

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 18: Breakdown of the Milk Products Reported by California Children  
(N=823)**

Milk Products	Mean Servings
<b>Total</b>	<b>3.4</b>
Milk <sup>1</sup>	1.9
Cheese	0.9
Dairy Desserts <sup>2</sup>	0.3
Yogurt	0.3

<sup>1</sup> This includes milk, flavored milks, and milkshakes.

<sup>2</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 19: Total Servings of Milk Products Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of milk<sup>1</sup>, cheese, yogurt, and dairy desserts<sup>2</sup> did your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk	Cheese
<b>Total</b>	<b>3.4</b>	<b>1.9</b>	<b>0.9</b>
<b>Gender</b>			
Males	3.5*	2.0***	0.9
Females	3.2	1.7	0.9
<b>Ethnicity</b>			
White	3.4	1.8	1.0 <sup>b</sup> *
African American	3.0	1.7	0.9 <sup>ab</sup>
Latino	3.5	1.9	0.9 <sup>ab</sup>
Asian/Other	3.1	1.9	0.7 <sup>a</sup>
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	3.5	2.0 <sup>ab</sup> **	0.9
Likely Eligible, ≤ 130%	3.6	2.2 <sup>b</sup>	0.9
Potentially Eligible, 131-≤ 185%	3.3	1.9 <sup>ab</sup>	0.9
Not Eligible, >185%	3.3	1.8 <sup>a</sup>	0.9
<b>Overweight Status</b>			
Not Overweight	3.3	1.8	0.9
Overweight/Obese	3.3	1.9	0.9
<b>Physical Activity</b>			
≥60 minutes	3.5	2.0	1.0
<60 minutes	3.2	1.8	0.9
<b>School Breakfast</b>			
Yes	4.0***	2.4***	1.1*
No	3.2	1.7	0.9
<b>School Lunch</b>			
Yes	3.7***	2.1***	0.9
No	2.9	1.4	0.9
<b>Nutrition Lesson</b>			
Yes	3.4	1.8	1.0
No	3.3	1.9	0.8
<b>Exercise Lesson</b>			
Yes	3.4	1.9	0.9
No	3.0	1.7	0.9

<sup>1</sup> This includes milk, flavored milks, and milkshakes.

<sup>2</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 20: Range in Number of Servings of Dairy Desserts Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of dairy desserts<sup>1</sup> did your child eat?

	Servings of Dairy Desserts Reported, Percent	
	0 <sup>2</sup>	0.5+
<b>Total</b>	64.6	35.4
<b>Gender</b>		
Males	66.5	33.5
Females	62.6	37.4
<b>Ethnicity</b>		
White	56.6	43.4
African American	70.0	30.0
Latino	67.3	32.7
Asian/Other	71.5	28.5
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	70.6	29.4
Likely Eligible, ≤ 130%	72.6	27.4
Potentially Eligible, 131-≤ 185%	68.4	31.6
Not Eligible, >185%	60.7	39.3
<b>Overweight Status</b>		
Not Overweight	64.7	35.3
Overweight/Obese	62.2	37.8
<b>Physical Activity</b>		
≥60 minutes	61.8	38.2
<60 minutes	66.8	33.2
<b>School Breakfast</b>		
Yes	59.2	40.8
No	66.0	34.0
<b>School Lunch</b>		
Yes	65.1	34.9
No	63.6	36.4
<b>Nutrition Lesson</b>		
Yes	64.4	35.6
No	64.8	35.2
<b>Exercise Lesson</b>		
Yes	64.7	35.3
No	63.4	36.6

<sup>1</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

<sup>2</sup> Categorized as having less than 0.5 servings.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 21: Range in Number of Servings of Milk Products Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of milk<sup>1</sup>, cheese, yogurt, and dairy desserts<sup>2</sup> did your child eat/drink?

