

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 32: Total Servings of High Calorie, Low Nutrient Foods Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of [each type of food] did you/your child eat/drink?

	Reported Mean Servings			
	All High Calorie, Low Nutrient Foods	Soda/Sweetened Beverages ¹	Sweets ²	High-Fat Snacks ³
Total	4.4	1.2	2.1	1.1
Gender				
Males	4.3	1.2	2.0 *	1.2
Females	4.4	1.1	2.2	1.1
Ethnicity				
White	4.3 ^a **	1.0 ^a ***	2.3 ^b *	1.1
African American	5.4 ^b	2.2 ^c	1.8 ^{ab}	1.4
Latino	4.4 ^a	1.3 ^b	2.0 ^{ab}	1.1
Asian/Other	3.8 ^a	0.9 ^a	1.8 ^a	1.2
Income				
≤\$19,999	4.8 ^b **	1.5 ^c ***	2.1	1.2 ^{ab} *
20,000 - \$49,999	4.6 ^b	1.2 ^b	2.1	1.2 ^b
≥\$50,000	4.0 ^a	1.0 ^a	2.1	1.0 ^a
School Type				
Public	4.5 **	1.2 **	2.1 *	1.1
Other	3.6	0.8	1.9	0.9
Overweight Status				
Not at Risk	4.2	1.1 **	2.1	1.1
At Risk/Overweight	4.5	1.3	2.1	1.1
Food Stamps				
Yes	5.0 *	1.6 **	2.1	1.3 *
No	4.3	1.1	2.1	1.1
Physical Activity				
≥60 minutes	4.7 ***	1.3 *	2.2 **	1.2 *
<60 minutes	4.1	1.1	1.9	1.0
School Breakfast				
Yes	4.9 **	1.4 **	2.1	1.4 **
No	4.3	1.1	2.1	1.1
School Lunch				
Yes	4.2 **	1.1	2.0 **	1.1
No	4.7	1.2	2.3	1.2
Nutrition Lesson				
Yes	4.5	1.1	2.2 *	1.1
No	4.2	1.2	1.9	1.1
Exercise Lesson				
Yes	4.5	1.2	2.2 *	1.1
No	4.1	1.1	1.9	1.1

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

³ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

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

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

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 33: Breakdown of the Soda and Sweetened Beverages Reported by California Children

Soda and Sweetened Beverages	Mean Servings
Total	1.2
Regular soda	0.5
Drinkade (Hi-C, Sunny Delight)	0.6
Bottled, sweetened tea (Arizona, Snapple)	0.0
Flavored, sweetened, bottled water (Clearly Canadian)	0.0
Diet soda	0.1

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Table 34: Range in Number of Servings of Soda/Sweetened Beverages¹ Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of soda/soft drink did you/your child drink?

	Servings of Sodas/Sweetened Beverages Reported, Percent of Children			
	0 ²	1	2	3+
Total	42	34	15	9
Gender				
Males	40	34	17	9
Females	43	34	14	9
Ethnicity				
White	47	35	13	5
African American	21	23	30	26
Latino	37	34	17	12
Asian/Other	47	39	10	3
Income				
≤\$19,999	27	40	22	11
20,000 - \$49,999	44	30	13	14
≥\$50,000	46	36	15	3
School Type				
Public	39	36	16	10
Other	59	24	16	2
Overweight Status				
Not at Risk	45	33	16	6
At Risk/Overweight	37	34	17	12
Food Stamps				
Yes	31	34	18	16
No	44	34	15	8
Physical Activity				
≥60 minutes	38	32	20	10
<60 minutes	44	36	12	8
School Breakfast				
Yes	34	36	15	15
No	43	34	16	8
School Lunch				
Yes	44	33	14	8
No	37	36	17	10
Nutrition Lesson				
Yes	42	33	17	7
No	40	36	13	11
Exercise Lesson				
Yes	40	34	17	8
No	44	34	11	10

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% 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

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Table 35: Breakdown of the Sweets Reported by California Children

Sweets	Mean Servings
Total	2.1
Candy	0.2
Baked goods	1.2
Dairy desserts	0.4
Other sweets ¹	0.3

¹ This includes sweets such as popsicles, gelatin, jelly, syrup, and other miscellaneous sweets.

California Department of Health Services: June 2004

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Table 36: Range in the Number of Servings of Sweets¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of sweets did you/your child eat?

