

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score¹ Among California Children
(Diary Sample) - 2010 CORRECTED TABLE**

| | Average California Daily Food Guide Healthy Eating Practices Score |
|--------------------------|--|
| Total | 2.6 |
| Gender | |
| Males | 2.6 |
| Females | 2.6 |
| Ethnicity | |
| White | 2.7 |
| African American | 2.5 |
| Latino | 2.6 |
| Asian/Other | 2.6 |
| Food Stamp/FPL | |
| Food Stamp Participant | 2.7 ^b |
| No FS/ ≤130% FPL | 2.7 ^b |
| No FS/ >130%-≤185% FPL | 2.1 ^a |
| No FS/ >185% FPL | 2.7 ^b |
| Overweight Status | |
| Not at Risk | 2.6 |
| At Risk/Overweight | 2.6 |
| Physical Activity | |
| ≥ 60 minutes | 2.7 |
| < 60 minutes | 2.5 |
| School Breakfast | |
| Yes | 2.7 |
| No | 2.6 |
| School Lunch | |
| Yes | 2.6 |
| No | 2.6 |
| Nutrition Lesson | |
| Yes | 2.6 |
| No | 2.6 |
| Exercise Lesson | |
| Yes | 2.6 |
| No | 2.6 |

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was 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<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Reported Mean Servings | | |
|------------------------------|--|-------------------|------------------------------------|
| | Fruits, Juices, Vegetables and Salads ¹ | Fruits and Juices | Vegetables and Salads ¹ |
| Total | 3.0 | 1.7 | 1.3 |
| Gender | | | |
| Males | 3.0 | 1.6 | 1.3 |
| Females | 3.1 | 1.8 | 1.3 |
| Ethnicity | | | |
| White | 3.0 | 1.7 | 1.3 |
| African American | 3.1 | 1.7 | 1.3 |
| Latino | 2.9 | 1.6 | 1.2 |
| Asian/Other | 3.5 | 2.0 | 1.5 |
| Income | | | |
| <\$15,000 | 3.6 | 1.9 | 1.7 |
| \$15,000 - \$24,999 | 2.9 | 1.6 | 1.3 |
| \$25,000 - \$34,999 | 2.9 | 1.6 | 1.3 |
| \$35,000 - \$49,999 | 2.9 | 1.6 | 1.3 |
| \$50,000 - \$74,999 | 3.2 | 1.9 | 1.2 |
| ≥\$75,000 | 2.9 | 1.6 | 1.2 |
| Food Stamps | | | |
| Yes | 3.2 | 1.9 | 1.2 |
| No | 3.0 | 1.7 | 1.3 |
| Food Stamp Eligible | | | |
| FS and/or ≤130% FPL | 3.3 | 1.8 | 1.5** |
| No FS or >130% FPL | 2.9 | 1.7 | 1.2 |
| Food Stamp/FPL | | | |
| Food Stamp Participant | 3.2 | 1.9 | 1.2 ^{ab} ** |
| No FS/ ≤130% FPL | 3.1 | 1.5 | 1.6 ^b |
| No FS/ >130%-≤185% FPL | 2.4 | 1.4 | 1.0 ^a |
| No FS/ >185% FPL | 3.0 | 1.7 | 1.3 ^a |
| Federal Poverty Level | | | |
| ≤ 185% FPL | 3.0 | 1.6 | 1.3 |
| > 185% FPL | 3.1 | 1.7 | 1.3 |
| Overweight Status | | | |
| Not at Risk | 3.0 | 1.7 | 1.3 |
| At Risk/Overweight | 3.0 | 1.6 | 1.3 |
| Physical Activity | | | |
| ≥ 60 minutes | 3.3** | 1.9* | 1.4* |
| < 60 minutes | 2.8 | 1.6 | 1.2 |
| School Breakfast | | | |
| Yes | 3.5* | 2.0* | 1.5 |
| No | 2.9 | 1.6 | 1.3 |
| School Lunch | | | |
| Yes | 3.0 | 1.6 | 1.3 |
| No | 3.1 | 1.9 | 1.2 |
| Nutrition Lesson | | | |
| Yes | 3.2* | 1.8 | 1.4 |
