

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 18: Breakdown of the Milk Products Reported by California Children**

<b>Milk Products</b>	<b>Mean Servings</b>
<b>Total</b>	<b>3.5</b>
Milk <sup>1</sup>	2.1
Cheese	1.1
Dairy Desserts <sup>2</sup>	0.4
Yogurt <sup>3</sup>	0.0

<sup>1</sup> This includes milk and milkshakes.

<sup>2</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

<sup>3</sup> Yogurt was reported at snack times only.

California Department of Health Services: June 2004

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**Table 19: Total Servings of Milk Products<sup>1</sup> Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of [each type of food] did you/your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk <sup>2</sup>	Cheese
<b>Total</b>	<b>3.5</b>	<b>2.1</b>	<b>1.1</b>
<b>Gender</b>			
Males	3.6	2.2 **	1.1
Females	3.4	1.9	1.1
<b>Ethnicity</b>			
White	3.7 <sup>b</sup> ***	2.2 <sup>b</sup> **	1.1
African American	3.3 <sup>ad</sup>	2.2 <sup>b</sup>	0.9
Latino	3.6 <sup>d</sup>	2.1 <sup>b</sup>	1.1
Asian/Other	2.9 <sup>d</sup>	1.6 <sup>a</sup>	1.0
<b>Income</b>			
≤\$19,999	4.0 <sup>b</sup> ***	2.3 <sup>b</sup> *	1.2 <sup>b</sup> *
20,000 - \$49,999	3.5 <sup>d</sup>	2.1 <sup>ad</sup>	1.0 <sup>ab</sup>
≥\$50,000	3.3 <sup>d</sup>	1.9 <sup>d</sup>	1.0 <sup>a</sup>
<b>School Type</b>			
Public	3.6 **	2.1 **	1.1
Other	3.1	1.7	1.1
<b>Overweight Status</b>			
Not at Risk	3.4	2.0	1.1
At Risk/Overweight	3.7	2.2	1.1
<b>Food Stamps</b>			
Yes	3.8 *	2.3	1.1
No	3.5	2.0	1.0
<b>Physical Activity</b>			
≥60 minutes	3.7 **	2.1	1.1 *
<60 minutes	3.4	2.0	1.0
<b>School Breakfast</b>			
Yes	4.3 ***	2.7 ***	1.2
No	3.4	1.9	1.0
<b>School Lunch</b>			
Yes	3.8 ***	2.3 ***	1.1
No	3.1	1.6	1.0
<b>Nutrition Lesson</b>			
Yes	3.6	2.1	1.1
No	3.4	2.0	1.0
<b>Exercise Lesson</b>			
Yes	3.5	2.1	1.1
No	3.5	2.1	1.1

<sup>1</sup> This includes milk, cheese, dairy desserts and yogurt. Yogurt was reported at snack times only

<sup>2</sup> This includes milk and milkshakes.

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 Desserts<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample) - 2010 CORRECTED TABLE**

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

	Servings of Dairy Desserts Reported, Percent of Children	
	0 <sup>2</sup>	0.5+
<b>Total</b>	<b>58</b>	<b>42</b>
<b>Gender</b>		
Males	60	40
Females	55	45
<b>Ethnicity</b>		
White	54	46
African American	77	23
Latino	54	46
Asian/Other	70	30
<b>Income</b>		
≤\$19,999	54	46
20,000 - \$49,999	57	43
≥\$50,000	60	40
<b>School Type</b>		
Public	55	45
Other	70	30
<b>Overweight Status</b>		
Not at Risk	58	42
At Risk/Overweight	59	41
<b>Food Stamps</b>		
Yes	58	42
No	57	43
<b>Physical Activity</b>		
≥60 minutes	54	46
<60 minutes	60	40
<b>School Breakfast</b>		
Yes	49	51
No	59	41
<b>School Lunch</b>		
Yes	58	42
No	56	44
<b>Nutrition Lesson</b>		
Yes	56	44
No	60	40
<b>Exercise Lesson</b>		
Yes	58	42
No	57	43

<sup>1</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

<sup>2</sup> Categorized as having less than 0.5 servings.

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 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 milk<sup>1</sup>, cheese, yogurt<sup>2</sup>, and dairy desserts<sup>3</sup> did you/your child eat/drink?

	Servings of Milk Products Reported, Percent of Children		
	0-1	2	3+
<b>Total</b>	<b>11</b>	<b>23</b>	<b>66</b>
<b>Gender</b>			
Males	11	19	70
Females	11	28	61
<b>Ethnicity</b>			
White	10	18	72
African American	22	22	55
Latino	7	27	66
Asian/Other	19	32	49
<b>Income</b>			
≤\$19,999	8	21	70
20,000 - \$49,999	10	25	65
≥\$50,000	13	22	64
<b>School Type</b>			
Public	10	23	67
Other	20	26	54
<b>Overweight Status</b>			
Not at Risk	11	25	64
At Risk/Overweight	11	22	67
<b>Food Stamps</b>			
Yes	5	27	68
No	12	23	65
<b>Physical Activity</b>			
≥60 minutes	13	23	64
<60 minutes	8	24	68
<b>School Breakfast</b>			
Yes	4	17	79
No	12	24	63
<b>School Lunch</b>			
Yes	7	19	74
No	18	31	51
<b>Nutrition Lesson</b>			
Yes	11	22	67
No	11	26	63
<b>Exercise Lesson</b>			
Yes	11	24	64
No	10	21	69

<sup>1</sup> This includes milk and milkshakes.