	Servings of Sweets Reported, Percent of Children			
	0 ²	1	2	3+
Total	15	31	25	29
Gender				
Males	16	33	26	25
Females	14	28	24	33
Ethnicity				
White	12	27	28	33
African American	25	34	9	31
Latino	17	31	24	28
Asian/Other	15	42	25	17
Income				
≤\$19,999	19	31	24	26
20,000 - \$49,999	17	27	24	32
≥\$50,000	12	34	27	27
School Type				
Public	15	31	24	30
Other	14	30	34	22
Overweight Status				
Not at Risk	14	32	26	27
At Risk/Overweight	17	28	24	31
Food Stamps				
Yes	22	28	18	32
No	14	31	26	28
Physical Activity				
≥60 minutes	11	31	28	30
<60 minutes	19	30	22	28
School Breakfast				
Yes	15	31	24	30
No	15	31	26	29
School Lunch				
Yes	19	32	22	27
No	9	28	31	32
Nutrition Lesson				
Yes	14	29	26	32
No	18	34	24	25
Exercise Lesson				
Yes	14	30	25	31
No	18	32	26	24

¹ This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

² Categorized as having 0.5 servings or less.

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

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Chi Square Test

** p<.01

*** p<.001

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Table 37: Breakdown of the High Fat Snacks Reported by California Children

High Fat Snacks	Mean Servings
Total	1.1
Fried potatoes	0.3
Fried vegetables ¹	0.0
Chips and crackers	0.8
Other fried foods	0.0

¹ This excludes fried potatoes.

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Table 38: Range in Number of Servings of High-Fat Snacks¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of high-fat snacks did you/your child eat?

	Servings of High-Fat Snacks Reported, Percent of Children			
	0 ²	1	2	3+
Total	41	37	14	8
Gender				
Males	38	37	17	8
Females	44	36	12	8
Ethnicity				
White	43	37	14	6
African American	43	27	17	12
Latino	39	39	14	8
Asian/Other	40	32	16	12
Income				
≤\$19,999	34	42	17	7
20,000 - \$49,999	40	34	14	12
≥\$50,000	44	37	14	5
School Type				
Public	39	38	15	8
Other	55	25	12	8
Overweight Status				
Not at Risk	44	34	14	9
At Risk/Overweight	36	43	14	7
Food Stamps				
Yes	30	38	21	10
No	42	36	13	8
Physical Activity				
≥60 minutes	38	38	16	8
<60 minutes	44	36	13	8
School Breakfast				
Yes	31	40	14	15
No	43	36	14	7
School Lunch				
Yes	45	34	12	8
No	34	40	18	8
Nutrition Lesson				
Yes	41	36	14	9
No	41	38	15	7
Exercise Lesson				
Yes	41	37	14	8
No	41	36	15	8

¹ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% 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

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Table 39: Range in Number of Servings of High Calorie, Low Nutrient Foods Eaten/Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of soda/soft drink, sweets, and high-fat snacks did you/your child eat/drink?

	Servings of High Calorie, Low Nutrient Foods Reported, Percent of Children			
	0-1	2-3	4-5	6+
Total	10	35	32	22
Gender				
Males	11	34	32	23
Females	10	36	33	22
Ethnicity				
White	9	36	33	22
African American	13	30	24	33
Latino	10	34	33	22
Asian/Other	15	36	33	17
Income				
≤\$19,999	6	34	34	26
20,000 - \$49,999	11	33	31	25
≥\$50,000	12	37	32	19
School Type				
Public	9	35	32	24
Other	19	34	35	12
Overweight Status				
Not at Risk	11	35	33	20
At Risk/Overweight	10	35	29	26
Food Stamps				
Yes	8	33	27	32
No	11	35	32	22
Physical Activity				
≥60 minutes	9	28	37	26
<60 minutes	12	40	29	20
School Breakfast				
Yes	5	34	31	30
No	12	35	33	21
School Lunch				
Yes	13	38	30	19
No	6	30	37	28
Nutrition Lesson				
Yes	9	35	33	24
No	13	35	31	21
Exercise Lesson				
Yes	9	34	33	24
No	13	36	31	19

Rows may not add up to 100% 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

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Table 40: Drinking Soda and Sweetened Beverages¹ Associated with Milk Consumption among California Children (Diary Sample)

How many servings of soda/soft drinks did you/your child drink?
 How many servings of milk did you/your child drink?

Soda Consumption	Percent	Servings of Milk Drunk by Children	
		Mean	
Any Servings of Soda			
Yes	58	1.9	***
No	42	2.3	

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

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

ANOVA

*** $p < .001$

California Department of Health Services: June 2004