

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score¹ Among California Children
(Diary Sample) - 2008 CORRECTED TABLE²**

	Average California Daily Food Guide Healthy Eating Practices Score
Total	2.5
Gender	
Males	2.5
Females	2.4
Ethnicity	
White	2.5 ^b ***
African American	2.0 ^a
Latino	2.6 ^b
Asian/Other	2.1 ^a
Income	
≤\$19,999	2.9 ^b ***
\$20,000 - \$49,999	2.5 ^a
≥\$50,000	2.3 ^a
Federal Poverty Level	
≤ 185%	2.6 **
> 185%	2.4
Food Stamps	
Yes	2.8 **
No	2.4
Overweight Status	
Not at Risk	2.4
At Risk/Overweight	2.5
Physical Activity	
≥60 minutes	2.5
<60 minutes	2.4
School Breakfast	
Yes	2.8 ***
No	2.4
School Lunch	
Yes	2.5
No	2.4
Nutrition Lesson	
Yes	2.7 ***
No	2.2
Exercise Lesson	
Yes	2.6 ***
No	2.2

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

² This table was corrected to address an error found in the programming of multiple milk products. It affected two of the seven points available. The error reduced the proportion of children obtaining points for consuming milk products. For example, the incorrect coding included children with > 0.5 servings of any of the individual milk products (milk, cheese, or yogurt OR 1% or nonfat milk), rather than taking those with > 0.5 servings of the combined milk products. The corrected coding adds together the milk products before testing for > 0.5 servings.

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<.01

*** p<.001

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Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	2.9	1.6	1.3
Gender			
Males	2.9	1.6	1.3
Females	2.9	1.7	1.2
Ethnicity			
White	2.8	1.5 ^{ab} *	1.2
African American	2.5	1.2 ^a	1.3
Latino	3.1	1.8 ^b	1.3
Asian/Other	2.9	1.7 ^{ab}	1.3
Income			
≤\$19,999	3.6 ^a ***	1.9 ^b **	1.7 ^b ***
\$20,000 - \$49,999	3.0 ^b	1.8 ^{ab}	1.2 ^a
≥\$50,000	2.6 ^c	1.5 ^a	1.1 ^a
Federal Poverty Level			
≤ 185%	3.2 ***	1.8 **	1.4 **
> 185%	2.7	1.5	1.2
Food Stamps			
Yes	3.5 **	1.8	1.7 ***
No	2.8	1.6	1.2
Overweight Status			
Not at Risk	3.0	1.8 *	1.3
At Risk/Overweight	2.8	1.5	1.2
Physical Activity			
≥60 minutes	2.9	1.6	1.3
<60 minutes	2.9	1.6	1.2
School Breakfast			
Yes	3.6 ***	2.0 ***	1.6 ***
No	2.7	1.6	1.2
School Lunch			
Yes	3.0 *	1.7	1.4 **
No	2.7	1.6	1.1
Nutrition Lesson			
Yes	3.1 **	1.7 *	1.4 **
No	2.7	1.5	1.1
Exercise Lesson			
Yes	3.0 **	1.7	1.3 *
No	2.7	1.5	1.1

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 3: Breakdown of the Fruits and Vegetables Reported by California Children

Fruits and Vegetables	Mean Servings
Total	2.9
Fruits	1.1
Juices	0.6
Vegetables	1.0
Salads	0.2
Green salads ¹	0.2
All potatoes	0.3
All fried vegetables ²	0.2
Fried potatoes only	0.2

¹Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

² Fried vegetables include fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

California Department of Health Services: September 2005

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Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables
Total	1.1	0.6	1.0
Gender			
Males	1.0 **	0.6 *	1.1
Females	1.2	0.5	1.0
Ethnicity			
White	1.0	0.5 ^a *	1.0
African American	0.7	0.5 ^{ab}	1.0
Latino	1.1	0.7 ^b	1.0
Asian/Other	1.1	0.6 ^{ab}	1.1
Income			
≤\$19,999	1.1	0.7 ^{ab} **	1.4 ^b **
\$20,000 - \$49,999	1.1	0.7 ^b	1.0 ^a
≥\$50,000	1.0	0.5 ^a	0.9 ^a
Federal Poverty Level			
≤ 185%	1.1	0.7 ***	1.1 *
> 185%	1.0	0.5	1.0
Food Stamps			
Yes	1.0	0.8 *	1.4 ***
No	1.1	0.6	1.0
Overweight Status			
Not at Risk	1.1 *	0.6	1.0
At Risk/Overweight	1.0	0.5	1.0
Physical Activity			
≥60 minutes	1.0	0.6	1.0
<60 minutes	1.1	0.6	1.0
School Breakfast			
Yes	1.2 *	0.8 **	1.3 **
No	1.0	0.5	1.0
School Lunch			
Yes	1.1	0.6	1.1
No	1.0	0.6	0.9
Nutrition Lesson			
Yes	1.2 **	0.6	1.1 **
No	0.9	0.6	0.9
Exercise Lesson			
Yes	1.1 **	0.6	1.1 *
No	0.9	0.6	0.9

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 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 ¹	1+
Total	88	12
Gender		
Males	88	12
Females	87	13
Ethnicity		
White	89	11
African American	90	10
Latino	84	16
Asian/Other	91	9
Income		
≤\$19,999	82	18
\$20,000 - \$49,999	87	13
≥\$50,000	89	11
Federal Poverty Level		
≤ 185%	86	14
> 185%	88	12
Food Stamps		
Yes	82	18
No	88	12
Overweight Status		
Not at Risk	86	14
At Risk/Overweight	90	10
Physical Activity		
≥60 minutes	86	14
<60 minutes	89	11
School Breakfast		
Yes	82	18
No	89	11
School Lunch		
Yes	85	15
No	92	8
Nutrition Lesson		
Yes	87	13
No	88	12
Exercise Lesson		
Yes	88	12
No	86	14

¹ Categorized as having 0.5 servings or less.

