

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 53: Trends in the Average Minutes of Physical Activity Reported by California Children on a Typical Weekday (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	81.6	86.8	91.4	76.4	5.2	4.6	-15.0	-5.2
Gender								
Males	88.9	97.6	102.6	81.3	8.7	5.0	-21.3	-7.6
Females	74.7	75.7	78.1	71.4	1.0	2.4	-6.8	-3.3
Ethnicity								
White	84.5	90.2	86.8	83.4	5.8	-3.4	-3.4	-1.0
African American	75.9	63.3	87.0	68.7	-12.6	23.7	-18.3	-7.2
Latino	80.9	86.0	92.5	72.9	5.1	6.6	-19.6	-8.0
Asian/ Other	76.0	89.6	102.2	71.0	13.6	12.6	-31.2	-5.0
FSNE Eligibility								
≤130% FPL w/FS	75.3	91.4	114.3	74.1	16.1	23.0	-40.2	-1.1
≤130% FPL w/o FS	84.3	85.6	95.7	73.8	1.3	10.1	-21.9	-10.5
>130%-≤185% FPL	73.5	86.1	76.5	67.4	12.7	-9.6	-9.1	-6.0
>185% FPL	84.1	86.7	90.9	79.5	2.5	4.3	-11.5	-4.7
Overweight Status								
Not at Risk	83.4	85.5	93.7	76.9	2.0	8.3	-16.8	-6.6
At Risk/Overweight	83.9	86.9	86.7	76.8	3.0	-0.2	-9.9	-7.1
Physical Activity								
≥60 minutes	122.1	127.4	128.4	117.7	5.3	1.0	-10.7	-4.4
<60 minutes	47.2	45.9	49.6	42.5	-1.3	3.7	-7.1	-4.8

T-test

* p<.05

** p<.01

*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Trends in the Proportion of Children Meeting the 60-Minute Physical Activity Recommendation on a Typical Weekday (Diary Sample)

	Percentage				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	45.8%	50.1%	53.2%	45.1%	4.3%	3.0%	-8.0%	-0.7%
Gender								
Males	51.0%	59.5%	62.2%	51.1%	8.5%	2.7%	-11.1%	0.1%
Females	41.0%	40.4%	42.4%	39.0%	-0.5%	1.9%	-3.4%	-2.0%
Ethnicity								
White	47.6%	54.4%	53.5%	50.9%	6.9%	-0.9%	-2.6%	3.4%
African American	50.9%	37.5%	52.3%	45.5%	-13.4%	14.8%	-6.8%	-5.5%
Latino	44.3%	47.6%	51.8%	40.3%	3.3%	4.3%	-11.5%	-4.0%
Asian/ Other	42.4%	49.5%	56.8%	44.4%	7.1%	7.4%	-12.4%	2.1%
FSNE Eligibility								
≤130% FPL w/FS	40.6%	38.3%	63.6%	39.2%	-2.4%	25.3%	-24.4%	-1.5%
≤130% FPL w/o FS	43.8%	47.6%	50.7%	45.0%	3.8%	3.2%	-5.7%	1.2%
>130%-≤185% FPL	36.7%	54.6%	45.5%	40.7%	17.8%	-9.1%	-4.8%	3.9%
>185% FPL	49.5%	51.0%	53.9%	46.8%	1.6%	2.9%	-7.1%	-2.6%
Overweight Status								
Not at Risk	49.3%	51.9%	52.8%	45.2%	2.6%	0.9%	-7.6%	-4.1%
At Risk/Overweight	42.4%	45.9%	52.0%	45.1%	3.5%	6.1%	-6.9%	2.7%

