

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Nutrition or Exercise Lessons from a Teacher, Coach, or Other Instructor (N=823)

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?

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

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 a school PE or gym class?

	Percent of Children Participating in...	
	School Lessons on Food, Nutrition, and Health	Physical Education or Physical Activity Lessons, Classes, or Teams
Total	57.5	92.3
Gender		
Males	56.2	92.6
Females	58.7	91.9
Ethnicity		
White	65.6 **	95.0
African American	59.8	88.1
Latino	53.5	90.3
Asian/Other	51.0	94.0
Food Stamp Status, % FPL		
Participant, ≤ 130%	49.9 ***	87.6 ***
Likely Eligible, ≤ 130%	43.3	85.5
Potentially Eligible, 131-≤ 185%	48.4	89.5
Not Eligible, >185%	64.4	95.3
Overweight Status		
Not Overweight	59.0	94.6 **
Overweight/Obese	56.6	88.7
Physical Activity		
≥ 60 minutes	62.5 **	93.9
< 60 minutes	53.5	90.9
School Breakfast		
Yes	41.5 ***	89.4
No	61.8	93.0
School Lunch		
Yes	56.5	91.1
No	59.0	94.1
Nutrition Lesson		
Yes	N/A	94.0 *
No	N/A	89.9
Exercise Lesson		
Yes	58.6 *	N/A
No	44.7	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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 68: Parental Factors for Healthy Eating (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?
 Do your parents limit the amount of time you spend watching TV or playing video games to less than two hours a day? [yes/no]

	Percent of Children in Agreement	
	Your parents eat high-fat foods like french fries, chips, or desserts	Your parents limit the amount of chips, soda or sweets you can eat each day
Total	40.8	81.2
Gender		
Males	42.1	82.7
Females	39.8	79.8
Ethnicity		
White	43.1	82.8
African American	37.5	75.0
Latino	41.1	77.8
Asian/Other	36.5	90.6
Food Stamp Status, % FPL		
Participant, ≤ 130%	40.9	79.3 *
Likely Eligible, ≤ 130%	50.1	63.0
Potentially Eligible, 131-≤ 185%	38.4	89.0
Not Eligible, >185%	39.4	83.8
Overweight Status		
Not Overweight	41.0	86.0 *
Overweight/Obese	41.4	74.8
Physical Activity		
≥ 60 minutes	41.1	87.2 *
< 60 minutes	40.6	76.2
School Breakfast		
Yes	52.8 *	74.8
No	37.4	83.0
School Lunch		
Yes	44.6	82.5
No	35.5	79.2
Nutrition Lesson		
Yes	43.0	87.7 ***
No	37.8	71.9
Exercise Lesson		
Yes	41.9	82.1 *
No	15.1	58.8

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

Chi Square Test

* p<.05

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 69: Personal, Social, and Environmental Factors for Healthy Eating (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement						
	You want to have fruit for an afternoon snack ¹	Your friends at school usually eat healthy foods	You like to try new kinds of fruits ¹	You like to try new kinds of vegetables	You like most kinds of fruits ¹	You like most kinds of vegetables	You help fix fruits, vegetables, or salads for dinner
Total	62.1	73.9	64.7	73.6	80.9	75.2	84.7
Gender							
Males	56.0 *	73.0	60.0	71.9	82.6	74.5	83.1
Females	67.3	74.8	68.7	75.1	79.4	75.8	86.1
Ethnicity							
White	66.4	72.0	71.9	71.1	79.0	75.1	82.5
African American	79.2	83.3	70.8	91.7	87.5	79.2	87.5
Latino	56.7	76.7	59.6	70.9	80.2	77.1	86.8
Asian/Other	62.6	65.6	62.1	80.4	84.7	68.0	81.7
Food Stamp Status, % FPL							
Participant, ≤ 130%	66.4	79.1	67.3	89.9 *	80.8	85.0	93.5
Likely Eligible, ≤ 130%	69.0	68.6	70.9	71.1	83.9	69.5	80.7
Potentially Eligible, 131-≤ 185%	70.9	75.4	76.3	86.0	93.3	82.2	76.3
Not Eligible, >185%	58.7	73.8	61.1	69.2	78.4	73.4	85.2
Overweight Status							
Not Overweight	58.5	73.7	63.2	71.2	77.6	76.1	83.8
Overweight/Obese	69.2	74.2	69.6	77.3	86.2	75.4	86.1
Physical Activity							
≥ 60 minutes	64.1	69.2	65.5	75.7	74.4 **	76.3	83.3
< 60 minutes	60.5	77.9	64.0	71.9	86.3	74.3	85.8
School Breakfast							
Yes	65.6	75.3	75.1 *	84.4 *	85.3	87.5 **	88.1
No	61.1	73.5	61.7	70.5	79.6	71.7	83.7
School Lunch							
Yes	61.9	74.1	65.8	74.2	82.8	74.6	86.5
No	62.4	73.6	63.1	72.7	78.1	76.1	82.0
Nutrition Lesson							
Yes	66.0	79.6 **	68.5	75.9	77.5	78.0	85.4
No	56.8	66.2	59.4	70.3	85.6	71.3	83.6
Exercise Lesson							
Yes	61.4	74.3	64.3	72.8	81.1	74.4	84.8
No	80.0	64.4	74.9	94.2	76.0	95.8	82.2

