

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

San Diego & Imperial

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: San Diego, Imperial

Eat five or more servings of fruits & vegetables			
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	229,000	49.7	(45.6 - 53.9)
Eat less than 5 servings fruit/vegetables daily	232,000	50.3	(46.1 - 54.4)
TOTAL	461,000	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: 0 - 11

Geographic Selection: County or county group: San Diego, Imperial

Fast food eaten how many times in past week			
	Est. N	%	95% C.I.
No times	126,000	28	(24.3 - 31.8)
One time	170,000	37.8	(33.8 - 41.8)
Two times	99,000	22	(18.6 - 25.4)
Three times	39,000	8.8	(6.3 - 11.3)
Four or more times	15,000	3.4	(1.7 - 5.1)
TOTAL	449,000	100	n/a

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: San Diego, Imperial

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	228,000	72.4	(67.8 - 76.9)
Didn't engage in vigorous activity 3 or more days	87,000	27.6	(23.1 - 32.2)
TOTAL	315,000	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: San Diego, Imperial

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	30,000	9.6	(6.5 - 12.7)
1 day	15,000	4.6	(2.6 - 6.7)
2 days	42,000	13.4	(9.9 - 17.0)
3 days	43,000	13.8	(10.5 - 17.1)
4 days	32,000	10.1	(7.0 - 13.2)
5 days	37,000	11.9	(8.6 - 15.1)
6 days	14,000	4.5	(2.4 - 6.7)
7 days	101,000	32.1	(27.3 - 36.8)
TOTAL	315,000	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: San Diego, Imperial

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	159,000	38.8	(34.6 - 43.1)
Not a member of sports team	251,000	61.2	(56.9 - 65.4)
TOTAL	410,000	100	n/a

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: San Diego, Imperial

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	48,000	9.3	(7.1 - 11.4)
Not overweight for age	470,000	90.7	(88.6 - 92.9)
TOTAL	518,000	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: San Diego, Imperial

*** = statistically unstable**

Times bought soda at school during past week			
	Est. N	%	95% C.I.
None	192,000	65	(58.9 - 71.1)
1 time	25,000	8.5	(5.6 - 11.4)
2 times	33,000	11	(6.9 - 15.2)
3 times	15,000	5	(2.1 - 7.9)
4 times	7,000	2.4*	(0.6 - 4.3)
5 or more times	24,000	8.1	(4.0 - 12.1)
TOTAL	296,000	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: San Diego, Imperial

Fast food eaten how many times in past week			
	Est. N	%	95% C.I.
No times	70,000	23.7	(18.3 - 29.1)
One time	88,000	29.6	(23.7 - 35.4)
Two times	70,000	23.7	(18.3 - 29.1)
Three times	36,000	12	(7.9 - 16.1)
Four or more times	33,000	11	(7.6 - 14.5)
TOTAL	297,000	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: San Diego, Imperial

Number of days physically active at least one hour (typical week)			
	Est. N	%	95% C.I.
0 day	28,000	9.4	(6.1 - 12.8)
1 day	20,000	6.7	(3.6 - 9.8)
2 days	37,000	12.5	(8.3 - 16.7)
3 days	51,000	17.3	(12.6 - 21.9)
4 days	37,000	12.6	(8.4 - 16.8)
5 days	66,000	22.1	(16.5 - 27.7)
6 days	22,000	7.5	(4.2 - 10.8)
7 days	35,000	11.9	(8.1 - 15.8)
TOTAL	297,000	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: San Diego, Imperial

Member of sports team past year			
	Est. N	%	95% C.I.
Member of sports team	138,000	46.6	(40.3 - 52.9)
Not a member of sports team	159,000	53.4	(47.1 - 59.7)
TOTAL	297,000	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: San Diego, Imperial

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	240,000	80.8	(76.6 - 85.1)
Did not visit park or other open space	57,000	19.2	(14.9 - 23.4)
TOTAL	297,000	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: San Diego, Imperial

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	261,000	87.9	(83.7 - 92.1)
Overweight or obese	36,000	12.1	(7.9 - 16.3)
TOTAL	297,000	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: San Diego, Imperial

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	14,000	4.7	(2.5 - 6.9)
Normal weight (5th up to 85th percentile)	214,000	71.9	(66.3 - 77.5)
At risk of overweight (85th up to 95th percentile)	34,000	11.3	(7.5 - 15.0)
Overweight/obese (highest 5th percentile)	36,000	12.1	(7.9 - 16.3)
TOTAL	297,000	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: San Diego, Imperial

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	854,000	36.9	(34.7 - 39.0)
One time	618,000	26.7	(24.6 - 28.7)
Two times	385,000	16.6	(14.6 - 18.6)
Three times	193,000	8.3	(6.8 - 9.9)
Four or more times	267,000	11.5	(9.7 - 13.4)
TOTAL	2,317,000	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: San Diego, Imperial

	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	1,621,000	69.9	(67.7 - 72.2)
Did not visit park or other open space	697,000	30.1	(27.8 - 32.3)
TOTAL	2,317,000	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: San Diego, Imperial

Body Mass Index - 2 level			
	Est. N	%	95% C.I.
Not overweight or obese	1,027,000	44.3	(41.9 - 46.7)
Overweight or obese	1,290,000	55.7	(53.3 - 58.1)
TOTAL	2,317,000	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: San Diego, Imperial

Body Mass Index - 4 level (adult only)			
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	29,000	1.3	(1.0 - 1.6)
18.5 - 24.99 (Normal)	998,000	43.1	(40.7 - 45.5)
25.0 - 29.99 (Overweight)	766,000	33.1	(30.9 - 35.2)
30.0 or higher (Obese)	524,000	22.6	(20.4 - 24.7)
TOTAL	2,317,000	100	n/a