	66	14

<sup>1</sup>Out of those who reported being aware of ads on TV about eating fruits and vegetables.

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

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2005 California Dietary Practices Survey

### Crosstab 66: Awareness of Television Advertisements by Fruit and Vegetable Consumption

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

*Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?*

*Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?*

*How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?*

Awareness of TV Ads	Servings of Fruits & Vegetables, Percent			
	0	1-2	3-4	5+
Yes	9	22	27	41
No	9	22	26	42

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

Chi Square Test

**2005 California Dietary Practices Survey**

**Table 67: Heard of the 5 A Day Program**  
*Have you heard of the 5 A Day Program?*

	Heard of the 5 A Day Program, Percent	
<b>Total</b>	<b>36</b>	
<b>Sex</b>		
Males	28	***
Females	43	
<b>Males</b>		
18 - 24	35	***
25 - 34	21	
35 - 50	36	
51 - 64	28	
65+	14	
<b>Females</b>		
18 - 24	46	***
25 - 34	57	
35 - 50	44	
51 - 64	37	
65+	29	
<b>Ethnicity</b>		
White	43	***
Hispanic	24	
Black	33	
Asian/Pacific Islander	35	
<b>Education</b>		
Less than High School	20	***
High School Graduate	35	
Some College	40	
College Graduate	44	
<b>Income</b>		
Less than \$15,000	27	***
\$15,000 - 24,999	33	
\$25,000 - 34,999	39	
\$35,000 - 49,999	37	
\$50,000+	44	
<b>Physically Active</b>		
Did Not Meet Recommendations	28	***
Met Recommendations	43	
<b>Overweight Status</b>		
Overweight/Obese	32	***
Not Overweight	41	
<b>Poverty Index</b>		
Food Stamp Participants	32	***
All Other Respondents/ ≤ 130% FPL	21	
All Other Respondents/ > 130% FPL	42	

A box around a group of numbers signifies that differences observed within this group are statistically significant.  
 Chi Square Test  
 \*\*\* p<.001

## 2005 California Dietary Practices Survey

### Crosstab 68: Heard of 5 A Day Program by Fruit and Vegetable Consumption

Have you heard of the 5 A Day Program?

Did you have any fruit, vegetables, salad, or juice for your [meal or snack] yesterday?

Which fruit, vegetables, salad or juice did you have at your [meal or snack] yesterday?

How many servings of (each fruit, vegetable, juice or salad) did you eat for your [meal or snack]?

Heard of the 5 A Day Program	Servings of Fruits & Vegetables, Percent				
	0	1-2	3-4	5+	
Yes	6	21	25	48	***
No	11	23	28	38	

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

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

Chi Square Test

\*\*\* p<.001

## 2005 California Dietary Practices Survey

**Table 69: Californians Who Used Food Stamps**

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

	Used Food Stamps in Past 12 Months, <sup>1</sup> Percent
<b>Total</b>	<b>13</b>
<i>Sex</i>	
Males	11 *
Females	14
<i>Males</i>	
18 - 24	10 ***
25 - 34	19
35 - 50	10
51 - 64	10
65+	0
<i>Females</i>	
18 - 24	30 ***
25 - 34	20
35 - 50	15
51 - 64	6
65+	2
<i>Ethnicity</i>	
White	6 ***
Hispanic	22
Black	32
Asian/Pacific Islander	9
<i>Education</i>	
Less than High School	27 ***
High School Graduate	15
Some College	6
College Graduate	5
<i>Income</i>	
Less than \$15,000	28 ***
\$15,000 - 24,999	19
\$25,000 - 34,999	14
<i>Physically Active</i>	
Did Not Meet Recommendations	15 **
Met Recommendations	10
<i>Overweight Status</i>	
Overweight/Obese	15 **
Not Overweight	10

<sup>1</sup> 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

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**2005 California Dietary Practices Survey**

**Table 70: Food Bought Didn't Last**

*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 or your household in the last 12 months?*

	Percent <sup>1</sup>	
	Always/ Sometimes	Rarely/ Never
<b>Total</b>	<b>16</b>	<b>84</b>
<i>Sex</i>		
Males	15	85
Females	17	83
<i>Males</i>		
18 - 24	26	74
25 - 34	18	82
35 - 50	15	85
51 - 64	12	88
65+	4	96
<i>Females</i>		
18 - 24	26	74
25 - 34	24	76
35 - 50	18	82
51 - 64	12	88
65+	7	93
<i>Ethnicity</i>		
White	8	92
Hispanic	29	71
Black	26	74
Asian/Pacific Islander	8	92
<i>Education</i>		
Less than High School	33	67
High School Graduate	19	81
Some College	10	90
College Graduate	6	94
<i>Income</i>		
Less than \$15,000	34	66
\$15,000 - 24,999	26	74
\$25,000 - 34,999	25	75
<i>Physically Active</i>		
Did Not Meet Recommendations	21	79
Met Recommendations	11	89
<i>Overweight Status</i>		
Overweight/Obese	18	82
Not Overweight	14	86
<i>Poverty Index</i>		
Food Stamp Participants	49	51
All Other Respondents/ ≤ 130% FPL	28	72
All Other Respondents/ > 130% FPL	4	96

<sup>1</sup> 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

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**2005 California Dietary Practices Survey**