¹ Percent of children who reported agreeing a lot.

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

Chi Square Test

* p<.05

** p<.01

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Table 70: Parental Factors for Physical Activity (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Your family exercises together by doing things like going to the park, playing sports, or riding bikes	Your parents limit the amount of time you spend watching TV or playing video games to less than two hours per day
Total	81.6	64.4
Gender		
Males	82.1	70.7 *
Females	81.1	59.0
Ethnicity		
White	80.0	64.4 *
African American	79.2	65.2
Latino	81.6	58.4
Asian/Other	86.1	82.8
Food Stamp Status, % FPL		
Participant, ≤ 130%	86.1	64.0
Likely Eligible, ≤ 130%	84.6	60.3
Potentially Eligible, 131-≤ 185%	67.2	72.1
Not Eligible, >185%	82.4	64.1
Overweight Status		
Not Overweight	82.2	64.0
Overweight/Obese	80.0	66.4
Physical Activity		
≥ 60 minutes	85.6	70.8 *
< 60 minutes	78.2	59.2
School Breakfast		
Yes	76.9	63.0
No	82.9	64.8
School Lunch		
Yes	78.6	65.8
No	85.8	62.4
Nutrition Lesson		
Yes	82.7	67.1
No	80.0	60.8
Exercise Lesson		
Yes	81.6	64.8
No	81.6	55.1

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

Chi Square Test

* p<.05

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Table 71: Personal, Social, and Environmental Factors for Physical Activity (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement
	You think you're good at most sports
Total	76.0
Gender	
Males	77.8
Females	74.5
Ethnicity	
White	77.5
African American	82.6
Latino	75.7
Asian/Other	71.2
Food Stamp Status, % FPL	
Participant, ≤ 130%	79.6
Likely Eligible, ≤ 130%	71.0
Potentially Eligible, 131-≤ 185%	76.2
Not Eligible, >185%	76.3
Overweight Status	
Not Overweight	77.4
Overweight/Obese	73.1
Physical Activity	
≥ 60 minutes	76.0
< 60 minutes	76.0
School Breakfast	
Yes	82.8
No	74.1
School Lunch	
Yes	75.3
No	77.0
Nutrition Lesson	
Yes	77.1
No	74.5
Exercise Lesson	
Yes	76.9
No	52.9

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Table 72a: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=327)

Outcome Expectations			
If you eat fruits and vegetables everyday, your friends will start eating them too.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	52.9	3.4	2.8
Disagree	47.1	3.2	2.8
If you eat fruits and vegetables everyday, you will have more energy.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	92.2	3.3	2.8
All other responses	7.8	3.0	2.5
If you eat fruits and vegetables everyday, you will become stronger.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	88.1	3.4*	2.8
All other responses	11.9	2.5	2.5
If you eat fruits and vegetables everyday, you will think better in class.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	79.0	3.3	2.8
All other responses	21.0	3.1	2.7
<i>Outcome Expectation Scale</i>		<i>0.049</i>	<i>0.044</i>

ANOVA

Spearman's rho

* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 72b: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=327)

Eating Self-Efficacy					
How confident are you that you can eat the recommended cups of fruit each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	52.9	2.1**	1.5	3.5*	2.9
Confident/Not Confident ¹	47.1	1.6	1.4	3.0	2.7
How confident are you that you can eat the recommended cups of vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	44.7	2.0	1.5	3.5	2.8
Confident/Not Confident ¹	55.3	1.8	1.3	3.1	2.8
How confident are you that you can eat the recommended cups of fruits and vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	34.1	2.3***	1.4	3.7*	2.9
Confident/Not Confident ¹	65.9	1.7	1.4	3.1	2.7
<i>Eating Self-Efficacy Scale</i>		<i>0.211**</i>	<i>0.085</i>	<i>0.193**</i>	<i>0.071</i>

The recommended cups of fruits and vegetables are based on gender, age, and activity level as defined by the *Dietary Guidelines for Americans, 2005*.

