

2001 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 (soda/soft drink, sweets, high fat snacks) did you/your child eat/drink in this category?

	Reported Mean Servings			
	All High Calorie, Low Nutrient Foods	Soda/Sweetened Beverages ¹	Sweets ²	High-Fat Snacks ³
Total	4.1	1.2	1.9	1.0
Gender				
Males	4.3 *	1.3 *	2.0	1.1
Females	3.9	1.1	1.8	1.0
Ethnicity				
White	4.1 ^{ab} *	1.0 ^a ***	2.1 ^b *	1.1 ^{bc} **
African American	4.0 ^{ab}	1.6 ^{bc}	1.8 ^{ab}	0.7 ^a
Latino	3.9 ^a	1.2 ^b	1.7 ^a	0.9 ^{ab}
Asian/Other	4.7 ^b	1.7 ^c	1.8 ^{ab}	1.3 ^c
Income				
≤\$19,999	4.6	1.6 ^b **	1.7	1.2 ^b *
\$20,000 - \$49,999	4.0	1.2 ^a	1.9	0.9 ^a
≥\$50,000	4.1	1.1 ^a	1.9	1.0 ^{ab}
Federal Poverty Level				
≤ 185%	4.1	1.3	1.8	1.0
> 185%	4.1	1.1	2.0	1.0
Food Stamps				
Yes	4.8 **	1.6 **	2.1	1.2
No	4.0	1.1	1.9	1.0
Overweight Status				
Not at Risk	4.2	1.1	2.0 ***	1.0
At Risk/Overweight	4.0	1.3	1.7	1.0
Physical Activity				
≥60 minutes	4.2	1.2	2.0 **	1.1
<60 minutes	3.9	1.2	1.8	1.0
School Breakfast				
Yes	4.5 *	1.5 **	1.9	1.1
No	4.0	1.1	1.9	1.0
School Lunch				
Yes	4.0	1.3 *	1.7 ***	1.0
No	4.2	1.1	2.1	1.1
Nutrition Lesson				
Yes	4.1	1.2	1.9	1.0
No	4.1	1.2	1.9	1.0
Exercise Lesson				
Yes	4.0	1.2	1.9	1.0
No	4.2	1.3	1.9	1.0

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 (Diary Sample)

Soda and Sweetened Beverages	Mean Servings
Total	1.2
Regular soda	0.5
Drinkade (ex. Hi-C, Sunny Delight)	0.7
Flavored or sweetened bottled water (ex. Clearly Canadian)	< 0.1
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 each (soda/soft drink) did you/your child eat/drink in this category?

	Servings of Sodas/Sweetened Beverages Reported, Percent of Children			
	0 ²	1	2	3+
Total	40	34	18	8
Gender				
Males	37	34	18	12
Females	44	34	18	4
Ethnicity				
White	46	35	16	4
African American	22	39	29	10
Latino	40	34	18	8
Asian/Other	29	29	19	24
Income				
≤\$19,999	40	27	16	18
\$20,000 - \$49,999	39	36	18	7
≥\$50,000	41	35	18	6
Federal Poverty Level				
≤ 185%	43	31	14	12
> 185%	38	36	20	6
Food Stamps				
Yes	46	22	15	18
No	40	36	17	7
Overweight Status				
Not at Risk	39	37	18	7
At Risk/Overweight	41	31	18	10
Physical Activity				
≥60 minutes	42	33	18	8
<60 minutes	39	35	18	8
School Breakfast				
Yes	37	31	20	12
No	41	35	17	7
School Lunch				
Yes	38	34	19	9
No	43	34	16	7
Nutrition Lesson				
Yes	42	32	17	9
No	38	37	19	7
Exercise Lesson				
Yes	43	32	17	8
No	35	38	18	8

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 (Diary Sample)

Sweets	Mean Servings
Total	1.9
Candy	0.2
Baked goods	1.0
Dairy desserts ¹	0.4
Other sweets ²	0.3

¹ This includes sweets such as ice cream, frozen yogurt, fudgesicles and custard puddings.