**Table 71: Californians Who Couldn't Afford Balanced Meals**

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

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

	Percent <sup>1</sup>			
	Often	Sometimes	Rarely	Never
<b>Total</b>	<b>6</b>	<b>11</b>	<b>12</b>	<b>70</b>
<i>Sex</i>				
Males	5	11	11	72
Females	8	12	13	68
<i>Males</i>				
18 - 24	9	17	18	57
25 - 34	2	16	13	68
35 - 50	6	8	12	74
51 - 64	8	9	8	75
65+	3	4	5	88
<i>Females</i>				
18 - 24	8	20	17	55
25 - 34	10	16	15	59
35 - 50	8	11	15	66
51 - 64	5	10	12	73
65+	6	5	4	86
<i>Ethnicity</i>				
White	4	6	7	82
Hispanic	9	22	20	48
Black	8	15	13	64
Asian/Pacific Islander	1	7	13	79
<i>Education</i>				
Less than High School	12	23	23	41
High School Graduate	9	12	8	70
Some College	5	8	10	76
College Graduate	2	4	8	86
<i>Income</i>				
Less than \$15,000	18	19	19	44
\$15,000 - 24,999	8	21	17	54
\$25,000 - 34,999	5	20	14	61
<i>Physically Active</i>				
Did Not Meet Recommendations	10	14	13	64
Met Recommendations	3	9	11	77
<i>Overweight Status</i>				
Overweight/Obese	9	13	12	67
Not Overweight	4	10	11	76
<i>Poverty Index</i>				
Food Stamp Participants	19	30	18	33
All Other Respondents/ ≤ 130% FPL	13	20	18	49
All Other Respondents/ > 130% FPL	2	4	7	87

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

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

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

Chi Square Test

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**2005 California Dietary Practices Survey**

**Table 72: Californians Who Skipped Meals and How Often**

*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?*

	Skipped/Cut Meals	Percent	
		Almost Every Month or Most Months <sup>1</sup>	Some Months but Not Every Month or Only 1 or 2 Months <sup>1</sup>
<b>Total</b>	<b>13</b>	<b>34</b>	<b>66</b>
<i>Sex</i>			
Males	11	30	70
Females	14	37	63
<i>Males</i>			
18 - 24	25 ***	Insufficient Sample Size	
25 - 34	7		
35 - 50	13		
51 - 64	10		
65+	2		
<i>Females</i>			
18 - 24	26 ***	Insufficient Sample Size	
25 - 34	17		
35 - 50	16		
51 - 64	10		
65+	5		
<i>Ethnicity</i>			
White	8 ***	42	58
Hispanic	19	29	71
Black	24	21	79
Asian/Pacific Islander	3	56	44
<i>Education</i>			
Less than High School	25 ***	35	65
High School Graduate	13	34	66
Some College	12	20	80
College Graduate	5	48	52
<i>Income</i>			
Less than \$15,000	28 ***	43	57
\$15,000 - 24,999	16	30	70
\$25,000 - 34,999	22	23	77
<i>Physically Active</i>			
Did Not Meet Recommendations	16 **	37	63
Met Recommendations	10	26	74
<i>Overweight Status</i>			
Overweight/Obese	15 ***	32	68
Not Overweight	9	39	61
<i>Poverty Index</i>			
Food Stamp Participants	35 ***	45	55
All Other Respondents/ ≤ 130% FPL	20	34	66
All Other Respondents/ > 130% FPL	5	22	78

<sup>1</sup> 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

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## 2005 California Dietary Practices Survey

**Table 73: Californians Who Ate Less Because of No Money**

*In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?*

	Reported Eating Less, Percent <sup>1</sup>
<b>Total</b>	<b>14</b>
<i>Sex</i>	
Males	14
Females	15
<i>Males</i>	
18 - 24	26 ***
25 - 34	10
35 - 50	17
51 - 64	13
65+	2
<i>Females</i>	
18 - 24	22 **
25 - 34	20
35 - 50	16
51 - 64	10
65+	5
<i>Ethnicity</i>	
White	11 ***
Hispanic	22
Black	20
Asian/Pacific Islander	5
<i>Education</i>	
Less than High School	27 ***
High School Graduate	14
Some College	15
College Graduate	6
<i>Income</i>	
Less than \$15,000	30 ***
\$15,000 - 24,999	22
\$25,000 - 34,999	23
<i>Physically Active</i>	
Did Not Meet Recommendations	18 ***
Met Recommendations	11
<i>Overweight Status</i>	
Overweight/Obese	16
Not Overweight	12
<i>Poverty Index</i>	
Food Stamp Participants	44 ***
All Other Respondents/ ≤ 130% FPL	19
All Other Respondents/ > 130% FPL	5

<sup>1</sup> 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

## 2005 California Dietary Practices Survey

**Table 74: Californians Who Were Hungry Because of No Money**

*In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?*

	Reported Being Hungry, Percent <sup>1</sup>
<b>Total</b>	<b>10</b>
<i>Sex</i>	
Males	11
Females	10
<i>Males</i>	
18 - 24	20
25 - 34	10
35 - 50	14
51 - 64	7
65+	1
<i>Females</i>	
18 - 24	15
25 - 34	12
35 - 50	12
51 - 64	8
65+	3
<i>Ethnicity</i>	
White	7
Hispanic	17
Black	16
Asian/Pacific Islander	3
<i>Education</i>	
Less than High School	20
High School Graduate	10
Some College	7
College Graduate	6
<i>Income</i>	
Less than \$15,000	24
\$15,000 - 24,999	15
\$25,000 - 34,999	15
<i>Physically Active</i>	
Did Not Meet Recommendations	14
Met Recommendations	7
<i>Overweight Status</i>	
Overweight/Obese	11
Not Overweight	9
<i>Poverty Index</i>	
Food Stamp Participants	33
All Other Respondents/ ≤ 130% FPL	16
All Other Respondents/ > 130% FPL	3

<sup>1</sup> 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<.05

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**2005 California Dietary Practices Survey**

**Table 75: Buy Fruits at or near Worksite**

Base: Out of those who were employed (51percent)

When you are at work, how often do you buy fruit either at or near your worksite? Would you say...

