

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 43: Frequency of Eating School Lunch Served by the Cafeteria During a Typical 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				
	None	Few Times a Month	1-2 Times/Week	3-4 Times/Week	5 Times/Week
Total	17.2	10.8	13.8	14.2	44.0
Gender					
Males	17.7	10.8	12.6	11.2	47.7
Females	16.6	10.8	15.1	17.2	40.3
Ethnicity					
White	21.7	18.7	20.5	11.2	28.0
African American	15.2	9.9	15.2	14.4	45.2
Latino	12.7	5.2	8.3	15.2	58.6
Asian/Other	23.7	12.5	17.1	18.7	27.9
Food Stamp/FPL					
Food Stamp Participant	1.9	4.8	4.8	10.3	78.2
No FS/ ≤130% FPL	7.6	4.3	6.0	10.8	71.3
No FS/ >130%-≤185% FPL	11.9	6.7	10.3	18.2	52.9
No FS/ >185% FPL	22.9	14.2	17.9	15.0	30.0
Overweight Status					
Not Overweight	20.9	11.7	16.5	14.0	36.9
Overweight/Obese	10.7	9.8	10.3	15.4	53.8
Physical Activity					
≥ 60 minutes	22.3	12.6	13.2	13.0	38.9
< 60 minutes	12.5	9.1	14.4	15.4	48.7
School Breakfast					
Yes	2.8	2.0	2.1	7.0	86.0
No	21.1	13.2	17.0	16.2	32.5
School Lunch					
Yes	1.6	2.7	9.0	20.1	66.5
No	45.5	25.4	22.5	3.6	3.1
Nutrition Lesson					
Yes	19.3	10.9	15.0	14.1	40.6
No	14.2	10.6	12.1	14.4	48.6
Exercise Lesson					
Yes	17.6	11.3	14.1	14.3	42.8
No	10.0	3.3	9.6	14.1	62.9

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<.001

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Table 45: Children Reported 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 (Phone Sample)

	Percent of Children Reporting that Schools Have...								
	Vending Machines with Chips and Candy	School Cafeteria with 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
Total	4.1	15.7	5.3	50.7	56.2	43.0	18.6	83.8	51.9
Gender									
Males	3.8	13.2	5.7	53.9	58.0	40.3	14.2 *	83.7	48.7
Females	4.4	18.3	4.8	47.3	54.3	45.9	23.2	83.9	55.3
Ethnicity									
White	Insufficient Sample Size for Analysis	19.3	Insufficient Sample Size for Analysis	46.1	57.1	47.5	18.7	81.5	57.2
African American	Insufficient Sample Size for Analysis	11.1	Insufficient Sample Size for Analysis	52.8	58.3	55.6	30.6	88.6	52.8
Latino	Insufficient Sample Size for Analysis	14.5	Insufficient Sample Size for Analysis	54.9	55.5	39.2	19.1	86.3	50.0
Asian/Other	Insufficient Sample Size for Analysis	12.8	Insufficient Sample Size for Analysis	45.0	55.0	40.0	9.8	76.9	45.2
Food Stamp/FPL									
Food Stamp Participant	Insufficient Sample Size for Analysis	22.2	Insufficient Sample Size for Analysis	58.3 *	55.9	48.8	26.7	93.9	52.8
No FS/ ≤130% FPL	Insufficient Sample Size for Analysis	8.2	Insufficient Sample Size for Analysis	38.5	52.0	45.1	11.6	77.5	43.9
No FS/ >130%-≤185% FPL	Insufficient Sample Size for Analysis	13.2	Insufficient Sample Size for Analysis	61.6	65.2	43.8	27.6	87.0	53.5
No FS/ >185% FPL	Insufficient Sample Size for Analysis	17.6	Insufficient Sample Size for Analysis	50.5	55.4	41.0	17.0	83.0	54.1
Overweight Status									
Not Overweight	4.2	19.0	6.1	52.5	57.5	43.3	19.8	80.9	53.4
Overweight/Obese	4.0	11.3	4.8	44.6	53.2	40.2	16.6	86.2	49.3
Physical Activity									
≥ 60 minutes	2.1	18.9	6.8	48.8	54.8	38.2	17.1	78.3 **	52.7
< 60 minutes	5.8	12.8	3.9	52.3	57.4	47.3	19.8	88.4	51.2
School Breakfast									
Yes	8.7 *	6.8 **	1.7	56.7	66.8 *	49.3	30.8 ***	94.6 **	49.8
No	2.7	18.4	6.4	48.8	53.0	41.2	14.8	80.4	52.6
School Lunch									
Yes	4.3	13.2	3.6 *	54.7 *	62.0 ***	44.9	20.7	86.8 *	53.4
No	3.6	20.7	8.5	42.5	44.1	39.2	14.2	77.1	48.9
Nutrition Lesson									
Yes	5.6	17.9	6.0	53.8	53.4	39.7	17.4	84.5	61.9 ***
No	1.9	12.4	4.2	46.1	60.3	48.1	20.3	82.8	36.8
Exercise Lesson									
Yes	Insufficient Sample Size for Analysis	16.8 *	Insufficient Sample Size for Analysis	51.0	57.1	43.6	17.3 *	84.2	53.4
No	Insufficient Sample Size for Analysis	3.9	Insufficient Sample Size for Analysis	48.1	47.1	37.6	32.0	80.0	36.5

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

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Table 46: Children Reported Eating Meals or Snacks from a Fast Food Restaurant or Food Court on a Typical Weekday¹ (Diary Sample)

Where did you/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 of Children
Total	21.4
Gender	
Males	22.6
Females	20.2
Ethnicity	
White	17.0
African American	20.7
Latino	24.4
Asian/Other	21.3
Food Stamp/FPL	
Food Stamp Participant	22.1
No FS/ ≤130% FPL	23.8
No FS/ >130%-≤185% FPL	22.5
No FS/ >185% FPL	20.4
Overweight Status	
Not Overweight	16.8
Overweight/Obese	28.5
Physical Activity	
≥ 60 minutes	19.9
< 60 minutes	22.8
School Breakfast	
Yes	16.8
No	22.6
School Lunch	
Yes	24.4
No	16.2
Nutrition Lesson	
Yes	20.1
No	23.1
Exercise Lesson	
Yes	20.9
No	28.0

¹ 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

** p<.01

*** p<.001

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Table 47: Effect of School Breakfast, School Lunch, and 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	21.4	2.7**	2.4	2.1	1.1*	0.7*
No	78.6	3.2	2.4	2.0	1.0	0.9
School Lunch						
Yes	62.9	3.1	2.4	2.3***	1.0	0.8**
No	37.1	3.1	2.4	1.5	1.0	1.0
School Breakfast						
Yes	20.9	3.7***	2.5	2.5***	1.0	0.8
No	79.1	3.0	2.4	1.9	1.0	0.9

	Percent	Reported Mean Servings Per Day		
		Soda and Sweetened Beverages	Sweets	High-Fat Snacks
Fast Food²				
Yes	21.4	1.3**	1.7	1.0**
No	78.6	1.0	1.7	0.8
School Lunch				
Yes	62.9	1.1	1.6***	0.8**
No	37.1	1.0	1.9	1.0
School Breakfast				
Yes	20.9	1.2*	1.6	0.8
No	79.1	1.0	1.7	0.9

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