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 6: Range in Number of Servings of Fried Potatoes¹ Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (High-fat snack) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	90	10
Gender		
Males	87	13
Females	92	8
Ethnicity		
White	90	10
African American	88	12
Latino	90	10
Asian/Other	89	11
Income		
≤\$19,999	77	23
\$20,000 - \$49,999	93	7
≥\$50,000	90	10
Federal Poverty Level		
≤ 185%	88	12
> 185%	91	9
Food Stamps		
Yes	80	20
No	91	9
Overweight Status		
Not at Risk	90	10
At Risk/Overweight	90	10
Physical Activity		
≥60 minutes	89	11
<60 minutes	90	10
School Breakfast		
Yes	87	13
No	90	10
School Lunch		
Yes	87	13
No	93	7
Nutrition Lesson		
Yes	90	10
No	88	12
Exercise Lesson		
Yes	90	10
No	89	11

¹ Fried Potatoes include french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample) - 2007 CORRECTED TABLE¹

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent			
	0 ²	1-2	3-4	5+
Total	9	43	32	16
Gender				
Males	8	43	32	16
Females	9	43	33	16
Ethnicity				
White	9	43	35	14
African American	12	46	33	8
Latino	6	44	31	19
Asian/Other	13	38	28	21
Income				
≤\$19,999	6	35	30	30
\$20,000 - \$49,999	8	45	29	18
≥\$50,000	10	43	36	11
Federal Poverty Level				
≤ 185%	8	40	31	22
> 185%	9	45	33	13
Food Stamps				
Yes	8	35	22	35
No	9	44	34	14
Overweight Status				
Not at Risk	9	40	32	19
At Risk/Overweight	8	46	34	12
Physical Activity				
≥60 minutes	8	43	31	18
<60 minutes	9	44	33	14
School Breakfast				
Yes	6	30	33	30
No	9	46	32	13
School Lunch				
Yes	6	43	35	16
No	12	43	29	16
Nutrition Lesson				
Yes	8	38	34	19
No	10	48	30	12
Exercise Lesson				
Yes	7	40	36	17
No	11	48	27	14

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

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 8: Percent of Children Meeting Fruit and Vegetable Recommendations
(Diary Sample) - 2007 CORRECTED TABLE¹**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	41	11	6	16
Gender				
Males	39	12	6	16
Females	43	10	6	16
Ethnicity				
White	38	8 *	3 **	14
African American	33	8	2	8
Latino	46	15	10	19
Asian/Other	34	11	6	21
Income				
≤\$19,999	48	25 ***	20 ***	30 ***
\$20,000 - \$49,999	42	10	6	18
≥\$50,000	38	8	3	11
Federal Poverty Level				
≤ 185%	45	16 **	11 ***	22 **
> 185%	38	8	4	13
Food Stamps				
Yes	53 *	30 ***	23 ***	35 ***
No	40	9	4	14
Overweight Status				
Not at Risk	44	9 *	6	19 *
At Risk/Overweight	37	14	7	12
Physical Activity				
≥60 minutes	41	10	7	18
<60 minutes	40	12	6	14
School Breakfast				
Yes	52 **	23 ***	15 ***	30 ***
No	38	8	4	13
School Lunch				
Yes	41	14 **	7	16
No	40	7	4	16
Nutrition Lesson				
Yes	46 **	13	8 **	19 *
No	35	9	4	12
Exercise Lesson				
Yes	45 **	12	7	17
No	33	10	4	14