	Percent Buying Fruit at or near Work		
	Most/Some Days	Rarely	Never
<b>Total</b>	<b>23</b>	<b>27</b>	<b>50</b>
<b>Sex</b>			
Males	21	26	53
Females	26	29	46
<b>Males</b>			
18 - 24	Insufficient Sample Size		
25 - 34			
35 - 50			
51 - 64			
65+			
<b>Females</b>			
18 - 24	Insufficient Sample Size		
25 - 34			
35 - 50			
51 - 64			
65+			
<b>Ethnicity</b>			
White	20	26	54
Hispanic	27	31	42
Black	40	22	37
Asian/Pacific Islander	14	34	52
<b>Education</b>			
Less than High School	26	30	45
High School Graduate	24	30	46
Some College	26	28	46
College Graduate	18	24	58
<b>Income</b>			
Less than \$15,000	23	30	46
\$15,000 - 24,999	25	27	48
\$25,000 - 34,999	18	26	56
\$35,000 - 49,999	16	34	49
\$50,000+	24	26	50
<b>Physically Active</b>			
Did Not Meet Recommendations	23	29	48
Met Recommendations	23	26	51
<b>Overweight Status</b>			
Overweight/Obese	23	26	51
Not Overweight	23	29	47
<b>Poverty Index</b>			
Food Stamp Participants	28	27	45
All Other Respondents/ ≤ 130% FPL	21	31	48
All Other Respondents/ > 130% FPL	21	26	53

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

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

Chi Square Test

\* p<.05

\*\*p<.01

**2005 California Dietary Practices Survey**

**Table 76: Buy Vegetables at or near Worksite**

Base: Out of those who were employed (51 percent)

When you are at work, how often do you buy vegetables either at or near your worksite? Would you say...

	Percent Buying Vegetables at or near Work		
	Most/Some Days	Rarely	Never
<b>Total</b>	<b>29</b>	<b>24</b>	<b>46</b>
<b>Sex</b>			
Males	27	26	47
Females	32	23	46
<b>Males</b>			
18 - 24	Insufficient Sample Size		
25 - 34			
35 - 50			
51 - 64			
65+			
<b>Females</b>			
18 - 24	Insufficient Sample Size		
25 - 34			
35 - 50			
51 - 64			
65+			
<b>Ethnicity</b>			
White	29	20	51
Hispanic	30	28	43
Black	46	24	31
Asian/Pacific Islander	16	39	46
<b>Education</b>			
Less than High School	30	27	43
High School Graduate	31	23	46
Some College	30	26	44
College Graduate	27	23	50
<b>Income</b>			
Less than \$15,000	25	20	54
\$15,000 - 24,999	28	29	43
\$25,000 - 34,999	30	15	55
\$35,000 - 49,999	31	34	35
\$50,000+	29	24	47
<b>Physically Active</b>			
Did Not Meet Recommendations	28	24	47
Met Recommendations	30	25	45
<b>Overweight Status</b>			
Overweight/Obese	28	25	47
Not Overweight	31	25	44
<b>Poverty Index</b>			
Food Stamp Participants	28	31	40
All Other Respondents/ ≤ 130% FPL	23	25	52
All Other Respondents/ > 130% FPL	29	24	47

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

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

Chi Square Test

\* p<.05

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**2005 California Dietary Practices Survey**

**Table 77: Access to Fresh Fruits and Vegetables at Worksite**

Base: Out of those who were employed (51 percent) and had cafeteria, snack bar, or food service (43 percent)  
 Does your worksite have a cafeteria, snack bar, or food service for employees (do not include catering trucks)?  
 Does the cafeteria, snack bar, or food service provide affordable fresh fruits and vegetables on a daily basis?

	Percent with Access to Fruits and Vegetables at Work
<b>Total</b>	<b>64</b>
<b>Sex</b>	
Males	58*
Females	70
<b>Males</b>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<b>Females</b>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<b>Ethnicity</b>	
White	70*
Hispanic	53
Black	69
Asian/Pacific Islander	47
<b>Education</b>	
Less than High School	52
High School Graduate	74
Some College	65
College Graduate	63
<b>Income</b>	
Less than \$15,000	79*
\$15,000 - 24,999	50
\$25,000 - 34,999	70
\$35,000 - 49,999	78
\$50,000+	61
<b>Physically Active</b>	
Did Not Meet Recommendations	64
Met Recommendations	64
<b>Overweight Status</b>	
Overweight/Obese	64
Not Overweight	65
<b>Poverty Index</b>	
Food Stamp Participants	63
All Other Respondents/ ≤ 130% FPL	65
All Other Respondents/ > 130% FPL	66

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

Chi Square Test

\*p<.05

**2005 California Dietary Practices Survey**

**Table 78: Access to Fresh Fruits and Vegetables at Restaurant near Work**

Base: Out of those who were employed (51 percent) and had restaurants, etc. near worksite (68 percent)

Are there restaurants, fast food places, delis, catering trucks or markets within walking distance of your worksite?

