

2005 California Dietary Practices Survey

Table 46: Mean and Range of Days Heard Recommended for Physical Activity

Base: Out of those who heard recommendations for physical activity

How many days per week have you heard that adults should be physically active?

	Percent Heard ¹					Mean Days Heard ²
	0 - 2 days	3 - 4 days	5 - 6 days	7+ days		
Total	14	44	24	18		4.0
Sex						
Males	20	43	19	18	***	3.8 ***
Females	10	44	28	18		4.2
Males						
18 - 24	32	41	15	11	**	3.2 ^a *
25 - 34	26	40	15	20		3.7 ^{ab}
35 - 50	14	42	26	18		4.0 ^b
51 - 64	12	56	13	19		3.9 ^{ab}
65+	24	36	21	20		3.7 ^{ab}
Females						
18 - 24	21	36	33	10	**	3.7 ^a **
25 - 34	10	55	25	10		3.8 ^a
35 - 50	7	45	28	20		4.3 ^{ab}
51 - 64	6	43	30	21		4.4 ^{ab}
65+	8	39	28	25		4.5 ^b
Ethnicity						
White	9	46	26	18	***	4.2 ^b ***
Hispanic	21	42	20	17		3.7 ^a
Black	18	46	25	11		3.7 ^{ab}
Asian/Pacific Islander	20	36	28	17		3.8 ^{ab}
Education						
Less than High School	27	33	21	19	***	3.7 ^a **
High School Graduate	15	47	22	16		3.9 ^{ab}
Some College	10	46	23	21		4.2 ^b
College Graduate	9	47	28	16		4.2 ^b
Income						
Less than \$15,000	21	37	20	22	*	3.9
\$15,000 - 24,999	12	47	22	19		4.1
\$25,000 - 34,999	12	44	22	21		4.2
\$35,000 - 49,999	13	46	25	16		4.0
\$50,000+	12	47	26	14		4.0
Physically Active						
Did Not Meet Recommendations	15	48	21	16	**	3.8 **
Met Recommendations	14	39	28	20		4.2
Overweight Status						
Overweight/Obese	16	45	20	19	**	3.9
Not Overweight	12	42	30	17		4.1
Poverty Index						
Food Stamp Participants	20	38	24	17	**	3.8
All Other Respondents/ ≤ 130% FPL	20	38	20	22		4.0
All Other Respondents/ > 130% FPL	12	47	26	16		4.0

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

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

¹Chi Square Test

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).

²ANOVA

* p<.05

** p<.01

*** p<.001

2005 California Dietary Practices Survey

Crosstab 47: Days Heard Recommended by Days Active

How many times per week or month did you take part in this activity in the past month?

Days Heard Should Be Physically Active	Days Physically Active, Percent			
	0 - 2 days	3 - 4 days	5 - 6 days	7+ days
0 - 2 days	10	18	24	47
3 - 4 days	9	27	23	42
5 - 6 days	3	19	21	57
7+ days	2	18	28	52

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

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Chi Square Test

*** p<.001

2005 California Dietary Practices Survey

Table 48: Participated Any Physical Activity in the Past Month

During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?

	Percent Participating in Any Physical Activity
Total	74
<i>Sex</i>	
Males	73
Females	74
<i>Males</i>	
18 - 24	82
25 - 34	69
35 - 50	73
51 - 64	74
65+	73
<i>Females</i>	
18 - 24	74
25 - 34	66
35 - 50	76
51 - 64	75
65+	80
<i>Ethnicity</i>	
White	83 ***
Hispanic	57
Black	73
Asian/Pacific Islander	75
<i>Education</i>	
Less than High School	53 ***
High School Graduate	68
Some College	82
College Graduate	87
<i>Income</i>	
Less than \$15,000	61 ***
\$15,000 - 24,999	64
\$25,000 - 34,999	74
\$35,000 - 49,999	76
\$50,000+	87
<i>Overweight Status</i>	
Overweight/Obese	70 ***
Not Overweight	79
<i>Poverty Index</i>	
Food Stamp Participants	60 ***
All Other Respondents/ ≤ 130% FPL	57
All Other Respondents/ > 130% FPL	84