	Servings of Milk Products Reported, Percent		
	0-1	2	3+
<b>Total</b>	<b>14.7</b>	<b>23.4</b>	<b>61.9</b>
<b>Gender</b>			
Males	11.3	23.9	64.8
Females	18.1	22.9	59.0
<b>Ethnicity</b>			
White	13.1	22.4	64.5
African American	21.3	24.5	54.3
Latino	14.0	23.8	62.2
Asian/Other	17.8	23.9	58.3
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	13.7	27.2	59.0
Likely Eligible, ≤ 130%	15.1	13.5	71.4
Potentially Eligible, 131-≤ 185%	9.1	25.9	64.9
Not Eligible, >185%	16.2	24.6	59.1
<b>Overweight Status</b>			
Not Overweight	16.9	21.4	61.8
Overweight/Obese	11.8	26.0	62.2
<b>Physical Activity</b>			
≥60 minutes	10.3	20.1	69.6
<60 minutes	18.3	26.0	55.7
<b>School Breakfast</b>			
Yes	8.4	15.8	75.8
No	16.5	25.5	58.1
<b>School Lunch</b>			
Yes	9.8	21.2	69.1
No	22.9	27.1	49.9
<b>Nutrition Lesson</b>			
Yes	13.6	23.3	63.1
No	16.3	23.6	60.2
<b>Exercise Lesson</b>			
Yes	14.2	23.3	62.5
No	21.1	24.8	54.1

<sup>1</sup> This includes milk, flavored milks, and milkshakes.

<sup>2</sup> This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 22: Range in the Number of Servings of Milk<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

How many servings of milk did your child drink?

For children ages 9-11, the recommended amount of milk is 3 cups per day.<sup>2</sup>

	Servings of Milk Reported, Percent		
	0 <sup>3</sup>	1-2	3+
<b>Total</b>	<b>15.9</b>	<b>64.7</b>	<b>19.5</b>
<b>Gender</b>			
Males	11.5	64.1	24.4
Females	20.2	65.3	14.5
<b>Ethnicity</b>			
White	16.4	64.8	18.8
African American	21.7	62.1	16.2
Latino	14.8	64.2	21.0
Asian/Other	15.7	67.0	17.3
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	9.5	64.8	25.8
Likely Eligible, ≤ 130%	11.1	55.4	33.5
Potentially Eligible, 131-≤ 185%	10.9	71.6	17.4
Not Eligible, >185%	19.3	65.1	15.6
<b>Overweight Status</b>			
Not Overweight	17.6	61.5	20.9
Overweight/Obese	13.9	67.8	18.3
<b>Physical Activity</b>			
≥60 minutes	11.9	67.3	20.9
<60 minutes	19.1	62.6	18.3
<b>School Breakfast</b>			
Yes	5.8	61.4	32.8
No	18.6	65.6	15.8
<b>School Lunch</b>			
Yes	9.5	64.4	26.1
No	26.4	65.1	8.4
<b>Nutrition Lesson</b>			
Yes	15.3	66.4	18.3
No	16.7	62.3	21.0
<b>Exercise Lesson</b>			
Yes	15.1	64.9	19.9
No	24.6	61.4	14.0

<sup>1</sup> This includes milk, flavored milks, and milkshakes.

<sup>2</sup> Based on the 2005 *Dietary Guidelines for Americans*.

<sup>3</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<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 23: Type of Milk Reported by California Children per Typical Weekday for All Eating Occasions (N=823)**

What types of milk did your child drink?