¹ The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

ANOVA

Spearman's rho

* p<.05

** p<.01

*** p<.001

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Table 72bb: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=327)

Asking and Shopping Self-Efficacy					
I think I can write my favorite fruit or vegetable on the family's shopping list	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	69.8	1.9	1.4	3.3	2.7
All other responses	30.2	1.7	1.4	3.2	2.9
I think I can ask someone in my family to buy my favorite fruit or vegetable	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	77.3	1.9	1.4	3.3	2.8
All other responses	22.7	1.7	1.5	3.2	2.9
I think I can go shopping with my family for my favorite fruit or vegetable	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	70.2	1.9	1.4	3.3	2.8
All other responses	29.8	1.7	1.4	3.1	2.8
I think I can pick out my favorite fruit or vegetable at the store and put it in the shopping basket	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	57.9	2.0*	1.5	3.5	2.8
All other responses	42.1	1.7	1.4	3.0	2.8
I think I can ask someone in my family to make my favorite vegetable dish for dinner	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	61.0	1.9	1.5*	3.5*	2.9*
All other responses	39.0	1.7	1.2	3.0	2.6
I think I can ask someone in my family to serve my favorite fruit at dinner	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	63.8	2.0	1.5*	3.5**	2.9*
All other responses	36.2	1.7	1.2	2.9	2.6
I think I can ask someone in my family to have fruits and fruit juices out where I can reach them	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	78.3	1.9	1.5	3.3	2.8
All other responses	21.7	1.9	1.2	3.1	2.8
I think I can ask someone in my family to have cut up vegetables out where I can reach them	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	68.9	1.9	1.4	3.4	2.8
All other responses	31.1	1.7	1.3	3.0	2.8
<i>Asking and Shopping Self-Efficacy Scale</i>		0.115	0.094	0.142*	0.054

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

Spearman's rho

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 72c: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=327)

Food Preference			
You want to have fruit for an afternoon snack.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	62.1	3.5 *	2.8
All other responses	37.9	3.0	2.8
You like to try new kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	64.7	3.4	2.9 *
All other responses	35.3	3.1	2.6
You like to try new kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	73.6	3.4	2.9
Disagree	26.4	2.9	2.5
You like most kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	80.9	3.4	2.9
All other responses	19.1	3.0	2.5
You like most kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	75.2	3.5 **	2.9 ***
Disagree	24.8	2.7	2.3
Behavioral Capability			
You help fix fruits, vegetables, or salads for dinner.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	84.7	3.4 *	2.8
Disagree	15.3	2.7	2.6
Modeling			
Your parents eat high-fat foods like French fries, chips, or desserts.	Percent	Servings of High-Fat Foods	Servings of High Calorie, Low Nutrient Foods
Agree	40.8	0.9	4.1 **
Disagree	59.2	0.8	3.3
Social Norms			
Most people in your family think that eating the recommended cups of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	75.9	3.3	2.9
All other responses	24.1	3.0	2.6
Most kids your age think that eating the recommended cups of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	76.2	3.3	2.7
Disagree	23.8	3.2	3.1

The recommended cups of fruits and vegetables are based on gender, age, and activity level as defined by the *Dietary Guidelines for Americans, 2005*.

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

ANOVA

* p<.05

** p<.01

*** p<.001

Source: California Department of Public Health, *Network for a Healthy California: 2011*.

