

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 2a: Trends in the Total Servings of Fruits and Vegetables Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	3.2	2.9	3.2	3.0	3.1	3.1	-0.3	0.3	-0.2	0.1	0.0	0.0
Gender												
Males	3.2	2.9	3.2	3.0	3.0	3.1	-0.3	0.3	-0.2	0.1	0.1	-0.1
Females	3.1	2.9	3.2	3.1	3.2	3.1	-0.2	0.3	-0.1	0.1	-0.1	0.0
Ethnicity												
White	3.2	2.8	2.8	3.0	3.1	3.1	-0.4	0.1	0.2	0.1	0.0	-0.1
African American	3.4	2.5	4.0	3.1	3.2	3.8	-0.9	1.5	-0.9	0.1	0.6	0.4
Latino	3.3	3.1	3.3	2.9	3.2	3.1	-0.2	0.2	-0.4	0.3	0.0	-0.2
Asian/ Other	2.6	2.9	3.5	3.5	3.1	2.9	0.3	0.6	0.0	-0.4	-0.1	0.3
Food Stamp Status, % FPL												
Participant, ≤ 130%	3.5	3.5	4.3	3.2	3.1	3.3	0.0	0.8	-1.1	0.0	0.2	-0.1
Likely Eligible, ≤ 130%	3.4	3.6	3.8	3.1	3.0	2.9	0.1	0.3	-0.7	-0.1	-0.1	-0.6
Potentially Eligible, 131-≤ 185%	3.9	2.9	3.0	2.4	3.1	3.3	-1.0	0.1	-0.6	0.7	0.1	-0.6
Not Eligible, >185%	2.9	2.7	3.0	3.0	3.2	3.2	-0.2	0.3	0.0	0.1	0.0	0.2
Overweight Status												
Not Overweight	3.3	3.0	3.0	3.0	3.1	3.2	-0.2	-0.1	0.0	0.1	0.1	-0.1
Overweight/Obese	3.0	2.8	3.6	3.0	3.1	3.1	-0.2	0.8	-0.6	0.1	0.1	0.2
Physical Activity												
≥ 60 Minutes	3.6	2.9	3.3	3.3	3.3	3.3	-0.7	0.4	0.0	0.0	0.0	-0.3
<60 Minutes	2.8	2.9	3.1	2.8	3.0	3.0	0.0	0.2	-0.3	0.2	0.0	0.1

Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.)

T-test

* p<.05
** p<.01
*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 2b: Trends in the Total Servings of Fruits and 100% Fruit Juices Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	1.7	1.6	1.8	1.7	1.8	1.9	0.0	0.2	-0.1	0.1	0.1	0.2
Gender												
Males	1.7	1.6	1.8	1.6	1.7	1.9	-0.1	0.2	-0.2	0.1	0.2	0.1
Females	1.6	1.7	1.8	1.8	1.8	1.9	0.1	0.1	0.0	0.1	0.1	0.3
Ethnicity												
White	1.6	1.5	1.6	1.7	1.7	1.8	-0.1	0.0	0.1	0.0	0.1	0.2
African American	1.9	1.3	2.5	1.7	2.0	2.5	-0.7	1.3	-0.8	0.3	0.4	0.5
Latino	1.8	1.8	1.8	1.7	1.8	1.9	0.0	0.0	-0.2	0.2	0.1	0.1
Asian/ Other	1.3	1.7	2.2	2.0	1.7	1.9	0.3	0.6	-0.3	-0.3	0.2	0.5
Food Stamp Status, % FPL												
Participant, ≤ 130%	1.7	1.8	2.6	1.9	1.7	2.0	0.1	0.8	-0.7	-0.2	0.3	0.3
Likely Eligible, ≤ 130%	1.8	2.1	2.4	1.5	1.7	1.6	0.3	0.2	-0.9	0.2	0.0	-0.2
Potentially Eligible, 131-≤ 185%	1.9	1.6	1.7	1.4	1.8	1.9	-0.3	0.0	-0.3	0.4	0.1	0.0
Not Eligible, >185%	1.6	1.6	1.7	1.7	1.8	1.9	0.0	0.1	0.1	0.1	0.1	0.3
Overweight Status												
Not Overweight	1.7	1.8	1.7	1.7	1.8	1.9	0.0	-0.1	0.0	0.1	0.1	0.2
Overweight/Obese	1.5	1.5	2.1	1.6	1.6	1.8	0.0	0.6	-0.5	0.0	0.2	0.3
Physical Activity												
≥ 60 Minutes	2.0	1.7	1.9	1.9	1.9	2.1	-0.4	0.3	0.0	0.0	0.1	0.0
<60 Minutes	1.4	1.6	1.7	1.6	1.6	1.7	0.3	0.1	-0.2	0.1	0.1	0.4