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

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 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Orange Juice	Apples	Orange Juice
2nd	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Oranges	Orange Juice	Apples
3rd	Bananas	Bananas	Oranges	Bananas	Apples	Oranges	Fruit Juice
4th	Apple Juice	Fruit Juices	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Bananas
5th	Oranges	Apple Juice	Strawberries	Strawberries	Bananas	Bananas	Strawberries
6th	Strawberries	Oranges	Bananas	Fruit Juices	Grape Juice	Strawberries	Mixed Fruit
7th	Fruit Juices ¹	Strawberries	Fruit Juices	Oranges	Strawberries	Peaches	Oranges
8th	Peaches	Applesauce	Peaches	Applesauce	Grapes	Fruit Juices	Peaches
9th	Applesauce	Peaches	Applesauce	Peaches	Peaches	Pears	Applesauce
10th	Pears	Pears	Pears	Pears	Fruit Juice	Grapes	N/A ⁷
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad				
2nd	Tomato Sauce ³	Carrots	Tomato Sauce	Tomato Sauce	Tomato Sauce	Carrots	Tomato Sauce
3rd	Carrots	Tomato Sauce	Corn	Carrots	Corn	Tomato Sauce	Corn
4th	Corn	Corn	Carrots	Non-Fried Potatoes	Green Beans	Corn	Mixed Vegetables
5th	Non-Fried Potatoes ⁴	Non-Fried Potatoes	Non-Fried Potatoes	Corn	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Carrots
6th	Green Beans ⁵	Green Beans	Green Beans	Green Beans	Carrots	Non-Fried Potatoes	Non-Fried Potatoes
7th	Veggies on Sandwich/Taco ⁶	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Broccoli	Non-Fried Potatoes	Green Beans	Green Beans
8th	Broccoli	Broccoli	Green Peas	Veggies on Sandwich/Taco	Cabbage	Cucumber	Green Peas
9th	Green Peas	Green Peas	Broccoli	Green Peas	Lettuce	Green Peas	Broccoli
10th	Tomatoes	Cucumber	Tomatoes	Tomatoes	Mixed Vegetables	Broccoli	Onions Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoe:

⁵Green Beans include green beans, string beans, beans unspecified, and all other beans

⁶Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

⁷N/A reported due to 7 way tie between grapes, pears, pineapple, cranberry juice, grape juice, unspecified fruit, and kiw
Shaded boxes or a box around a group were tied for a ranking.

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Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	18	41	41
Gender			
Males	16	43	41
Females	19	40	41
Ethnicity			
White	17	39	44
African American	22	26	52
Latino	22	41	38
Asian/Other	7	56	38
Income			
≤\$19,999	20	37	44
\$20,000 - \$49,999	21	42	37
≥\$50,000	14	41	44
Federal Poverty Level			
≤ 185%	16	40	44
> 185%	18	42	40
Food Stamps			
Yes	22	31	47
No	17	42	41
Overweight Status			
Not at Risk	15	38	46
At Risk/Overweight	23	44	33
Physical Activity			
≥60 minutes	20	39	41
<60 minutes	14	44	42
School Breakfast			
Yes	8	42	50
No	19	41	40
School Lunch			
Yes	19	39	42
No	16	44	40
Nutrition Lesson			
Yes	14	45	41
No	21	36	42
Exercise Lesson			
Yes	15	40	44
No	22	43	35

¹ Excludes those reporting "don't know."

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

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Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample) - 2007 CORRECTED TABLE¹

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	18	66	21	13
3-4	41	46	38	17
5+	41	46	36	18

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5). 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

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Table 12: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Total	36	64
Gender		
Males	36	64
Females	37	63
Ethnicity		
White	34	66
African American	35	65
Latino	38	62
Asian/Other	41	59
Income		
≤\$19,999	31	69
\$20,000 - \$49,999	40	60
≥\$50,000	34	66
Federal Poverty Level		
≤ 185%	32	68
> 185%	38	62
Food Stamps		
Yes	40	60
No	35	65
Overweight Status		
Not at Risk	35	65
At Risk/Overweight	39	61
Physical Activity		
≥60 minutes	34	66
<60 minutes	39	61
School Breakfast		
Yes	43	57
No	35	65
School Lunch		
Yes	35	65
No	39	61
Nutrition Lesson		
Yes	41	59
No	31	69
Exercise Lesson		
Yes	37	63
No	34	66

Excludes those reporting "not sure."

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

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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

2001 California Children's Healthy Eating and Exercise Practices Survey

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.

2001 California Children's Healthy Eating and Exercise Practices Survey

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

2001 California Children's Healthy Eating and Exercise Practices Survey

**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.

2001 California Children's Healthy Eating and Exercise Practices Survey

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

2001 California Children's Healthy Eating and Exercise Practices Survey

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

2001 California Children's Healthy Eating and Exercise Practices Survey

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

2001 California Children's Healthy Eating and Exercise Practices Survey

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
Total	12	25	64
Gender			
Males	9	24	68
Females	15	26	60
Ethnicity			
White	9	22	69
African American	19	29	52
Latino	12	27	60
Asian/Other	15	22	63
Income			
≤\$19,999	14	29	57
\$20,000 - \$49,999	11	28	61
≥\$50,000	11	21	68
Federal Poverty Level			
≤ 185%	15	25	60
> 185%	10	24	66
Food Stamps			
Yes	22	31	47
No	11	24	65
Overweight Status			
Not at Risk	11	23	66
At Risk/Overweight	12	29	59
Physical Activity			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	20	25	56
No	10	25	66
School Lunch			
Yes	13	26	61
No	10	22	68
Nutrition Lesson			
Yes	8	25	67
No	16	25	60
Exercise Lesson			
Yes	9	24	67
No	17	25	58

