

2007 California Children's Healthy Eating and Exercise Practices Survey

**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, fruit drinks, sports drinks and energy drinks, sweets, high-fat snacks) did you/your child eat/drink in this category?

	Reported Mean Servings			
	All High Calorie, Low Nutrient Foods	Soda and Sweetened Beverages <sup>1</sup>	Sweets <sup>2</sup>	High-Fat Snacks <sup>3</sup>
<b>Total</b>	<b>3.7</b>	<b>1.1</b>	<b>1.7</b>	<b>0.9</b>
<b>Gender</b>				
Males	3.7	1.2	1.6**	0.9
Females	3.7	1.0	1.8	0.8
<b>Ethnicity</b>				
White	3.6	0.9 <sup>a</sup> ***	1.8	0.9
African American	3.8	1.2 <sup>ab</sup>	1.8	0.8
Latino	3.9	1.3 <sup>b</sup>	1.7	0.9
Asian/Other	3.3	0.9 <sup>ab</sup>	1.6	0.8
<b>Food Stamp/FPL</b>				
Food Stamp Participant	3.8 <sup>a</sup> *	1.3	1.6 <sup>ab</sup> ***	0.9
No FS/ ≤130% FPL	3.2 <sup>a</sup>	1.0	1.4 <sup>a</sup>	0.8
No FS/ >130%-≤185% FPL	3.4 <sup>a</sup>	1.1	1.4 <sup>a</sup>	0.8
No FS/ >185% FPL	3.9 <sup>a</sup>	1.1	1.9 <sup>b</sup>	0.9
<b>Overweight Status</b>				
Not Overweight	3.7	1.0	1.8*	0.9
Overweight/Obese	3.6	1.1	1.6	0.9
<b>Physical Activity</b>				
≥ 60 minutes	3.9*	1.1	1.8	1.0*
< 60 minutes	3.5	1.0	1.6	0.8
<b>School Breakfast</b>				
Yes	4.0	1.3**	1.7	0.9
No	3.6	1.0	1.7	0.9
<b>School Lunch</b>				
Yes	3.6	1.2	1.6*	0.8
No	3.8	1.0	1.9	1.0
<b>Nutrition Lesson</b>				
Yes	3.8	1.1	1.7	0.9
No	3.5	1.0	1.7	0.8
<b>Exercise Lesson</b>				
Yes	3.7	1.1	1.7	0.9*
No	3.5	1.3	1.5	0.7

<sup>1</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/ sweetened bottled water.

<sup>2</sup> This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

<sup>3</sup> 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)**

<b>Soda and Sweetened Beverages</b>	<b>Mean Servings</b>
<b>Total</b>	<b>1.1</b>
Regular soda	0.3
Drinkade (Hi-C, Sunny Delight)	0.6
Sports Drink (Gatorade, Powerade)	0.2
Energy Drink (Red Bull, Amp)	<0.1
Flavored, sweetened, bottled water (Clearly Canadian)	0.1
Diet soda	0.1

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**Table 34: Range in Number of Servings of Soda and Sweetened Beverages<sup>1</sup> Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (soda, fruit drinks, sports drinks and energy drinks) did you/your child eat/drink in this category?