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 72d: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=327)

Availability/Environment					
In your home, there are lots of fruits to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	57.0	2.0*	1.3	3.4	2.9
Sometimes/Never ¹	43.0	1.7	1.5	3.2	2.7
In your home, there are lots of vegetables to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	45.4	2.1**	1.7**	3.8***	3.0
Sometimes/Never ¹	54.6	1.7	1.2	2.9	2.7
In your home, there are fruits kept out in a place where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	61.7	2.0	1.6***	3.6**	3.0**
Sometimes/Never ¹	38.3	1.7	1.1	2.8	2.5
In your home, there are vegetables cut up and ready to eat where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	21.6	2.1	1.7*	3.8*	2.7
Sometimes/Never ¹	78.4	1.8	1.3	3.1	2.8
<i>Home Availability Scale</i>		<i>.171**</i>	<i>.159**</i>	<i>.218**</i>	<i>.158**</i>
Did your family sit down and eat a meal together yesterday? (Nutritious Foods)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	70.5	1.9	1.5	3.4	2.9
No	29.5	1.8	1.3	3.1	2.6
Did your family sit down and eat a meal together yesterday? (High Calorie, Low Nutrient Foods)	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	70.5	0.8**	1.8	0.8	3.5
No	29.5	1.2	1.9	0.8	3.9
Your parents limit the amount of chips, soda, or sweets you can eat each day.	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Agree	81.2	0.9	1.8	0.8	3.5
Disagree	18.8	0.9	2.1	0.9	3.9

¹ The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.

ANOVA

Spearman's rho

* p<.05

** p<.01

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 73: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=327 & N=823)

Self-Efficacy					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
I think I can be physically active most days after school					
Yes	92.1	83.5	76.9	45.1	81.5
No	7.9	82.6	98.9	46.1	70.9
I think I can ask my parent or other adult to do physically active things with me					
Yes	90.5	82.8	74.5 **	45.2	82.8 *
No	9.5	93.4	114.2	48.6	66.4
I think I can ask my parent or other adult to sign me up for a sport, dance, or other physical activity					
Yes	91.7	83.1	76.7	44.9	81.7
No	8.3	87.3	100.2	48.2	68.9
I think I can ask my best friend to be physically active with me					
Yes	93.2	82.7	79.0	44.6	80.6
No	6.8	86.0	81.4	48.4	80.0
I think I can ask my parent or other adult to get me the equipment I need to be physically active					
Yes	91.6	83.6	77.5	45.5	80.6
No	8.4	78.4	91.3	38.9	80.4
I think I can ask my parent or other adult to take me to a physical activity or sport practice					
Yes	93.2	82.2	76.8	44.1	81.4
No	6.8	100.7	103.4	59.8	70.5
I think I have the skills I need to be physically active					
Yes	93.5	85.1 *	79.5	47.4 **	81.1
No	6.5	61.3	68.9	15.0	74.2
<i>Self Efficacy Scale</i>		<i>0.686</i>	<i>0.008</i>	<i>0.930</i>	<i>0.044</i>

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

Chi Square Test

ANOVA

Spearman's rho

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 73a: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=327 & N=823)

Behavioral Capability					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
You think you are good at most sports					
Agree	76.0	83.9	75.8	45.3	82.6
Disagree	24.0	81.7	87.5	45.3	74.2
During the school year, did you take any type of sports lesson/class, or played on a team that was not part of your PE or gym class? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	59.0	92.0 ***	76.2	54.7 ***	81.9
No	41.0	71.5	79.5	31.8	81.3
Social Norms					
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	81.6	84.0	72.3 ***	47.5	82.4
Disagree	18.4	81.2	107.1	35.3	73.1

A box around a group of numbers signifies that differences observed within this group are statistically significant.
 Chi Square Test
 ANOVA
 *** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 73b: Physical Activity Factors Among California Children Associated with Behavioral Theories
(N=327 & N=823)

Availability/Environment					
Not including recess, during the school year, did you have PE or gym classes taught by a teacher, coach, athletic instructor, or other adult teacher? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	89.2	81.9	79.6	44.9	80.8
No	10.8	69.8	91.1	38.6	73.3
School PE or gym classes meet California mandate of 200 minutes every 10 days. (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	35.6	86.4 *	81.7	50.1 *	79.1
No	64.4	77.7	81.0	41.7	79.5
Your parents limit the time you spend watching TV or playing video games to less than two hours a day.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	64.4	86.1	68.0 ***	49.5 *	86.1 **
No	35.6	77.8	97.7	37.0	71.6
Do you have a television in your bedroom?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	54.2	80.3	86.8 *	42.2	76.9
No	45.8	87.7	69.3	49.2	85.0
Is there a park, playground, grassy field, or sports field within walking distance of your home?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	77.7	83.0	71.0 ***	43.7	83.7 *
No	22.3	85.0	105.3	50.6	70.2
The park or playground closest to where you live is safe during the day	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	88.7	83.1	78.1	44.6	81.6
Disagree	11.3	83.7	85.6	47.7	73.0

