

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 41: Proportion of Children who Reported Eating a Family Meal Together Yesterday (N=327)**

Thinking of your day yesterday, did your family sit down and eat a meal together?

	Reported Family Meal Yesterday, Percent
<b>Total</b>	<b>74.7</b>
<b>Gender</b>	
Males	73.0
Females	76.2
<b>Ethnicity</b>	
White	82.0
African American	77.8
Latino	72.9
Asian/Other	62.5
<b>Food Stamp Status, % FPL</b>	
Participant, ≤ 130%	81.9
Likely Eligible, ≤ 130%	67.6
Potentially Eligible, 131-≤ 185%	85.5
Not Eligible, >185%	73.5
<b>Overweight Status</b>	
Not Overweight	76.2
Overweight/Obese	71.2
<b>Physical Activity</b>	
≥ 60 minutes	77.1
< 60 minutes	72.9
<b>School Breakfast</b>	
Yes	66.7
No	76.7
<b>School Lunch</b>	
Yes	70.7
No	79.6
<b>Nutrition Lesson</b>	
Yes	80.3
No	67.5
<b>Exercise Lesson</b>	
Yes	Insufficient Sample Size for Analysis
No	Insufficient Sample Size for Analysis

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

Chi Square Test

\* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 42: Sources of Food Reported During Weekday Meals and Snacks (N=823)<sup>1</sup>**

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

Food Source	Percent of Children Reporting Food from Each Source by Meal					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	78.8	42.4	89.0	77.0	74.2	93.7
School cafeteria	18.4	54.1	0.1	16.9	8.5	0.3
Day care provider or facility/friend's house	1.0	0.3	0.6	0.7	7.3	1.1
Fast food restaurant or food court	0.5	0.8	5.6	0.1	1.8	0.6
Served by fast food at school	0.1	0.7	♦	0.4	♦	♦
Miscellaneous <sup>2</sup>	1.2	1.7	4.7	5.0	8.1	4.3

<sup>1</sup> Reports the responses based on two days.

<sup>2</sup> Miscellaneous represents collapsed categories including school vending machine, convenience store, other type of restaurant, other family member's house, social event/party, concession stand/vending machine at sporting venue, other at school, friend/trade with friend, and other.

♦ No one represented in cell.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 43: Frequency of Eating School Lunch Served by the Cafeteria During a Typical Week (N=823)<sup>1</sup>**

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					
	None	Few Times a Month	1-2 Times/ Week	3-4 Times/ Week	5 Times/ Week	
<b>Total</b>	<b>16.9</b>	<b>13.8</b>	<b>15.6</b>	<b>10.1</b>	<b>43.6</b>	
<b>Gender</b>						
Males	16.1	12.5	11.0	10.7	49.7	***
Females	17.8	15.0	20.2	9.6	37.4	
<b>Ethnicity</b>						
White	26.2	17.5	17.9	8.7	29.6	***
African American	7.5	3.4	11.8	14.7	62.6	
Latino	10.2	12.3	14.4	9.7	53.4	
Asian/Other	21.3	14.3	15.5	12.9	36.0	
<b>Food Stamp Status, % FPL</b>						
Participant, ≤ 130%	2.0	0.2	5.1	7.3	85.4	***
Likely Eligible, ≤ 130%	5.3	7.1	6.0	10.5	71.2	
Potentially Eligible, 131-≤ 185%	15.0	10.6	9.0	9.6	55.7	
Not Eligible, >185%	22.5	18.2	21.2	10.6	27.5	
<b>Overweight Status</b>						
Not Overweight	20.2	15.3	18.4	10.8	35.4	***
Overweight/Obese	10.6	12.5	12.3	9.1	55.5	
<b>Physical Activity</b>						
≥ 60 minutes	18.4	14.7	17.5	9.5	39.9	
< 60 minutes	15.8	13.0	14.0	10.7	46.5	
<b>School Breakfast</b>						
Yes	0.7	0.8	3.7	7.8	87.0	***
No	21.5	17.4	18.9	10.8	31.3	
<b>School Lunch</b>						
Yes	1.4	4.4	13.3	14.9	66.0	***
No	44.5	30.2	19.7	1.7	3.8	
<b>Nutrition Lesson</b>						
Yes	18.7	15.5	17.3	10.5	38.0	**
No	14.5	11.4	13.2	9.6	51.3	
<b>Exercise Lesson</b>						
Yes	17.0	14.4	16.6	10.4	41.5	***
No	16.1	4.6	1.9	6.3	71.1	

<sup>1</sup> 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<.01

\*\*\* p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 44: Percentage of Children who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (N=823)**