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
Total	14	34	38	87
Gender				
Males	13	39**	45***	98***
Females	15	30	30	76
Ethnicity				
White	16	37	37	90 ^b *
African American	11	24	28	63 ^a
Latino	14	33	39	86 ^{ab}
Asian/Other	12	33	43	90 ^{ab}
Income				
≤\$19,999	14	42	38	95
\$20,000 - \$49,999	15	33	38	87
≥\$50,000	13	33	38	84
Federal Poverty Level				
≤ 185%	15	34	38	87
> 185%	14	34	38	87
Food Stamps				
Yes	13	40	38	91
No	14	33	38	86
Overweight Status				
Not at Risk	13	33	39	85
At Risk/Overweight	15	33	38	87
Physical Activity				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
School Breakfast				
Yes	12	35	37	85
No	15	34	38	87
School Lunch				
Yes	14	34	39	87
No	14	35	36	87
Nutrition Lesson				
Yes	13*	38**	42**	94**
No	16	29	33	79
Exercise Lesson				
Yes	14	36	41**	91**
No	14	31	31	79

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

ANOVA

* p<.05

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
Total	50	50
Gender		
Males	40	60
Females	60	40
Ethnicity		
White	46	54
African American	62	38
Latino	52	48
Asian/Other	50	50
Income		
≤\$19,999	52	48
\$20,000 - \$49,999	53	47
≥\$50,000	47	53
Federal Poverty Level		
≤ 185%	52	48
> 185%	49	51
Food Stamps		
Yes	62	38
No	49	51
Overweight Status		
Not at Risk	48	52
At Risk/Overweight	54	46
Physical Activity		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
School Breakfast		
Yes	56	44
No	49	51
School Lunch		
Yes	52	48
No	47	53
Nutrition Lesson		
Yes	42	58
No	59	41
Exercise Lesson		
Yes	44	56
No	60	40

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<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 55: Mode of Transportation *to* and *from* School
on a Typical School Day (Diary Sample)**

What was the primary way your child got *to school* today?

What was the primary way your child got home *from school* today?

Transportation Mode <i>to</i> School	Average Percent
Car/carpool	65
School bus	13
Walk	17
Bicycle	2
Transportation Mode <i>from</i> School	Average Percent
Car/carpool	55
School bus	14
Walk	23
Bicycle	2

Excludes those reporting "other" and "home school."

Columns may not add up to 100% because a subset of the categories is presented.
Percents averaged over two days.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Percentage of Children Who Reported Walking to School on a Typical Weekday (Diary Sample)

What was the primary way your child got *to school* today?

	Children Who Walked to School, Average Estimated Percent ¹
Total	18
Gender	
Males	19
Females	17
Ethnicity	
White	14 ^a *
African American	23 ^{ab}
Latino	22 ^b
Asian/Other	15 ^{ab}
Income	
≤\$19,999	40 ^b ***
\$20,000 - \$49,999	18 ^a
≥\$50,000	11 ^a
Federal Poverty Level	
≤ 185%	29 ***
> 185%	12
Food Stamps	
Yes	39 ***
No	15
Overweight Status	
Not at Risk	17
At Risk/Overweight	19
Physical Activity	
≥60 minutes	16
<60 minutes	19
School Breakfast	
Yes	30 ***
No	15
School Lunch	
Yes	19
No	15
Nutrition Lesson	
Yes	18
No	17
Exercise Lesson	
Yes	17
No	19

¹ Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

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<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 57: Percentage of Children Who Reported Walking Home from School on a Typical Weekday (Diary Sample)

What was the primary way your child got home from school today?

	Children Who Walked Home from School, Average Estimated Percent ¹	
Total	24	
Gender		
Males	27	*
Females	21	
Ethnicity		
White	19 ^a	**
African American	31 ^{ab}	
Latino	29 ^b	
Asian/Other	22 ^{ab}	
Income		
≤\$19,999	39 ^c	***
\$20,000 - \$49,999	28 ^b	
≥\$50,000	17 ^a	
Federal Poverty Level		
≤ 185%	36	***
> 185%	18	
Food Stamps		
Yes	44	***
No	21	
Overweight Status		
Not at Risk	20	**
At Risk/Overweight	31	
Physical Activity		
≥60 minutes	24	
<60 minutes	23	
School Breakfast		
Yes	37	***
No	21	
School Lunch		
Yes	26	
No	21	
Nutrition Lesson		
Yes	25	
No	22	
Exercise Lesson		
Yes	23	
No	25	

¹ Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 58: Percentage of Children Using a Physically Active Mode of Transportation¹ to and from School on a Typical Weekday (Diary Sample)

What was the primary way your child got *to school* today?
 What was the primary way your child got *home from* school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent ²	
Total	16	
Gender		
Males	18	
Females	14	
Ethnicity		
White	15	
African American	22	
Latino	18	
Asian/Other	11	
Income		
≤\$19,999	36 ^b	***
\$20,000 - \$49,999	15 ^a	
≥\$50,000	13 ^a	
Federal Poverty Level		
≤ 185%	26	***
> 185%	11	
Food Stamps		
Yes	39	***
No	13	
Overweight Status		
Not at Risk	14	
At Risk/Overweight	20	
Physical Activity		
≥60 minutes	16	
<60 minutes	17	
School Breakfast		
Yes	27	***
No	14	
School Lunch		
Yes	16	
No	16	
Nutrition Lesson		
Yes	17	
No	16	
Exercise Lesson		
Yes	15	
No	18	

¹ Physically active modes of transportation include walking and bicycling.

² Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated proportion ranges from 0-1 and is reported as a percent.