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

Chi Square Test

ANOVA

* p<.05

** p<.01

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 74a: School Environment Factors Among California Children and Associations with Behavioral Theories (N=327 & N=823)

Behavioral Capability					
During the school year, did you work in a garden at school to help grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	29.8	1.8	1.5	3.3	2.8
No	70.2	1.9	1.4	3.3	2.8
During the school year, did you have lessons from a teacher, coach or instructor about food, nutrition, and your health? (Diary Sample)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	57.5	1.7	1.4	3.1	2.8
No	42.5	1.9	1.3	3.2	2.7
Modeling					
Your friends at school usually eat healthy foods.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score		
Agree	73.9	3.2	2.7		
Disagree	26.1	3.6	3.0		
Reinforcement					
Your teacher rewards students by giving out treats like candy, cookies, soda, or chips.	Percent	Servings of Sugar-Sweetened Beverages	Servings of High-Fat Snacks	Servings of Sweets	Servings of High Calorie, Low Nutrient Foods
Yes	47.9	1.1**	0.8	1.8	3.8
No	52.1	0.8	0.8	1.8	3.4

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

ANOVA

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 74b: School Environment Factors Among California Children and Associations with Behavioral Theories (N=327 & N=823)

Availability/Environment					
School has vending machines stocked with candy, chips, and cookies that students can use.	Percent	Servings of High-Fat Snacks	Servings of Sweets	Servings of High Calorie, Low Nutrient Foods	
Yes	94.1	0.9	1.9	3.5	
No	5.9	0.8	1.8	3.6	
School has soda vending machines that students can use.	Percent	Servings of Sugar-Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods		
Yes	10.0	0.9	3.1		
No	90.0	0.9	3.6		
School cafeteria usually serves students branded fast food.	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	22.5	1.2 *	2.2 *	0.9	4.3 **
No	77.5	0.9	1.8	0.8	3.4
School usually has bake sales or candy sales to raise money.	Percent	Servings of High-Fat Snacks	Servings of Sweets		
Yes	62.3	0.8	1.9		
No	37.7	0.8	1.7		
School has sodas, sports drinks, cookies, chips, or candy that students can buy after school.	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	26.0	1.0	2.0	0.8	3.8
No	74.0	0.9	1.8	0.8	3.5
School cafeteria has a salad bar.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	57.7	1.9	1.3	3.2	2.6
No	72.3	1.7	1.5	3.3	3.0
School cafeteria serves two different <u>fresh</u> fruits every day at lunch.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	86.3	1.8	1.3	3.2	2.7
No	13.7	1.9	1.7	3.6	2.9
Did you get to taste any fruits or vegetables in the classroom this year?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	54.3	1.8	1.4	3.2	2.7
No	45.7	2.0	1.4	3.3	2.8

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

ANOVA

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 80: Participation in Growing Fruits and Vegetables in a Garden (N=327)

Thinking of the most recent school year, did you work in a garden at school to help grow fruits or vegetables?

	Percent of Children
	Worked in a school garden to help grow fruits and vegetables in the most recent school year
Total	29.8
Gender	
Males	28.4
Females	30.9
Ethnicity	
White	27.7
African American	33.3
Latino	31.5
Asian/Other	27.4
Food Stamp Status, % FPL	
Participant, ≤ 130%	32.5
Likely Eligible, ≤ 130%	28.2
Potentially Eligible, 131-≤ 185%	22.1
Not Eligible, >185%	30.8
Overweight Status	
Not Overweight	26.1
Overweight/Obese	33.6
Physical Activity	
≥ 60 minutes	32.3
< 60 minutes	27.7
School Breakfast	
Yes	30.8
No	29.5
School Lunch	
Yes	32.0
No	26.6
Nutrition Lesson	
Yes	32.0
No	26.7
Exercise Lesson	
Yes	29.0
No	49.4

