

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes you/your child spent doing each exercise or activity.

How vigorously did you/your child participate in this exercise or activity?

	Average Minutes of Physical Activity, Percent		
	<30	30-59	≥60
Total	14.7	26.3	59.0
Gender			
Males	12.7	23.4	63.8
Females	16.7	29.2	54.1
Ethnicity			
White	13.8	22.9	63.3
African American	25.7	26.1	48.2
Latino	13.5	27.7	58.8
Asian/Other	16.3	29.5	54.2
Food Stamp/FPL			
Food Stamp Participant	20.4	25.2	54.4
No FS/ ≤130% FPL	13.9	31.1	55.0
No FS/ >130%-≤185% FPL	17.5	25.9	56.6
No FS/ >185% FPL	13.4	25.4	61.2
Overweight Status			
Not Overweight	12.8	23.5	63.8
Overweight/Obese	18.7	29.5	51.8
Physical Activity			
≥ 60 minutes	N/A	N/A	N/A
< 60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	13.6	28.6	57.8
No	15.0	25.7	59.3
School Lunch			
Yes	15.3	27.7	57.0
No	13.8	24.0	62.2
Nutrition Lesson			
Yes	12.6	23.9	63.4
No	17.6	29.5	52.9
Exercise Lesson			
Yes	13.7	25.7	60.6
No	26.7	33.4	39.8

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 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)

Number of minutes you/your child spent doing each exercise or activity.
How vigorously did you/your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes,
	Light	Moderate	Hard	
Total	13.9	27.6	32.7	80.6
Gender				
Males	10.9 ***	31.1 **	38.9 ***	86.6
Females	16.9	24.2	26.5	74.6
Ethnicity				
White	14.3	32.2 ^b *	31.2	85.4
African American	11.1	23.8 ^{ab}	26.1	68.1
Latino	14.9	24.3 ^a	35.0	79.7
Asian/Other	10.9	29.6 ^{ab}	31.4	77.3
Food Stamp/FPL				
Food Stamp Participant	15.0	25.1	29.7	82.0
No FS/ ≤130% FPL	15.3	27.8	32.4	79.0
No FS/ >130%-≤185% FPL	11.9	29.0	26.0	71.1
No FS/ >185% FPL	13.9	27.6	34.9	83.2
Overweight Status				
Not Overweight	14.7	28.7	32.2	81.7
Overweight/Obese	12.8	25.4	33.3	77.8
Physical Activity				
≥ 60 minutes	11.6 **	44.8 ***	59.8 ***	125.4
< 60 minutes	15.7	14.1	11.5	45.0
School Breakfast				
Yes	14.0	27.6	35.4	85.9
No	13.8	27.6	31.9	79.1
School Lunch				
Yes	13.8	25.5 *	34.9 *	80.2
No	14.0	31.2	29.0	81.2
Nutrition Lesson				
Yes	15.1 *	27.1	35.9 **	84.8
No	12.2	28.4	28.3	74.9
Exercise Lesson				
Yes	14.1	27.9	33.7 **	81.9
No	10.9	23.9	19.4	64.8

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 54: Percentage of Children who Met the Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes you/your child spent doing each exercise or activity.
How vigorously did you/your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent	
	<60	≥60
Total	55.8	44.2
Gender		
Males	48.2	51.8
Females	63.3	36.7
Ethnicity		
White	52.6	47.4
African American	60.5	39.5
Latino	56.7	43.3
Asian/Other	58.1	41.9
Food Stamp/FPL		
Food Stamp Participant	58.5	41.5
No FS/ ≤130% FPL	59.5	40.5
No FS/ >130%-≤185% FPL	57.6	42.4
No FS/ >185% FPL	54.0	46.0
Overweight Status		
Not Overweight	53.0	47.0
Overweight/Obese	60.2	39.8
Physical Activity		
≥ 60 minutes	N/A	N/A
< 60 minutes	N/A	N/A
School Breakfast		
Yes	54.1	45.9
No	56.2	43.8
School Lunch		
Yes	57.1	42.9
No	53.6	46.4
Nutrition Lesson		
Yes	51.9	48.1
No	61.0	39.0
Exercise Lesson		
Yes	55.0	45.0
No	65.4	34.6

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<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 55: Mode of Transportation *to* and *from* School on a Typical School Day (Diary Sample)

What was the primary way you/your child got *to school* today?

What was the primary way you/your child got home *from school* today?