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

Chi Square Test

*** p<.001

2005 California Dietary Practices Survey

Table 49: Participation in Moderate, Vigorous, and Regular Activity

How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

	Percent	
	Participated in Recommended Vigorous Activity ¹	Met Recommendation for Regular Moderate and Vigorous Physical Activity ²
Total	43	50
<i>Sex</i>		
Males	47 **	49
Females	40	50
<i>Males</i>		
18 - 24	74 ***	66 **
25 - 34	40	44
35 - 50	53	49
51 - 64	30	40
65+	31	48
<i>Females</i>		
18 - 24	51 ***	53
25 - 34	42	49
35 - 50	43	51
51 - 64	39	50
65+	21	49
<i>Ethnicity</i>		
White	51 ***	61 ***
Hispanic	31	32
Black	40	42
Asian/Pacific Islander	49	46
<i>Education</i>		
Less than High School	27 ***	32 ***
High School Graduate	40	43
Some College	49	59
College Graduate	53	60
<i>Income</i>		
Less than \$15,000	28 ***	38 ***
\$15,000 - 24,999	33	40
\$25,000 - 34,999	40	52
\$35,000 - 49,999	42	51
\$50,000+	60	62
<i>Overweight Status</i>		
Overweight/Obese	37 ***	42 ***
Not Overweight	52	59
<i>Poverty Index</i>		
Food Stamp Participants	28 ***	39 ***
All Other Respondents/ ≤ 130% FPL	28	35
All Other Respondents/ > 130% FPL	53	59

¹Those who engage in vigorous physical activity for at least 20 minutes a day, at least 3 days per week (Healthy People 2010).

²Those who engage in any combination of moderate or vigorous physical activities for at least 30 minutes per day, at least 5 days per week (2005 Dietary Guidelines).

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 50: Level of Activity at Work

When you are at work, which of the following best describes what you do?

Would you say mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work?

	Percent			
	Mostly Sitting or Standing	Mostly Walking	Mostly Heavy Labor	Not Working
Total	40	25	9	26
<i>Sex</i>				
Males	39	28	14	19
Females	42	22	4	32
<i>Males</i>				
18 - 24	11	45	26	18
25 - 34	46	33	13	7
35 - 50	54	25	16	5
51 - 64	44	22	12	22
65+	14	13	1	72
<i>Females</i>				
18 - 24	41	24	10	25
25 - 34	44	30	2	25
35 - 50	48	27	6	19
51 - 64	51	19	2	27
65+	17	6	0	77
<i>Ethnicity</i>				
White	47	18	7	28
Hispanic	26	38	14	22
Black	34	25	11	31
Asian/Pacific Islander	57	21	5	17
<i>Education</i>				
Less than High School	22	36	14	29
High School Graduate	24	34	11	31
Some College	43	23	12	23
College Graduate	62	12	2	23
<i>Income</i>				
Less than \$15,000	26	27	10	37
\$15,000 - 24,999	29	36	12	23
\$25,000 - 34,999	32	21	14	33
\$35,000 - 49,999	47	20	10	22
\$50,000+	57	20	6	18
<i>Physically Active</i>				
Did Not Meet Recommendations	37	26	9	28
Met Recommendations	44	23	10	24
<i>Overweight Status</i>				
Overweight/Obese	39	24	9	28
Not Overweight	44	26	9	22
<i>Poverty Index</i>				
Food Stamp Participants	30	31	13	26
All Other Respondents/ ≤ 130% FPL	24	34	12	30
All Other Respondents/ > 130% FPL	51	20	7	22

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

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Chi Square Test

*** p<.001

2005 California Dietary Practices Survey

Table 51: Main Reasons for Not Being More Physically Active

What is the main reason that you are not more physically active (choose one)?