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Table 81: Social Norms for Eating Fruits and Vegetables (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Most people in your family think that eating the recommended cups of fruits and vegetables each day is important ¹	Most kids your age think that eating the recommended cups of fruits and vegetables each day is important
Total	75.9	76.2
Gender		
Males	75.1	71.5
Females	76.7	80.3
Ethnicity		
White	76.3	76.8
African American	91.3	87.0
Latino	70.6	72.6
Asian/Other	86.1	82.0
Food Stamp Status, % FPL		
Participant, ≤ 130%	80.9	73.7
Likely Eligible, ≤ 130%	71.9	82.6
Potentially Eligible, 131-≤ 185%	72.3	79.2
Not Eligible, >185%	76.4	74.9
Overweight Status		
Not Overweight	72.1 *	74.9
Overweight/Obese	82.4	76.2
Physical Activity		
≥ 60 minutes	76.6	75.1
< 60 minutes	75.4	77.0
School Breakfast		
Yes	72.2	71.8
No	77.0	77.4
School Lunch		
Yes	76.4	76.3
No	75.3	75.9
Nutrition Lesson		
Yes	80.3 *	80.7 *
No	69.9	69.8
Exercise Lesson		
Yes	76.3	76.9
No	67.5	58.3

¹ Percent of children who reported agreeing a lot.

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

* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 82: Fruit and Vegetable Outcome Expectations (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement: If You Eat Fruits and Vegetables Everyday...			
	Your friends will start eating them too	You will have more energy ¹	You will become stronger ¹	You will think better in class ¹
Total	52.9	92.2	88.1	79.0
Gender				
Males	54.3	92.5	87.2	79.5
Females	51.6	92.0	88.8	78.5
Ethnicity				
White	51.2	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
African American	65.2			
Latino	51.0			
Asian/Other	57.5			
Food Stamp Status, % FPL				
Participant, ≤ 130%	58.7	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	87.3
Likely Eligible, ≤ 130%	61.5			77.8
Potentially Eligible, 131-≤ 185%	41.3			78.5
Not Eligible, >185%	51.9			77.7
Overweight Status				
Not Overweight	49.6	92.3	90.5*	75.3
Overweight/Obese	58.7	92.0	82.4	83.5
Physical Activity				
≥ 60 minutes	53.0	92.5	88.0	83.4
< 60 minutes	52.7	92.0	88.1	75.3
School Breakfast				
Yes	61.8	94.5	91.4	78.7
No	50.3	91.6	87.1	79.0
School Lunch				
Yes	54.5	91.0	88.7	77.8
No	50.5	94.0	87.2	80.7
Nutrition Lesson				
Yes	55.1	93.5	90.1	81.7
No	49.7	90.4	85.2	75.2
Exercise Lesson				
Yes	52.6	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis	Insufficient Sample size for Analysis
No	58.5			

¹ Percent of children who reported agreeing a lot.

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

* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 83: Availability of Fruits and Vegetables in the Home (N=327)

Thinking of your own home, tell me if the following statements are always true, sometimes true or never true.

	Percent of Children in Agreement: Your Home Always Has...			
	Lots of fruit to eat that you like	Lots of vegetables to eat that you like	Fruits kept out where you can get them	Vegetables cut up and ready-to-eat where you can get them
Total	57.0	45.4	61.7	21.6
Gender				
Males	56.4	43.5	60.4	22.1
Females	57.4	47.0	62.9	21.3
Ethnicity				
White	61.0	42.6	64.0	17.2*
African American	50.0	62.5	50.0	45.8
Latino	54.9	44.7	64.0	22.8
Asian/Other	57.5	46.8	54.3	18.3
Food Stamp Status, % FPL				
Participant, ≤ 130%	58.3	27.5**	66.0	32.1
Likely Eligible, ≤ 130%	51.1	54.6	47.9	27.5
Potentially Eligible, 131-≤ 185%	59.4	65.9	72.1	13.1
Not Eligible, >185%	57.5	43.6	62.0	20.0
Overweight Status				
Not Overweight	55.5	46.5	60.1	18.8
Overweight/Obese	57.7	45.5	67.3	23.5
Physical Activity				
≥ 60 minutes	67.4***	45.5	64.6	27.5*
< 60 minutes	48.4	45.3	59.3	16.8
School Breakfast				
Yes	50.9	44.0	61.3	21.7
No	58.7	45.7	61.9	21.6
School Lunch				
Yes	51.1*	42.8	63.7	23.2
No	65.3	49.1	58.9	19.4
Nutrition Lesson				
Yes	62.7*	45.4	60.7	20.6
No	49.0	45.4	63.2	23.1
Exercise Lesson				
Yes	57.7	44.5	62.3	20.4**
No	38.8	67.8	48.8	53.0

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

* p<.05

** p<.01

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 84: Self-Efficacy Related to Eating the Recommended Amounts of Fruits and Vegetables (N=327)

How confident are you that you can... Would you say not confident, confident, or very confident?