T-test

* p<.05

** p<.01

*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 2c: Trends in the Total Servings of Vegetables, Fried Vegetables, and Salads Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	1.5	1.3	1.4	1.3	1.3	1.2	-0.2	0.1	-0.1	0.0	-0.1	-0.3
Gender												
Males	1.5	1.3	1.4	1.3	1.3	1.2	-0.2	0.1	-0.1	0.0	-0.1	-0.3
Females	1.5	1.2	1.4	1.3	1.4	1.2	-0.3	0.2	-0.1	0.1	-0.1	-0.3
Ethnicity												
White	1.5	1.2	1.2	1.3	1.3	1.2	-0.3	0.0	0.1	0.0	-0.1	-0.3
African American	1.4	1.3	1.4	1.3	1.2	1.3	-0.2	0.2	-0.1	-0.1	0.1	-0.1
Latino	1.5	1.3	1.5	1.3	1.3	1.2	-0.2	0.2	-0.2	0.1	-0.1	-0.3
Asian/ Other	1.3	1.3	1.3	1.5	1.4	1.1	0.0	0.0	0.2	0.0	-0.4	-0.2
Food Stamp Status, % FPL												
Participant, ≤ 130%	1.8	1.7	1.7	1.2	1.4	1.3	-0.1	0.0	-0.5	0.2	-0.1	-0.5
Likely Eligible, ≤ 130%	1.6	1.4	1.5	1.7	1.3	1.2	-0.2	0.0	0.2	-0.4	-0.1	-0.4
Potentially Eligible, 131-≤ 185%	2.0	1.2	1.3	1.0	1.3	1.3	-0.8	0.1	-0.3	0.3	0.0	-0.6
Not Eligible, >185%	1.3	1.2	1.3	1.3	1.4	1.2	-0.2	0.2	-0.1	0.1	-0.2	-0.1
Overweight Status												
Not Overweight	1.5	1.3	1.3	1.3	1.3	1.2	-0.3	0.0	-0.1	0.0	0.0	-0.3
Overweight/Obese	1.4	1.2	1.5	1.3	1.4	1.2	-0.2	0.3	-0.2	0.1	-0.2	-0.2
Physical Activity												
≥ 60 Minutes	1.6	1.3	1.4	1.4	1.4	1.2	-0.3	0.1	0.0	0.0	-0.2	-0.3
<60 Minutes	1.4	1.2	1.3	1.2	1.3	1.2	-0.2	0.1	-0.1	0.1	-0.1	-0.2

Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.)