Do these restaurants, fast food places, delis, catering trucks or markets provide affordable fresh fruits and vegetables on a daily basis?

	Percent with Access to Fruits and Vegetables Within Walking Distance of Work
<b>Total</b>	<b>61</b>
<i>Sex</i>	
Males	60
Females	62
<i>Males</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Females</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Ethnicity</i>	
White	62 *
Hispanic	51
Black	68
Asian/Pacific Islander	76
<i>Education</i>	
Less than High School	49 *
High School Graduate	65
Some College	61
College Graduate	66
<i>Income</i>	
Less than \$15,000	48 *
\$15,000 - 24,999	61
\$25,000 - 34,999	42
\$35,000 - 49,999	59
\$50,000+	67
<i>Physically Active</i>	
Did Not Meet Recommendations	57
Met Recommendations	65
<i>Overweight Status</i>	
Overweight/Obese	59
Not Overweight	64
<i>Poverty Index</i>	
Food Stamp Participants	56 *
All Other Respondents/ ≤ 130% FPL	48
All Other Respondents/ > 130% FPL	65

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

Chi Square Test

\*p<.05

## 2005 California Dietary Practices Survey

**Table 79: Access to Fresh or Dried Fruits and Vegetables in Worksite Vending Machines**

Base: Out of those who were employed (51 percent) and had vending machines at worksite (56 percent)

Does your worksite have vending machines for employees to access food or beverages?

Are affordable vegetables, fresh fruits, or dried fruits usually available in these vending machines?

	Percent with Access to Fruits and Vegetables in Vending Machines at Work
<b>Total</b>	<b>15</b>
<i>Sex</i>	
Males	15
Females	15
<i>Males</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Females</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Ethnicity</i>	
White	11
Hispanic	19
Black	40
Asian/Pacific Islander	14
<i>Education</i>	
Less than High School	21
High School Graduate	18
Some College	11
College Graduate	13
<i>Income</i>	
Less than \$15,000	16
\$15,000 - 24,999	18
\$25,000 - 34,999	10
\$35,000 - 49,999	23
\$50,000+	11
<i>Physically Active</i>	
Did Not Meet Recommendations	16
Met Recommendations	13
<i>Overweight Status</i>	
Overweight/Obese	15
Not Overweight	15
<i>Poverty Index</i>	
Food Stamp Participants	26
All Other Respondents/ ≤ 130% FPL	20
All Other Respondents/ > 130% FPL	13

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

Chi Square Test

\*p<.05

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**2005 California Dietary Practices Survey**

**Table 80: Worksite Exercise Facilities**

Base: Out of those who are employed (51 percent)

Are indoor or outdoor facilities available at your worksite that make it easier for you to be physically active during your work hours?

	Percent With Access to Facilities for Physical Activity at Work
<b>Total</b>	<b>32</b>
<i>Sex</i>	
Males	30
Females	36
<i>Males</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Females</i>	
18 - 24	Insufficient Sample Size
25 - 34	
35 - 50	
51 - 64	
65+	
<i>Ethnicity</i>	
White	36
Hispanic	21
Black	46
Asian/Pacific Islander	41
<i>Education</i>	
Less than High School	18
High School Graduate	32
Some College	42
College Graduate	36
<i>Income</i>	
Less than \$15,000	23
\$15,000 - 24,999	30
\$25,000 - 34,999	22
\$35,000 - 49,999	36
\$50,000+	40
<i>Physically Active</i>	
Did Not Meet Recommendations	25
Met Recommendations	39
<i>Overweight Status</i>	
Overweight/Obese	30
Not Overweight	35
<i>Poverty Index</i>	
Food Stamp Participants	30
All Other Respondents/ ≤ 130% FPL	22
All Other Respondents/ > 130% FPL	37

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

Chi Square Test

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**2005 California Dietary Practices Survey**

**Table 81: Availability of Employer Provided Physical Activity Benefits**

Base: Out of those who are employed (51 percent)

Does your employer provide any physical activity benefits such as a health club membership, exercise classes, release time for physical activity, or sports teams?

	<b>Percent with Physical Activity Benefits at Work</b>
<b>Total</b>	<b>18</b>
<i>Sex</i>	
Males	18
Females	18
<i>Males</i>	
18 - 24	
25 - 34	
35 - 50	Insufficient Sample Size
51 - 64	
65+	
<i>Females</i>	
18 - 24	
25 - 34	
35 - 50	Insufficient Sample Size
51 - 64	
65+	
<i>Ethnicity</i>	
White	20 *
Hispanic	11
Black	19
Asian/Pacific Islander	24
<i>Education</i>	
Less than High School	12 ***
High School Graduate	11
Some College	20
College Graduate	25
<i>Income</i>	
Less than \$15,000	4 ***
\$15,000 - 24,999	9
\$25,000 - 34,999	22
\$35,000 - 49,999	28
\$50,000+	26
<i>Physically Active</i>	
Did Not Meet Recommendations	15
Met Recommendations	21
<i>Overweight Status</i>	
Overweight/Obese	16
Not Overweight	21
<i>Poverty Index</i>	
Food Stamp Participants	13 ***
All Other Respondents/ ≤ 130% FPL	6
All Other Respondents/ > 130% FPL	24

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 82: Access to Safe Walkways in Home Neighborhood**

*In your home neighborhood, do you have access to any sidewalks, shoulders of the road, trails, or parks where you can safely walk, run, or bike?*

