

2011 California Children's Healthy Eating and Exercise Practices Survey

**Table 100: Personal, Social, and Environmental Factors for Healthy Eating (N=334)**

	Percent of Children			
	Your parents eat high-fat foods like french fries, chips, or desserts	You want to have fruit for an afternoon snack <sup>1</sup>	You help fix fruits, vegetables, or salads for dinner	In the past school week, did you have any lessons about food, nutrition and your health?
	<i>Agree</i>	<i>Agree</i>	<i>Agree</i>	<i>Yes</i>
<b>Total</b>	<b>52.7</b>	<b>73.3</b>	<b>81.3</b>	<b>63.7</b>
<b>Gender</b>				
Boy	53.0	67.1*	76.5*	63.3
Girl	52.5	78.5	85.4	64.1
<b>Ethnicity</b>				
Hispanic	52.6	73.9	84.7**	62.3
Non-Hispanic	53.0	71.4	70.7	67.9
<b>Parent Education</b>				
Less than High School	56.5	73.8	84.6	71.0
High School Graduate	54.9	73.2	83.1	61.4
Some College/Graduate	46.8	73.4	76.2	58.1
<b>Overweight Status</b>				
Not Overweight	49.7	74.8	81.5	70.1*
Overweight/Obese	56.8	72.2	80.8	57.3
<b>Physical Activity</b>				
≥ 60 minutes	54.5	76.6	82.8	68.4*
< 60 minutes	49.6	67.8	78.4	56.0
<b>School Breakfast</b>				
Yes	46.5	52.3***	76.7	40.5***
No	53.6	76.5	81.9	67.1
<b>School Lunch</b>				
Yes	52.9	70.6	79.8	45.8***
No	52.6	74.2	81.8	69.8
<b>Fast Food</b>				
Yes	50.0	86.0*	76.2	73.2
No	53.1	71.4	82.0	62.4
<b>Nutrition Lesson</b>				
Yes	53.1	78.4**	85.0*	N/A
No	51.7	64.7	73.7	N/A

<sup>1</sup> Percent of children who reported agreeing a lot.

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

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2011 California Children's Healthy Eating and Exercise Practices Survey**

**Table 101: Availability of Fruits and Vegetables in the Home (N=334)**

Thinking of your own home, tell me if the following statements are always true, sometimes true or never true.

	<b>Percent of Children in Agreement: Your Home Always Has...</b>			
	<b>Lots of fruit to eat that you like</b>	<b>Lots of vegetables to eat that you like</b>	<b>Fruits kept out where you can get them</b>	<b>Vegetables cut up and ready-to-eat where you can get them</b>
<b>Total</b>	<b>66.7</b>	<b>52.9</b>	<b>69.2</b>	<b>41.7</b>
<b>Gender</b>				
Boy	62.5	52.0	67.3	43.0
Girl	70.2	53.6	70.7	40.6
<b>Ethnicity</b>				
Hispanic	67.9	55.8	70.0	45.6*
Non-Hispanic	63.1	44.0	66.7	30.1
<b>Parent Education</b>				
Less than High School	68.5	57.3	69.5	46.5
High School Graduate	62.0	48.6	73.2	35.2
Some College/Graduate	68.0	51.6	67.2	41.7
<b>Overweight Status</b>				
Not Overweight	65.5	54.1	73.6	46.6
Overweight/Obese	67.2	49.6	66.7	37.1
<b>Physical Activity</b>				
≥ 60 minutes	71.2*	57.4	71.3	44.0
< 60 minutes	59.7	46.6	65.5	38.7
<b>School Breakfast</b>				
Yes	65.9	40.9	59.1	29.5
No	66.8	54.7	70.7	43.6
<b>School Lunch</b>				
Yes	66.7	48.8	64.7	33.3
No	66.7	54.2	70.7	44.5
<b>Fast Food</b>				
Yes	62.8	46.5	69.8	38.1
No	67.2	53.8	69.1	42.2
<b>Nutrition Lesson</b>				
Yes	66.5	56.0	67.9	42.2
No	67.8	47.5	69.7	40.3