T-test

* p<.05
** p<.01
*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 4a: Trends in the Servings of Fruits Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	1.1	1.1	1.2	1.2	1.2	1.3	0.0	0.2	0.0	0.0	0.1	0.2
Gender												
Males	1.1	1.0	1.3	1.1	1.1	1.2	-0.1	0.3	-0.2	0.0	0.1	0.1
Females	1.1	1.2	1.2	1.3	1.3	1.5	0.1	0.0	0.1	0.1	0.2	0.4
Ethnicity												
White	1.1	1.0	1.1	1.2	1.3	1.4	-0.1	0.1	0.1	0.0	0.1	0.3
African American	1.1	0.7	1.5	0.9	1.1	1.5	-0.4	0.7	-0.6	0.2	0.4	0.4
Latino	1.1	1.1	1.1	1.1	1.2	1.2	0.0	0.0	0.0	0.1	0.0	0.1
Asian/ Other	0.8	1.1	1.6	1.4	1.2	1.3	0.3	0.6	-0.3	-0.2	0.2	0.5
Food Stamp Status, % FPL												
Participant, ≤ 130%	0.9	1.0	1.2	1.1	1.1	1.3	0.1	0.2	-0.1	0.0	0.2	0.4
Likely Eligible, ≤ 130%	1.2	1.3	1.5	1.0	1.0	1.1	0.1	0.1	-0.5	0.1	0.0	-0.1
Potentially Eligible, 131-≤ 185%	1.3	1.0	1.1	1.0	1.1	1.3	-0.4	0.2	-0.1	0.1	0.2	0.0
Not Eligible, >185%	1.1	1.1	1.2	1.3	1.3	1.4	0.0	0.1	0.1	0.0	0.1	0.3
Overweight Status												
Not Overweight	1.1	1.1	1.1	1.2	1.3	1.4	0.0	-0.1	0.2	0.0	0.1	0.3
Overweight/Obese	1.0	1.0	1.4	1.1	1.1	1.2	-0.1	0.5	-0.4	0.1	0.1	0.2
Physical Activity												
≥ 60 Minutes	1.4	1.0	1.3	1.3	1.3	1.4	-0.3	0.2	0.0	0.0	0.1	0.1
<60 Minutes	0.9	1.1	1.2	1.1	1.1	1.2	0.2	0.1	-0.1	0.1	0.1	0.4

T-test

* p<.05

** p<.01

*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 4b: Trends in the Servings of 100% Juices Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	0.6	0.6	0.6	0.5	0.6	0.6	0.0	0.0	-0.1	0.0	0.0	0.0
Gender												
Males	0.6	0.6	0.6	0.5	0.6	0.7	0.0	-0.1	0.0	0.0	0.1	0.0
Females	0.5	0.5	0.7	0.5	0.5	0.5	0.0	0.1	-0.1	0.0	-0.1	-0.1
Ethnicity												
White	0.5	0.5	0.4	0.5	0.5	0.4	0.0	0.0	0.0	0.0	-0.1	-0.1
African American	0.8	0.5	1.0	0.8	0.9	1.0	-0.3	0.5	-0.2	0.1	0.1	0.2
Latino	0.6	0.7	0.7	0.5	0.6	0.7	0.1	0.0	-0.2	0.1	0.0	0.0
Asian/ Other	0.5	0.6	0.6	0.6	0.5	0.5	0.1	0.0	0.0	-0.1	0.0	0.0
Food Stamp Status, % FPL												
Participant, ≤ 130%	0.8	0.8	1.4	0.8	0.6	0.7	0.0	0.6	-0.6	-0.2	0.1	-0.1
Likely Eligible, ≤ 130%	0.6	0.8	0.9	0.5	0.6	0.6	0.2	0.1	-0.4	0.1	-0.1	-0.1
Potentially Eligible, 131-≤ 185%	0.6	0.7	0.5	0.4	0.7	0.6	0.1	-0.1	-0.1	0.3	-0.1	0.0
Not Eligible, >185%	0.5	0.5	0.5	0.5	0.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Overweight Status												
Not Overweight	0.6	0.6	0.6	0.5	0.5	0.5	0.0	0.0	-0.1	0.1	0.0	-0.1
Overweight/Obese	0.5	0.5	0.6	0.6	0.5	0.6	0.0	0.1	-0.1	0.0	0.1	0.2
Physical Activity												
≥ 60 Minutes	0.5	0.6	0.7	0.6	0.6	0.6	0.1	0.0	-0.1	0.0	0.0	0.1
<60 Minutes	0.7	0.6	0.6	0.5	0.5	0.5	-0.1	0.0	-0.1	0.0	0.0	-0.1

T-test

* p<.05

** p<.01

*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 4c: Trends in the Servings of Vegetables Reported by California Children per Typical Weekday for All Eating Occasions