	Percent with Access to Safe Walkways
<b>Total</b>	<b>85</b>
<i>Sex</i>	
Males	85
Females	86
<i>Males</i>	
18 - 24	78
25 - 34	80
35 - 50	90
51 - 64	90
65+	79
<i>Females</i>	
18 - 24	86
25 - 34	92
35 - 50	85
51 - 64	84
65+	81
<i>Ethnicity</i>	
White	90
Hispanic	76
Black	82
Asian/Pacific Islander	87
<i>Education</i>	
Less than High School	76
High School Graduate	79
Some College	94
College Graduate	90
<i>Income</i>	
Less than \$15,000	81
\$15,000 - 24,999	80
\$25,000 - 34,999	80
\$35,000 - 49,999	89
\$50,000+	92
<i>Physically Active</i>	
Did Not Meet Recommendations	82
Met Recommendations	89
<i>Overweight Status</i>	
Overweight/Obese	83
Not Overweight	87
<i>Poverty Index</i>	
Food Stamp Participants	80
All Other Respondents/ ≤ 130% FPL	81
All Other Respondents/ > 130% FPL	89

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

Chi Square Test

\*p<.05

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**2005 California Dietary Practices Survey**

**Table 83: Pleasant Walkways in Home Neighborhood of California Adults**

*In your home neighborhood, do you have access to any sidewalks, shoulders of the road, trails, or parks where you can safely walk, run, or bike? For example, are there trees, proper lighting, and is it clean. Would you say: Very Pleasant, Somewhat Pleasant, Somewhat Unpleasant, or Very Unpleasant?*

	Percent	
	Pleasant	Unpleasant
<b>Total</b>	<b>92</b>	<b>8</b>
<i>Sex</i>		
Males	93	7
Females	92	8
<i>Males</i>		
18 - 24	78	22
25 - 34	98	2
35 - 50	95	5
51 - 64	94	6
65+	95	5
<i>Females</i>		
18 - 24	90	10
25 - 34	95	5
35 - 50	92	8
51 - 64	91	9
65+	92	8
<i>Ethnicity</i>		
White	93	7
Hispanic	92	8
Black	92	8
Asian/Pacific Islander	96	4
<i>Education</i>		
Less than High School	87	13
High School Graduate	91	9
Some College	91	9
College Graduate	97	3
<i>Income</i>		
Less than \$15,000	86	14
\$15,000 - 24,999	94	6
\$25,000 - 34,999	96	4
\$35,000 - 49,999	96	4
\$50,000+	93	7
<i>Physically Active</i>		
Did Not Meet Recommendations	93	7
Met Recommendations	92	8
<i>Overweight Status</i>		
Overweight/Obese	93	7
Not Overweight	93	7
<i>Poverty Index</i>		
Food Stamp Participants	91	9
All Other Respondents/ ≤ 130% FPL	88	12
All Other Respondents/ > 130% FPL	94	6

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

Chi Square Test

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**2005 California Dietary Practices Survey**

**Table 84: Access to Safe Exercise Facilities in Home Neighborhood of California Adults**

*In your home neighborhood, do you have access to safe public indoor or outdoor exercise facilities, such as tracks, basketball or tennis courts, swimming pools, or school gyms?*

	<b>Percent with Access to Safe Exercise Facilities</b>
<b>Total</b>	<b>63</b>
<i>Sex</i>	
Males	64
Females	62
<i>Males</i>	
18 - 24	60
25 - 34	58
35 - 50	70
51 - 64	65
65+	64
<i>Females</i>	
18 - 24	60
25 - 34	63
35 - 50	62
51 - 64	59
65+	64
<i>Ethnicity</i>	
White	68 ***
Hispanic	50
Black	70
Asian/Pacific Islander	82
<i>Education</i>	
Less than High School	49 ***
High School Graduate	62
Some College	66
College Graduate	72
<i>Income</i>	
Less than \$15,000	51 ***
\$15,000 - 24,999	55
\$25,000 - 34,999	54
\$35,000 - 49,999	70
\$50,000+	74
<i>Physically Active</i>	
Did Not Meet Recommendations	57 ***
Met Recommendations	70
<i>Overweight Status</i>	
Overweight/Obese	60 **
Not Overweight	69
<i>Poverty Index</i>	
Food Stamp Participants	56 ***
All Other Respondents/ ≤ 130% FPL	47
All Other Respondents/ > 130% FPL	70

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 85: Kids and Teens Have Access to Physical Activity Opportunities in Your Neighborhood**

Children and teens have many opportunities to get physical activity and exercise in your neighborhood. Would you say you...

	Percent				
	Strongly Agree	Agree	Neutral	Strongly Disagree/Disagree	
<b>Total</b>	<b>24</b>	<b>46</b>	<b>11</b>	<b>19</b>	
<i>Sex</i>					
Males	27	47	10	16	**
Females	21	45	12	22	
<i>Males</i>					
18 - 24	29	35	14	23	***
25 - 34	17	60	11	12	
35 - 50	37	39	8	16	
51 - 64	23	53	7	17	
65+	20	55	7	18	
<i>Females</i>					
18 - 24	18	43	17	22	
25 - 34	23	46	13	18	
35 - 50	24	47	11	19	
51 - 64	21	38	16	24	
65+	17	49	5	29	
<i>Ethnicity</i>					
White	30	43	11	16	***
Hispanic	11	56	8	25	
Black	32	32	11	24	
Asian/Pacific Islander	27	50	15	8	
<i>Education</i>					
Less than High School	10	57	9	23	***
High School Graduate	23	45	9	23	
Some College	30	37	14	19	
College Graduate	31	44	11	14	
<i>Income</i>					
Less than \$15,000	12	58	8	22	***
\$15,000 - 24,999	13	47	14	25	
\$25,000 - 34,999	21	43	7	29	
\$35,000 - 49,999	25	48	9	18	
\$50,000+	40	37	11	12	
<i>Physically Active</i>					
Did Not Meet Recommendations	18	50	11	21	***
Met Recommendations	31	41	10	17	
<i>Overweight Status</i>					
Overweight/Obese	25	46	8	20	
Not Overweight	24	45	12	19	
<i>Poverty Index</i>					
Food Stamp Participants	12	53	6	28	***
All Other Respondents/ ≤ 130% FPL	10	60	8	22	
All Other Respondents/ > 130% FPL	34	39	11	16	