| No | 2.8 | 1.6 | 1.2 |
| Exercise Lesson | | | |
| Yes | 3.0 | 1.7 | 1.3 |
| No | 3.0 | 1.6 | 1.3 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 2a: Total Cups of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Reported Mean Cups | | |
|------------------------------|--|--------------------|------------------------------------|
| | Fruits, Juices, Vegetables and Salads ¹ | Fruits and Juices | Vegetables and Salads ¹ |
| Total | 2.2 | 1.1 | 1.1 |
| Gender | | | |
| Males | 2.2 | 1.1 | 1.1 |
| Females | 2.2 | 1.1 | 1.1 |
| Ethnicity | | | |
| White | 2.1 | 1.1 | 1.0 |
| African American | 2.5 | 1.2 | 1.3 |
| Latino | 2.2 | 1.1 | 1.1 |
| Asian/Other | 2.4 | 1.3 | 1.2 |
| Income | | | |
| <\$15,000 | 2.9 ^b * | 1.4 | 1.5 ^b ** |
| \$15,000 - \$24,999 | 2.3 ^{ab} | 1.1 | 1.2 ^{ab} |
| \$25,000 - \$34,999 | 2.2 ^{ab} | 1.1 | 1.1 ^{ab} |
| \$35,000 - \$49,999 | 2.1 ^{ab} | 1.0 | 1.1 ^{ab} |
| \$50,000 - \$74,999 | 2.2 ^{ab} | 1.2 | 1.0 ^a |
| ≥\$75,000 | 2.0 ^a | 1.1 | 0.9 ^a |
| Food Stamps | | | |
| Yes | 2.5 * | 1.3 * | 1.2 |
| No | 2.1 | 1.1 | 1.1 |
| Food Stamp Eligible | | | |
| FS and/or ≤130% FPL | 2.6 *** | 1.3 | 1.3 *** |
| No FS or >130% FPL | 2.1 | 1.1 | 1.0 |
| Food Stamp/FPL | | | |
| Food Stamp Participant | 2.5 ^b ** | 1.3 ^b * | 1.2 ^{ab} *** |
| No FS/ ≤130% FPL | 2.4 ^b | 1.0 ^{ab} | 1.4 ^b |
| No FS/ >130%-≤185% FPL | 1.8 ^a | 0.9 ^a | 0.8 ^a |
| No FS/ >185% FPL | 2.1 ^{ab} | 1.1 ^{ab} | 1.0 ^a |
| Federal Poverty Level | | | |
| ≤ 185% FPL | 2.3 | 1.1 | 1.2 |
| > 185% FPL | 2.1 | 1.1 | 1.0 |
| Overweight Status | | | |
| Not at Risk | 2.1 | 1.1 | 1.0 |
| At Risk/Overweight | 2.2 | 1.1 | 1.1 |
| Physical Activity | | | |
| ≥ 60 minutes | 2.4 ** | 1.2 * | 1.2 * |
| < 60 minutes | 2.0 | 1.0 | 1.0 |
| School Breakfast | | | |
| Yes | 2.8 *** | 1.4 *** | 1.4 *** |
| No | 2.1 | 1.0 | 1.0 |
| School Lunch | | | |
| Yes | 2.3 | 1.1 | 1.2 *** |
| No | 2.1 | 1.2 | 0.9 |
| Nutrition Lesson | | | |
| Yes | 2.3 | 1.2 | 1.1 |
| No | 2.1 | 1.0 | 1.1 |
| Exercise Lesson | | | |
| Yes | 2.2 | 1.1 | 1.1 |
| No | 2.2 | 1.1 | 1.1 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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

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ANOVA

* p<.05

** p<.01

*** p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 3: Breakdown of the Fruits and Vegetables Reported by California Children

| Fruits and Vegetables | Mean Servings |
|-----------------------------------|----------------------|
| Total | 3.0 |
| Fruits | 1.2 |
| Juices | 0.5 |
| Vegetables | 1.1 |
| Salads | 0.2 |
| Green salads ¹ | 0.2 |
| All potatoes | 0.3 |
| All fried vegetables ² | 0.2 |
| Fried potatoes only | 0.2 |