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
Total	1.2	1.0	1.1	1.1	1.1	1.0	-0.2	0.1	0.0	0.0	-0.1	-0.2
Gender												
Males	1.3	1.1	1.1	1.1	1.1	1.0	-0.2	0.0	0.0	0.0	-0.1	-0.3
Females	1.2	1.0	1.1	1.1	1.1	1.0	-0.2	0.1	0.0	0.0	-0.1	-0.2
Ethnicity												
White	1.3	1.0	1.0	1.1	1.1	1.0	-0.2	0.0	0.1	0.0	-0.1	-0.3
African American	1.3	1.0	1.1	1.1	0.9	1.1	-0.2	0.1	0.0	-0.2	0.2	-0.2
Latino	1.3	1.0	1.2	1.0	1.1	1.0	-0.3	0.2	-0.2	0.1	0.0	-0.2
Asian/ Other	1.1	1.1	1.0	1.2	1.2	0.9	-0.1	-0.1	0.2	0.0	-0.3	-0.3
Food Stamp Status, % FPL												
Participant, ≤ 130%	1.5	1.4	1.4	1.0	1.1	1.0	-0.1	0.0	-0.5	0.2	-0.1	-0.5
Likely Eligible, ≤ 130%	1.3	1.2	1.1	1.3	1.0	1.0	-0.1	-0.1	0.3	-0.3	0.0	-0.3
Potentially Eligible, 131-≤ 185%	1.7	0.9	1.2	0.8	1.0	1.1	-0.8	0.2	-0.4	0.3	0.1	-0.6
Not Eligible, >185%	1.1	0.9	1.0	1.1	1.1	1.0	-0.1	0.1	0.0	0.0	-0.1	-0.1
Overweight Status												
Not Overweight	1.3	1.0	1.0	1.1	1.1	1.0	-0.3	0.0	0.0	0.0	-0.1	-0.3
Overweight/Obese	1.2	1.0	1.2	1.1	1.1	1.0	-0.2	0.2	-0.2	0.0	-0.1	-0.2
Physical Activity												
≥ 60 Minutes	1.4	1.0	1.1	1.2	1.1	1.0	-0.3	0.1	0.1	0.0	-0.1	-0.4
<60 Minutes	1.2	1.0	1.1	1.0	1.0	1.0	-0.2	0.1	-0.1	0.1	0.0	-0.2

Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.)

T-test

* p<.05
** p<.01
*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 8: Trends in the Proportion of Children who Reported Eating the Recommended Five or More Servings of Fruits and Vegetables on a Typical Weekday

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

	Percents						Trend Analysis					
	1999 N=814	2001 N=754	2003 N=632	2005 N=712	2007 N=823	2009 N=856	99-01	01-03	03-05	05-07	07-09	99-09
Total	20.1%	16.0%	20.1%	13.8%	19.3%	18.6%	-4.0	4.0	-6.3	5.5	-0.7	-1.4
Gender												
Males	20.5%	16.4%	20.1%	14.4%	17.9%	18.1%	-4.0	3.6	-5.7	3.5	0.2	-2.4
Females	19.7%	15.6%	20.1%	13.1%	20.7%	19.1%	-4.1	4.5	-7.0	7.6	-1.6	-0.6
Ethnicity												
White	20.0%	13.8%	15.4%	16.9%	17.5%	17.3%	-6.2	1.6	1.5	0.7	-0.2	-2.7
African American	26.2%	8.2%	31.8%	2.3%	19.9%	25.7%	-18.0	23.7	-29.5	17.5	5.8	-0.5
Latino	21.7%	18.8%	22.1%	11.6%	21.5%	18.4%	-3.0	3.3	-10.5	9.9	-3.1	-3.4
Asian/ Other	11.1%	20.9%	19.3%	17.3%	16.1%	19.7%	9.8	-1.6	-2.0	-1.2	3.6	8.6
Food Stamp Status, % FPL												
Participant, ≤ 130%	24.9%	35.1%	50.0%	21.6%	18.3%	24.6%	10.3	14.9	-28.4	-3.3	6.3	-0.3
Likely Eligible, ≤ 130%	22.5%	22.5%	28.1%	16.8%	18.5%	14.4%	0.0	5.6	-11.3	1.7	-4.1	-8.1
Potentially Eligible, 131-≤ 185%	29.0%	12.4%	19.3%	2.2%	16.8%	20.0%	-16.6	6.9	-17.1	14.6	3.2	-9.0
Not Eligible, >185%	16.9%	13.1%	16.4%	14.3%	20.3%	18.7%	-3.8	3.2	-2.1	6.0	-1.5	1.8
Overweight Status												
Not Overweight	19.5%	18.8%	17.4%	14.1%	20.2%	18.6%	-0.6	-1.5	-3.3	6.1	-1.5	-0.8
Overweight/Obese	20.2%	12.5%	25.1%	12.8%	15.9%	19.7%	-7.7	12.6	-12.3	3.1	3.7	-0.5
Physical Activity												
≥ 60 Minutes	26.8%	18.3%	22.3%	16.5%	23.1%	20.7%	-8.6	4.1	-5.8	6.6	-2.4	-6.1
<60 Minutes	14.3%	13.8%	17.5%	11.5%	16.3%	16.7%	-0.5	3.7	-6.0	4.8	0.4	2.3

