

2005 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, fruit drinks, sports drinks and energy drinks, 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	3.8	1.1	1.7	0.9
Gender				
Males	4.0**	1.3**	1.8	0.9
Females	3.5	1.0	1.7	0.9
Ethnicity				
White	3.9	1.1 ^{ab} **	2.0 ^b **	0.9
African American	3.7	1.5 ^b	1.4 ^{ab}	0.8
Latino	3.8	1.2 ^b	1.6 ^a	0.9
Asian/Other	3.3	0.8 ^a	1.6 ^{ab}	0.9
Income				
<\$15,000	4.9 ^b **	1.8 ^c ***	2.0 ^a *	1.2 ^b *
\$15,000 - \$24,999	3.5 ^a	1.1 ^{ab}	1.6 ^a	0.9 ^{ab}
\$25,000 - \$34,999	3.8 ^{ab}	1.4 ^{bc}	1.6 ^a	0.8 ^{ab}
\$35,000 - \$49,999	3.9 ^{ab}	1.2 ^{ab}	1.7 ^a	1.0 ^{ab}
\$50,000 - \$74,999	3.6 ^a	1.0 ^{ab}	1.6 ^a	1.0 ^{ab}
≥\$75,000	3.6 ^a	0.9 ^a	1.9 ^a	0.7 ^a
Food Stamps				
Yes	4.2	1.3	1.8	1.1*
No	3.7	1.1	1.8	0.9
Food Stamp Eligible				
FS and/or ≤130% FPL	4.1*	1.4**	1.7	1.0*
No FS or >130% FPL	3.6	1.0	1.8	0.8
Food Stamp/FPL				
Food Stamp Participant	4.2	1.3 ^{ab} ***	1.8	1.1
No FS/ ≤130% FPL	4.2	1.4 ^b	1.7	1.0
No FS/ >130%-≤185% FPL	3.8	1.4 ^b	1.7	0.8
No FS/ >185% FPL	3.6	1.0 ^a	1.8	0.9
Federal Poverty Level				
≤ 185% FPL	4.0*	1.4***	1.7	0.9
> 185% FPL	3.6	1.0	1.8	0.9
Overweight Status				
Not at Risk	3.5***	1.0***	1.7	0.8**
At Risk/Overweight	4.2	1.4	1.8	1.1
Physical Activity				
≥ 60 minutes	3.9	1.2	1.8	0.9
< 60 minutes	3.6	1.1	1.7	0.8
School Breakfast				
Yes	4.4***	1.5***	1.8	1.1**
No	3.6	1.1	1.7	0.8
School Lunch				
Yes	3.7	1.2	1.7*	0.9
No	3.8	1.0	1.9	0.9
Nutrition Lesson				
Yes	3.8	1.1	1.8	0.9
No	3.7	1.1	1.7	0.9
Exercise Lesson				
Yes	3.8	1.1	1.8	0.9
No	3.8	1.3	1.7	0.8

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	1.1
Regular soda	0.3
Drinkade (Hi-C, Sunny Delight)	0.6
Sports Drink (Gatorade, Powerade)	0.1
Energy Drink (Red Bull, Amp)	<0.1
Flavored, sweetened, bottled water (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, fruit drinks, sports drinks and energy drinks) did you/your child eat/drink in this category?

	Servings of Sodas/Sweetened Beverages Reported, Percent of Children			
	0 ²	1	2	3+
Total	44	33	15	9
Gender				
Males	38	36	15	12
Females	50	30	15	5
Ethnicity				
White	50	30	13	8
African American	33	26	28	14
Latino	38	37	15	10
Asian/Other	51	33	12	4
Income				
<\$15,000	33	21	21	25
\$15,000 - \$24,999	45	37	17	1
\$25,000 - \$34,999	26	42	21	10
\$35,000 - \$49,999	42	32	11	15
\$50,000 - \$74,999	47	35	12	6
≥\$75,000	52	31	14	4
Food Stamps				
Yes	49	21	16	13
No	43	35	15	8
Food Stamp Eligible				
FS and/or ≤130% FPL	40	31	16	13
No FS or >130% FPL	45	34	14	7
Food Stamp/FPL				
Food Stamp Participant	49	21	16	13
No FS/ ≤130% FPL	34	37	17	12
No FS/ >130%-≤185% FPL	30	37	20	13
No FS/ >185% FPL	48	34	13	5
Federal Poverty Level				
≤ 185% FPL	36	33	18	13
> 185% FPL	48	33	13	6
Overweight Status				
Not at Risk	49	34	12	5
At Risk/Overweight	36	32	18	14
Physical Activity				
≥ 60 minutes	42	33	16	9
< 60 minutes	44	33	14	8
School Breakfast				
Yes	37	35	15	13
No	45	32	15	8
School Lunch				
Yes	45	32	12	10
No	42	34	19	5
Nutrition Lesson				
Yes	41	35	16	8
No	46	30	14	9
Exercise Lesson				
Yes	45	33	15	7
No	40	34	15	12