	Servings of Sodas and Sweetened Beverages Reported,			
	Percent			
	0 <sup>2</sup>	1	2	3+
<b>Total</b>	<b>47.0</b>	<b>33.0</b>	<b>12.4</b>	<b>7.6</b>
<b>Gender</b>				
Males	42.9	36.9	11.6	8.6
Females	51.0	29.1	13.2	6.6
<b>Ethnicity</b>				
White	50.4	35.7	10.8	3.2
African American	41.1	31.8	15.5	11.6
Latino	41.7	34.0	14.3	10.0
Asian/Other	58.1	24.5	9.1	8.3
<b>Food Stamp/FPL</b>				
Food Stamp Participant	44.9	30.2	10.4	14.5
No FS/ ≤130% FPL	56.4	25.1	12.1	6.3
No FS/ >130%-≤185% FPL	45.5	31.8	14.5	8.3
No FS/ >185% FPL	45.3	35.7	12.3	6.8
<b>Overweight Status</b>				
Not Overweight	48.1	34.9	9.6	7.4
Overweight/Obese	45.1	30.7	16.8	7.4
<b>Physical Activity</b>				
≥ 60 minutes	44.6	34.4	12.9	8.1
< 60 minutes	48.8	31.9	12.0	7.2
<b>School Breakfast</b>				
Yes	47.2	29.1	10.4	13.3
No	46.9	34.1	13.0	6.1
<b>School Lunch</b>				
Yes	46.7	31.4	12.4	9.5
No	47.3	35.6	12.5	4.5
<b>Nutrition Lesson</b>				
Yes	42.5	36.6	15.2	5.7
No	53.0	28.1	8.7	10.2
<b>Exercise Lesson</b>				
Yes	47.3	33.8	12.0	7.0
No	43.0	23.9	18.0	15.1

<sup>1</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

<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<.01

\*\*\* p<.001

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Table 35: Breakdown of the Sweets Reported by California Children (Diary Sample)

Sweets	Mean Servings
<b>Total</b>	<b>1.7</b>
Candy	0.2
Baked goods	0.9
Dairy desserts <sup>1</sup>	0.3
Other sweets <sup>2</sup>	0.3

<sup>1</sup> This includes sweets such as ice cream, frozen yogurt, fudgesicles and custard puddings.

<sup>2</sup> This includes sweets such as popsicles, sherbert, and other miscellaneous sweets such as gelatin, jelly, and syrup.

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**Table 36: Range in the Number of Servings of Sweets<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of sweets did you/your child eat/drink in this category?

	Servings of Sweets Reported, Percent			
	0 <sup>2</sup>	1	2	3+
<b>Total</b>	<b>25.5</b>	<b>33.6</b>	<b>20.6</b>	<b>20.3</b>
<b>Gender</b>				
Males	28.2	34.4	20.8	16.6
Females	22.7	32.9	20.4	24.0
<b>Ethnicity</b>				
White	21.2	33.6	23.6	21.6
African American	24.5	23.5	28.8	23.2
Latino	29.1	32.3	18.8	19.7
Asian/Other	23.8	42.0	16.2	18.1
<b>Food Stamp/FPL</b>				
Food Stamp Participant	34.3	31.7	16.7	17.3
No FS/ ≤130% FPL	38.7	26.2	19.2	15.9
No FS/ >130%-≤185% FPL	33.3	36.5	13.2	17.0
No FS/ >185% FPL	18.9	35.0	23.4	22.7
<b>Overweight Status</b>				
Not Overweight	23.0	35.4	18.3	23.3
Overweight/Obese	27.8	32.4	24.2	15.5
<b>Physical Activity</b>				
≥ 60 minutes	23.2	33.6	21.7	21.4
< 60 minutes	27.2	33.7	19.7	19.4
<b>School Breakfast</b>				
Yes	28.4	34.1	18.6	18.9
No	24.7	33.5	21.1	20.7
<b>School Lunch</b>				
Yes	29.4	32.7	20.8	17.1
No	18.9	35.2	20.2	25.7
<b>Nutrition Lesson</b>				
Yes	24.4	33.6	21.8	20.3
No	26.9	33.7	19.0	20.4
<b>Exercise Lesson</b>				
Yes	25.2	33.2	20.9	20.7
No	28.7	38.8	16.6	15.9

<sup>1</sup> This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

<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<.01

\*\*\* p<.001

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**Table 37: Breakdown of the High-Fat Snacks Reported by California Children  
(Diary Sample)**

<b>High-Fat Snacks</b>	<b>Mean Servings</b>
<b>Total</b>	<b>0.9</b>
Fried potatoes	0.2
Other fried vegetables <sup>1</sup>	<0.1
Chips and crackers	0.7
Other fried foods	<0.1

<sup>1</sup> This excludes fried potatoes.

