

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Exercise Minutes Reported by Children on a Typical Weekday (N=823)

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

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

How vigorously did 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 Status, % FPL			
Participant, ≤ 130%	20.4	25.2	54.4
Likely Eligible, ≤ 130%	13.9	31.1	55.0
Potentially Eligible, 131-≤ 185%	17.5	25.9	56.6
Not Eligible, >185%	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 Reported of Light, Moderate, Vigorous and Total Physical Activity on a Typical Weekday (N=823)

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

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Vigorous	
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 Status, % FPL				
Participant, ≤ 130%	15.0	25.1	29.7	82.0
Likely Eligible, ≤ 130%	15.3	27.8	32.4	79.0
Potentially Eligible, 131-≤ 185%	11.9	29.0	26.0	71.1
Not Eligible, >185%	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 Reported Meeting the Physical Activity Recommendation on a Typical Weekday (N=823)

Number of minutes your child spent doing each exercise or activity.
 How vigorously did your child participate in this exercise or activity?
 For children ages 9-11, 60 minutes of physical activity is recommended daily.¹

	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 Status, % FPL		
Participant, ≤ 130%	58.5	41.5
Likely Eligible, ≤ 130%	59.5	40.5
Potentially Eligible, 131-≤ 185%	57.6	42.4
Not Eligible, >185%	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

¹ Based on the *Dietary Guidelines for Americans, 2005*.

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 (N=823)**

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

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

Transportation Mode <u>to</u> School	Average Percent
Car/carpool	71.4
School bus	9.3
Walk	16.6
Bicycle	2.7

Transportation Mode <u>from</u> 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.

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Table 56: Percentage of Children who Reported Walking *to* School, *from* School, and Using an Active Mode of Transportation on a Typical Weekday (N=823)

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

What was the primary way 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 Status, % FPL			
Participant, ≤ 130%	29.2 ^b ***	34.1 ^{bc} ***	27.0 ^b ***
Likely Eligible, ≤ 130%	28.0 ^b	36.8 ^c	26.1 ^b
Potentially Eligible, 131-≤ 185%	13.9 ^a	19.2 ^{ab}	17.7 ^{ab}
Not Eligible, >185%	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<.005 Source: California Department of Public Health, *Network for a Healthy California*: 2011.

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 (N=823)

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+		
Only Children Reporting Any PE Classes	7.6	49.0	23.2	20.2	2.5	40.5
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.

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE at 3 times a week.

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 (N=823)

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 Status, % FPL		
Participant, ≤ 130%	2.3 ^{ab} *	32.8 ^{ab} ***
Likely Eligible, ≤ 130%	1.8 ^a	30.1 ^a
Potentially Eligible, 131-≤ 185%	2.3 ^{ab}	32.8 ^a
Not Eligible, >185%	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.

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE 3 times a week.

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

Source: California Department of Public Health, *Network for a Healthy California*: 2011.

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 61: Minutes of Screen Time Reported on a Typical Weekday: Television, Video Games, and Computer for Fun (N=823)

How many minutes did 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 <i>Healthy People 2010</i> Guideline for 2 or Fewer Hours of Screen Time, 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 Status, % FPL		
Participant, ≤ 130%	90.7	72.2
Likely Eligible, ≤ 130%	90.7	77.1
Potentially Eligible, 131-≤ 185%	81.0	77.7
Not Eligible, >185%	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 (N=327)

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?
 For children ages 9-11, 60 minutes of physical activity is recommended daily.¹

	Mean		Percent
	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 Status, % FPL			
Participant, ≤ 130%	57.8 ^a *	5.4	29.5
Likely Eligible, ≤ 130%	53.5 ^a	5.3	31.4
Potentially Eligible, 131-≤ 185%	69.7 ^a	5.7	42.1
Not Eligible, >185%	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."

¹ Based on the *Dietary Guidelines for Americans, 2005*.

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). When no pairwise statistical significance exists, the same superscript is used for all categories.

ANOVA

Chi Square Test

* p<.05

** p<.01

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Table 63: Percentage of Children who Played Sports Outside of Physical Education Classes (N=823)

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 Status, % FPL	
Participant, ≤ 130%	35.0 ***
Likely Eligible, ≤ 130%	43.9
Potentially Eligible, 131-≤ 185%	51.2
Not Eligible, >185%	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 Lesson¹	
Yes	N/A
No	N/A

¹ Exercise lesson is defined using this question, so the results are not presented here (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

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Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (N=823)

Type of exercise, physical activity, or sports in which 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.

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Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (N=823)

About how often did you have to attend a gym or physical education class?
Number of minutes 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.

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Table 75: Range in Days per Week that Children Reported Meeting the Physical Activity Guideline of 60 or More Minutes per Day (N=823)

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?

For children ages 9-11, 60 minutes of physical activity is recommended daily.¹

	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 Status, % FPL					
Participant, ≤ 130%	27.0	19.1	27.2	26.6	
Likely Eligible, ≤ 130%	25.5	22.1	26.0	26.4	
Potentially Eligible, 131-≤ 185%	27.6	32.3	20.5	19.6	
Not Eligible, >185%	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."

¹ Based on the *Dietary Guidelines for Americans, 2005*.

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 (N=327)

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?

For children ages 9-11, 60 minutes of physical activity is recommended daily.¹

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."

¹ Based on the *Dietary Guidelines for Americans, 2005*.

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

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Table 79: Percentage of Children who Reported Having a Television in Their Bedroom (N=327)

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 Status, % FPL		
Participant, ≤ 130%	69.2	***
Likely Eligible, ≤ 130%	74.5	
Potentially Eligible, 131-≤ 185%	64.2	
Not Eligible, >185%	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	

Includes television in the child's bedroom or the room where they sleep.

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

Chi Square Test

* p<.05

*** p<.001