Z-test

* p<.05
** p<.01
*** p<.001

2005-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 8a: Trends in the Proportion of Children who Reported Eating the Recommended Cups of Fruits and Vegetables on a Typical Weekday

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

For children ages 9-11, the recommended amount of fruits and vegetables was 5 servings and now is 3-5 cups per day. ^{1,2}

	Percents				Trend Analysis		
	2005	2005	2007	2009	05-07	07-09	05-09
	N=712	N=712	N=823	N=856			
Total	13.8%	10.0%	12.4%	11.1%	2.4	-1.3	1.1
Gender							
Males	14.4%	7.2%	8.2%	9.7%	1.0	1.5	2.5
Females	13.1%	12.9%	16.5%	12.4%	3.6	-4.1	-0.5
Ethnicity							
White	16.9%	6.6%	10.7%	5.7%	4.2	-5.0	-0.8
African American	2.3%	8.6%	19.4%	22.4%	10.8	3.0	13.8
Latino	11.6%	12.7%	13.8%	12.9%	1.1	-0.9	0.2
Asian/ Other	17.3%	11.1%	8.7%	12.6%	-2.4	3.9	1.5
Food Stamp Status, % FPL							
Participant, ≤ 130%	21.6%	15.4%	14.2%	17.2%	-1.1	2.9	1.8
Likely Eligible, ≤ 130%	16.8%	16.5%	14.9%	9.1%	-1.5	-5.9	-7.4
Potentially Eligible, 131-≤ 185%	2.2%	2.4%	13.5%	14.7%	11.1	1.1	12.2
Not Eligible, >185%	14.3%	8.6%	11.2%	10.2%	2.6	-1.0	1.6
Overweight Status							
Not Overweight	14.1%	10.1%	11.1%	9.2%	1.0	-2.0	-0.9
Overweight/Obese	12.8%	9.6%	14.7%	14.1%	5.1	-0.6	4.5
Physical Activity							
≥ 60 Minutes	16.5%	6.8%	7.9%	8.4%	1.1	0.5	1.6
<60 Minutes	11.5%	12.6%	16.0%	13.6%	3.4	-2.4	1.0

¹ Based on the recommendation to eat five or more servings of fruits and vegetables every day for good health.

² Based on the 2005 *Dietary Guidelines for Americans*: the recommended cups of fruits and vegetables vary by age, gender, and level of physical activity. Includes the combined total of any fruits and vegetable to meet the total cups guideline.