² This includes sweets such as popsicles, sherbert, and other miscellaneous sweets such as gelatin, jelly, and syrup.

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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 each (sweets) did you/your child eat/drink in this category?

	Servings of Sweets Reported, Percent of Children			
	0 ²	1	2	3+
Total	19	32	26	24
Gender				
Males	18	33	25	24
Females	19	32	26	23
Ethnicity				
White	15	29	27	29
African American	29	40	4	27
Latino	22	33	25	19
Asian/Other	16	34	32	18
Income				
≤\$19,999	16	46	22	17
\$20,000 - \$49,999	23	26	27	24
≥\$50,000	16	33	25	26
Federal Poverty Level				
≤ 185%	24	30	25	21
> 185%	16	33	26	25
Food Stamps				
Yes	19	23	35	23
No	18	33	25	24
Overweight Status				
Not at Risk	14	33	26	27
At Risk/Overweight	25	30	26	18
Physical Activity				
≥60 minutes	16	32	26	26
<60 minutes	21	33	25	21
School Breakfast				
Yes	20	30	28	23
No	18	33	25	24
School Lunch				
Yes	22	35	24	18
No	14	28	27	31
Nutrition Lesson				
Yes	18	32	26	24
No	19	33	25	23
Exercise Lesson				
Yes	18	32	26	24
No	19	32	25	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.

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 37: Breakdown of the High Fat Snacks Reported by California Children
(Diary Sample)**

High Fat Snacks	Mean Servings
Total	1.0
Fried potatoes	0.2
Other Fried vegetables ¹	<0.1
Chips and crackers	0.8
Other fried foods	<0.1

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 each (high fat snacks) did you/your child eat/drink in this category?

	Servings of High-Fat Snacks Reported, Percent of Children		
	0 ²	1	2+
Total	42	38	19
Gender			
Males	42	37	21
Females	43	40	18
Ethnicity			
White	41	38	20
African American	51	43	6
Latino	49	33	19
Asian/Other	24	54	22
Income			
≤\$19,999	44	26	30
\$20,000 - \$49,999	42	45	13
≥\$50,000	42	37	21
Federal Poverty Level			
≤ 185%	46	35	20
> 185%	41	40	19
Food Stamps			
Yes	39	36	24
No	43	39	18
Overweight Status			
Not at Risk	43	38	19
At Risk/Overweight	44	39	18
Physical Activity			
≥60 minutes	39	40	21
<60 minutes	46	37	17
School Breakfast			
Yes	40	36	24
No	43	39	18
School Lunch			
Yes	46	36	18
No	38	42	20
Nutrition Lesson			
Yes	43	38	19
No	42	39	20
Exercise Lesson			
Yes	43	38	19
No	41	40	19

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<.01

*** p<.001

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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 each (soda/soft drink, sweets, high fat snacks) did you/your child eat/drink in this category?

	Servings of High Calorie, Low Nutrient Foods Reported, Percent of Children			
	0-1	2-3	4-5	6+
Total	12	36	32	21
Gender				
Males	11	35	29	25
Females	13	37	34	16
Ethnicity				
White	8	39	33	20
African American	15	38	23	25
Latino	18	34	27	21
Asian/Other	6	28	46	21
Income				
≤\$19,999	16	29	25	31
\$20,000 - \$49,999	15	35	32	18
≥\$50,000	9	38	33	20
Federal Poverty Level				
≤ 185%	19	30	29	22
> 185%	9	39	33	20
Food Stamps				
Yes	12	24	35	28
No	12	37	32	19
Overweight Status				
Not at Risk	11	35	32	22
At Risk/Overweight	13	36	33	18
Physical Activity				
≥60 minutes	12	35	31	22
<60 minutes	13	36	32	19
School Breakfast				
Yes	14	24	37	25
No	12	38	30	20
School Lunch				
Yes	15	36	29	19
No	8	34	35	23
Nutrition Lesson				
Yes	12	36	34	19
No	13	36	29	23
Exercise Lesson				
Yes	13	37	31	20
No	12	34	32	23

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	60	1.8	***
No	40	2.2	

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