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

Chi Square Test

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**2005 California Dietary Practices Survey**

**Table 86: Kids and Teens Have Access to Healthy Foods in Your Neighborhood**

Children and teens have many opportunities to get healthy foods in your neighborhood. (Do not include foods available at home.) Would you say you...

	Percent			
	Strongly Agree	Agree	Neutral	Strongly Disagree/ Disagree
<b>Total</b>	<b>20</b>	<b>45</b>	<b>11</b>	<b>24</b>
<i>Sex</i>				
Males	22	46	9	23
Females	18	44	13	25
<i>Males</i>				
18 - 24	22	39	6	33
25 - 34	18	49	16	17
35 - 50	29	42	6	23
51 - 64	20	47	8	25
65+	16	56	8	20
<i>Females</i>				
18 - 24	20	37	24	19
25 - 34	12	48	16	24
35 - 50	18	40	10	31
51 - 64	23	44	10	22
65+	16	53	9	21
<i>Ethnicity</i>				
White	26	40	12	22
Hispanic	9	57	8	27
Black	28	36	13	22
Asian/Pacific Islander	14	53	16	18
<i>Education</i>				
Less than High School	13	52	7	28
High School Graduate	16	53	9	22
Some College	19	40	17	24
College Graduate	28	38	12	22
<i>Income</i>				
Less than \$15,000	11	47	12	30
\$15,000 - 24,999	14	49	11	26
\$25,000 - 34,999	18	45	7	30
\$35,000 - 49,999	25	51	6	18
\$50,000+	29	39	12	20
<i>Physically Active</i>				
Did Not Meet Recommendations	17	47	10	26
Met Recommendations	24	42	12	22
<i>Overweight Status</i>				
Overweight/Obese	19	46	10	24
Not Overweight	22	44	12	22
<i>Poverty Index</i>				
Food Stamp Participants	13	49	9	29
All Other Respondents/ ≤ 130% FPL	9	54	9	28
All Other Respondents/ > 130% FPL	27	41	11	22

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 87: Rules Limiting the Amount of Junk Food in the House**

*Does your family (Do you) limit the amount of junk food, such as chips, candy, soda, etc., in the house?*

	Percent with Rules Limiting Junk Food
<b>Total</b>	<b>78</b>
<i>Sex</i>	
Males	74 ***
Females	82
<i>Males</i>	
18 - 24	62 ***
25 - 34	84
35 - 50	77
51 - 64	68
65+	66
<i>Females</i>	
18 - 24	76
25 - 34	84
35 - 50	83
51 - 64	81
65+	82
<i>Ethnicity</i>	
White	74 ***
Hispanic	84
Black	73
Asian/Pacific Islander	84
<i>Education</i>	
Less than High School	84 ***
High School Graduate	72
Some College	69
College Graduate	83
<i>Income</i>	
Less than \$15,000	78
\$15,000 - 24,999	79
\$25,000 - 34,999	76
\$35,000 - 49,999	79
\$50,000+	78
<i>Physically Active</i>	
Did Not Meet Recommendations	75 *
Met Recommendations	80
<i>Overweight Status</i>	
Overweight/Obese	77
Not Overweight	78
<i>Poverty Index</i>	
Food Stamp Participants	78
All Other Respondents/ ≤ 130% FPL	82
All Other Respondents/ > 130% FPL	78

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 88: Rules Limiting Eating at Fast Food Restaurants**

*Does your family (Do you) limit the number of times per week or per month you eat at fast food restaurants?*

	Percent with Rules Limiting Fast Food
<b>Total</b>	<b>73</b>
<i>Sex</i>	
Males	70 *
Females	76
<i>Males</i>	
18 - 24	62
25 - 34	72
35 - 50	75
51 - 64	67
65+	68
<i>Females</i>	
18 - 24	67
25 - 34	72
35 - 50	78
51 - 64	83
65+	77
<i>Ethnicity</i>	
White	72 *
Hispanic	78
Black	70
Asian/Pacific Islander	64
<i>Education</i>	
Less than High School	79 ***
High School Graduate	71
Some College	63
College Graduate	78
<i>Income</i>	
Less than \$15,000	73
\$15,000 - 24,999	79
\$25,000 - 34,999	75
\$35,000 - 49,999	68
\$50,000+	72
<i>Physically Active</i>	
Did Not Meet Recommendations	70 *
Met Recommendations	75
<i>Overweight Status</i>	
Overweight/Obese	72
Not Overweight	74
<i>Poverty Index</i>	
Food Stamp Participants	80
All Other Respondents/ ≤ 130% FPL	74
All Other Respondents/ > 130% FPL	72

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 89: Rules Limiting Amount of Time Children Watch Television**

Base: Out of those who had children under 18 years

Does your family limit the amount of time your children watch TV?