The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried vegetable serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

Z-test

- * p<.05
- ** p<.01
- *** p<.001

2005-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 8b: Trends in the Proportion of Children who Reported Eating the Recommended Cups of Fruit on a Typical Weekday

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

For children ages 9-11, the recommended amount of fruits was 2 servings and now is 1½-2 cups per day. ^{1,2}

	Percents				Trend Analysis		
	2005	2005	2007	2009	05-07	07-09	05-09
	N=712	N=712	N=823	N=856			
	2 Servings ¹	1½-2 Cups ²	1½-2 Cups ²	1½-2 Cups ²			
Total	40.1%	26.2%	29.2%	30.6%	3.0	1.4	4.5
Gender							
Males	37.8%	24.5%	26.9%	30.5%	2.4	3.6	6.0
Females	42.3%	28.0%	31.6%	30.8%	3.6	-0.8	2.8
Ethnicity							
White	41.0%	25.9%	26.6%	25.5%	0.7	-1.0	-0.4
African American	31.8%	20.0%	38.5%	44.4%	18.5	5.8	24.3
Latino	40.3%	26.3%	31.2%	33.8%	4.9	2.7	7.5
Asian/ Other	41.3%	30.2%	25.3%	24.8%	-4.8	-0.5	-5.3
Food Stamp Status, % FPL							
Participant, ≤ 130%	40.5%	38.4%	29.0%	30.2%	-9.4	1.2	-8.2
Likely Eligible, ≤ 130%	35.6%	20.8%	25.5%	27.2%	4.7	1.7	6.4
Potentially Eligible, 131-≤ 185%	38.5%	18.3%	38.0%	34.1%	19.7	-3.9	15.8
Not Eligible, >185%	41.5%	26.6%	27.9%	31.0%	1.3	3.1	4.4
Overweight Status							
Not Overweight	42.7%	24.4%	29.2%	30.0%	4.8	0.8	5.6
Overweight/Obese	36.6%	28.0%	28.7%	31.4%	0.8	2.6	3.4
Physical Activity							
≥ 60 Minutes	44.2%	22.4%	26.9%	31.4%	4.5	4.5	9.0
<60 Minutes	36.8%	29.3%	31.1%	30.0%	1.8	-1.1	0.7

¹ Based on the recommendation to eat two or more servings of fruit every day for good health.

² Based on the 2005 *Dietary Guidelines for Americans* : the recommended cups of fruits and vegetables vary by age, gender, and level of physical activity.

The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried vegetable serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

Z-test

- * p<.05
- ** p<.01
- *** p<.001

2005-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 8c: Trends in the Proportion of Children who Reported Eating the Recommended Cups of Vegetables on a Typical Weekday

How many servings of each (fruits, vegetables, 100% juices, salads) did your child eat/drink in this category?

For children ages 9-11, the recommended amount of fruits was 3 servings and now is 2-3 cups per day. ^{1,2}

	Percents				Trend Analysis		
	2005	2005	2007	2009			
	N=712	N=712	N=823	N=856	05-07	07-09	05-09
	3 Servings ¹	2-3 Cups ²	2-3 Cups ²	2-3 Cups ²			
Total	9.3%	10.2%	11.0%	8.9%	0.7	-2.1	-1.3
Gender							
Males	8.8%	8.2%	7.5%	6.2%	-0.7	-1.3	-2.0
Females	9.7%	12.3%	14.4%	11.5%	2.1	-2.9	-0.9
Ethnicity							
White	7.5%	8.7%	8.0%	6.4%	-0.7	-1.6	-2.3
African American	4.7%	5.7%	11.9%	13.9%	6.2	2.0	8.3
Latino	9.7%	11.5%	13.6%	10.1%	2.2	-3.5	-1.3
Asian/ Other	16.0%	12.7%	8.7%	8.1%	-4.0	-0.6	-4.6
Food Stamp Status, % FPL							
Participant, ≤ 130%	10.7%	12.3%	17.6%	14.8%	5.3	-2.9	2.4
Likely Eligible, ≤ 130%	16.8%	19.2%	12.3%	9.8%	-6.9	-2.5	-9.4
Potentially Eligible, 131-≤ 185%	5.6%	6.3%	14.7%	15.2%	8.5	0.5	9.0
Not Eligible, >185%	7.7%	8.1%	8.7%	6.6%	0.6	-2.0	-1.5
Overweight Status							
Not Overweight	9.2%	9.4%	9.0%	7.3%	-0.4	-1.7	-2.1
Overweight/Obese	9.5%	11.3%	13.8%	12.3%	2.5	-1.5	1.0
Physical Activity							
≥ 60 Minutes	11.5%	7.5%	5.7%	4.7%	-1.8	-1.0	-2.8
<60 Minutes	7.4%	12.5%	15.1%	12.8%	2.7	-2.3	0.3

¹ Based on the recommendation to eat three or more servings of vegetables every day for good health.

