

2007 CHIS *Network* related Questions

A workbook has been created for each of the 11 Regions and for California as a whole.

Each workbook contains the latest 2007 CHIS survey responses on Diet, Physical Activity (PA) and Body Mass Index (BMI).

Region Group

Gold Coast-San Luis Obispo, Santa Barbara, Ventura

DIET

F&V 5+ for children (no Teen or Adult),
times bought soda at school in past week
(Teens only)
times fast food eaten in past week (Child,
Teen, and Adult).

PA/EXERCISE

Visited a park, playground or open space in
the last month (Teens and Adults)
Member of sports team past year (Child and
Teens)
Number of days physically active at least one
hour (past week)(Child only)
Vigorous physical activity at least 3 days per
week (Child only)
Number of days physically active at least one
hour (typical week)(Teens only)

BMI

Body Mass Index - 4 level (Adult only)
Body Mass Index - 4 level (Teen only)
Body Mass Index - 2 level (Teen and Adult)
Overweight for age (does not factor
height)(Child only)

Child DIET

Eat five or more servings of fruits & vegetables

Eat five or more servings of fruits & vegetables

Eat five or more servings of fruits & vegetables has these restrictions: Asked of children age 2 or older

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Eat five or more servings of fruits & vegetables		
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	95,000	46.9	(39.1 - 54.8)
Eat less than 5 servings fruit/vegetables daily	108,000	53.1	(45.2 - 60.9)
TOTAL	203,000	100	n/a

Source: 2007 California Health Interview Survey

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older.

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

*** = statistically unstable**

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	54,000	27.9	(20.1 - 35.6)
One time	72,000	37	(29.0 - 45.0)
Two times	41,000	21.3	(15.4 - 27.2)
Three times	23,000	11.9	(6.3 - 17.6)
Four or more times	4,000	1.9*	(0.2 - 3.6)
TOTAL	194,000	100	n/a

Source: 2007 California Health Interview Survey

Child PA

Vigorous physical activity at least 3 days per week

Vigorous physical activity at least 3 days per week

Vigorous physical activity at least 3 days per week has these restrictions: Asked of children 5 and older.

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

Vigorous physical activity at least 3 days per week			
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	94,000	67.9	(59.7 - 76.1)
Didn't engage in vigorous activity 3 or more days	44,000	32.1	(23.9 - 40.3)
TOTAL	138,000	100	n/a

Number of days physically active at least one hour (past week)

Number of days physically active at least one hour (past week)

Number of days physically active at least one hour (past week) has these restrictions: Asked of children 5-11.

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

* = statistically unstable

Number of days physically active at least one hour (past week)			
	Est. N	%	95% C.I.
0 day	22,000	15.8	(9.2 - 22.4)
1 day	3,000	2.5*	(0 - 5.1)
2 days	19,000	13.8	(8.2 - 19.5)
3 days	19,000	13.7	(7.2 - 20.2)
4 days	13,000	9.7	(5.2 - 14.1)
5 days	21,000	15.3	(7.9 - 22.8)
6 days	4,000	2.6*	(0.5 - 4.7)
7 days	37,000	26.5	(18.6 - 34.4)
TOTAL	138,000	100	n/a

Member of sports team past year

Member of sports team past year

Member of sports team past year has these restrictions: Asked of all adolescents and children age 3 years and older.

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

Member of sports team past year			
	Est. N	%	95% C.I.
Member of sports team	71,000	39.5	(31.9 - 47.0)
Not a member of sports team	109,000	60.5	(53.0 - 68.1)
TOTAL	181,000	100	n/a

Source: 2007 California Health Interview Survey

Child BMI

Overweight for age (does not factor height)

Overweight for age (does not factor height)

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	19,000	8.7	(5.7 - 11.7)
Not overweight for age	197,000	91.3	(88.3 - 94.3)
TOTAL	216,000	100	n/a

Teen DIET

Times bought soda at school during past week

Times bought soda at school during past week

Times bought soda at school during past week has these restrictions: Asked of adolescents who are not home-schooled.

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

* = statistically unstable

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	77,000	57.9	(49.2 - 66.7)
1 time	18,000	13.7	(8.0 - 19.5)
2 times	10,000	7.4*	(1.9 - 12.8)
3 times	6,000	4.8*	(1.7 - 7.9)
4 times	11,000	8.5*	(1.7 - 15.4)
5 or more times	10,000	7.7*	(2.2 - 13.1)
TOTAL	133,000	100	n/a

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older.

