

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 43: Frequency of Eating School Lunch Served by the Cafeteria During a Typical Week (Diary Sample)¹

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent of Children				
	None	Few Times a Month	1-2 Times/Week	3-4 Times/Week	5 Times/Week
Total	18	14	17	14	36
Gender					
Males	18	15	15	14	39
Females	18	14	19	15	33
Ethnicity					
White	23	20	21	15	21
African American	20	7	3	14	56
Latino	14	7	13	12	52
Asian/Other	10	20	23	17	30
Income					
≤\$19,999	7	3	8	15	68
\$20,000 - \$49,999	15	12	14	12	47
≥\$50,000	23	20	22	16	19
Federal Poverty Level					
≤ 185%	10	7	8	14	23
> 185%	23	18	22	15	61
Food Stamps					
Yes	7	3	6	10	74
No	19	16	18	14	32
Overweight Status					
Not at Risk	19	15	17	13	36
At Risk/Overweight	16	14	17	17	36
Physical Activity					
≥60 minutes	18	18	16	16	33
<60 minutes	19	11	18	13	40
School Breakfast					
Yes	0	2	4	15	79
No	22	17	20	14	26
School Lunch					
Yes	1	5	14	21	58
No	43	28	21	4	3
Nutrition Lesson					
Yes	19	16	17	14	33
No	17	13	17	14	40
Exercise Lesson					
Yes	18	15	18	15	33
No	18	13	15	13	41

¹ Excludes those reporting "no answer" and children attending home school. 0% represents one-half of one percent 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<.001

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Table 44: Percentage of Children Who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (Diary Sample)

Does your school usually serve its students breakfast/hot lunches/after-school snacks?

	Percent of Children Reporting that Schools Served...		
	Breakfast	Hot Lunch ¹	After-School Snacks
Total	63	93	17
Gender			
Males	64	95	14 *
Females	62	91	19
Ethnicity			
White	54 ***	92	16
African American	84	93	16
Latino	73	95	17
Asian/Other	50	91	21
Income			
≤\$19,999	89 ***	96 *	9
\$20,000 - \$49,999	69	95	17
≥\$50,000	51	90	19
Federal Poverty Level			
≤ 185% FPL	81 ***	96 *	15
> 185% FPL	53	91	18
Food Stamps			
Yes	84 ***	98	16
No	60	92	17
Overweight Status			
Not at Risk	60	92	18
At Risk/Overweight	67	95	14
Physical Activity			
≥60 minutes	64	95 *	16
<60 minutes	61	91	17
School Breakfast			
Yes	96 ***	95	12
No	55	93	18
School Lunch			
Yes	71 ***	96 ***	14 *
No	51	89	20
Nutrition Lesson			
Yes	64	93	18
No	62	93	16
Exercise Lesson			
Yes	62	94	17
No	64	91	16

¹ Due to the small number of cases reporting "no/not sure," the ability to have meaningful significance testing is limited. Use caution in interpretation.

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 45: Children Reported Schools with Vending Machines and Fast Food Service (Phone Sample)

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

Does your school have a soda vending machine that students can use?

Does your school cafeteria serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?

	Percent of Children Reporting that Schools Have...		
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Vending Machines with Soda
Total	8	24	14
Gender			
Males	8	27	12
Females	9	22	16
Ethnicity			
White	9	24	15
African American	13	26	15
Latino	8	28	15
Asian/Other	6	15	6
Income			
≤\$19,999	3	22	9
\$20,000 - \$49,999	6	33	15
≥\$50,000	12	18	15
Federal Poverty Level			
≤ 185% FPL	5	25	7
> 185% FPL	11	24	18
Food Stamps			
Yes	4	6	4
No	9	26	15
Overweight Status			
Not at Risk	11	26	15
At Risk/Overweight	3	18	12
Physical Activity			
≥60 minutes	10	27	15
<60 minutes	7	21	14
School Breakfast			
Yes	1	9	5
No	10	27	16
School Lunch			
Yes	6	26	12
No	12	22	17
Nutrition Lesson			
Yes	8	26	11
No	9	22	18
Exercise Lesson			
Yes	7	23	11
No	11	27	21

Excludes those reporting "don't know."

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 46: Frequency of Eating in a Fast Food Restaurant During the Past Week (Phone Sample)

In the past week, about how often many times did you eat at a meal or snack from a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC (Kentucky Fried Chicken), Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
Total	20	43	37
Gender			
Males	20	47	34
Females	21	38	41
Ethnicity			
White	25	38	38
African American	26	35	39
Latino	11	50	40
Asian/Other	27	48	25
Income			
≤\$19,999	17	54	29
\$20,000 - \$49,999	16	47	37
≥\$50,000	24	37	39
Federal Poverty Level			
≤ 185%	19	42	39
> 185%	21	43	36
Food Stamps			
Yes	26	46	29
No	20	43	38
Overweight Status			
Not at Risk	21	45	34
At Risk/Overweight	17	38	45
Physical Activity			
≥60 minutes	19	45	37
<60 minutes	22	41	38
School Breakfast			
Yes	23	40	38
No	20	43	37
School Lunch			
Yes	18	45	37
No	23	40	37
Nutrition Lesson			
Yes	20	43	38
No	21	43	36
Exercise Lesson			
Yes	18	42	40
No	24	45	31

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.5 times.

