

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 42: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)¹

Where did your child get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food from Each Source by Meal					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	82	40	85	76	74	95
School cafeteria	16	56	0	13	8	0
Day care provider or facility/friend's house	0	0	1	1	6	0
Fast food restaurant or food court	0	1	8	1	3	1
Served by fast food at school	0	1	0	♦	0	0
Miscellaneous ²	1	1	5	3	6	1

¹ Reports the responses based on two days.

² Miscellaneous represents four collapsed categories including school vending machine, convenience store, other type of restaurant, and other.

0% represents one-half of one percent or less.

♦ No one represented in cell.

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

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Table 43: Frequency of Eating Lunch in the School Cafeteria during the Past Week (Diary Sample)¹

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent of Children					
	None	Few Times a Month	1-2 Times/ Week	3-4 Times/ Week	5 Times/ Week	
Total	18	11	15	15	40	
Gender						
Males	16	12	13	12	46	**
Females	21	10	18	17	34	
Ethnicity						
White	23	17	20	12	29	***
African American	14	11	9	11	54	
Latino	15	7	13	18	47	
Asian/Other	22	8	13	13	43	
Food Stamp/FPL						
Food Stamp Participant	9	4	1	13	74	***
No FS/ ≤130% FPL	8	4	5	14	68	
No FS/ >130%-≤185% FPL	12	10	14	19	45	
No FS/ >185% FPL	24	14	20	14	27	
Overweight Status						
Not at Risk	22	12	15	14	37	*
At Risk/Overweight	14	10	13	15	47	
Physical Activity						
≥ 60 minutes	18	11	16	13	41	
< 60 minutes	18	11	15	16	40	
School Breakfast						
Yes	5	2	7	11	75	***
No	22	13	17	16	32	
School Lunch						
Yes	2	6	12	20	61	***
No	50	22	22	4	2	
Nutrition Lesson						
Yes	20	9	17	15	39	
No	17	14	14	14	42	
Exercise Lesson						
Yes	19	11	18	14	38	
No	17	12	10	16	45	

¹ Excludes those reporting "no answer" and children attending home school.

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 44: Percentage of Children Who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (Diary Sample)

Does your school usually serve its students breakfast/hot lunches/after-school snacks?

	Percent of Children Reporting that Schools Served		
	Breakfast	Hot Lunch ¹	After-School Snacks
Total	67	94	19
Gender			
Males	71 *	94	17
Females	63	93	22
Ethnicity			
White	56 ***	94	16
African American	83	88	20
Latino	74	95	21
Asian/Other	65	94	24
Food Stamp/FPL			
Food Stamp Participant	91 ***	95	20
No FS/ ≤130% FPL	87	98	24
No FS/ >130%-≤185% FPL	73	94	18
No FS/ >185% FPL	57	93	19
Overweight Status			
Not at Risk	62 **	94	20
At Risk/Overweight	74	93	18
Physical Activity			
≥60 minutes	66	93	20
<60 minutes	67	95	19
School Breakfast			
Yes	98 ***	97	17
No	59	93	20
School Lunch			
Yes	76 ***	98 ***	18
No	51	87	21
Nutrition Lesson			
Yes	63 *	93	20
No	71	95	18
Exercise Lesson			
Yes	64 *	93	19
No	72	96	19

¹ Due to the small number of cases reporting "no/not sure," the ability to have meaningful significance testing is limited. Use caution in interpretation.

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 45: Children Reported Schools with Vending Machines, Fast Food Service, Salad Bars, Bake or Candy Sales, and Teachers Who Reward Students with Candy, Soda, or Chips (Phone Sample)

Does your school have a vending machine with snacks like chips, cookies, or candy that students can use?
 Does your school have a soda vending machine that students can use?
 Does your school cafeteria usually serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?
 Does your school usually have bake sales or candy sales to raise money?
 Does your teacher reward students by giving out treats like candy, cookies, soda, or chips?