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**Table 38: Range in Number of Servings of High-Fat Snacks<sup>1</sup> Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of high-fat snacks did you/your child eat/drink in this category?

	Servings of High-Fat Snacks Reported, Percent		
	0 <sup>2</sup>	1	2+
<b>Total</b>	<b>52.8</b>	<b>30.6</b>	<b>16.5</b>
<b>Gender</b>			
Males	50.9	30.6	18.4
Females	54.7	30.6	14.7
<b>Ethnicity</b>			
White	51.0	34.5	14.5
African American	56.9	29.8	13.3
Latino	50.6	30.9	18.4
Asian/Other	61.9	21.6	16.5
<b>Food Stamp/FPL</b>			
Food Stamp Participant	56.4	25.6	18.0
No FS/ ≤130% FPL	55.8	28.2	16.1
No FS/ >130%-≤185% FPL	52.9	33.8	13.4
No FS/ >185% FPL	51.5	31.2	17.3
<b>Overweight Status</b>			
Not Overweight	52.4	31.0	16.6
Overweight/Obese	53.2	28.8	18.0
<b>Physical Activity</b>			
≥ 60 minutes	49.0	32.1	19.0
< 60 minutes	55.9	29.5	14.6
<b>School Breakfast</b>			
Yes	53.1	26.0	20.9
No	52.7	31.9	15.3
<b>School Lunch</b>			
Yes	56.9	27.5	15.7
No	46.1	35.9	18.0
<b>Nutrition Lesson</b>			
Yes	52.1	30.0	17.9
No	53.8	31.5	14.7
<b>Exercise Lesson</b>			
Yes	51.5	31.8	16.7
No	68.7	16.4	14.9

<sup>1</sup> This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash

<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 Chi Square Test

\* p<.05

\*\* p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 39: Range in Number of 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, fruit drinks, sports drinks and energy drinks, sweets, high-fat snacks) did you/your child eat/drink in this category?

	Servings of High Calorie, Low Nutrient Foods Reported,			
	Percent			
	0-1	2-3	4-5	6+
<b>Total</b>	<b>20.4</b>	<b>36.9</b>	<b>26.6</b>	<b>16.1</b>
<b>Gender</b>				
Males	18.9	37.5	28.8	14.7
Females	21.8	36.4	24.4	17.4
<b>Ethnicity</b>				
White	16.8	38.6	31.5	13.2
African American	9.5	45.7	24.9	19.9
Latino	20.4	35.6	26.4	17.6
Asian/Other	32.6	33.9	17.4	16.0
<b>Food Stamp/FPL</b>				
Food Stamp Participant	28.8	32.8	14.2	24.1
No FS/ ≤130% FPL	32.0	33.6	19.0	15.4
No FS/ >130%-≤185% FPL	23.0	36.9	29.1	11.0
No FS/ >185% FPL	15.6	38.4	29.7	16.3
<b>Overweight Status</b>				
Not Overweight	18.3	40.1	25.8	15.7
Overweight/Obese	23.3	31.8	27.7	17.2
<b>Physical Activity</b>				
≥ 60 minutes	16.7	37.9	26.3	19.1
< 60 minutes	23.3	36.1	26.9	13.6
<b>School Breakfast</b>				
Yes	25.9	29.3	23.7	21.0
No	18.9	39.0	27.4	14.7
<b>School Lunch</b>				
Yes	24.2	36.4	22.8	16.6
No	14.0	37.8	33.0	15.2
<b>Nutrition Lesson</b>				
Yes	19.2	35.6	27.8	17.4
No	22.0	38.7	25.0	14.2
<b>Exercise Lesson</b>				
Yes	20.6	37.1	25.8	16.5
No	18.0	35.3	36.0	10.7

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 40: Drinking Soda and Sweetened Beverages<sup>1</sup> and Associations 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?

<b>Soda Consumption</b>	<b>Percent</b>	<b>Mean Servings of Milk</b>
Any Servings of Soda		
Yes	53.0	1.8
No	47.0	1.9

<sup>1</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

ANOVA