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	1.7
Candy	0.2
Baked goods	1.0
Dairy desserts ¹	0.3
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	21	38	21	20
Gender				
Males	22	37	20	21
Females	20	38	22	20
Ethnicity				
White	17	34	24	24
African American	21	49	16	14
Latino	24	37	20	19
Asian/Other	24	43	17	16
Income				
<\$15,000	25	30	19	25
\$15,000 - \$24,999	23	45	22	10
\$25,000 - \$34,999	21	41	16	22
\$35,000 - \$49,999	21	38	23	18
\$50,000 - \$74,999	24	38	22	16
≥\$75,000	17	36	22	25
Food Stamps				
Yes	16	39	24	20
No	21	38	22	20
Food Stamp Eligible				
FS and/or ≤130% FPL	24	38	21	18
No FS or >130% FPL	20	38	22	21
Food Stamp/FPL				
Food Stamp Participant	16	39	24	20
No FS/ ≤130% FPL	27	38	20	16
No FS/ >130%-≤185% FPL	18	47	16	20
No FS/ >185% FPL	20	36	23	21
Federal Poverty Level				
≤ 185% FPL	22	40	20	18
> 185% FPL	20	36	22	22
Overweight Status				
Not at Risk	21	36	22	21
At Risk/Overweight	19	41	20	19
Physical Activity				
≥ 60 minutes	19	37	23	21
< 60 minutes	23	38	20	19
School Breakfast				
Yes	18	35	28	19
No	22	38	20	20
School Lunch				
Yes	24	39	18	19
No	15	36	27	23
Nutrition Lesson				
Yes	19	39	22	20
No	23	36	21	21
Exercise Lesson				
Yes	20	36	24	20
No	23	41	16	21

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

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

High Fat Snacks	Mean Servings
Total	0.9
Fried potatoes	0.2
Other fried vegetables ¹	<0.1
Chips and crackers	0.7
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	52	32	16
Gender			
Males	51	32	17
Females	53	33	15
Ethnicity			
White	52	31	17
African American	54	25	20
Latino	50	35	15
Asian/Other	56	32	12
Income			
<\$15,000	44	36	20
\$15,000 - \$24,999	56	30	14
\$25,000 - \$34,999	50	38	12
\$35,000 - \$49,999	45	37	17
\$50,000 - \$74,999	50	31	19
≥\$75,000	58	29	14
Food Stamps			
Yes	38	39	23
No	53	32	15
Food Stamp Eligible			
FS and/or ≤130% FPL	46	36	18
No FS or >130% FPL	54	32	15
Food Stamp/FPL			
Food Stamp Participant	38	39	23
No FS/ ≤130% FPL	48	37	15
No FS/ >130%-≤185% FPL	58	29	13
No FS/ >185% FPL	53	32	15
Federal Poverty Level			
≤ 185% FPL	51	33	16
> 185% FPL	52	32	16
Overweight Status			
Not at Risk	54	32	15
At Risk/Overweight	48	34	18
Physical Activity			
≥ 60 minutes	52	33	16
< 60 minutes	52	32	16
School Breakfast			
Yes	46	36	18
No	53	32	15
School Lunch			
Yes	53	32	15
No	49	34	18
Nutrition Lesson			
Yes	53	31	17
No	51	34	15
Exercise Lesson			
Yes	52	32	17
No	52	34	14

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

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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, fruit drinks, sports drinks and energy drinks, 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	18	38	28	17
Gender				
Males	16	37	29	18
Females	19	39	26	15
Ethnicity				
White	14	42	27	18
African American	21	26	40	14
Latino	19	37	26	18
Asian/Other	22	40	32	6
Income				
<\$15,000	11	32	22	35
\$15,000 - \$24,999	20	47	19	14
\$25,000 - \$34,999	18	28	42	12
\$35,000 - \$49,999	11	46	25	18
\$50,000 - \$74,999	17	38	30	15
≥\$75,000	21	37	27	15
Food Stamps				
Yes	18	34	26	22
No	17	39	28	16
Food Stamp Eligible				
FS and/or ≤130% FPL	17	38	23	22
No FS or >130% FPL	17	38	30	14
Food Stamp/FPL				
Food Stamp Participant	18	34	26	22
No FS/ ≤130% FPL	15	42	22	22
No FS/ >130%-≤185% FPL	19	30	33	19
No FS/ >185% FPL	17	40	29	14
Federal Poverty Level				
≤ 185% FPL	18	34	26	21
> 185% FPL	17	40	28	14
Overweight Status				
Not at Risk	20	39	28	13
At Risk/Overweight	14	37	28	21
Physical Activity				
≥ 60 minutes	15	38	31	16
< 60 minutes	19	38	25	17
School Breakfast				
Yes	16	34	27	23
No	18	39	28	15
School Lunch				
Yes	20	38	24	17
No	12	38	34	16
Nutrition Lesson				
Yes	15	40	30	16
No	20	37	25	18
Exercise Lesson				
Yes	16	40	28	16
No	19	35	28	17

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 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	56	1.8
No	44	2.0

¹This 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<.05