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

* p<.05

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Table 47: Effect of School Breakfast, School Lunch, and Fast Food on Average Servings of Food Types on a Typical Weekday (Diary Sample)

	Percent	Reported Mean Servings				
		Fruits and Vegetables	Protein	Fluid Milk	Cheese	High Fiber Foods ¹
Fast Food²						
Yes	23	2.6 **	2.4	1.8	0.9	0.4 **
No	77	3.0	2.2	2.0	0.8	0.6
School Lunch						
Yes	60	3.0 *	2.3	2.1 ***	0.8	0.6
No	40	2.7	2.3	1.6	0.7	0.6
School Breakfast						
Yes	18	3.6 ***	2.5	2.4 ***	0.9	0.6
No	82	2.7	2.3	1.8	0.8	0.6

	Percent	Reported Mean Servings		
		Soda and Sweetened Beverages	Sweets	High-Fat Snacks
Fast Food²				
Yes	23	1.4 **	2.0	1.3 ***
No	77	1.1	1.9	0.9
School Lunch				
Yes	60	1.3 *	1.7 ***	1.0
No	40	1.1	2.1	1.1
School Breakfast				
Yes	18	1.5 **	1.9	1.1
No	82	1.1	1.9	1.0

¹ High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

² Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 48: Effect of School Breakfast, School Lunch, and Fast Food on Eating Recommended Foods on a Typical Weekday (Diary Sample)

	Percent	Children Who Ate, Percent			
		5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any High Fiber Foods ¹
Fast Food²					
Yes	23	11 *	55	69	23 *
No	77	18	61	68	33
School Lunch					
Yes	60	16	66 ***	70	32
No	40	16	50	66	29
School Breakfast					
Yes	18	30 ***	73 ***	73	31
No	82	13	57	67	30

	Percent	Children Who Ate, Percent		
		Any Soda and Sweetened Beverages	Any Sweets	Any High-Fat Snacks
Fast Food²				
Yes	23	73 ***	84	71 ***
No	77	56	80	54
School Lunch				
Yes	60	62	78 **	54 *
No	40	57	86	62
School Breakfast				
Yes	18	63	81	60
No	82	59	82	57

¹ High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

² Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 49: Favorite Type of Restaurant (Phone Sample)

What one of the following types of restaurants is your favorite type?

	Favorite Type of Restaurant Reported, Percent of Children		
	Fast Food	Buffet	Table Service
Total	33	35	32
Gender			
Males	30	33	37
Females	35	37	28
Ethnicity			
White	30	38	32
African American	55	32	13
Latino	36	28	36
Asian/Other	19	50	31
Income			
≤\$19,999	44	46	10
\$20,000 - \$49,999	34	30	37
≥\$50,000	29	37	34
Federal Poverty Level			
≤ 185%	40	35	25
> 185%	28	35	36
Food Stamps			
Yes	41	33	26
No	32	35	34
Overweight Status			
Not at Risk	30	36	34
At Risk/Overweight	39	29	32
Physical Activity			
≥60 minutes	29	34	37
<60 minutes	37	36	27
School Breakfast			
Yes	45	36	19
No	31	35	34
School Lunch			
Yes	38	33	29
No	25	38	37
Nutrition Lesson			
Yes	31	38	31
No	35	31	34
Exercise Lesson			
Yes	32	35	33
No	33	36	30

Excludes those reporting "all of the above" and "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

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Table 51: Where Children Usually Spend Their Time After School (Phone Sample)

Thinking of this most recent school year, where did you usually spend your time after school?

	Where Children Spend Time After School, Percent of Children		
	Home	Friend's House	Day Care/After School Program
Total	70	5	21
Gender			
Males	64 **	6	27 **
Females	77	4	15
Ethnicity			
White	69	9 *	19
African American	76	♦	13
Latino	70	3	22
Asian/Other	73	♦	29
Income			
≤\$19,999	66	3	27
\$20,000 - \$49,999	71	6	23
≥\$50,000	71	5	18
Federal Poverty Level			
≤ 185%	70	2	29 **
> 185%	71	7	17
Food Stamps			
Yes	73	2	23
No	70	5	21
Overweight Status			
Not at Risk	72	6	19
At Risk/Overweight	64	3	27
Physical Activity			
≥60 minutes	68	7	24
<60 minutes	72	4	18
School Breakfast			
Yes	82	4	12
No	68	5	22
School Lunch			
Yes	64 **	6	25 *
No	79	5	15
Nutrition Lesson			
Yes	70	5	25 *
No	71	5	15
Exercise Lesson			
Yes	67	5	25 **
No	77	5	12

♦ No one represented.

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

Chi Square Test

* p<.05

** p<.01