	Type of Milk Consumed <sup>1</sup> , Out of Milk Drinkers <sup>2</sup> , Percent				Out of All Children, Percent who Drank Low Fat Milk <sup>3</sup>
	Nonfat	1%	2%	Whole	
<b>Total</b>	<b>9.2</b>	<b>18.6</b>	<b>49.7</b>	<b>22.5</b>	<b>25.1</b>
<b>Gender</b>					
Males	10.2	21.3	46.9	21.6	31.2 ***
Females	8.2	15.7	52.6	23.5	18.9
<b>Ethnicity</b>					
White	14.7	21.4	46.3	17.6	30.0 **
African American	1.4	15.0	43.0	40.6	18.7
Latino	6.9	16.4	53.5	23.1	22.1
Asian/Other	7.9	20.7	47.1	24.4	25.8
<b>Food Stamp Status, % FPL</b>					
Participant, ≤ 130%	2.7	14.9	41.4	41.0	15.0 ***
Likely Eligible, ≤ 130%	3.2	15.4	53.0	28.3	17.2
Potentially Eligible, 131-≤ 185%	4.7	19.7	46.4	29.2	26.0
Not Eligible, >185%	13.2	19.7	51.0	16.1	28.2
<b>Overweight Status</b>					
Not Overweight	9.7	17.6	48.8	23.9	24.8
Overweight/Obese	8.7	21.1	51.6	18.6	26.6
<b>Physical Activity</b>					
≥60 minutes	12.1	19.7	47.8	20.5	30.1 **
<60 minutes	6.9	17.6	51.2	24.2	21.0
<b>School Breakfast</b>					
Yes	4.2	14.9	52.1	28.7	18.6 *
No	10.7	19.6	49.0	20.7	26.8
<b>School Lunch</b>					
Yes	6.7	16.3	48.5	28.4	23.0 ***
No	13.9	22.7	51.9	11.5	28.4
<b>Nutrition Lesson</b>					
Yes	12.2	18.4	47.7	21.7	26.5 *
No	5.2	18.8	52.4	23.7	23.1
<b>Exercise Lesson</b>					
Yes	9.4	19.4	49.2	21.9	26.3 **
No	6.5	6.5	56.2	30.7	10.3

<sup>1</sup> Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

<sup>2</sup> Milk drinkers includes those reporting more than 0 servings of milk.

<sup>3</sup> Includes those reporting more than 0.5 servings of nonfat and/or 1% milk only.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 24: Children's Belief About the Number of Servings of Milk Needed for Good Health (N=327)**

About how many glasses or servings of milk do you think you should drink each day for good health?

	Servings of Milk Believed Needed, Percent	
	0-2	3+
<b>Total</b>	<b>54.8</b>	<b>45.2</b>
<b>Gender</b>		
Males	56.4	43.6
Females	53.4	46.6
<b>Ethnicity</b>		
White	58.4	41.6
African American	58.3	41.7
Latino	52.6	47.4
Asian/Other	52.2	47.8
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	61.2	38.8
Likely Eligible, ≤ 130%	55.5	44.5
Potentially Eligible, 131-≤ 185%	55.7	44.3
Not Eligible, >185%	53.4	46.6
<b>Overweight Status</b>		
Not Overweight	55.7	44.3
Overweight/Obese	55.7	44.3
<b>Physical Activity</b>		
≥60 minutes	56.3	43.7
<60 minutes	53.5	46.5
<b>School Breakfast</b>		
Yes	52.0	48.0
No	55.6	44.4
<b>School Lunch</b>		
Yes	53.3	46.7
No	56.9	43.1
<b>Nutrition Lesson</b>		
Yes	55.5	44.5
No	53.8	46.2
<b>Exercise Lesson</b>		
Yes	54.8	45.2
No	54.5	45.5

Excludes those reporting "don't know."

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

2007 California Children's Healthy Eating and Exercise Practices Survey

**Table 25: Glasses of Milk Children Believe Are Needed Compared with Reported Milk Consumption (N=327)**

How many servings of milk did your child drink?

About how many glasses or servings of milk do you think you should drink each day for good health?

For children ages 9-11, the recommended amount of milk is 3 cups per day.<sup>1</sup>

Milk Belief <sup>3</sup>	Percent	Servings of Milk <sup>2</sup> Reported, Percent		
		0-1	2	3+
Servings children believe are needed				
0-1	19.6	54.3	29.3	16.4
2	35.2	53.1	28.2	18.8
3+	45.2	44.9	32.8	22.3

<sup>1</sup> Based on the 2005 *Dietary Guidelines for Americans*.

<sup>2</sup> Excludes those reporting "milkshake."

<sup>3</sup> Excludes those reporting "don't know."

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