¹ This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

² Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 4: Servings of Fruits, Juices, and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

| | Reported Mean Servings | | |
|------------------------------|------------------------|---------------------|-------------------------|
| | Fruits | Juices | Vegetables ¹ |
| Total | 1.2 | 0.5 | 1.1 |
| Gender | | | |
| Males | 1.1 | 0.5 | 1.1 |
| Females | 1.3 | 0.5 | 1.1 |
| Ethnicity | | | |
| White | 1.2 | 0.5 | 1.1 |
| African American | 0.9 | 0.8 | 1.1 |
| Latino | 1.1 | 0.5 | 1.0 |
| Asian/Other | 1.4 | 0.6 | 1.2 |
| Income | | | |
| <\$15,000 | 1.1 | 0.8 ^b * | 1.4 |
| \$15,000 - \$24,999 | 1.1 | 0.6 ^{ab} | 1.1 |
| \$25,000 - \$34,999 | 1.1 | 0.5 ^{ab} | 1.0 |
| \$35,000 - \$49,999 | 1.1 | 0.5 ^a | 1.1 |
| \$50,000 - \$74,999 | 1.4 | 0.5 ^a | 1.1 |
| ≥\$75,000 | 1.2 | 0.5 ^a | 1.0 |
| Food Stamps | | | |
| Yes | 1.1 | 0.8 *** | 1.0 |
| No | 1.2 | 0.5 | 1.1 |
| Food Stamp Eligible | | | |
| FS and/or ≤130% FPL | 1.1 | 0.7 *** | 1.2 * |
| No FS or >130% FPL | 1.2 | 0.5 | 1.0 |
| Food Stamp/FPL | | | |
| Food Stamp Participant | 1.1 | 0.8 ^b ** | 1.0 ^{ab} ** |
| No FS/ ≤130% FPL | 1.0 | 0.5 ^{ab} | 1.3 ^b |
| No FS/ >130%-≤185% FPL | 1.0 | 0.4 ^a | 0.8 ^a |
| No FS/ >185% FPL | 1.3 | 0.5 ^a | 1.1 ^{ab} |
| Federal Poverty Level | | | |
| ≤ 185% FPL | 1.0 | 0.6 | 1.1 |
| > 185% FPL | 1.3 | 0.5 | 1.1 |
| Overweight Status | | | |
| Not at Risk | 1.2 | 0.5 | 1.1 |
| At Risk/Overweight | 1.1 | 0.6 | 1.1 |
| Physical Activity | | | |
| ≥ 60 minutes | 1.3 * | 0.6 | 1.2 * |
| < 60 minutes | 1.1 | 0.5 | 1.0 |
| School Breakfast | | | |
| Yes | 1.2 | 0.8 *** | 1.2 |
| No | 1.2 | 0.5 | 1.0 |
| School Lunch | | | |
| Yes | 1.1 * | 0.5 | 1.1 |
| No | 1.4 | 0.5 | 1.0 |
| Nutrition Lesson | | | |
| Yes | 1.3 | 0.6 | 1.1 |
| No | 1.1 | 0.5 | 1.0 |
| Exercise Lesson | | | |
| Yes | 1.2 | 0.5 | 1.1 |
| No | 1.1 | 0.5 | 1.1 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

