

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 18: Breakdown of the Milk Products Reported by California Children
(Diary Sample)**

Milk Products	Mean Servings
Total	3.3
Milk ¹	1.9
Cheese	0.8
Dairy Desserts ²	0.4
Yogurt	0.2

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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Table 19: Total Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did you/your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk	Cheese
Total	3.3	1.9	0.8
Gender			
Males	3.6 ***	2.1 ***	0.9 **
Females	3.0	1.8	0.7
Ethnicity			
White	3.5 ^b *	1.9	0.9 ^b ***
African American	2.7 ^a	1.7	0.5 ^a
Latino	3.4 ^{ab}	2.0	0.8 ^{ab}
Asian/Other	3.0 ^{ab}	1.8	0.6 ^a
Income			
≤\$19,999	4.0 ^b ***	2.5 ^b ***	0.9
\$20,000 - \$49,999	3.3 ^a	1.9 ^a	0.8
≥\$50,000	3.1 ^a	1.8 ^a	0.8
Federal Poverty Level			
≤ 185%	3.5 **	2.1 **	0.8
> 185%	3.2	1.8	0.8
Food Stamps			
Yes	4.1 ***	2.6 ***	0.9
No	3.2	1.9	0.8
Overweight Status			
Not at Risk	3.3	1.9	0.8
At Risk/Overweight	3.4	2.0	0.8
Physical Activity			
≥60 minutes	3.5 ***	2.1 *	0.9 *
<60 minutes	3.1	1.8	0.7
School Breakfast			
Yes	3.9 ***	2.4 ***	0.9
No	3.2	1.8	0.8
School Lunch			
Yes	3.6 ***	2.1 ***	0.8
No	3.0	1.6	0.7
Nutrition Lesson			
Yes	3.4	1.9	0.8
No	3.3	1.9	0.7
Exercise Lesson			
Yes	3.4	2.0	0.8 *
No	3.2	1.9	0.7

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, 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

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Table 20: Range in Number of Servings of Dairy Desserts¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of sweets did you/your child eat?

	Servings of Dairy Desserts Reported, Percent of Children	
	0 ²	0.5+
Total	57	43
Gender		
Males	54	46
Females	60	40
Ethnicity		
White	53	47
African American	60	40
Latino	62	38
Asian/Other	54	46
Income		
≤\$19,999	68	32
\$20,000 - \$49,999	53	47
≥\$50,000	58	42
Federal Poverty Level		
≤ 185%	57	43
> 185%	57	43
Food Stamps		
Yes	60	40
No	57	43
Overweight Status		
Not at Risk	55	45
At Risk/Overweight	60	40
Physical Activity		
≥60 minutes	54	46
<60 minutes	60	40
School Breakfast		
Yes	63	37
No	56	44
School Lunch		
Yes	56	44
No	58	42
Nutrition Lesson		
Yes	58	42
No	57	43
Exercise Lesson		
Yes	56	44
No	59	41

¹ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, 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

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Table 21: Range in Number of Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did you/your child eat/drink?

	Servings of Milk Products Reported, Percent of Children		
	0-1	2	3+
Total	15	25	60
Gender			
Males	13	21	66
Females	18	29	54
Ethnicity			
White	14	21	66
African American	24	38	38
Latino	15	27	58
Asian/Other	17	26	57
Income			
≤\$19,999	7	18	75
\$20,000 - \$49,999	15	25	60
≥\$50,000	18	26	56
Federal Poverty Level			
≤ 185%	12	24	65
> 185%	17	26	57
Food Stamps			
Yes	7	13	81
No	16	26	57
Overweight Status			
Not at Risk	15	26	58
At Risk/Overweight	15	22	63
Physical Activity			
≥60 minutes	15	22	62
<60 minutes	15	28	57
School Breakfast			
Yes	2	25	73
No	18	25	57
School Lunch			
Yes	11	23	66
No	22	28	50
Nutrition Lesson			
Yes	16	24	60
No	15	26	59
Exercise Lesson			
Yes	14	24	62
No	17	27	56

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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 22: Range in the Number of Servings of Milk¹ Drank by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk did you/your child drink?