	Percent With Rules Limiting TV
<b>Total</b>	<b>67</b>
<i>Sex</i>	
Males	62 **
Females	72
<i>Males</i>	
18 - 24	35 ***
25 - 34	72
35 - 50	71
51 - 64	60
65+	22
<i>Females</i>	
18 - 24	60 **
25 - 34	81
35 - 50	73
51 - 64	55
65+	75
<i>Ethnicity</i>	
White	65
Hispanic	71
Black	63
Asian/Pacific Islander	70
<i>Education</i>	
Less than High School	71 ***
High School Graduate	56
Some College	61
College Graduate	75
<i>Income</i>	
Less than \$15,000	62
\$15,000 - 24,999	71
\$25,000 - 34,999	63
\$35,000 - 49,999	61
\$50,000+	70
<i>Physically Active</i>	
Did Not Meet Recommendations	64
Met Recommendations	68
<i>Overweight Status</i>	
Overweight/Obese	67
Not Overweight	66
<i>Poverty Index</i>	
Food Stamp Participants	67
All Other Respondents/ ≤ 130% FPL	68
All Other Respondents/ > 130% FPL	69

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 90: California Adults in Favor or More Taxes for Physical Activity**

*Are you willing to pay more taxes to add or improve the safety of playgrounds, walkways and bikeways in your neighborhood?*

	Percent Willing to Pay More Taxes
<b>Total</b>	<b>60</b>
<i>Sex</i>	
Males	57
Females	62
<i>Males</i>	
18 - 24	51
25 - 34	60
35 - 50	60
51 - 64	54
65+	54
<i>Females</i>	
18 - 24	69**
25 - 34	65
35 - 50	63
51 - 64	64
65+	47
<i>Ethnicity</i>	
White	55***
Hispanic	69
Black	62
Asian/Pacific Islander	61
<i>Education</i>	
Less than High School	61*
High School Graduate	63
Some College	51
College Graduate	61
<i>Income</i>	
Less than \$15,000	61
\$15,000 - 24,999	64
\$25,000 - 34,999	66
\$35,000 - 49,999	55
\$50,000+	57
<i>Physically Active</i>	
Did Not Meet Recommendations	58
Met Recommendations	60
<i>Overweight Status</i>	
Overweight/Obese	62*
Not Overweight	56
<i>Poverty Index</i>	
Food Stamp Participants	72**
All Other Respondents/ ≤ 130% FPL	60
All Other Respondents/ > 130% FPL	59

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 91: California Adults in Favor of Junk Food Tax to Fund Childhood Obesity Programs**

*Are you willing to pay a small tax on junk food to pay for programs that help keep children at a healthy weight?*

	Percent Willing to Pay a Tax on Junk Food
<b>Total</b>	<b>63</b>
<i>Sex</i>	
Males	59 ***
Females	67
<i>Males</i>	
18 - 24	58
25 - 34	58
35 - 50	60
51 - 64	56
65+	58
<i>Females</i>	
18 - 24	70 ***
25 - 34	74
35 - 50	66
51 - 64	74
65+	50
<i>Ethnicity</i>	
White	57 ***
Hispanic	73
Black	68
Asian/Pacific Islander	62
<i>Education</i>	
Less than High School	66 *
High School Graduate	58
Some College	59
College Graduate	67
<i>Income</i>	
Less than \$15,000	62 *
\$15,000 - 24,999	71
\$25,000 - 34,999	62
\$35,000 - 49,999	60
\$50,000+	59
<i>Physically Active</i>	
Did Not Meet Recommendations	62
Met Recommendations	63
<i>Overweight Status</i>	
Overweight/Obese	64
Not Overweight	61
<i>Poverty Index</i>	
Food Stamp Participants	70 *
All Other Respondents/ ≤ 130% FPL	65
All Other Respondents/ > 130% FPL	60

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

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**2005 California Dietary Practices Survey**

**Table 92: California Adults in Favor of Local Government Regulating New Fast Food Restaurants**

*Do you think that local governments should do more to limit the number of new fast food restaurants in your neighborhood?*

	<b>Percent that Think the Government Should Limit Fast Food Restaurants</b>
<b>Total</b>	<b>51</b>
<i>Sex</i>	
Males	43 ***
Females	59
<i>Males</i>	
18 - 24	48 **
25 - 34	55
35 - 50	41
51 - 64	37
65+	34
<i>Females</i>	
18 - 24	74 ***
25 - 34	64
35 - 50	58
51 - 64	60
65+	45
<i>Ethnicity</i>	
White	40 ***
Hispanic	66
Black	60
Asian/Pacific Islander	59
<i>Education</i>	
Less than High School	65 ***
High School Graduate	52
Some College	48
College Graduate	43
<i>Income</i>	
Less than \$15,000	58 ***
\$15,000 - 24,999	60
\$25,000 - 34,999	59
\$35,000 - 49,999	45
\$50,000+	43
<i>Physically Active</i>	
Did Not Meet Recommendations	53
Met Recommendations	49
<i>Overweight Status</i>	
Overweight/Obese	51
Not Overweight	52
<i>Poverty Index</i>	
Food Stamp Participants	66 ***
All Other Respondents/ ≤ 130% FPL	58
All Other Respondents/ > 130% FPL	46

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 93: California Adults in Favor of Restricting Fast Food Company's Advertising**