² Based on the 2005 *Dietary Guidelines for Americans* : the recommended cups of fruits and vegetables vary by age, gender, and level of physical activity.

The following assumptions were used to convert servings to cups: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried vegetable serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

Z-test

* p<.05
** p<.01
*** p<.001

2005-2009 California Children's Healthy Eating and Exercise Practices Survey

Table 10a: Trends in the Proportion of Children who Reported Believing that the Recommended Cups of Fruits and Vegetables Are Needed Daily for Good Health

How many total servings of fruits and vegetables do you think you should eat every day for good health?

How many total cups of fruits and vegetables do you think you should eat every day for good health?

For children ages 9-11, the recommended amount of fruits and vegetables was 5 servings and now is 3-5 cups per day. ^{1,2,3}

	Percents				Trend Analysis		
	2005	2005	2007	2009	05-07	07-09	05-09
	N=402	N=402	N=327	N=390			
5 Servings ^{1,2}	3-5 Cups ^{2,3}	3-5 Cups ^{3,4}	3-5 Cups ^{3,4}				
Total	55.6%	65.5%	43.9%	39.5%	-21.6	-4.4	-26.0
Gender							
Males	58.3%	63.2%	39.9%	31.7%	-23.3	-8.2	-31.4
Females	52.5%	68.1%	47.4%	47.7%	-20.7	0.3	-20.4
Ethnicity							
White	49.3%	61.3%	40.4%	36.3%	-21.0	-4.1	-25.1
African American	69.6%	84.0%	41.7%	38.9%	-42.3	-2.8	-45.1
Latino	60.8%	72.2%	44.3%	42.2%	-27.9	-2.2	-30.1
Asian/ Other	48.9%	42.2%	51.4%	38.1%	9.1	-13.3	-4.1
Food Stamp Status, % FPL							
Participant, ≤ 130%	50.0%	84.8%	34.4%	43.4%	-50.4	8.9	-41.5
Likely Eligible, ≤ 130%	63.0%	61.2%	42.2%	30.8%	-19.1	-11.3	-30.4
Potentially Eligible, 131-≤ 185%	54.5%	58.6%	40.8%	35.7%	-17.9	-5.1	-22.9
Not Eligible, >185%	54.5%	64.9%	46.5%	42.7%	-18.5	-3.7	-22.2
Overweight Status							
Not Overweight	50.2%	62.6%	41.0%	37.3%	-21.7	-3.7	-25.3
Overweight/Obese	63.6%	71.2%	48.0%	43.5%	-23.2	-4.6	-27.8
Physical Activity							
≥ 60 Minutes	54.6%	51.4%	33.6%	32.0%	-17.8	-1.6	-19.3
<60 Minutes	56.7%	77.2%	52.4%	46.0%	-24.8	-6.4	-31.2

¹ Based on the recommendation to eat five or more servings of fruits and vegetables every day for good health.

² In 2005, only whole numbers were recorded for both "servings" and "cups" of fruits and vegetables. In subsequent years, half cup portions were allowed to match the fruit and vegetable cup recommendations.

³ Based on the 2005 *Dietary Guidelines for Americans*: the recommended cups of fruits and vegetables vary by age, gender, and level of physical activity.

⁴ In 2007 and 2009, the following statement was added to help children conceptualize the size of a "cup" of fruits and/or vegetables: "A cup is about the size of a baseball or about the size of both your hands cupped together."

Excludes those reporting "don't know."

Z-test

* p<.05

** p<.01

*** p<.001