	Percent of Children Reporting They Are Very Confident that They Can...		
	Eat the recommended cups of fruits each day	Eat the recommended cups of vegetables each day	Eat the recommended cups of fruits and vegetables each day
Total	52.9	44.7	34.1
Gender			
Males	57.7	45.5	36.1
Females	48.7	44.0	32.4
Ethnicity			
White	51.7	37.7	30.5
African American	75.0	45.8	29.2
Latino	51.8	47.5	38.7
Asian/Other	50.2	51.1	29.5
Food Stamp Status, % FPL			
Participant, ≤ 130%	65.2	66.4 *	30.0
Likely Eligible, ≤ 130%	55.1	50.1	39.0
Potentially Eligible, 131-≤ 185%	57.3	44.4	41.1
Not Eligible, >185%	49.5	39.9	32.8
Overweight Status			
Not Overweight	54.7	43.0	29.0 *
Overweight/Obese	48.2	47.6	40.6
Physical Activity			
≥ 60 minutes	57.3	49.2	36.1
< 60 minutes	49.2	41.0	32.4
School Breakfast			
Yes	56.3	49.0	50.9 ***
No	51.9	43.5	29.3
School Lunch			
Yes	56.3	46.0	36.6
No	48.0	42.8	30.5
Nutrition Lesson			
Yes	55.8	48.9	30.5
No	48.8	38.9	39.2
Exercise Lesson			
Yes	51.7 *	44.6	34.2
No	82.9	48.9	30.5

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

Chi Square Test

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 84a: Self-Efficacy Related to Asking and Shopping for Fruits and Vegetables (N=327)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement: I Think I Can...							
	Write my favorite fruit or vegetable on the family's shopping list	Ask someone in my family to buy my favorite fruit or vegetable	Go shopping with my family for my favorite fruit or vegetable	Pick out my favorite fruit or vegetable at the store and put it in the shopping basket	Ask someone in my family to make my favorite vegetable dish for dinner	Ask someone in my family to serve my favorite fruit at dinner	Ask someone in my family to have fruits and fruit juices out where I can reach them	Ask someone in my family to have cut up vegetables out where I can reach them
Total	69.8	77.3	70.2	57.9	61.0	63.8	78.3	68.9
Gender								
Males	66.2	73.9	66.0	58.4	56.6	58.5*	78.0	65.9
Females	73.0	80.3	73.8	57.4	64.9	68.5	78.6	71.6
Ethnicity								
White	68.9	80.8	70.8	57.4	64.3	66.4	79.3	64.9
African American	69.6	75.0	79.2	66.7	65.2	66.7	83.3	75.0
Latino	70.5	75.7	65.8	59.2	56.8	56.8	76.4	72.2
Asian/Other	69.9	75.8	78.8	51.1	65.4	79.5	80.1	65.3
Food Stamp Status, % FPL								
Participant, ≤ 130%	73.5	83.4	78.0	60.2	60.9	60.8	64.4*	70.6
Likely Eligible, ≤ 130%	77.8	65.7	75.4	68.7	64.1	65.5	72.1	71.6
Potentially Eligible, 131-≤ 185%	59.8	78.6	63.5	39.8	52.9	62.2	89.4	67.2
Not Eligible, >185%	69.2	78.3	68.8	58.2	61.7	64.3	80.3	68.4
Overweight Status								
Not Overweight	66.9	77.4	72.1	55.6	58.6	61.6	75.5	68.6
Overweight/Obese	73.5	76.4	67.1	61.6	66.2	67.2	81.8	69.9
Physical Activity								
≥ 60 minutes	73.9	78.2	77.1*	58.8	64.9	62.6	80.8	75.5*
< 60 minutes	66.5	76.6	64.4	57.1	57.8	64.9	76.3	63.5
School Breakfast								
Yes	74.2	76.3	71.3	57.4	68.4	69.6	79.8	67.0
No	68.6	77.6	69.9	58.0	59.0	62.2	77.9	69.5
School Lunch								
Yes	68.3	76.3	69.6	55.7	61.1	65.8	79.6	72.2
No	72.1	78.8	71.0	61.0	60.9	61.0	76.4	64.3
Nutrition Lesson								
Yes	70.3	80.9	74.2	58.7	61.6	66.4	79.7	69.3
No	69.1	72.3	64.6	56.6	60.2	60.3	76.4	68.4
Exercise Lesson								
Yes	69.3	78.3*	70.0	57.7	61.0	64.0	78.0	69.8
No	82.6	53.5	73.4	62.9	62.7	58.8	86.5	46.2

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

Chi Square Test

* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 84b: Self-Efficacy Related to Seeking Support to Be Physically Active (N=327)

I'll now read a few more statements. For each one you can answer yes or no.