Z-test

* p<.05
** p<.01
*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Trends in the Average Minutes Spent in School Physical Education Class Over Ten Days Fell Short of the 200-Minute State Mandate for California Children (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	173.4	163.8	166.2	166.3	-9.6	2.4	0.1	-7.1
Gender								
Males	174.2	165.4	153.7	159.5	-8.8	-11.7	5.8	-14.7
Females	172.7	162.2	181.4	173.6	-10.5	19.2	-7.9	0.9
Ethnicity								
White	163.8	163.2	167.0	166.1	-0.6	3.8	-0.9	2.3
African American	244.3	119.8	214.0	139.2	-124.5	94.2	-74.8	-105.1
Latino	165.4	166.8	143.1	170.7	1.5	-23.7	27.6	5.4
Asian/ Other	192.0	179.5	211.5	164.5	-12.5	32.0	-47.1	-27.5
FSNE Eligibility								
≤130% FPL w/FS	99.1	188.8	161.4	167.3	89.7	-27.3	5.9	68.2
≤130% FPL w/o FS	186.4	143.9	120.4	160.3	-42.5	-23.5	40.0	-26.0
>130%-≤185% FPL	136.9	142.4	153.7	155.7	5.5	11.3	2.0	18.7
>185% FPL	187.9	168.8	178.2	169.9	-19.0	9.4	-8.3	-18.0
Overweight Status								
Not at Risk	163.4	164.2	167.8	161.4	0.7	3.6	-6.4	-2.0
At Risk/Overweight	187.0	169.5	167.8	174.6	-17.4	-1.8	6.8	-12.4
Physical Activity								
≥60 minutes	215.2	179.6	170.8	197.5	-35.7	-8.8	26.7	-17.7
<60 minutes	137.9	147.5	161.0	141.1	9.7	13.4	-19.9	3.2

T-test

* p<.05

** p<.01

*** p<.001

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Table 61a: Trends in the Average Minutes Spent on Sedentary Activities Including Television, Video Games, and Computer for Fun on a Typical Weekday (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	89.4	73.7	82.1	82.0	-15.7	8.4	-0.2	-7.4
Gender								
Males	90.3	79.5	87.7	86.9	-10.8	8.2	-0.7	-3.3
Females	88.5	67.7	75.4	76.8	-20.8	7.6	1.4	-11.7
Ethnicity								
White	82.2	70.0	78.7	76.4	-12.2	8.7	-2.3	-5.9
African American	115.5	82.8	86.7	88.4	-32.7	3.9	1.6	-27.2
Latino	96.6	75.6	90.9	88.5	-21.0	15.3	-2.4	-8.1
Asian/ Other	76.5	76.1	61.6	71.1	-0.4	-14.5	9.5	-5.4
FSNE Eligibility								
≤130% FPL w/FS	123.0	88.2	102.4	103.0	-34.8	14.2	0.6	-20.0
≤130% FPL w/o FS	97.1	80.8	94.2	92.0	-16.3	13.4	-2.3	-5.1
>130%-≤185% FPL	99.6	82.5	80.6	94.0	-17.1	-1.9	13.4	-5.6
>185% FPL	78.8	68.4	79.1	74.2	-10.4	10.7	-4.9	-4.7
Overweight Status								
Not at Risk	81.1	71.8	80.0	74.5	-9.3	8.1	-5.4	-6.6
At Risk/Overweight	101.2	79.9	88.0	92.9	-21.2	8.0	4.9	-8.3
Physical Activity								
≥60 minutes	83.3	69.9	81.8	79.5	-13.4	11.9	-2.3	-3.8
<60 minutes	94.5	77.5	82.4	84.0	-17.0	4.9	1.5	-10.5

T-test

* p<.05

** p<.01

*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 61b: Trends in the Proportion of Children Meeting the Healthy People 2010 Guideline for Two or Fewer Hours of Sedentary Activity on a Typical Weekday (Diary Sample)

	Percentage				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	75.2%	84.9%	78.9%	81.5%	9.7%	-5.9%	2.5%	6.3%
Gender								
Males	73.8%	83.3%	74.7%	78.7%	9.5%	-8.6%	4.0%	4.9%
Females	76.4%	86.7%	84.0%	84.1%	10.3%	-2.7%	0.1%	7.7%
Ethnicity								
White	78.3%	85.5%	79.9%	83.7%	7.3%	-5.7%	3.9%	5.5%
African American	65.9%	78.6%	77.3%	80.3%	12.7%	-1.3%	3.0%	14.4%
Latino	72.4%	84.1%	74.9%	78.7%	11.6%	-9.1%	3.8%	6.3%
Asian/ Other	79.2%	88.3%	88.7%	85.6%	9.0%	0.4%	-3.1%	6.4%
FSNE Eligibility								
≤130% FPL w/FS	63.6%	77.4%	72.1%	75.3%	13.8%	-5.3%	3.2%	11.7%
≤130% FPL w/o FS	74.7%	84.8%	66.5%	70.5%	10.0%	-18.3%	4.0%	-4.3%
>130%-≤185% FPL	70.7%	78.9%	78.9%	77.4%	8.2%	0.0%	-1.5%	6.7%
>185% FPL	78.0%	87.1%	82.2%	85.5%	9.1%	-4.9%	3.3%	7.5%
Overweight Status								
Not at Risk	78.3%	86.2%	78.2%	84.6%	7.9%	-8.0%	6.4%	6.3%
At Risk/Overweight	69.5%	81.7%	79.3%	76.7%	12.2%	-2.4%	-2.7%	7.2%
Physical Activity								
≥60 minutes	76.9%	86.7%	77.8%	81.6%	9.8%	-8.9%	3.8%	4.7%
<60 minutes	73.9%	83.0%	80.3%	81.4%	9.1%	-2.7%	1.1%	7.5%