*Do you strongly agree, somewhat agree, neither agree nor disagree, somewhat disagree, or strongly disagree?*

	Percent		
	Agree	Neutral	Disagree
<b>Total</b>	<b>39</b>	<b>11</b>	<b>50</b>
<i>Sex</i>			
Males	42	10	48
Females	35	12	53
<i>Males</i>			
18 - 24	52	11	37
25 - 34	38	12	50
35 - 50	44	9	48
51 - 64	38	14	48
65+	39	6	55
<i>Females</i>			
18 - 24	42	11	47
25 - 34	30	16	54
35 - 50	36	10	54
51 - 64	31	12	57
65+	43	8	49
<i>Ethnicity</i>			
White	41	8	51
Hispanic	33	17	50
Black	51	4	46
Asian/Pacific Islander	34	13	54
<i>Education</i>			
Less than High School	34	16	51
High School Graduate	40	8	52
Some College	43	11	46
College Graduate	38	9	53
<i>Income</i>			
Less than \$15,000	37	15	48
\$15,000 - 24,999	34	9	57
\$25,000 - 34,999	37	10	52
\$35,000 - 49,999	38	11	52
\$50,000+	43	9	48
<i>Physically Active</i>			
Did Not Meet Recommendations	34	12	53
Met Recommendations	43	8	48
<i>Overweight Status</i>			
Overweight/Obese	39	10	50
Not Overweight	37	11	52
<i>Poverty Index</i>			
Food Stamp Participants	43	8	49
All Other Respondents/ ≤ 130% FPL	29	18	53
All Other Respondents/ > 130% FPL	41	9	50

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 94: Prevalence of Heart Disease in California Adults**

*Has your doctor ever told you that you have heart disease?*

	Percent Told They Have Heart Disease
<b>Total</b>	<b>8</b>
<i>Sex</i>	
Males	9
Females	7
<i>Males</i>	
18 - 24	6 ***
25 - 34	2
35 - 50	5
51 - 64	13
65+	27
<i>Females</i>	
18 - 24	2 ***
25 - 34	1
35 - 50	4
51 - 64	8
65+	25
<i>Ethnicity</i>	
White	9
Hispanic	7
Black	9
Asian/Pacific Islander	3
<i>Education</i>	
Less than High School	10 *
High School Graduate	7
Some College	11
College Graduate	6
<i>Income</i>	
Less than \$15,000	13 ***
\$15,000 - 24,999	9
\$25,000 - 34,999	8
\$35,000 - 49,999	8
\$50,000+	4
<i>Physically Active</i>	
Did Not Meet Recommendations	9
Met Recommendations	7
<i>Overweight Status</i>	
Overweight/Obese	9 *
Not Overweight	6
<i>Poverty Index</i>	
Food Stamp Participants	8 *
All Other Respondents/ ≤ 130% FPL	10
All Other Respondents/ > 130% FPL	6

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 95: Prevalence of High Blood Pressure in California Adults**

*Has your doctor ever told you that you have high blood pressure?*

	Percent Told They Have High Blood Pressure
<b>Total</b>	<b>23</b>
<i>Sex</i>	
Males	22
Females	24
<i>Males</i>	
18 - 24	7 ***
25 - 34	10
35 - 50	16
51 - 64	39
65+	58
<i>Females</i>	
18 - 24	9 ***
25 - 34	11
35 - 50	14
51 - 64	38
65+	60
<i>Ethnicity</i>	
White	25 **
Hispanic	18
Black	34
Asian/Pacific Islander	21
<i>Education</i>	
Less than High School	28 *
High School Graduate	25
Some College	23
College Graduate	19
<i>Income</i>	
Less than \$15,000	30 ***
\$15,000 - 24,999	26
\$25,000 - 34,999	15
\$35,000 - 49,999	25
\$50,000+	16
<i>Physically Active</i>	
Did Not Meet Recommendations	28 ***
Met Recommendations	18
<i>Overweight Status</i>	
Overweight/Obese	30 ***
Not Overweight	15
<i>Poverty Index</i>	
Food Stamp Participants	22
All Other Respondents/ ≤ 130% FPL	24
All Other Respondents/ > 130% FPL	21

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

Chi Square Test

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## 2005 California Dietary Practices Survey

**Table 96: Prevalence of Diabetes in California Adults**

*Has your doctor ever told you that you have diabetes?*

	Percent Told They Have Diabetes
<b>Total</b>	<b>7</b>
<i>Sex</i>	
Males	6
Females	8
<i>Males</i>	
18 - 24	0 ***
25 - 34	1
35 - 50	5
51 - 64	14
65+	16
<i>Females</i>	
18 - 24	0 ***
25 - 34	4
35 - 50	6
51 - 64	14
65+	18
<i>Ethnicity</i>	
White	6
Hispanic	7
Black	12
Asian/Pacific Islander	4
<i>Education</i>	
Less than High School	11 ***
High School Graduate	10
Some College	7
College Graduate	3
<i>Income</i>	
Less than \$15,000	14 ***
\$15,000 - 24,999	10
\$25,000 - 34,999	4
\$35,000 - 49,999	6
\$50,000+	3
<i>Physically Active</i>	
Did Not Meet Recommendations	9 **
Met Recommendations	5
<i>Overweight Status</i>	
Overweight/Obese	11 ***
Not Overweight	3
<i>Poverty Index</i>	
Food Stamp Participants	7 ***
All Other Respondents/ ≤ 130% FPL	12
All Other Respondents/ > 130% FPL	5

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

Chi Square Test

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