	Percent of Children in Agreement: I Think I Can...						
	Be physically active most days after school	Ask my parent or other adult to do physically active things with me	Ask my parent or other adult to sign me up for a sport, dance, or other physical activity	Ask my best friend to be physically active with me	Ask my parent or other adult to get me the equipment I need to be physically active	Ask my parent or other adult to take me to a physical activity or sport practice	Have the skills I need to be physically active
Total	92.1	90.5	91.7	93.2	91.6	93.2	93.5
Gender							
Males	90.5	90.0	94.1	93.4	89.9	94.5	96.9 *
Females	93.5	90.9	89.6	93.1	93.0	92.1	90.5
Ethnicity							
White	93.5	89.0	96.0	93.7	96.0	92.8	96.5
African American	83.3	100.0	95.8	100.0	91.7	95.8	91.7
Latino	90.3	89.7	89.3	92.3	87.8	92.8	90.0
Asian/Other	98.4	92.5	87.9	92.5	93.8	94.1	98.4
Food Stamp Status, % FPL							
Participant, ≤ 130%	86.7	88.3	91.8	96.5	93.1	95.6	80.7 **
Likely Eligible, ≤ 130%	98.5	89.9	91.0	88.2	88.5	96.6	89.9
Potentially Eligible, 131-≤ 185%	88.2	98.0	92.4	86.0	89.6	92.0	95.2
Not Eligible, >185%	92.5	89.9	91.7	94.8	92.2	92.2	96.2
Overweight Status							
Not Overweight	91.8	90.6	89.4	95.8 **	91.6	93.5	94.9
Overweight/Obese	92.0	90.9	95.1	87.7	90.7	92.6	90.3
Physical Activity							
≥ 60 minutes	92.0	89.9	91.1	92.7	92.7	91.0	97.8 **
< 60 minutes	92.3	91.0	92.1	93.7	90.7	95.0	89.9
School Breakfast							
Yes	86.1 *	89.2	95.4	90.7	87.8	90.3	95.9
No	93.9	90.9	90.6	94.0	92.6	94.0	92.8
School Lunch							
Yes	92.5	91.0	93.3	92.2	90.4	93.0	92.3
No	91.7	89.9	89.3	94.7	93.3	93.4	95.1
Nutrition Lesson							
Yes	95.5 **	92.1	93.6	93.7	97.2 ***	95.6 *	94.9
No	87.5	88.3	89.0	92.5	83.8	89.8	91.5
Exercise Lesson							
Yes	92.1	90.5	91.5	93.0	91.6	93.0	94.7 ***
No	92.2	90.0	96.8	100.0	90.6	98.5	62.6

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 85: Neighborhood Environmental Factors for Physical Activity (N=327)

Thinking about your neighborhood, is there a park, playground, grassy field, or sports field within walking distance of your home?

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Have a park within walking distance of your home	Park closest to your home is safe during the day
Total	77.7	88.7
Gender		
Males	80.6	92.3
Females	75.2	85.5
Ethnicity		
White	78.1	87.4
African American	87.5	91.7
Latino	74.5	88.2
Asian/Other	83.1	92.2
Food Stamp Status, % FPL		
Participant, ≤ 130%	72.8	93.6
Likely Eligible, ≤ 130%	85.8	94.7
Potentially Eligible, 131-≤ 185%	69.4	91.6
Not Eligible, >185%	78.4	86.2
Overweight Status		
Not Overweight	74.7	88.0
Overweight/Obese	82.5	90.0
Physical Activity		
≥ 60 minutes	75.1	88.0
< 60 minutes	79.9	89.3
School Breakfast		
Yes	80.5	93.6
No	76.9	87.3
School Lunch		
Yes	80.6	90.5
No	73.7	86.0
Nutrition Lesson		
Yes	78.8	90.0
No	76.3	86.9
Exercise Lesson		
Yes	78.6	89.8
No	56.3	60.3

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

Chi Square Test

** p<.01