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

ANOVA

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (physical education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?
 About how often did you have to attend a gym or physical education class?
 Thinking of a typical gym or PE (physical education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week ¹ , Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
Children Reporting Any PE Classes Only	5	51	27	16	2.5	40
Across All Children	19	44	23	14	2.1	34

¹ Children taking less than 1 PE class per week are assigned zero.
 Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Phone Sample)

Not including recess or lunch, during the current school year, do you have any PE (physical education) or gym classes are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (physical education) class, for about how many minutes does this class last when you have it [insert frequency of PE classes]?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
Total	2.1	34
Gender		
Males	2.2	32 *
Females	2.1	35
Ethnicity		
White	2.2	35 ^b **
African American	2.0	24 ^a
Latino	2.1	33 ^b
Asian/Other	2.2	36 ^b
Income		
≤\$19,999	2.0	29 ^a *
\$20,000 - \$49,999	2.1	33 ^{ab}
≥\$50,000	2.2	35 ^b
Federal Poverty Level		
≤ 185%	2.0 *	31
> 185%	2.2	34
Food Stamps		
Yes	2.4	32
No	2.1	34
Overweight Status		
Not at Risk	2.1	33
At Risk/Overweight	2.2	36
Physical Activity		
≥60 minutes	2.3 **	35
<60 minutes	1.9	32
School Breakfast		
Yes	1.9	28 ***
No	2.2	35
School Lunch		
Yes	2.2	33
No	2.1	34
Nutrition Lesson		
Yes	2.4 ***	35 **
No	1.9	31
Exercise Lesson		
Yes	2.3 ***	36 ***
No	1.8	30

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday:
Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	74	85
Gender		
Males	79 **	83
Females	68	87
Ethnicity		
White	70	86
African American	83	79
Latino	76	84
Asian/Other	76	88
Income		
≤\$19,999	86 ^b **	77
\$20,000 - \$49,999	78 ^{ab}	85
≥\$50,000	67 ^a	86
Federal Poverty Level		
≤ 185%	83 **	81 *
> 185%	69	87
Food Stamps		
Yes	88 *	77
No	72	85
Overweight Status		
Not at Risk	72	86
At Risk/Overweight	80	82
Physical Activity		
≥60 minutes	70	87
<60 minutes	77	83
School Breakfast		
Yes	85 *	80
No	71	86
School Lunch		
Yes	76	84
No	70	86
Nutrition Lesson		
Yes	71	86
No	77	83
Exercise Lesson		
Yes	73	86
No	76	83

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).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Proportion of Children Who Believed Physical Activity Guideline (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?
 About how many ~~times~~ days each week ~~should~~ do you think you ~~should~~ exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour?

	Believed 60+ Minutes of Moderate and Vigorous Physical Activity 7 Days a Week Is Needed, Percent of Children
	≥60
Total	21
Gender	
Males	25
Females	17
Ethnicity	
White	Insufficient sample size for analysis
African American	
Latino	
Asian/Other	
Income	
≤\$19,999	15
\$20,000 - \$49,999	22
≥\$50,000	21
Federal Poverty Level	
≤ 185%	20
> 185%	21
Food Stamps	
Yes	20
No	21
Overweight Status	
Not at Risk	20
At Risk/Overweight	21
Physical Activity	
≥60 minutes	19
<60 minutes	25
School Breakfast	
Yes	23
No	19
School Lunch	
Yes	33
No	20
Nutrition Lesson	
Yes	21
No	22
Exercise Lesson	
Yes	25 **
No	12

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<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)

During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school PE (physical education) or gym class?

	Children Who Played Sports Outside of PE, Percent
Total	56
Gender	
Males	59
Females	53
Ethnicity	
White	64 ***
African American	39
Latino	53
Asian/Other	48
Income	
≤\$19,999	42 ***
\$20,000 - \$49,999	49
≥\$50,000	66
Federal Poverty Level	
≤ 185%	46 ***
> 185%	62
Food Stamps	
Yes	40 **
No	58
Overweight Status	
Not at Risk	55
At Risk/Overweight	61
Physical Activity	
≥60 minutes	68 ***
<60 minutes	44
School Breakfast	
Yes	53
No	57
School Lunch	
Yes	55
No	58
Nutrition Lesson	
Yes	60 *
No	51
Exercise Lesson	
Yes	60 **
No	49

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Running/Jogging	Basketball	Running/Jogging
2nd	Walking	Running/Jogging	Walking
3rd	Basketball	Walking	General Recess
4th	Bicycling	Bicycling	General Play
5th	General Recess	General Recess	Playground Equipment
6th	General Play ¹	Soccer	Basketball
7th	Baseball	General Play	Calisthenics
8th	Playground Equipment ²	Kickball	Playground Games ⁵
9th	Calisthenics ³	General PE ⁴	Bicycling
10th	Soccer	Playground Equipment	Swimming

Rank	White	African-American	Latino	Asian/Other
1st	Running/Jogging	Running/Jogging	Walking	Running/Jogging
2nd	Walking	Basketball	Running/Jogging	Basketball
3rd	Basketball	Walking	Basketball	Walking
4th	Bicycling	Rope Skipping/Jump Rope	Bicycling	General Play
5th	General Recess	Handball	General Recess	General PE
6th	Baseball	Calisthenics	Baseball	Calisthenics
7th	Playground Equipment	Bicycling	Soccer	General Recess
8th	General Play	Playground Equipment	General Play	Tag ⁶
9th	Soccer	Kickball	Playground Equipment	Other Exercise
10th	Playground Games	Playground Games	Calisthenics	Dodgeball

¹ General play includes tree climbing, playing with the dog, etc.