	Percent of Children Reporting that Schools Have...					
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Vending Machines with Soda	Cafeteria with a Salad Bar	Bake or Candy Sales to Raise Money	Teachers Who Reward Students with Candy, Soda, or Chips
Total	6	23	11	47	71	58
Gender						
Males	5	22	11	48	75	58
Females	8	24	11	46	68	58
Ethnicity						
White	6	21	7 *	52 ***	67	66
African American	15	13	19	6	78	54
Latino	5	29	10	49	72	61
Asian/Other	6	15	21	45	78	48
Food Stamp/FPL						
Food Stamp Participant	0	22	4	74 **	75	54
No FS/ ≤130% FPL	8	31	13	42	81	52
No FS/ >130%-≤185%	6	17	14	35	70	55
No FS/ >185% FPL	6	24	10	46	69	60
Overweight Status						
Not at Risk	6	25	12	48	69	57
At Risk/Overweight	5	22	9	45	72	59
Physical Activity						
≥ 60 minutes	8	23	11	48	70	59
< 60 minutes	5	24	11	46	73	57
School Breakfast						
Yes	6	17	5	48	64	50
No	6	24	12	47	73	60
School Lunch						
Yes	6	22	9	50	71	58
No	7	26	14	42	71	57
Nutrition Lesson						
Yes	8	24	12	48	71	54
No	4	23	9	46	72	62
Exercise Lesson						
Yes	7	21	11	47	72	55
No	4	28	11	48	70	64

Excludes those reporting "don't know."
 0% represents one-half of one percent or less.

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 46: Frequency of Eating in a Fast Food Restaurant during the Past Week (Phone Sample)

In the past week, about how many times did you eat a meal or snack from a fast food restaurant such as McDonald's, Pizza Hut, Taco Bell, Burger King, KFC, Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
Total	27	31	42
Gender			
Males	29	30	42
Females	26	32	42
Ethnicity			
White	28	37	35
African American	46	21	33
Latino	27	26	46
Asian/Other	13	36	51
Food Stamp/FPL			
Food Stamp Participant	27	27	46
No FS/ ≤130% FPL	21	21	58
No FS/ >130%-≤185% FPL	28	35	37
No FS/ >185% FPL	28	33	39
Overweight Status			
Not at Risk	28	30	42
At Risk/Overweight	26	33	41
Physical Activity			
≥ 60 minutes	27	34	39
< 60 minutes	28	29	44
School Breakfast			
Yes	34	26	40
No	26	32	42
School Lunch			
Yes	25	28	47
No	30	36	33
Nutrition Lesson			
Yes	23	33	44
No	32	29	39
Exercise Lesson			
Yes	25	30	45
No	32	34	34

Excludes those reporting "don't know."

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

* p<.05

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Table 47: Effect of School Breakfast, School Lunch, or Fast Food on Average Servings of Food Types on a Typical Weekday (Diary Sample)

	Percent	Reported Mean Servings Per Day				
		Fruits and Vegetables	Protein	Fluid Milk	Cheese	High Fiber Foods ¹
Fast Food²						
Yes	22	3.0	2.5	1.7 *	1.2 ***	0.7
No	78	3.0	2.3	2.0	0.9	0.7
School Lunch						
Yes	64	3.0	2.3	2.2 ***	1.0	0.7
No	36	3.1	2.4	1.5	0.9	0.7
School Breakfast						
Yes	19	3.5 *	2.5	2.5 ***	1.1	0.9 **
No	81	2.9	2.3	1.8	0.9	0.7

	Percent	Reported Mean Servings Per Day		
		Soda and Sweetened Beverages	Sweets	High-Fat Snacks
Fast Food²				
Yes	22	1.6 ***	1.8	1.2 ***
No	78	1.0	1.7	0.8
School Lunch				
Yes	64	1.2	1.7 *	0.9
No	36	1.0	1.9	0.9
School Breakfast				
Yes	19	1.5 ***	1.8	1.1 **
No	81	1.1	1.7	0.8

¹ High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

² Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 48: Effect of School Breakfast, School Lunch, or Fast Food on Eating Recommended Foods on a Typical Weekday (Diary Sample)

	Percent	Children Who Ate, Percent						
		5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any High Fiber Foods ¹	Ate Recommended Cups of Fruit ²	Ate Recommended Cups of Veggies ²	Ate Recommended Cups of Fruits and Veggies ²
Fast Food³								
Yes	22	14	60	70	39	29 ***	9	4
No	78	12	61	75	38	15	14	5
School Lunch								
Yes	64	14	68 ***	70	39	23 *	11	5
No	36	14	47	72	39	32	8	3
School Breakfast								
Yes	19	17	74 ***	70	48 *	34 *	18 **	10 **
No	81	13	57	71	37	24	8	3

	Percent	Children Who Ate, Percent		
		Any Soda and Sweetened Beverages	Any Sweets	Any High-Fat Snacks
Fast Food³				
Yes	22	52 ***	80	44 ***
No	78	73	77	62
School Lunch				
Yes	64	55	76 **	47
No	36	58	85	51
School Breakfast				
Yes	19	63	82	54
No	81	55	78	47

¹ High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

² Based on the 2005 *Dietary Guidelines for Americans*; Recommendations vary by age, gender, and level of physical activity.

³ Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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