	Servings of Milk Reported, Percent of Children		
	0 ²	1-2	3+
Total	15	62	23
Gender			
Males	13	58	29
Females	17	66	17
Ethnicity			
White	14	62	24
African American	19	62	19
Latino	14	63	23
Asian/Other	20	60	20
Income			
≤\$19,999	10	49	41
\$20,000 - \$49,999	13	67	20
≥\$50,000	18	62	20
Federal Poverty Level			
≤ 185%	12	62	26
> 185%	17	62	21
Food Stamps			
Yes	6	54	40
No	16	63	21
Overweight Status			
Not at Risk	15	62	22
At Risk/Overweight	15	61	23
Physical Activity			
≥60 minutes	14	58	28
<60 minutes	16	66	18
School Breakfast			
Yes	4	65	31
No	17	61	21
School Lunch			
Yes	8	66	25
No	25	56	19
Nutrition Lesson			
Yes	14	62	24
No	16	62	22
Exercise Lesson			
Yes	12	66	22
No	20	55	25

¹ This includes milk and milkshakes.

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 23: Type of Milk Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

What types of milk did you/your child drink?

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent of Children				Out of All Children, Percent Who Drank Low fat Milk ³
	Nonfat	1%	2%	Whole	
Total	12	15	42	31	24
Gender					
Males	11	13	43	33	23
Females	14	17	41	28	26
Ethnicity					
White	17	22	44	17	36
African American	0	8	39	53	7
Latino	9	9	45	38	18
Asian/Other	13	8	30	49	14
Income					
≤\$19,999	4	13	33	50	18
\$20,000 - \$49,999	10	7	47	35	17
≥\$50,000	16	21	41	22	32
Federal Poverty Level					
≤ 185%	6	9	44	42	15
> 185%	15	18	42	25	30
Food Stamps					
Yes	5	12	33	50	17
No	13	15	43	29	25
Overweight Status					
Not at Risk	13	14	44	28	24
At Risk/Overweight	11	16	37	35	26
Physical Activity					
≥60 minutes	14	14	42	31	27
<60 minutes	11	16	43	31	22
School Breakfast					
Yes	6	7	45	42	13
No	14	17	42	28	27
School Lunch					
Yes	8	10	43	38	20
No	19	22	41	19	31
Nutrition Lesson					
Yes	14	17	41	28	28
No	10	12	44	34	20
Exercise Lesson					
Yes	13	16	41	29	27
No	11	12	44	33	19

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting more than 0.5 servings of nonfat and/or 1 percent milk only.

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 24: Belief About the Number of Servings of Milk Needed for Good Health (Phone Sample)

About how many glasses or servings of milk do you think you should drink each day for good health?

	Servings of Milk Believed Needed, Percent of Children	
	0-2	3+
Total	24	76
Gender		
Males	25	75
Females	24	76
Ethnicity		
White	21	79
African American	6	94
Latino	29	71
Asian/Other	29	71
Income		
≤\$19,999	31	69
\$20,000 - \$49,999	23	77
≥\$50,000	23	77
Federal Poverty Level		
≤ 185%	25	75
> 185%	24	76
Food Stamps		
Yes	39	61
No	23	77
Overweight Status		
Not at Risk	23	77
At Risk/Overweight	24	76
Physical Activity		
≥60 minutes	23	77
<60 minutes	26	74
School Breakfast		
Yes	27	73
No	24	76
School Lunch		
Yes	26	74
No	22	78
Nutrition Lesson		
Yes	26	74
No	22	78
Exercise Lesson		
Yes	25	75
No	23	77

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

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Table 25: Glasses of Milk Believed to Be Needed Compared with Actual Milk Consumption (Phone Sample)

How many servings of milk did you/your child drink?

About how many glasses or servings of milk do you think you should drink each day for good health?

Milk Belief²	Percent	Servings of Milk¹ Drunk by Children, Percent	
		0-2	3+
Servings believed to be needed			
0-2	24	81	19
3+	76	82	18

¹ Excludes those reporting "milkshake."

² Excludes those reporting "don't know."

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