² Playground equipment includes swings, see-saw, bars, slide, etc.

³ Calisthenics includes jumping jacks, push-ups, stretching, etc.

⁴ General PE includes Physical Education time.

⁵ Playground games include hopscotch, four-square, tetherball, etc.

⁶ Tag includes tag, capture the flag, hide and seek, etc.

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Phone Sample)

About how often did you have to attend a gym or physical education class?
 Number of minutes your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	15	77 ^a ***
≤ 1	22	83 ^a
2	26	85 ^a
3-4	23	83 ^a
5	14	116 ^b

Excludes those reporting "don't know" how often.

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<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
Total	18	28	28	26
Gender				
Males	16	23	30	31
Females	20	34	27	19
Ethnicity				
White	15	29	29	27
African American	24	26	22	26
Latino	20	24	32	24
Asian/Other	18	39	19	24
Income				
≤\$19,999	17	21	33	29
\$20,000 - \$49,999	21	24	30	25
≥\$50,000	14	34	26	25
Federal Poverty Level				
≤ 185%	18	25	34	22
> 185%	17	30	26	27
Food Stamps				
Yes	19	22	26	34
No	18	30	28	25
Overweight Status				
Not at Risk	13	29	27	31
At Risk/Overweight	23	30	30	17
Physical Activity				
≥60 minutes	6	21	35	39
<60 minutes	29	36	22	12
School Breakfast				
Yes	18	28	28	27
No	18	29	29	25
School Lunch				
Yes	17	29	30	25
No	19	28	27	27
Nutrition Lesson				
Yes	12	28	32	28
No	24	29	24	23
Exercise Lesson				
Yes	14	30	32	25
No	24	27	23	27

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

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)

About how many ~~times~~ days each week ~~should~~ do you think you ~~should~~ exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour? For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	10	28	31	28	14
3-4	33	8	32	31	28
5-6	25	13	36	34	16
7+	31	19	24	22	34

**

Excludes those reporting "don't know."

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

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children
Total	30
Gender	
Males	31
Females	29
Ethnicity	
White	29
African American	21
Latino	31
Asian/Other	41
Income	
≤\$19,999	31
\$20,000 - \$49,999	34
≥\$50,000	27
Federal Poverty Level	
≤ 185%	36 *
> 185%	27
Food Stamps	
Yes	36
No	30
Overweight Status	
Not at Risk	30
At Risk/Overweight	30
Physical Activity	
≥60 minutes	35 **
<60 minutes	25
School Breakfast	
Yes	35
No	29
School Lunch	
Yes	33 *
No	26
Nutrition Lesson	
Yes	33 *
No	27
Exercise Lesson	
Yes	34 *
No	25

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

Chi Square Test

* p<.05

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index^{1,2} (Diary Sample)

What is your child's current height in feet and inches?

What is your child's current weight in pounds?

	Overweight Status, Percent of Children			
	Not at Risk	At Risk (85th Percentile) ³	Overweight (95th Percentile) ⁴	
Total	64	17	19	
Gender				
Males	61	16	22	
Females	67	17	16	
Ethnicity				
White	65	17	17	
African American	64	18	18	
Latino	60	17	23	
Asian/Other	71	13	16	
Income				
≤\$19,999	50	12	38	***
\$20,000 - \$49,999	59	19	22	
≥\$50,000	71	16	13	
Federal Poverty Level				
≤ 185%	53	16	31	***
> 185%	70	17	13	
Food Stamps				
Yes	57	6	37	***
No	64	18	17	
Overweight Status				
Not at Risk	N/A	N/A	N/A	
At Risk/Overweight	N/A	N/A	N/A	
Physical Activity				
≥60 minutes	66	16	18	
<60 minutes	61	18	21	
School Breakfast				
Yes	60	6	34	***
No	64	20	16	
School Lunch				
Yes	60	16	24	**
No	70	17	13	
Nutrition Lesson				
Yes	65	17	18	
No	62	17	21	
Exercise Lesson				
Yes	65	18	17	
No	61	16	23	

¹ Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters².

² Calculated using the Reference Data for Obesity. CDC website, 2000.

³ BMI ≥ 85th <95th Percentile

⁴ BMI ≥ 95th Percentile

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
Total	54	64
Gender		
Males	57	66
Females	51	62
Ethnicity		
White	55	67
African American	44	52
Latino	52	64
Asian/Other	62	60
Income		
≤\$19,999	50	58
\$20,000 - \$49,999	52	62
≥\$50,000	57	67
Federal Poverty		
≤ 185%	52	63
> 185%	55	65
Food Stamps		
Yes	51	60
No	55	64
Overweight Status		
Not at Risk	56	66
At Risk/Overweight	53	63
Physical Activity		
≥60 minutes	62 ***	71 ***
<60 minutes	46	57
School Breakfast		
Yes	47	52 **
No	56	67
School Lunch		
Yes	52	64
No	57	64
Nutrition Lesson		
Yes	N/A	91 ***
No	N/A	32
Exercise Lesson		
Yes	77 ***	N/A
No	13	N/A

No lessons includes "no," "not sure," and "no answer."

