

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 (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?

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