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

	Percent of Children Reporting that Schools Served		
	Breakfast	Hot Lunch <sup>1</sup>	After-School Snacks
<b>Total</b>	<b>69.3</b>	<b>94.5</b>	<b>22.4</b>
<b>Gender</b>			
Males	70.9	96.0	23.2
Females	67.7	93.0	21.7
<b>Ethnicity</b>			
White	59.6 ***	Insufficient Sample Size for Analysis	19.0
African American	86.2		29.5
Latino	78.7		24.6
Asian/Other	54.7		20.6
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	89.0 ***	97.0 *	24.9
Likely Eligible, ≤ 130%	82.5	89.9	24.9
Potentially Eligible, 131-≤ 185%	81.5	97.6	20.2
Not Eligible, >185%	60.0	94.5	22.0
<b>Overweight Status</b>			
Not Overweight	64.7 ***	95.0	19.9
Overweight/Obese	77.5	93.3	25.9
<b>Physical Activity</b>			
≥60 minutes	66.1	94.8	24.7
<60 minutes	71.8	94.3	20.6
<b>School Breakfast</b>			
Yes	96.3 ***	96.3	24.2
No	61.9	94.0	21.9
<b>School Lunch</b>			
Yes	79.0 ***	97.3 ***	23.9
No	53.2	89.9	19.9
<b>Nutrition Lesson</b>			
Yes	68.4	95.7	26.7 ***
No	70.5	92.9	16.6
<b>Exercise Lesson</b>			
Yes	68.9	95.1 **	21.7
No	74.0	87.2	31.2

<sup>1</sup> 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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 45: Children Reporting Schools with Vending Machines, Fast Food, Salad Bars, Bake Sales, Teacher Rewards, After School Food and Beverage Sales, Fresh Produce Available in the Cafeteria, and Fresh Produce Tasting in Classrooms (N=327)**

	Percent of Children Reporting that Schools Have...								
	Vending Machines with Chips and Candy	School Cafeteria with Branded Fast Food	Soda Vending Machines	Cafeteria with a Salad Bar	Bake or Candy Sales to Raise Money	Teachers Who Reward Students with Candy, Soda, or Chips	Soda, Sports Drinks, Chips, Cookies, or Candy to Buy After School	Cafeteria that Serves 2+ Fresh Fruits at Lunch	Fruit or Vegetable Taste Testing in the Classroom
<b>Total</b>	<b>5.9</b>	<b>22.5</b>	<b>10.0</b>	<b>57.7</b>	<b>62.3</b>	<b>47.9</b>	<b>26.0</b>	<b>86.3</b>	<b>54.3</b>
<b>Gender</b>									
Males	7.0	23.0	15.8 ***	60.4	59.4	52.7	29.1	83.7	48.7
Females	4.9	22.1	4.8	55.2	64.8	43.6	23.2	88.7	59.1
<b>Ethnicity</b>									
White		20.4		57.1	56.0	48.6	23.0		57.3 *
African American	Insufficient Sample Size for Analysis	25.0	Insufficient Sample Size for Analysis	50.0	79.2	62.5	41.7	Insufficient Sample Size for Analysis	79.2
Latino		25.5		62.4	67.1	49.4	22.7		47.4
Asian/Other		16.7		46.9	54.8	35.8	36.3		59.0
<b>Food Stamp Status, % FPL</b>									
Participant, ≤ 130%		19.9	16.7 **	39.5	67.8	59.0	21.0	89.9	61.8
Likely Eligible, ≤ 130%	Insufficient Sample Size for Analysis	13.5	2.0	69.7	65.1	49.7	27.8	90.0	64.7
Potentially Eligible, 131-≤ 185%		23.7	23.4	61.1	64.2	45.1	27.4	74.4	48.5
Not Eligible, >185%		24.5	8.1	58.1	60.4	46.0	26.3	86.9	51.8
<b>Overweight Status</b>									
Not Overweight	6.8	27.5 *	9.6	57.9	61.5	47.4	28.3	87.3	55.0
Overweight/Obese	4.9	14.9	11.0	57.8	66.8	49.6	24.0	84.1	52.4
<b>Physical Activity</b>									
≥ 60 minutes	8.2	22.4	9.2	50.6 *	64.1	53.1	26.8	85.8	52.7
< 60 minutes	4.0	22.6	10.6	63.5	60.8	43.6	25.2	86.8	55.7
<b>School Breakfast</b>									
Yes	7.6	14.2	16.2 *	59.1	66.1	49.9	34.1	80.2	53.9
No	5.4	24.8	8.1	57.3	61.2	47.3	23.6	88.1	54.4
<b>School Lunch</b>									
Yes	5.8	20.8	10.7	60.7	63.6	50.3	23.6	86.5	53.1
No	6.0	24.9	8.8	53.2	60.5	44.5	29.5	86.0	56.0
<b>Nutrition Lesson</b>									
Yes	7.2	24.2	9.1	53.6	66.8 *	50.6	26.7	86.1	53.5
No	4.1	20.0	11.2	63.3	56.0	44.1	24.9	86.6	55.6
<b>Exercise Lesson</b>									
Yes	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	57.1	62.4	47.8	26.6	Insufficient Sample Size for Analysis	54.4
No				73.7	59.9	50.6	10.7		52.6

Excludes those reporting "don't know."