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	26,000	19.6	(12.8 - 26.3)
One time	41,000	30.7	(22.3 - 39.1)
Two times	26,000	19.5	(11.9 - 27.0)
Three times	15,000	11.4	(5.2 - 17.6)
Four or more times	25,000	18.8	(11.2 - 26.5)
TOTAL	134,000	100	n/a

Teen PA

Number of days physically active at least one hour (typical week)

Number of days physically active at least one hour (typical week)

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

* = statistically unstable

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	11,000	8.3	(3.5 - 13.1)
1 day	10,000	7.8	(3.6 - 12.1)
2 days	14,000	10.1	(5.4 - 14.8)
3 days	22,000	16.4	(9.5 - 23.3)
4 days	14,000	10.3*	(4.2 - 16.4)
5 days	28,000	21.2	(13.4 - 29.0)
6 days	9,000	7.0*	(2.1 - 12.0)
7 days	25,000	18.9	(11.2 - 26.6)
TOTAL	134,000	100	n/a

Member of sports team past year

Member of sports team past year

Member of sports team past year has these restrictions: Asked of all adolescents and children age 3 years and older.

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	60,000	44.7	(35.7 - 53.6)
team	74,000	55.3	(46.4 - 64.3)
TOTAL	134,000	100	n/a

Visited a park, playground or open space in the last month

Visited a park, playground or open space in the last month

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Visited a park, playground or open space in the last month		
	Est. N	%	95% C.I.
Visited park or other open space in past month	106,000	79.3	(71.3 - 87.4)
Did not visit park or other open space	28,000	20.7	(12.6 - 28.7)
TOTAL	134,000	100	n/a

Teen BMI

Body Mass Index - 2 level

Body Mass Index - 2 level

Body Mass Index - 2 level has these restrictions: For adults, "Overweight or obese" include the respondents who have a BMI of 25 or greater.

For adolescents, "Overweight or obese" includes the respondents who have a BMI in the highest 95 percentile with respect to their age and gender.

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

Body Mass Index - 2 level			
	Est. N	%	95% C.I.
Not overweight or obese	118,000	88.5	(81.9 - 95.1)
Overweight or obese	15,000	11.5	(4.9 - 18.1)
TOTAL	134,000	100	n/a

Body Mass Index - 4 level (teen only)

Body Mass Index - 4 level (teen only)

Body Mass Index - 4 level (teen only) has these restrictions: Asked of respondents who are 12 to 17 years of age.

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

*** = statistically unstable**

Body Mass Index - 4 level (teen only)			
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	2,000	1.8*	(-0.0 - 3.5)
Normal weight (5th up to 85th percentile)	97,000	72.7	(64.5 - 81.0)
At risk of overweight (85th up to 95th percentile)	19,000	14.1	(7.8 - 20.3)
Overweight/obese (highest 5th percentile)	15,000	11.5	(4.9 - 18.1)
TOTAL	134,000	100	n/a

Adult DIET

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older.

Subset(s): Age in years: 18 - 106

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	398,000	36.6	(33.1 - 40.0)
One time	311,000	28.6	(25.1 - 32.1)
Two times	179,000	16.4	(13.0 - 19.8)
Three times	75,000	6.9	(5.0 - 8.8)
Four or more times	126,000	11.6	(8.6 - 14.5)
TOTAL	1,089,000	100	n/a

Adult PA

Visited a park, playground or open space in the last month

Visited a park, playground or open space in the last month

Subset(s): Age in years: 18 - 106

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Visited a park, playground or open space in the last month		
	Est. N	%	95% C.I.
Visited park or other open space in past month	778,000	71.4	(67.8 - 75.1)
Did not visit park or other open space	311,000	28.6	(24.9 - 32.2)
TOTAL	1,089,000	100	n/a

Adult BMI

Body Mass Index - 2 level

Body Mass Index - 2 level

Body Mass Index - 2 level has these restrictions: For adults, "Overweight or obese" include the respondents who have a BMI of 25 or greater.

Subset(s): Age in years: 18 - 106

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	512,000	47	(43.1 - 50.9)
Overweight or obese	578,000	53	(49.1 - 56.9)
TOTAL	1,089,000	100	n/a

Body Mass Index - 4 level (adult only)

Body Mass Index - 4 level (adult only)

Body Mass Index - 4 level (adult only) has these restrictions: Asked of respondents who are 18 years or older

Subset(s): Age in years: 18 - 106

Geographic Selection: County or county group: Ventura, Santa Barbara, San Luis Obispo

	Body Mass Index - 4 level (adult only)		
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	28,000	2.6	(1.4 - 3.8)
18.5 - 24.99 (Normal)	483,000	44.4	(40.4 - 48.3)
25.0 - 29.99 (Overweight)	353,000	32.4	(28.9 - 36.0)
30.0 or higher (Obese)	224,000	20.6	(17.6 - 23.5)
TOTAL	1,089,000	100	n/a