

2003 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	2.7
Gender	
Males	2.7
Females	2.7
Ethnicity	
White	2.6
African American	3.0
Latino	2.8
Asian/Other	2.5
Income	
≤\$19,999	2.7
\$20,000 - \$49,999	2.8
≥\$50,000	2.6
Federal Poverty Level	
≤ 185%	2.8
> 185%	2.6
Food Stamps	
Yes	3.1 *
No	2.6
Overweight Status	
Not at Risk	2.6
At Risk/Overweight	2.8
Physical Activity	
≥60 minutes	2.7
<60 minutes	2.7
School Breakfast	
Yes	2.9 *
No	2.6
School Lunch	
Yes	2.7
No	2.6
Nutrition Lesson	
Yes	2.7
No	2.7
Exercise Lesson	
Yes	2.7
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.

ANOVA

* p<.05

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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) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	3.2	1.8	1.4
Gender			
Males	3.2	1.8	1.4
Females	3.2	1.8	1.4
Ethnicity			
White	2.8 ^a **	1.6 ^a ***	1.2
African American	4.0 ^c	2.5 ^c	1.4
Latino	3.3 ^{abc}	1.8 ^{ab}	1.5
Asian/Other	3.5 ^{bc}	2.2 ^{bc}	1.3
Income			
≤\$19,999	4.1 ^c ***	2.6 ^c ***	1.5
\$20,000 - \$49,999	3.4 ^b	1.9 ^b	1.4
≥\$50,000	2.9 ^a	1.6 ^a	1.3
Federal Poverty Level			
≤ 185%	3.6 **	2.1 **	1.4
> 185%	3.0	1.7	1.3
Food Stamps			
Yes	4.3 **	2.6 **	1.7 *
No	3.1	1.8	1.3
Overweight Status			
Not at Risk	3.0 ***	1.7 **	1.3 *
At Risk/Overweight	3.6	2.1	1.5
Physical Activity			
≥60 minutes	3.3	1.9	1.4
<60 minutes	3.1	1.7	1.3
School Breakfast			
Yes	4.0 ***	2.5 ***	1.5
No	3.0	1.7	1.3
School Lunch			
Yes	3.3 *	1.9	1.4
No	3.0	1.7	1.3
Nutrition Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.9	1.3
Exercise Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.8	1.3

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

Fruits and Vegetables	Mean Servings
Total	3.2
Fruits	1.2
Juices	0.6
Vegetables	1.1
Salads	0.3
Green salads ¹	0.3
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, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

California Department of Health Services: September 2005

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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
Total	1.2	0.6	1.1
Gender			
Males	1.3	0.6	1.1
Females	1.2	0.7	1.1
Ethnicity			
White	1.1 ^a **	0.4 ^a ***	1.0 ^a *
African American	1.5 ^{ab}	1.0 ^c	1.1 ^a
Latino	1.1 ^a	0.7 ^{bc}	1.2 ^a
Asian/Other	1.6 ^b	0.6 ^{ab}	1.0 ^a
Income			
≤\$19,999	1.5	1.1 ^c ***	1.1
\$20,000 - \$49,999	1.2	0.7 ^b	1.2
≥\$50,000	1.1	0.5 ^a	1.0
Federal Poverty Level			
≤ 185%	1.3	0.8 ***	1.2
> 185%	1.2	0.5	1.0
Food Stamps			
Yes	1.2	1.4 ***	1.4 *
No	1.2	0.6	1.1
Overweight Status			
Not at Risk	1.1 **	0.6	1.0 **
At Risk/Overweight	1.4	0.6	1.2
Physical Activity			
≥60 minutes	1.3	0.7	1.1
<60 minutes	1.2	0.6	1.1
School Breakfast			
Yes	1.5 *	1.0 ***	1.2
No	1.2	0.5	1.1
School Lunch			
Yes	1.3	0.7	1.1
No	1.1	0.5	1.0
Nutrition Lesson			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0
Exercise Lesson			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0