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 46: Children who Reported Eating Meals or Snacks from a Fast Food Restaurant or Food Court on a Typical Weekday<sup>1</sup> (N=823)**

Where did your child get the food for [meals/snacks]? Marked fast food restaurant or food court; or served by fast food restaurant at school.

	Ate Any Fast Food, Percent
<b>Total</b>	<b>15.4</b>
<b>Gender</b>	
Males	15.6
Females	15.2
<b>Ethnicity</b>	
White	18.7
African American	10.9
Latino	14.0
Asian/Other	14.2
<b>Food Stamp Status, % FPL</b>	
Participant, ≤ 130%	11.9
Likely Eligible, ≤ 130%	13.9
Potentially Eligible, 131-≤ 185%	14.6
Not Eligible, >185%	16.5
<b>Overweight Status</b>	
Not Overweight	15.2
Overweight/Obese	17.0
<b>Physical Activity</b>	
≥ 60 minutes	16.5
< 60 minutes	14.6
<b>School Breakfast</b>	
Yes	10.7
No	16.7
<b>School Lunch</b>	
Yes	13.4
No	18.7
<b>Nutrition Lesson</b>	
Yes	15.7
No	15.0
<b>Exercise Lesson</b>	
Yes	15.4
No	15.2

<sup>1</sup> Responses include children reporting fast food on day 1 and day 2.

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

Chi Square Test

\* p<.05

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 47: Relationship of School Breakfast, School Lunch, and Fast Food with Average Servings of Food Types on a Typical Weekday (N=823)**

	Percent	Reported Mean Servings Per Day				
		Fruits and Vegetables	Protein	Fluid Milk	Cheese	High Fiber Foods <sup>1</sup>
<b>Fast Food<sup>2</sup></b>						
Yes	15.4	3.1	2.4	1.7	1.1**	0.9
No	84.6	3.1	2.4	1.9	0.9	0.7
<b>School Lunch</b>						
Yes	62.4	3.2	2.3	2.1***	0.9	0.7
No	37.6	3.1	2.5	1.4	0.9	0.8
<b>School Breakfast</b>						
Yes	21.4	3.8***	2.6*	2.4***	1.1*	0.8
No	78.6	3.0	2.3	1.7	0.9	0.7

	Percent	Reported Mean Servings Per Day		
		Sugar-Sweetened Beverages	Sweets	High-Fat Snacks
<b>Fast Food<sup>2</sup></b>				
Yes	15.4	1.3	1.8	1.3***
No	84.6	1.0	1.7	0.8
<b>School Lunch</b>				
Yes	62.4	1.2	1.6*	0.8
No	37.6	1.0	1.9	1.0
<b>School Breakfast</b>				
Yes	21.4	1.3**	1.7	0.9
No	78.6	1.0	1.7	0.9

<sup>1</sup> High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

<sup>2</sup> 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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 48: Relationship of School Breakfast, School Lunch, and Fast Food with Eating Recommended Foods on a Typical Weekday (N=823)

	Percent	Children Who Ate, Percent						
		5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any High Fiber Foods <sup>1</sup>	Ate Recommended Cups of Fruit <sup>2</sup>	Ate Recommended Cups of Veggies <sup>2</sup>	Ate Recommended Cups of Fruits and Veggies <sup>2</sup>
<b>Fast Food<sup>3</sup></b>								
Yes	15.4	15.6	65.1	71.0	36.6	24.6	9.4	6.8
No	84.6	20.0	61.3	71.9	38.9	30.1	11.2	5.1
<b>School Lunch</b>								
Yes	62.4	18.8	69.1 ***	71.0	36.4	29.9	11.8	5.3
No	37.6	20.1	49.9	72.9	42.2	28.1	9.5	5.5
<b>School Breakfast</b>								
Yes	21.4	27.7 **	75.8 ***	80.3 **	36.1	44.4 ***	18.0 **	10.1 **
No	78.6	17.0	58.1	69.4	39.2	25.1	9.0	4.1

	Percent	Children Who Ate, Percent		
		Any Sugar-Sweetened Beverages	Any Sweets	Any High-Fat Snacks
<b>Fast Food<sup>3</sup></b>				
Yes	15.4	66.6 ***	77.5	72.4 ***
No	84.6	50.6	74.0	42.6
<b>School Lunch</b>				
Yes	62.4	53.3	70.6 ***	43.1 **
No	37.6	52.7	81.1	53.9
<b>School Breakfast</b>				
Yes	21.4	52.8	71.6	46.9
No	78.6	53.1	75.3	47.3

<sup>1</sup> High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

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

<sup>3</sup> 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."

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Chi Square Test

\*\* p<.01

\*\*\* p<.001