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

Chi Square Test

** p<.01

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 1: Source of Food Consumed During Weekday Meals and Snacks (Diary Sample)¹

Where did you get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food From Each Source by Meals and Snacks					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	81	44	85	73	78	92
School cafeteria	16	52	0	16	6	w
Day care provider or facility/friend's house	1	0	0	1	8	1
Fast food restaurant or food court	1	1	8	2	2	2
Served by fast food at school	0	1	0	0	0	w
Miscellaneous ²	1	2	6	8	7	6

¹ Reports the responses based on the average over two days.

² Miscellaneous represents nine collapsed categories including school vending machine, convenience store, other type of restaurant, other, other family member's home, social event/party, concession stand/vending machine at sports event, other at school, and friend/trade with friend.

0% represents one-half of one percent or less.

w No one represented.

Columns may add up to more than 100% due to multiple responses.

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 2: Who Most Often Makes Children's Meals and Snacks (Phone Sample)

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Who Makes Children's Meals and Snacks?				
	Mom/Dad/ Adult	Child Alone	Child and Adult	Child with Child	School
Meal Times					
Breakfast	51	33	5	0	11
Lunch	44	7	4	0	45
Dinner	92	1	5	0	1
Snack Times					
After-School Snack	36	54	5	0	5
Evening Snack	54	38	4	0	4

Excludes those reporting "other," "don't eat," and "don't know."

0% represents one-half of one percent or less.

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 3: Proportion of Children Who Reported Eating 1 or More Servings of Fruits and Vegetables by Meal Times and for Snacks (Diary Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

Meal Times	Percent of Children Eating 1 or More Servings of...			
	Fruits and Juices	Vegetables and Salads	Fruits and Vegetables	Fruits and Vegetables ¹
Breakfast	26	1	27	26
Lunch	38	20	58	54
Dinner	16	50	64	58
Snacks	16	4	21	20

¹ Excludes fried vegetables, which primarily consisted of fried potatoes.

0% represents one-half of one percent or less.

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 4: Proportion of Children Who Reported Eating Fruits and Vegetables¹ at Meal and Snack Times by Who Prepares the Meal or Snack (Phone Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?
 During the school week, who most often makes breakfast/lunch/dinner for you?
 During the school week, who most often makes after-school/evening snacks for you?

Meal Times	Children Eating 1 or More Servings of Fruits or Vegetables at Meals, Percent		
	Mom/Dad/Adult Makes Meal	Child Alone or with Child Makes Meal	School Makes Meal
Breakfast	29	12	54
Lunch	55	68	60
Dinner	61	80	N/A

Snack Times	Children Eating 1 or More Servings of Fruits or Vegetables at Snacks, Percent	
	Mom/Dad/Adult Makes Snack	Child Alone or with Child Makes Snack
Morning Snack	N/A	N/A
After-School Snack	11	9
Evening Snack	3	9

¹ Excludes fried vegetables, which primarily consisted of fried potatoes.

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

Chi Square Test

* p<.05

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5: Percentage of California Children Reporting Awareness of the Campaign's Television Spots (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the Campaign's Television Spots, Percent of Children
Total	21
Gender	
Males	27 **
Females	14
Ethnicity	
White	16 *
African American	29
Latino	28
Asian/Other	13
Income	
≤\$19,999	26
\$20,000 - \$49,999	24
≥\$50,000	17
Federal Poverty Level	
≤ 185%	26
> 185%	18
Food Stamps	
Yes	15
No	22
Overweight Status	
Not at Risk	18 *
At Risk/Overweight	28
Physical Activity	
≥60 minutes	20
<60 minutes	22
School Breakfast	
Yes	16
No	22
School Lunch	
Yes	25 *
No	15
Nutrition Lesson	
Yes	18
No	24
Exercise Lesson	
Yes	18
No	26

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

Chi Square Test

* p<.05

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5a: Percentage of California Children Reporting Awareness of the Campaign Other Than Television Spots (Phone Sample)

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the Campaign Other than Television Spots, Percent of Children
Total	14
Gender	
Males	16
Females	13
Ethnicity	
White	11
African American	21
Latino	18
Asian/Other	13
Income	
≤\$19,999	17
\$20,000 - \$49,999	14
≥\$50,000	14
Federal Poverty Level	
≤ 185%	16
> 185%	14
Food Stamps	
Yes	26 *
No	12
Overweight Status	
Not at Risk	14
At Risk/Overweight	14
Physical Activity	
≥60 minutes	14
<60 minutes	15
School Breakfast	
Yes	31 ***
No	12
School Lunch	
Yes	15
No	13
Nutrition Lesson	
Yes	15
No	13
Exercise Lesson	
Yes	15
No	12