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 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	86	14
Gender		
Males	88	12
Females	84	16
Ethnicity		
White	85	15
African American	77	23
Latino	88	12
Asian/Other	88	12
Income		
≤\$19,999	87	13
\$20,000 - \$49,999	87	13
≥\$50,000	85	15
Federal Poverty Level		
≤ 185%	87	13
> 185%	86	14
Food Stamps		
Yes	82	18
No	86	14
Overweight Status		
Not at Risk	86	14
At Risk/Overweight	86	14
Physical Activity		
≥60 minutes	88	12
<60 minutes	84	16
School Breakfast		
Yes	84	16
No	87	13
School Lunch		
Yes	86	14
No	86	14
Nutrition Lesson		
Yes	89	11
No	83	17
Exercise Lesson		
Yes	87	13
No	84	16

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

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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) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	89	11
Gender		
Males	89	11
Females	90	10
Ethnicity		
White	90	10
African American	84	16
Latino	87	13
Asian/Other	96	4
Income		
≤\$19,999	88	12
\$20,000 - \$49,999	90	10
≥\$50,000	89	11
Federal Poverty Level		
≤ 185%	90	10
> 185%	89	11
Food Stamps		
Yes	79	21
No	90	10
Overweight Status		
Not at Risk	91	9
At Risk/Overweight	86	14
Physical Activity		
≥60 minutes	91	9
<60 minutes	88	12
School Breakfast		
Yes	84	16
No	90	10
School Lunch		
Yes	87	13
No	93	7
Nutrition Lesson		
Yes	89	11
No	90	10
Exercise Lesson		
Yes	88	12
No	92	8

¹ This includes french fries, curly fries, hash browns, tator 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

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Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample) - 2007 CORRECTED TABLE¹

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

	Servings of Fruits and Vegetables, Percent			
	0 ²	1-2	3-4	5+
Total	8	36	36	20
Gender				
Males	7	35	38	20
Females	8	38	34	20
Ethnicity				
White	6	47	32	15
African American	7	27	34	32
Latino	10	27	41	22
Asian/Other	3	45	32	20
Income				
≤\$19,999	8	14	50	28
\$20,000 - \$49,999	8	32	36	24
≥\$50,000	7	45	33	15
Federal Poverty Level				
≤ 185%	10	25	38	28
> 185%	6	42	35	16
Food Stamps				
Yes	Insufficient Sample Size for Analysis			
No	Insufficient Sample Size for Analysis			
Overweight Status				
Not at Risk	8	41	34	17
At Risk/Overweight	6	30	39	25
Physical Activity				
≥60 minutes	8	34	36	22
<60 minutes	7	40	36	18
School Breakfast				
Yes	4	22	42	32
No	8	40	35	17
School Lunch				
Yes	8	34	36	22
No	8	40	36	16
Nutrition Lesson				
Yes	9	38	34	20
No	6	35	38	20
Exercise Lesson				
Yes	10	35	35	20
No	3	39	38	20

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

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<.001

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**Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations
(Diary Sample) - 2007 CORRECTED TABLE¹**

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

	Children Meeting Fruit and Vegetable Recommendations, 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	46	12	6	20
Gender				
Males	46	13	6	20
Females	46	10	6	20
Ethnicity				
White	39*	9	Insufficient Sample Size for Analysis	15
African American	52	14		32
Latino	51	15		22
Asian/Other	47	9		19
Income				
≤\$19,999	64**	11	8	28**
\$20,000 - \$49,999	48	13	5	24
≥\$50,000	40	11	6	15
Federal Poverty Level				
≤ 185%	53*	13	6	28**
> 185%	43	11	6	16
Food Stamps				
Yes	74**	17	Insufficient Sample Size for Analysis	50***
No	44	12		19
Overweight Status				
Not at Risk	42*	11	5	17*
At Risk/Overweight	52	14	8	25
Physical Activity				
≥60 minutes	48	16***	8**	22
<60 minutes	43	7	3	18
School Breakfast				
Yes	62***	16	13**	32**
No	43	11	4	17
School Lunch				
Yes	47	13	6	22
No	45	10	5	17
Nutrition Lesson				
Yes	44	12	7	20
No	49	11	5	20
Exercise Lesson				
Yes	45	13	7	20
No	49	9	4	20