| | Servings of Salads, Percent | |
|------------------------------|-----------------------------|-----------|
| | 0 ¹ | 1+ |
| Total | 88 | 12 |
| Gender | | |
| Males | 91 | 9 |
| Females | 86 | 14 |
| Ethnicity | | |
| White | 90 | 10 |
| African American | 86 | 14 |
| Latino | 90 | 10 |
| Asian/Other | 81 | 19 |
| Income | | |
| <\$15,000 | 89 | 11 |
| \$15,000 - \$24,999 | 94 | 6 |
| \$25,000 - \$34,999 | 83 | 17 |
| \$35,000 - \$49,999 | 90 | 10 |
| \$50,000 - \$74,999 | 88 | 12 |
| ≥\$75,000 | 88 | 12 |
| Food Stamps | | |
| Yes | 92 | 8 |
| No | 88 | 12 |
| Food Stamp Eligible | | |
| FS and/or ≤130% FPL | 89 | 11 |
| No FS or >130% FPL | 89 | 11 |
| Food Stamp/FPL | | |
| Food Stamp Participant | 92 | 8 |
| No FS/ ≤130% FPL | 86 | 14 |
| No FS/ >130%-≤185% FPL | 92 | 8 |
| No FS/ >185% FPL | 88 | 12 |
| Federal Poverty Level | | |
| ≤ 185% FPL | 91 | 9 |
| > 185% FPL | 87 | 13 |
| Overweight Status | | |
| Not at Risk | 88 | 12 |
| At Risk/Overweight | 89 | 11 |
| Physical Activity | | |
| ≥ 60 minutes | 88 | 12 |
| < 60 minutes | 89 | 11 |
| School Breakfast | | |
| Yes | 88 | 12 |
| No | 88 | 12 |
| School Lunch | | |
| Yes | 87 | 13 |
| No | 91 | 9 |
| Nutrition Lesson | | |
| Yes | 88 | 12 |
| No | 89 | 11 |
| Exercise Lesson | | |
| Yes | 89 | 11 |
| No | 87 | 13 |

¹ Categorized as having 0.5 servings or less.

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

* p<.05

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 6: Range in Number of Servings of Fried Potatoes¹ Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Servings of Fried Potatoes, Percent | |
|------------------------------|-------------------------------------|----|
| | 0 ² | 1+ |
| Total | 90 | 10 |
| Gender | | |
| Males | 88 | 12 |
| Females | 91 | 9 |
| Ethnicity | | |
| White | 91 | 9 |
| African American | 86 | 14 |
| Latino | 89 | 11 |
| Asian/Other | 90 | 10 |
| Income | | |
| <\$15,000 | 81 | 19 |
| \$15,000 - \$24,999 | 91 | 9 |
| \$25,000 - \$34,999 | 92 | 8 |
| \$35,000 - \$49,999 | 88 | 12 |
| \$50,000 - \$74,999 | 90 | 10 |
| ≥\$75,000 | 91 | 9 |
| Food Stamps | | |
| Yes | 90 | 10 |
| No | 86 | 14 |
| Food Stamp Eligible | | |
| FS and/or ≤130% FPL | 86 | 14 |
| No FS or >130% FPL | 91 | 9 |
| Food Stamp/FPL | | |
| Food Stamp Participant | 86 | 14 |
| No FS/ ≤130% FPL | 85 | 15 |
| No FS/ >130%-≤185% FPL | 94 | 6 |
| No FS/ >185% FPL | 90 | 10 |
| Federal Poverty Level | | |
| ≤ 185% FPL | 89 | 11 |
| > 185% FPL | 90 | 10 |
| Overweight Status | | |
| Not at Risk | 92 | 8 |
| At Risk/Overweight | 86 | 14 |
| Physical Activity | | |
| ≥ 60 minutes | 86 | 14 |
| < 60 minutes | 93 | 7 |
| School Breakfast | | |
| Yes | 84 | 16 |
| No | 91 | 9 |
| School Lunch | | |
| Yes | 88 | 12 |
| No | 93 | 7 |
| Nutrition Lesson | | |
| Yes | 92 | 8 |
| No | 87 | 13 |
| Exercise Lesson | | |
| Yes | 90 | 10 |
| No | 88 | 12 |

¹ This includes french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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 Children's Healthy Eating and Exercise Practices Survey

Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Servings of Fruits and Vegetables ¹ , Percent | | | |
|------------------------------|--|-----------|-----------|-----------|
| | 0 ² | 1-2 | 3-4 | 5+ |
| Total | 7 | 42 | 36 | 14 |
| Gender | | | | |
| Males | 7 | 45 | 33 | 14 |
| Females | 7 | 40 | 40 | 13 |
| Ethnicity | | | | |
| White | 7 | 39 | 37 | 17 |
| African American | 12 | 46 | 40 | 2 |
| Latino | 7 | 45 | 36 | 12 |
| Asian/Other | 6 | 41 | 35 | 18 |
| Income | | | | |
| <\$15,000 | 5 | 42 | 34 | 19 |
| \$15,000 - \$24,999 | 8 | 42 | 38 | 13 |
| \$25,000 - \$34,999 | 9 | 41 | 38 | 12 |
| \$35,000 - \$49,999 | 5 | 46 | 39 | 10 |
| \$50,000 - \$74,999 | 7 | 43 | 34 | 16 |
| ≥\$75,000 | 9 | 40 | 36 | 15 |
| Food Stamps | | | | |
| Yes | 4 | 40 | 34 | 22 |
| No | 8 | 43 | 36 | 13 |
| Food Stamp Eligible | | | | |
| FS and/or ≤130% FPL | 6 | 41 | 34 | 19 |
| No FS or >130% FPL | 8 | 43 | 37 | 12 |
| Food Stamp/FPL | | | | |
| Food Stamp Participant | 4 | 40 | 34 | 22 |
| No FS/ ≤130% FPL | 8 | 44 | 32 | 17 |
| No FS/ >130%-≤185% FPL | 8 | 52 | 38 | 2 |
| No FS/ >185% FPL | 8 | 41 | 37 | 14 |
| Federal Poverty Level | | | | |
| ≤ 185% FPL | 6 | 46 | 36 | 12 |
| > 185% FPL | 8 | 41 | 37 | 15 |
| Overweight Status | | | | |
| Not at Risk | 7 | 42 | 36 | 14 |
| At Risk/Overweight | 6 | 44 | 37 | 13 |
| Physical Activity | | | | |
| ≥ 60 minutes | 5 | 41 | 37 | 17 |
| < 60 minutes | 9 | 44 | 36 | 12 |
| School Breakfast | | | | |
| Yes | 7 | 34 | 42 | 18 |
| No | 8 | 45 | 35 | 13 |
| School Lunch | | | | |
| Yes | 8 | 45 | 34 | 14 |
| No | 7 | 39 | 41 | 14 |
| Nutrition Lesson | | | | |
| Yes | 8 | 40 | 35 | 17 |
| No | 7 | 46 | 38 | 10 |
| Exercise Lesson | | | | |
| Yes | 8 | 41 | 36 | 14 |
| No | 6 | 45 | 37 | 13 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Children Meeting Fruit and Vegetable Recommendations ¹ , Percent | | | |
|------------------------------|---|--------------------------------------|--|--|
| | 2+ Servings of Fruits and Juices | 3+ Servings of Vegetables and Salads | Both 2+ Servings of Fruits and 3+ Servings of Vegetables | 5+ Servings of Any Fruits and Vegetables |
| Total | 40 | 9 | 4 | 14 |
| Gender | | | | |
| Males | 38 | 9 | 5 | 14 |
| Females | 42 | 10 | 3 | 13 |
| Ethnicity | | | | |
| White | 41 | 8 | Insufficient Sample Size for Analysis | 17 * |
| African American | 32 | 5 | | 2 |
| Latino | 40 | 10 | | 12 |
| Asian/Other | 41 | 16 | | 17 |
| Income | | | | |
| <\$15,000 | 34 | 21 * | Insufficient Sample Size for Analysis | 19 |
| \$15,000 - \$24,999 | 41 | 10 | | 13 |
| \$25,000 - \$34,999 | 39 | 8 | | 12 |
| \$35,000 - \$49,999 | 37 | 10 | | 10 |
| \$50,000 - \$74,999 | 43 | 9 | | 16 |
| ≥\$75,000 | 42 | 6 | 15 | |
| Food Stamps | | | | |
| Yes | 40 | 11 | 7 | 22 * |
| No | 40 | 9 | 4 | 13 |
| Food Stamp Eligible | | | | |
| FS and/or ≤130% FPL | 39 | 14 ** | 8 * | 19 * |
| No FS or >130% FPL | 41 | 7 | 3 | 12 |
| Food Stamp/FPL | | | | |
| Food Stamp Participant | 40 | 11 * | Insufficient Sample Size for Analysis | 22 ** |
| No FS/ ≤130% FPL | 36 | 17 | | 17 |
| No FS/ >130%-≤185% FPL | 38 | 6 | | 2 |
| No FS/ >185% FPL | 42 | 8 | | 14 |
| Federal Poverty Level | | | | |
| ≤ 185% FPL | 38 | 11 | 5 | 12 |
| > 185% FPL | 41 | 9 | 4 | 15 |
| Overweight Status | | | | |
| Not at Risk | 43 | 9 | 5 | 14 |
| At Risk/Overweight | 37 | 10 | 4 | 13 |
| Physical Activity | | | | |
| ≥ 60 minutes | 44 * | 12 | 7 ** | 16 |
| < 60 minutes | 37 | 7 | 2 | 12 |
| School Breakfast | | | | |
| Yes | 44 | 14 * | 6 | 18 |
| No | 39 | 8 | 4 | 13 |
| School Lunch | | | | |
| Yes | 35 *** | 11 | 5 | 14 |
| No | 49 | 7 | 3 | 14 |
| Nutrition Lesson | | | | |
| Yes | 42 | 11 | 5 | 17 ** |
| No | 37 | 8 | 4 | 10 |
| Exercise Lesson | | | | |
| Yes | 41 | 10 | 5 | 14 |
| No | 39 | 9 | 4 | 13 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