Transportation Mode <i>to</i> School	Average Percent
Car/carpool	71.4
School bus	9.3
Walk	16.6
Bicycle	2.7
Transportation Mode <i>from</i> School	Average Percent
Car/carpool	63.5
School bus	11.7
Walk	22.1
Bicycle	2.8

Excludes those reporting "other" and "home school."

Columns may not add up to 100% due to rounding.
Percents averaged over two days.

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Percentage of Children who Reported Walking *to* School, *from* School, and Using an Active Mode of Transportation on a Typical Weekday (Diary Sample)

What was the primary way you/your child got *to school* today?

What was the primary way you/your child got home *from school* today?

	Average Estimated Percent ¹		
	Children who Walked <i>to</i> School	Children who Walked Home <i>from</i> School	Children Using an Active Mode of Transportation <i>to and from</i> School ²
Total	17.2	23.1	16.8
Gender			
Males	18.3	25.7	20.1*
Females	16.1	20.4	13.5
Ethnicity			
White	14.9	20.9	14.0
African American	25.3	31.8	23.1
Latino	17.6	23.7	17.4
Asian/Other	17.9	22.4	18.4
Food Stamp/FPL			
Food Stamp Participant	29.2 ^b ***	34.1 ^{bc} ***	27.0 ^b ***
No FS/ ≤130% FPL	28.0 ^b	36.8 ^c	26.1 ^b
No FS/ >130%-≤185% FPL	13.9 ^a	19.2 ^{ab}	17.7 ^{ab}
No FS/ >185% FPL	13.8 ^a	19.0 ^a	12.8 ^a
Overweight Status			
Not Overweight	16.1	22.1	16.0
Overweight/Obese	16.1	23.0	16.1
Physical Activity			
≥ 60 minutes	20.3*	24.9	20.1*
< 60 minutes	14.6	21.5	14.0
School Breakfast			
Yes	24.3**	31.5**	26.6***
No	15.2	20.7	14.1
School Lunch			
Yes	20.4**	26.4**	19.9**
No	11.5	17.0	11.1
Nutrition Lesson			
Yes	18.1	21.3	16.2
No	16.0	25.6	17.6
Exercise Lesson			
Yes	16.6	22.3*	15.9*
No	25.1	33.6	27.5

¹ Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

² Physically active modes of transportation include walking and bicycling.

Excludes those reporting "other" and "home school."

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 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Physical Education and All Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any physical education (PE) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or PE class?

Thinking of a typical gym or PE class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				Physical Education Classes Per Week, Mean	Time Spent in Physical Education Class, Mean Minutes
	<1	1-2	3-4	5+		
Children Reporting Physical Education Classes	7.6	49.0	23.2	20.2	2.5	40.5
Across All Children	17.8	43.6	20.6	18.0	2.3	35.9

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any physical education (PE) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher? About how often did you have to attend a gym or PE class?

Thinking of a typical gym or PE class, for about how many minutes does this class last when you have it?

	Physical Education Classes Per Week, Mean	Time Spent in Physical Education Class, Mean Minutes
Total	2.3	35.9
Gender		
Males	2.3	33.9 *
Females	2.2	37.9
Ethnicity		
White	2.3	38.0
African American	2.0	34.1
Latino	2.2	34.0
Asian/Other	2.2	37.8
Food Stamp/FPL		
Food Stamp Participant	2.3 ^{ab} *	32.8 ^{ab} ***
No FS/ ≤130% FPL	1.8 ^a	30.1 ^a
No FS/ >130%-≤185% FPL	2.3 ^{ab}	32.8 ^a
No FS/ >185% FPL	2.4 ^b	38.6 ^b
Overweight Status		
Not Overweight	2.4	37.5 **
Overweight/Obese	2.2	33.0
Physical Activity		
≥ 60 minutes	2.3	38.4 **
< 60 minutes	2.2	33.8
School Breakfast		
Yes	2.1	32.8 *
No	2.3	36.7
School Lunch		
Yes	2.2	34.2 **
No	2.3	38.6
Nutrition Lesson		
Yes	2.5 ***	37.5 *
No	1.9	33.6
Exercise Lesson		
Yes	N/A	N/A
No	N/A	N/A

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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 61: Minutes Spent on Sedentary Activities on a Typical Weekday: Television, Video Games, and Computer for Fun (Diary Sample)