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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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 your child eat/drink in this category:

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Orange Juice	Apples	Orange Juice	Apples	Orange Juice	Orange Juice	Bananas
2nd	Apples	Orange Juice	Apples	Orange Juice	Fruit Juices	Apples	Apples
3rd	Bananas	Bananas	Bananas	Bananas	Oranges	Apple Juice	Strawberries
4th	Apple Juice	Apple Juice	Strawberries	Fruit Juice	Apples	Bananas	Orange Juice
5th	Strawberries	Strawberries	Fruit Juices	Apple Juice	Strawberries	Fruit Juices	Grapes
6th	Fruit Juices ¹	Fruit Juices	Oranges	Applesauce	Bananas	Strawberries	Apple Juice
7th	Oranges	Oranges	Apple Juice	Strawberries	Apple Juice	Oranges	Fruit Juice
8th	Grapes	Grapes	Peaches	Oranges	Grape Juice	Peaches	Oranges
9th	Peaches	Peaches	Grapes	Peaches	Grapes	Grapes	Watermelon
10th	Applesauce	Applesauce	Applesauce	Grapes	Peaches	Pears	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce ³	Corn	Carrots	Tomato Sauce	Green Beans	Tomato Sauce	Tomatoes
3rd	Carrots	Tomato Sauce	Tomato Sauce	Carrots	Corn	Corn	Carrots
4th	Corn	Carrots	Corn	Corn	Tomato Sauce	Carrots	Bell Peppers
5th	Non-Fried Potatoes ⁴	Veggies on Sandwich/Taco	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Green Beans
6th	Veggies on Sandwich/Taco ⁵	Non-Fried Potatoes	Non-Fried Potatoes	Non-Fried Potatoes	Carrots	Non-Fried Potatoes	Potatoes
7th	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Non-Fried Potatoes	Green Beans	Broccoli
8th	Broccoli	Broccoli	Broccoli	Broccoli	Coleslaw	Broccoli	Mixed Vegetable Juice
9th	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Mixed Vegetables	Lettuce	Corn
10th	Green Peas	Lettuce Green Peas	Green Peas	Green Peas	Broccoli Vegetable Soup/Stew	Green Peas	Tomato Sauce Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% 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

³Tomato Sauce includes pizza sauce and spaghetti sauce

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

⁵Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

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

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

How many total servings of fruits, ~~fruit juice,~~ and vegetables ~~or salads~~ do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	13	32	55
Gender			
Males	12	26	62
Females	15	38	47
Ethnicity			
White	15	36	49
African American	19	31	50
Latino	11	27	62
Asian/Other	13	36	51
Income			
≤\$19,999	14	35	51
\$20,000 - \$49,999	12	27	61
≥\$50,000	14	34	52
Federal Poverty Level			
≤ 185%	11	29	61
> 185%	14	33	52
Food Stamps			
Yes	4	39	56
No	14	31	55
Overweight Status			
Not at Risk	16	36	48
At Risk/Overweight	8	24	67
Physical Activity			
≥60 minutes	16	28	56
<60 minutes	11	36	53
School Breakfast			
Yes	13	17	70
No	14	34	52
School Lunch			
Yes	9	29	61
No	18	35	47
Nutrition Lesson			
Yes	12	33	54
No	15	29	56
Exercise Lesson			
Yes	12	26	62
No	16	44	39

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.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2003 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) - 2007 CORRECTED TABLE¹

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

How many total servings of fruits, ~~fruit juice,~~ and vegetables ~~or salads~~ 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				
0-2	13	51	35	14
3-4	32	42	39	19
5+	55	42	37	22

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5). Excludes those reporting "don't know."

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

California Department of Public Health: Revised August 2007