Table 8a: Percent of Children Meeting My Pyramid Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| | Children Meeting Fruit and Vegetable Recommendations, Percent | | |
|------------------------------|---|---------------------------------|---|
| | Cups of Fruit | Cups of Vegetables ¹ | Cups of Both Fruits and Vegetables ¹ |
| Total | 26 | 10 | 4 |
| Gender | | | |
| Males | 25 | 8 | 4 |
| Females | 28 | 12 | 5 |
| Ethnicity | | | |
| White | 26 | 9 | Insufficient Sample Size for Analysis |
| African American | 20 | 5 | |
| Latino | 26 | 12 | |
| Asian/Other | 30 | 12 | |
| Income | | | |
| <\$15,000 | 33 | 20 * | Insufficient Sample Size for Analysis |
| \$15,000 - \$24,999 | 20 | 11 | |
| \$25,000 - \$34,999 | 29 | 14 | |
| \$35,000 - \$49,999 | 20 | 10 | |
| \$50,000 - \$74,999 | 26 | 9 | |
| ≥\$75,000 | 29 | 6 | |
| Food Stamps | | | |
| Yes | 39 ** | 12 | 4 |
| No | 24 | 10 | 4 |
| Food Stamp Eligible | | | |
| FS and/or ≤130% FPL | 30 | 17 ** | 7 * |
| No FS or >130% FPL | 25 | 8 | 4 |
| Food Stamp/FPL | | | |
| Food Stamp Participant | 39 * | 12 ** | 4 |
| No FS/ ≤130% FPL | 21 | 19 | 8 |
| No FS/ >130%-≤185% FPL | 19 | 7 | 0 |
| No FS/ >185% FPL | 26 | 8 | 4 |
| Federal Poverty Level | | | |
| ≤ 185% FPL | 25 | 13 | 4 |
| > 185% FPL | 27 | 9 | 4 |
| Overweight Status | | | |
| Not at Risk | 24 | 9 | 4 |
| At Risk/Overweight | 28 | 11 | 4 |
| Physical Activity | | | |
| ≥ 60 minutes | 22 * | 8 * | 3 |
| < 60 minutes | 29 | 12 | 5 |
| School Breakfast | | | |
| Yes | 34 * | 18 ** | 10 ** |
| No | 24 | 8 | 3 |
| School Lunch | | | |
| Yes | 23 * | 11 | 5 |
| No | 32 | 8 | 4 |
| Nutrition Lesson | | | |
| Yes | 28 | 11 | 4 |
| No | 24 | 10 | 4 |
| Exercise Lesson | | | |
| Yes | 27 | 10 | 5 |
| No | 25 | 12 | 4 |

¹ Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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