<sup>2</sup> Reported at snack times only.

<sup>3</sup> 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<.01

\*\*\* p<.001

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**Table 22: Range in the Number of Servings of Milk<sup>1</sup> Drunk 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 <sup>2</sup>	1-2	3+
<b>Total</b>	<b>10</b>	<b>64</b>	<b>26</b>
<b>Gender</b>			
Males	8	62	30
Females	12	65	22
<b>Ethnicity</b>			
White	9	63	27
African American	13	56	31
Latino	8	66	26
Asian/Other	21	62	16
<b>Income</b>			
≤\$19,999	10	59	31
20,000 - \$49,999	10	63	27
≥\$50,000	11	66	23
<b>School Type</b>			
Public	10	63	27
Other	15	68	16
<b>Overweight Status</b>			
Not at Risk	11	66	22
At Risk/Overweight	10	59	32
<b>Food Stamps</b>			
Yes	4	69	28
No	12	63	25
<b>Physical Activity</b>			
≥60 minutes	11	64	25
<60 minutes	10	63	27
<b>School Breakfast</b>			
Yes	2	54	44
No	12	65	23
<b>School Lunch</b>			
Yes	5	63	32
No	20	64	16
<b>Nutrition Lesson</b>			
Yes	10	63	26
No	10	64	25
<b>Exercise Lesson</b>			
Yes	11	63	26
No	9	65	25

<sup>1</sup> This includes milk and milkshakes.

<sup>2</sup> 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<.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 <sup>1</sup> , Out of Milk Drinkers <sup>2</sup> , Percent of Children				Out of All Children, Percent Who Drank Low fat Milk <sup>3</sup>
	Nonfat	1%	2%	Whole	
<b>Total</b>	<b>11</b>	<b>16</b>	<b>43</b>	<b>30</b>	<b>26</b>
<b>Gender</b>					
Males	9	14	46	31	24
Females	13	19	40	29	29
<b>Ethnicity</b>					
White	18	16	44	21	32
African American	1	11	36	52	11
Latino	5	18	42	36	24
Asian/Other	8	15	42	34	22
<b>Income</b>					
≤\$19,999	2	14	46	38	18
20,000 - \$49,999	8	14	39	39	22
≥\$50,000	17	20	44	19	33
<b>School Type</b>					
Public	10	17	44	30	26
Other	21	17	36	25	30
<b>Overweight Status</b>					
Not at Risk	11	14	46	29	25
At Risk/Overweight	9	20	42	28	29
<b>Food Stamps</b>					
Yes	2	10	42	45	11
No	12	18	43	27	28
<b>Physical Activity</b>					
≥60 minutes	10	14	47	29	23
<60 minutes	11	19	39	31	29
<b>School Breakfast</b>					
Yes	2	9	47	42	12
No	13	18	42	28	29
<b>School Lunch</b>					
Yes	7	15	43	35	24
No	17	20	43	20	30
<b>Nutrition Lesson</b>					
Yes	13	16	45	26	29
No	8	17	40	36	23
<b>Exercise Lesson</b>					
Yes	12	17	44	28	28
No	9	16	41	34	24

<sup>1</sup> 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."

<sup>2</sup> Milk drinkers includes those reporting more than 0 servings of milk.

<sup>3</sup> 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.

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Chi Square Test

\*\* 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+
<b>Total</b>	<b>30</b>	<b>70</b>
<b>Gender</b>		
Males	30	70
Females	29	71
<b>Ethnicity</b>		
White	24	76
African American	37	63
Latino	34	66
Asian/Other	30	70
<b>Income</b>		
≤\$19,999	45	55
20,000 - \$49,999	24	76
≥\$50,000	26	74
<b>School Type</b>		
Public	29	71
Other	30	70
<b>Overweight Status</b>		
Not at Risk	28	72
At Risk/Overweight	31	69
<b>Food Stamps</b>		
Yes	64	36
No	26	74
<b>Physical Activity</b>		
≥60 minutes	29	71
<60 minutes	30	70
<b>School Breakfast</b>		
Yes	44	56
No	27	73
<b>School Lunch</b>		
Yes	32	68
No	25	75
<b>Nutrition Lesson</b>		
Yes	25	75
No	37	63
<b>Exercise Lesson</b>		
Yes	26	74
No	37	63

Excludes those reporting "don't know."

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

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\* p<.05

\*\* p<.01

\*\*\* p<.001

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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?

<b>Milk Belief<sup>2</sup></b>	<b>Percent</b>	<b>Servings of Milk<sup>1</sup> Drunk by Children, Percent</b>		
		<b>0-1</b>	<b>2</b>	<b>3+</b>
Servings believed to be needed				
0-1	6	67	31	2
2	24	44	35	22
3+	70	40	35	26

<sup>1</sup> Excludes those reporting "milkshake."

<sup>2</sup> Excludes those reporting "don't know."