Z-test

* p<.05

** p<.01

*** p<.001

2001-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Trends in the Proportion of Children Believing the Physical Activity Recommendation: 60-Minutes Needed Daily for Good Health (Phone Sample)

	Percentage			Trend Analysis		
	2001	2003	2005	01-03	03-05	01-05
Total	19.5%	23.5%	29.5%	4.0%	5.9%	9.9%
Gender						
Males	21.6%	24.1%	32.1%	2.5%	8.0%	10.5%
Females	17.5%	22.8%	26.6%	5.4%	3.7%	9.1%
Ethnicity						
White	22.8%	22.0%	30.6%	-0.8%	8.6%	7.7%
African American	15.2%	22.1%	14.5%	7.0%	-7.6%	-0.6%
Latino	14.9%	25.8%	29.6%	10.9%	3.8%	14.7%
Asian/ Other	25.0%	21.8%	33.7%	-3.2%	11.8%	8.7%
FSNE Eligibility						
≤130% FPL w/FS	25.4%	18.4%	29.0%	-6.9%	10.5%	3.6%
≤130% FPL w/o FS	17.2%	17.1%	21.3%	-0.2%	4.3%	4.1%
>130%-≤185% FPL	20.0%	19.2%	24.7%	-0.7%	5.5%	4.8%
>185% FPL	18.8%	26.0%	32.8%	7.1%	6.9%	14.0%
Overweight Status						
Not at Risk	18.1%	25.8%	27.5%	7.7%	1.7%	9.4%
At Risk/Overweight	22.5%	22.8%	31.9%	0.3%	9.1%	9.4%
Physical Activity						
≥60 minutes	20.7%	23.0%	36.4%	2.2%	13.4%	15.7%
<60 minutes	18.2%	24.2%	23.7%	6.0%	-0.5%	5.5%

Z-test

* p<.05
** p<.01
*** p<.001

2001-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Trends in the Proportion of Children Meeting the 60-Minute Physical Activity Guideline Everyday During the Past Week (Diary Sample)

	Percentage			Trend Analysis		
	2001	2003	2005	01-03	03-05	01-05
Total	25.5%	22.4%	22.8%	-3.0%	0.4%	-2.7%
Gender						
Males	31.5%	28.2%	23.7%	-3.3%	-4.5%	-7.8%
Females	19.3%	15.6%	22.0%	-3.7%	6.4%	2.6%
Ethnicity						
White	27.1%	25.3%	27.3%	-1.8%	2.1%	0.2%
African American	25.9%	18.1%	17.1%	-7.7%	-1.0%	-8.7%
Latino	23.9%	23.1%	21.1%	-0.8%	-2.0%	-2.8%
Asian/ Other	24.4%	15.4%	17.7%	-9.0%	2.4%	-6.7%
FSNE Eligibility						
≤130% FPL w/FS	33.6%	51.4%	38.3%	17.8%	-13.1%	4.7%
≤130% FPL w/o FS	23.5%	19.3%	15.3%	-4.2%	-4.0%	-8.2%
>130%-≤185% FPL	19.0%	11.7%	20.6%	-7.2%	8.9%	1.7%
>185% FPL	26.6%	22.6%	22.4%	-4.0%	-0.2%	-4.2%
Overweight Status						
Not at Risk	30.7%	25.9%	23.7%	-4.8%	-2.2%	-7.0%
At Risk/Overweight	17.3%	15.8%	21.1%	-1.5%	5.3%	3.8%
Physical Activity						
≥60 minutes	38.8%	34.5%	34.6%	-4.3%	0.0%	-4.2%
<60 minutes	12.0%	8.8%	13.2%	-3.2%	4.4%	1.1%

Z-test

* p<.05

** p<.01

*** p<.001