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* p<.05

** p<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

| Fruits | | | | | | | |
|--------|--------------------------|-------------------------|--------------|--------------|------------------|--------------|--------------|
| Rank | State Total | Boys | Girls | White | African-American | Latino | Asian/Other |
| 1st | Apples | Apples | Apples | Apples | Orange Juice | Apples | Apples |
| 2nd | Orange Juice | Orange Juice | Orange Juice | Orange Juice | Apples | Orange Juice | Orange Juice |
| 3rd | Apple Juice | Apple Juice | Apple Juice | Strawberries | Apple Juice | Oranges | Apple Juice |
| 4th | Bananas | Bananas | Strawberries | Bananas | Strawberries | Bananas | Bananas |
| 5th | Strawberries | Fruit Juice | Bananas | Apple Juice | Oranges | Apple Juice | Peaches |
| 6th | Oranges | Oranges | Oranges | Oranges | Fruit Juice | Fruit Juice | Strawberries |
| 7th | Fruit Juice ¹ | Strawberries | Peaches | Fruit Juice | Grapes | Strawberries | Oranges |
| 8th | Peaches | Peaches | Fruit Juice | Grapes | Peaches | Peaches | Plums |
| 9th | Grapes | Grapes | Grapes | Peaches | Bananas | Pears | Fruit Juices |
| 10th | Apple Sauce Pears | Watermelon Pineapple | Pears | Apple Sauce | Pears | Grapes | Watermelon |

| Vegetables | | | | | | | |
|------------|---------------------------------|--------------------|--------------------|--------------------|--------------------|---|--------------|
| Rank | State Total | Boys | Girls | White | African-American | Latino | Asian/Other |
| 1st | Green Salad ² | Green Salad | Green Salad |
| 2nd | Carrots | Carrots | Carrots | Carrots | Non-Fried Potatoes | Corn | Corn |
| 3rd | Tomato Sauce ³ | Tomato Sauce | Corn | Tomato Sauce | Tomato Sauce | Tomato Sauce | Tomato Sauce |
| 4th | Corn | Corn | Tomato Sauce | Corn | Carrots | Carrots | Carrots |
| 5th | Non-Fried Potatoes ⁴ | Non-Fried Potatoes | Broccoli | Lettuce | Celery | Non-Fried Potatoes | |
| 6th | Broccoli | Lettuce | Non-Fried Potatoes | Non-Fried Potatoes | Broccoli | Broccoli | Green Beans |
| 7th | Lettuce | Broccoli | Lettuce | Broccoli | Corn | Lettuce | Lettuce |
| 8th | Green Beans ⁵ | Green Beans | Green Beans | Tomatoes | Lettuce | Green Beans | Tomatoes |
| 9th | Tomatoes | Tomatoes | Tomatoes | Green Beans | Tomatoes | Tomatoes | Broccoli |
| 10th | Green Peas | Green Peas | Green Peas | Green Peas | Green Beans | Veggies on Sandwich or Taco ⁶ | Onions |

¹Fruit Juices include any unspecified fruit juice or any combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes

⁵Green Beans includes green beans, string beans, beans unspecified, and all other beans

⁶Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc.

⁷ N/A Reported due to 5 way tie between cucumbers, green peas, bell peppers, vegetable soup or stew, and cabbage

Shaded boxes or a box around a group were tied for a ranking.

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 10: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