	Percent					
	Too Busy	Exercise Enough	Lack Self-Motivation	Health Reasons	Too Tired	Other ¹
Total	37	15	10	17	8	14
<i>Sex</i>						
Males	40	17	9	12	9	13
Females	35	12	11	21	7	14
<i>Males</i>						
18 - 24	52	22	0	0	13	13
25 - 34	53	14	8	7	12	6
35 - 50	46	15	10	10	10	9
51 - 64	25	14	15	26	4	16
65+	9	29	9	21	4	28
<i>Females</i>						
18 - 24	46	13	9	10	2	19
25 - 34	40	13	12	15	8	13
35 - 50	42	12	12	13	9	12
51 - 64	28	7	15	30	10	11
65+	11	16	8	45	2	19
<i>Ethnicity</i>						
White	35	15	10	19	6	15
Hispanic	40	15	9	11	13	12
Black	25	13	11	25	10	17
Asian/Pacific Islander	49	12	12	8	9	10
<i>Education</i>						
Less than High School	37	14	7	15	14	14
High School Graduate	31	19	13	17	6	15
Some College	35	13	8	20	10	13
College Graduate	43	14	12	15	4	12
<i>Income</i>						
Less than \$15,000	28	11	8	26	9	18
\$15,000 - 24,999	35	13	10	16	13	13
\$25,000 - 34,999	34	22	10	16	2	16
\$35,000 - 49,999	28	15	8	17	14	17
\$50,000+	50	13	12	10	5	10
<i>Physically Active</i>						
Did Not Meet Recommendations	35	9	11	20	11	14
Met Recommendations	40	21	9	13	5	12
<i>Overweight Status</i>						
Overweight/Obese	34	12	12	21	8	13
Not Overweight	40	19	7	12	8	14
<i>Poverty Index</i>						
Food Stamp Participants	30	13	9	23	13	12
All Other Respondents/ ≤ 130% FPL	37	11	9	18	9	15
All Other Respondents/ > 130% FPL	40	14	11	14	7	14

¹ Other includes "don't enjoy", "no parks or health clubs", "unsafe neighborhood", "lack of self motivation", "fear of injury", "lack of encouragement", "lack of confidence", "too old", "poor weather conditions", and "no child care".

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

Chi Square Test

* p<.05

*** p<.001

2005 California Dietary Practices Survey

Cross Tab 52: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at Least 5 Days a Week by Overweight Status

How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

How tall are you without shoes?

How much do you weigh?

Physically Active for 30+ Minutes, 5 Days a Week	Percent		
	Overweight/Obese	Not Overweight	
Yes	42	59	***
No	58	41	

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

Chi Square Test

*** p<.001

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Cross Tab 53: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at least 6 Days a Week by Overweight Status

How many days per week do you do these moderate activities for at least 10 minutes at a time?

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

How tall are you without shoes?

How much do you weigh?

Physically Active for 30+ Minutes, 6 Days a Week	Percent		
	Overweight/Obese	Not Overweight	
Yes	36	50	***
No	64	50	

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Chi Square Test

*** p<.001

2005 California Dietary Practices Survey

Table 54: Time Spent Watching Television

How much time did you spend watching TV yesterday?

	Mean Hours
Total	2.2
Sex	
Males	2.3
Females	2.1
Males	
18 - 24	3.9 ^c ***
25 - 34	1.6 ^a
35 - 50	1.8 ^a
51 - 64	2.8 ^b
65+	2.5 ^{ab}
Females	
18 - 24	2.1 ^{ab} ***
25 - 34	1.7 ^a
35 - 50	1.7 ^a
51 - 64	2.3 ^{ab}
65+	2.9 ^b
Ethnicity	
White	2.1 ^a ***
Hispanic	2.0 ^a
Black	3.2 ^b
Asian/Pacific Islander	1.7 ^a
Education	
Less than High School	2.6 ^{bc} ***
High School Graduate	2.6 ^c
Some College	2.1 ^{ab}
College Graduate	1.7 ^a
Income	
Less than \$15,000	2.6 ^b ***
\$15,000 - 24,999	2.3 ^b
\$25,000 - 34,999	2.6 ^b
\$35,000 - 49,999	2.3 ^{ab}
\$50,000+	1.7 ^a
Physically Active	
Did Not Meet Recommendations	2.5 ***
Met Recommendations	1.9
Overweight Status	
Overweight/Obese	2.3 **
Not Overweight	1.9
Poverty Index	
Food Stamp Participants	2.2
All Other Respondents/ ≤ 130% FPL	2.4
All Other Respondents/ > 130% FPL	2.1

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

** p<.01

*** p<.001

2005 California Dietary Practices Survey

Crosstab 55: Television Watching and Physical Activity Barriers

How much time did you spend watching TV yesterday?

What is the main reason that you are not more physically active (choose one)?

Physical Activity Barriers	TV Watching, Percent		
	< 2 hrs per day	≥ 2 hrs per day	
Exercise Enough	78	22	***
Not Enough Time	81	19	
Lazy	67	33	
Health Reasons	53	47	
Too Tired	67	33	

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

*** p<.001