How many minutes did you/your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video or Computer Games for Fun, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	80.9	80.0
Gender		
Males	85.3	77.7
Females	76.5	82.3
Ethnicity		
White	75.4 ^{ab} **	84.3 **
African American	90.7 ^{ab}	72.2
Latino	87.7 ^b	76.0
Asian/Other	67.9 ^a	86.1
Food Stamp/FPL		
Food Stamp Participant	90.7	72.2
No FS/ ≤130% FPL	90.7	77.1
No FS/ >130%-≤185% FPL	81.0	77.7
No FS/ >185% FPL	77.0	82.5
Overweight Status		
Not Overweight	77.0 *	81.9
Overweight/Obese	88.6	76.6
Physical Activity		
≥ 60 minutes	78.1	80.9
< 60 minutes	83.0	79.3
School Breakfast		
Yes	84.8	78.1
No	79.8	80.5
School Lunch		
Yes	84.8 *	78.9
No	74.4	81.8
Nutrition Lesson		
Yes	78.0	83.1 *
No	84.8	75.8
Exercise Lesson		
Yes	80.0	80.6
No	91.1	72.6

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).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?
About how many days each week do you think you should exercise or be active?

	Mean ¹		Percent ²
	Minutes of Physical Activity Believed Needed	Days of Physical Activity Believed Needed	Believed >60 Minutes of Physical Activity Needed 7 Days a Week
Total	66.7	5.4	35.6
Gender			
Males	72.4 *	5.6	36.8
Females	61.8	5.3	34.6
Ethnicity			
White	71.1	5.8 ^b **	42.4
African American	46.3	5.1 ^{ab}	26.1
Latino	65.1	5.1 ^a	33.9
Asian/Other	70.1	5.6 ^{ab}	30.1
Food Stamp/FPL			
Food Stamp Participant	57.8 ^a *	5.4	29.5
No FS/ ≤130% FPL	53.5 ^a	5.3	31.4
No FS/ >130%-≤185% FPL	69.7 ^a	5.7	42.1
No FS/ >185% FPL	70.4 ^a	5.4	36.5
Overweight Status			
Not Overweight	68.5	5.4	37.0
Overweight/Obese	65.6	5.5	31.9
Physical Activity			
≥ 60 minutes	73.9 **	5.5	37.1
< 60 minutes	60.7	5.4	34.5
School Breakfast			
Yes	60.3	4.9 **	29.9
No	68.5	5.6	37.3
School Lunch			
Yes	64.2	5.4	38.6
No	70.2	5.4	31.6
Nutrition Lesson			
Yes	67.9	5.6	36.4
No	65.0	5.2	34.6
Exercise Lesson			
Yes	67.9 **	5.7	35.7
No	36.7	5.4	33.8

Excludes those reporting "don't know."

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).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Percentage of Children who Played Sports Outside of Physical Education Classes (Diary Sample)

During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school physical education (PE) or gym class?

	Children who Played Sports Outside of Physical Education, Percent
Total	56.4
Gender	
Males	61.0 **
Females	51.8
Ethnicity	
White	64.8 **
African American	46.7
Latino	51.4
Asian/Other	57.6
Food Stamp/FPL	
Food Stamp Participant	35.0 ***
No FS/ ≤130% FPL	43.9
No FS/ >130%-≤185% FPL	51.2
No FS/ >185% FPL	64.0
Overweight Status	
Not Overweight	58.4
Overweight/Obese	51.5
Physical Activity	
≥ 60 minutes	68.7 ***
< 60 minutes	46.7
School Breakfast	
Yes	45.5 ***
No	59.4
School Lunch	
Yes	51.8 ***
No	64.1
Nutrition Lesson	
Yes	60.4 **
No	51.0
Exercise Lesson	
Yes	N/A
No	N/A

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 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)

Type of exercise, physical activity, or sports in which you/your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls	
1st	Walking	Walking	Walking	
2nd	Running/Jogging	Running/Jogging	Running/Jogging	
3rd	Basketball	Basketball	General Recess	
4th	General Recess	Bicycling	General PE	
5th	Bicycling	General Recess	Playground Equipment	
6th	General PE ¹	Baseball	Skipping/Jumping Rope	
7th	Soccer	General PE	Bicycling	
8th	Playground Equipment ²	Soccer	Playground Games ⁶	
9th	Baseball ³	Tag/Capture the Flag ⁵	Basketball	
10th	General Play ⁴	General Play	Soccer	

Rank	White	African-American	Latino	Asian/Other
1st	Walking	Walking	Walking	Running/Jogging
2nd	Running/Jogging	Running/Jogging	Running/Jogging	Walking
3rd	General Recess	General Recess	Basketball	Basketball
4th	Basketball	Basketball	General Recess	Bicycling
5th	General PE	General PE	Bicycling	General Recess
6th	Bicycling	General Play	Soccer	General PE
7th	Playground Equipment	Skipping/Jumping Rope	General PE	Soccer
8th	Baseball	Calisthenics ⁷	Baseball	Handball
9th	Skipping/Jumping Rope	Playground Games	Tag/Capture the Flag	Playground Equipment
10th	Soccer	Bicycling	General Play	Calisthenics

¹ Physical Education Time

² Playground equipment includes swings, see-saw, bars, slide, etc.