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

| | Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹ | |
|------------------------------|--|-----------|
| | <5 | 5+ |
| Total | 44 | 56 |
| Gender | | |
| Males | 42 | 58 |
| Females | 48 | 52 |
| Ethnicity | | |
| White | 51 | 49 |
| African American | 30 | 70 |
| Latino | 39 | 61 |
| Asian/Other | 51 | 49 |
| Income | | |
| <\$15,000 | 50 | 50 |
| \$15,000 - \$24,999 | 31 | 69 |
| \$25,000 - \$34,999 | 40 | 60 |
| \$35,000 - \$49,999 | 39 | 61 |
| \$50,000 - \$74,999 | 46 | 54 |
| ≥\$75,000 | 51 | 49 |
| Food Stamps | | |
| Yes | 50 | 50 |
| No | 44 | 56 |
| Food Stamp Eligible | | |
| FS and/or ≤130% FPL | 40 | 60 |
| No FS or >130% FPL | 46 | 54 |
| Food Stamp/FPL | | |
| Food Stamp Participant | 50 | 50 |
| No FS/ ≤130% FPL | 37 | 63 |
| No FS/ >130%-≤185% FPL | 46 | 54 |
| No FS/ >185% FPL | 46 | 54 |
| Federal Poverty Level | | |
| ≤ 185% FPL | 41 | 59 |
| > 185% FPL | 46 | 54 |
| Overweight Status | | |
| Not at Risk | 50 | 50 |
| At Risk/Overweight | 36 | 64 |
| Physical Activity | | |
| ≥ 60 minutes | 45 | 55 |
| < 60 minutes | 43 | 57 |
| School Breakfast | | |
| Yes | 36 | 64 |
| No | 46 | 54 |
| School Lunch | | |
| Yes | 43 | 57 |
| No | 46 | 54 |
| Nutrition Lesson | | |
| Yes | 44 | 56 |
| No | 44 | 56 |
| Exercise Lesson | | |
| Yes | 44 | 56 |
| No | 45 | 55 |

¹ Excludes those reporting "don't know."

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.

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2005 California Children's Healthy Eating and Exercise Practices Survey

Table 10a: Belief About the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPyramid Recommendations (Phone Sample)

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

| | Believed Correct Number of Cups of Fruits and Vegetables, Percent of Children ^{1,2} | |
|------------------------------|---|-----------|
| | Yes | No |
| Total | 66 | 34 |
| Gender | | |
| Males | 63 | 37 |
| Females | 68 | 32 |
| Ethnicity | | |
| White | 61 | 39 |
| African American | 72 | 28 |
| Latino | 84 | 16 |
| Asian/Other | 42 | 58 |
| Income | | |
| <\$15,000 | 83 | 17 |
| \$15,000 - \$24,999 | 66 | 34 |
| \$25,000 - \$34,999 | 55 | 45 |
| \$35,000 - \$49,999 | 75 | 25 |
| \$50,000 - \$74,999 | 65 | 35 |
| ≥\$75,000 | 60 | 40 |
| Food Stamps | | |
| Yes | 85 | 15 |
| No | 63 | 37 |
| Food Stamp Eligible | | |
| FS and/or ≤130% FPL | 71 | 29 |
| No FS or >130% FPL | 64 | 36 |
| Food Stamp/FPL | | |
| Food Stamp Participant | 85 | 15 |
| No FS/ ≤130% FPL | 61 | 39 |
| No FS/ >130%-≤185% FPL | 59 | 41 |
| No FS/ >185% FPL | 65 | 35 |
| Federal Poverty Level | | |
| ≤ 185% FPL | 66 | 34 |
| > 185% FPL | 66 | 34 |
| Overweight Status | | |
| Not at Risk | 63 | 37 |
| At Risk/Overweight | 71 | 29 |
| Physical Activity | | |
| ≥ 60 minutes | 51 | 49 |
| < 60 minutes | 77 | 23 |
| School Breakfast | | |
| Yes | 64 | 36 |
| No | 66 | 34 |
| School Lunch | | |
| Yes | 63 | 37 |
| No | 69 | 31 |
| Nutrition Lesson | | |
| Yes | 66 | 34 |
| No | 65 | 35 |
| Exercise Lesson | | |
| Yes | 67 | 33 |
| No | 63 | 37 |

¹ Excludes those reporting "don't know."

² Responses were limited to whole numbers making this estimate conservative.

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.

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* p<.05

*** p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

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

| Fruits and Vegetables | Percent | Servings of Fruits and Vegetables Eaten by Children, Percent | | |
|--------------------------------|---------|--|-----|----|
| | | 0-2 | 3-4 | 5+ |
| Servings believed to be needed | | | | |
| 1-2 | 12 | 58 | 29 | 12 |
| 3-4 | 32 | 62 | 28 | 10 |
| 5+ | 56 | 42 | 50 | 8 |

**

Excludes those reporting "don't know."

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

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** p<.01