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

Chi Square Test

* p<.05

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5b: Percentage of California Children Reporting Awareness of the Campaign (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?
 Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the Campaign, Percent of Children
Total	30
Gender	
Males	37 **
Females	24
Ethnicity	
White	24 *
African American	29
Latino	40
Asian/Other	25
Income	
≤\$19,999	38
\$20,000 - \$49,999	31
≥\$50,000	29
Federal Poverty Level	
≤ 185%	37 *
> 185%	27
Food Stamps	
Yes	43
No	29
Overweight Status	
Not at Risk	28
At Risk/Overweight	38
Physical Activity	
≥60 minutes	28
<60 minutes	33
School Breakfast	
Yes	43 *
No	28
School Lunch	
Yes	34
No	25
Nutrition Lesson	
Yes	31
No	30
Exercise Lesson	
Yes	31
No	30

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

Chi Square Test

* p<.05

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 6: California Children Reporting Awareness of the *Campaign's* Television Spots¹ Associated with Fruit and Vegetable Intake (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called *5 a Day-Power Play!*?

How many servings of each (Fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

	Aware of the <i>Campaign's</i> Television Spots, Percent	
	Yes	No
2 or More Servings of Fruits and Juices		
Yes	52	41
No	48	59
3 or More Servings of Vegetables and Salads		
Yes	17	10
No	83	90
Both 2 or More Servings of Fruits/Juices and 3 or More Servings of Vegetables/Salads		
Yes	10	6
No	90	94
5 or More Servings of Any Fruits and Vegetables		
Yes	18	16
No	82	84

	Aware of the <i>Campaign's</i> Television Spots, Mean	
	Yes	No
Servings of Fruits and Vegetables	3.2	2.8
Servings of Fruits and Juices	1.9	1.6
Servings of Vegetables and Salads	1.3	1.2
Servings of Fruits	1.2	1.1
Servings of Juices	0.7	0.5
Servings of Vegetables	1.1	1.0
Servings of Salads	0.2	0.2

¹ Not aware includes those reporting "no" and "don't know."

Column percents 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

ANOVA

* p<.05

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the Campaign's Television Spots¹ (Phone Sample) - 2007 CORRECTED TABLE²

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ³	1-2	3-4	5+
Total	Percent	8	41	35	16
Aware of the Campaign's Television Spots					
Yes	21	14	33	45	8 **
No	79	6	43	32	18

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

² Not aware includes those reporting "no" and "don't know."

³ Categorized as having 0.5 servings or less.

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

Chi Square Test

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7a: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the Campaign¹ (Phone Sample) - 2007 CORRECTED TABLE²

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ³	1-2	3-4	5+
Total	Percent	8	41	35	16
Aware of the Campaign					
Yes	30	11	32	40	18
No	70	7	44	33	16

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

² Not aware includes those reporting "no" and "don't know."

³ Categorized as having 0.5 servings or less.

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 8: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the Campaign's Television Spots¹ (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children		
		0-2	3-4	5+
Total	Percent	18	41	41
Aware of the Campaign's Television Spots				
Yes	21	13	36	51
No	79	19	42	39

¹ Not aware includes those reporting "no" and "don't know."

² Excludes those reporting "don't know."

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 8a: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the Campaign¹ (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children		
		0-2	3-4	5+
Total	Percent	18	41	41
Aware of the Campaign				
Yes	30	11	39	50
No	70	21	42	37

¹ Not aware includes those reporting "no" and "don't know."

² 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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 10: California Children Reporting Awareness of the *Campaign's* Television Spots¹ Associated with Food Preference, Behavioral Capacity, Reinforcement, and Social Norms (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the <i>Campaign's</i> Television Spots, Percent	
	Yes	No
<u>Food Preference</u>		
Want Fruit for Afternoon Snack		
Agree	93	82
Disagree	7	18
**		
<u>Behavioral Capacity</u>		
Help Fix Fruits, Vegetables, or Salads for Dinner		
Agree	76	62
Disagree	24	38
*		
Worked in a School Garden to Grow Fruits and Vegetables		
Yes	35	20
No	65	80
**		
<u>Reinforcement</u>		
Rewarded at School for Completing Activities About Nutrition		
Agree	55	41
Disagree	45	59
*		
<u>Social Norms</u>		
Cafeteria Workers Want You to Eat Fruits and Vegetables		
Agree	90	81
Disagree	10	19
*		

¹ Not aware includes those reporting "no" and "don't know."

Only statistically significant findings reported.

Column percents 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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 11: California Children Reporting Awareness of the Campaign's Television Spots¹ Associated with Physical and Sedentary Activities² (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day Power Play!*?

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Aware of the Campaign's Television Spots, Mean	
	Yes	No
Minutes Exercised by Intensity		
Light Exercise	15	14
Moderate Exercise	24	32
Vigorous Exercise	45	40
Total Minutes Exercised	84	88
Minutes Watched Television and Played Video Games	78	70
	Aware of the Campaign's Television Spots, Percent	
	Yes	No
Sedentary Activity		
≤ 2 Hours	85	84
> 2 Hours	15	16
Total Minutes Exercised		
<30 Minutes	6	10
30-59 Minutes	26	21
60+ Minutes	68	68

¹ Not aware includes those reporting "no" and "don't know."

² This includes time spent watching television/videos and playing video/computer games for fun.

Column percents 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 ANOVA

Chi Square Test

* p < .05