³ Baseball includes catch and playing ball

⁴ General play includes tree climbing, playing with the dog, etc.

⁵ Tag includes tag, capture the flag, hide and seek, etc.

⁶ Playground games include hopscotch, four-square, tetherball, etc.

⁷ Calisthenics includes jumping jacks, push-ups, stretching, etc.

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Diary Sample)

About how often did you have to attend a gym or physical education class?
 Number of minutes you/your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per Week		
None	11.0	69.8
≤ 1	25.1	77.6
2	25.3	86.2
3-4	20.6	80.0
5	18.0	87.1

Excludes those reporting "don't know" how often.

ANOVA

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous Physical Activity , Percent			
	0-2	3-4	5-6	7
Total	22.8	27.4	28.0	21.7
Gender				
Males	18.0	24.9	28.9	28.2
Females	27.7	29.9	27.2	15.2
Ethnicity				
White	19.7	30.3	27.5	22.6
African American	19.1	33.4	33.9	13.6
Latino	21.5	27.7	25.5	25.2
Asian/Other	35.1	17.9	34.7	12.2
Food Stamp/FPL				
Food Stamp Participant	27.0	19.1	27.2	26.6
No FS/ ≤130% FPL	25.5	22.1	26.0	26.4
No FS/ >130%-≤185% FPL	27.6	32.3	20.5	19.6
No FS/ >185% FPL	20.3	28.7	30.6	20.4
Overweight Status				
Not Overweight	20.9	30.2	26.1	22.7
Overweight/Obese	26.2	24.1	29.2	20.6
Physical Activity				
≥ 60 minutes	10.4	20.0	35.8	33.7
< 60 minutes	32.7	33.3	21.8	12.2
School Breakfast				
Yes	18.0	28.4	28.5	25.2
No	24.2	27.2	27.9	20.8
School Lunch				
Yes	22.5	28.1	25.2	24.2
No	23.3	26.3	32.8	17.6
Nutrition Lesson				
Yes	18.5	28.3	29.2	24.0
No	28.7	26.2	26.4	18.6
Exercise Lesson				
Yes	21.6	28.1	28.1	22.1
No	37.9	18.3	27.3	16.5

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 Test

* p<.05

** p<.01

*** p<.001

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 76: Days of Physical Activity Believed Needed Compared with Actual Activity Level (Phone Sample)

About how many days each week do you think you should exercise or be active?

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous Physical Activity, Percent			
		0-2	3-4	5-6	7+
Days Believed Needed					
0-2	7.2	23.3	25.0	36.2	15.5
3-4	18.0	28.2	21.1	35.2	15.5
5-6	31.4	25.4	32.8	30.6	11.2
7+	43.5	20.7	20.4	35.5	23.4

Excludes those reporting "don't know."

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

Chi Square Test

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 79: Percentage of Children who Reported Having a Television in Their Bedroom (Phone Sample)

Do you have a television in your bedroom?

	Television in Bedroom, Percent	
Total	54.2	
Gender		
Males	53.5	
Females	54.7	
Ethnicity		
White	41.1	***
African American	79.2	
Latino	63.3	
Asian/Other	44.3	
Food Stamp/FPL		
Food Stamp Participant	69.2	***
No FS/ ≤130% FPL	74.5	
No FS/ >130%-≤185% FPL	64.2	
No FS/ >185% FPL	45.9	
Overweight Status		
Not Overweight	48.7	*
Overweight/Obese	62.2	
Physical Activity		
≥ 60 minutes	50.3	
< 60 minutes	57.4	
School Breakfast		
Yes	80.3	***
No	46.7	
School Lunch		
Yes	66.2	***
No	37.0	
Nutrition Lesson		
Yes	50.6	
No	59.2	
Exercise Lesson		
Yes	54.4	
No	49.4	

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

Chi Square Test

* p<.05

*** p<.001