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 102: Personal, Social, and Environmental Factors for Physical Activity (N=334)

	Percent of Children					
	You think you're good at most sports	Your family exercises together by doing things like going to the park, playing sports, or riding bikes	How many of your friends do physical activities every day?	Your parents limit the amount of time you spend watching TV or playing video games to less than two hours per day	There are lots of places in my neighborhood where I can do physical activities.	I feel safe doing physical activities outside, in my neighborhood.
	<i>Agree</i>	<i>Agree</i>	<i>Most/All</i>	<i>Yes</i>	<i>Agree</i>	<i>Agree</i>
<b>Total</b>	<b>81.5</b>	<b>78.8</b>	<b>60.3</b>	<b>66.6</b>	<b>81.7</b>	<b>86.5</b>
<b>Gender</b>						
Boy	88.7**	76.5	60.8	68.5	83.6	88.9
Girl	75.3	80.7	59.9	65.0	80.1	84.4
<b>Ethnicity</b>						
Hispanic	82.2	82.2**	60.2	71.5***	85.6**	88.4
Non-Hispanic	79.3	68.7	60.7	51.3	69.9	80.7
<b>Parent Education</b>						
Less than High School	82.4	83.1	62.2	70.3	88.5**	91.6
High School Graduate	79.4	74.3	52.9	67.1	69.0	84.3
Some College/Graduate	81.0	76.2	62.4	62.9	81.9	83.6
<b>Overweight Status</b>						
Not Overweight	79.3	80.1	61.4	67.8	79.6	86.5
Overweight/Obese	77.6	78.2	60.2	62.0	81.7	82.4
<b>Physical Activity</b>						
≥ 60 minutes	82.5	81.8	61.6	68.3	85.6*	89.4
< 60 minutes	79.5	75.9	58.6	63.4	75.4	82.4
<b>School Breakfast</b>						
Yes	88.4	79.1	72.7	63.6	88.6	79.5
No	80.4	78.7	58.4	67.0	80.6	87.5
<b>School Lunch</b>						
Yes	77.6	80.0	60.7	67.9	82.4	82.4
No	82.8	78.4	60.2	66.1	81.5	87.9
<b>Fast Food</b>						
Yes	83.3	73.8	53.7	57.1	66.7**	88.4
No	81.2	79.5	61.3	68.0	83.8	86.2
<b>Nutrition Lesson</b>						
Yes	82.6	81.2	61.1	70.1	82.3	90.0*
No	78.4	73.7	59.0	59.8	79.8	80.5

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2011 California Children's Healthy Eating and Exercise Practices Survey**

**Table 103: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=334)**

<b>Food Preference</b>				
	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
You want to have fruit for an afternoon snack.				
Agree a lot	73.3	1.0	0.8	1.8
All other responses	26.7	0.9	0.6	1.5
<b>Behavioral Capability</b>				
	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
You help fix fruits, vegetables, or salads for dinner.				
Agree	81.3	1.0	0.8 *	1.8
Disagree	18.7	0.8	0.6	1.4
<b>Modeling</b>				
	<b>Percent</b>	<b>Servings of Sugar-Sweetened</b>	<b>Servings of Sweets</b>	<b>Servings of High-Fat</b>
Your parents eat high-fat foods like French fries, chips, or desserts.				
Agree	52.7	1.0	1.3 *	0.3
Disagree	47.3	0.8	0.9	0.3
<b>Availability/Environment</b>				
	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
In your home, there are lots of fruits to eat that you like.				
Always	66.7	1.0	0.8 *	1.8
Sometimes/Never <sup>1</sup>	33.3	0.9	0.6	1.5
In your home, there are lots of vegetables to eat that you like.				
Always	52.9	1.0	0.8	1.7
Sometimes/Never <sup>1</sup>	47.1	0.9	0.7	1.7
In your home, there are fruits kept out in a place where you can get them.				
Always	69.2	1.0	0.8 *	1.8
Sometimes/Never <sup>1</sup>	30.8	0.9	0.6	1.5
In your home, there are vegetables cut up and ready to eat where you can get them.				
Always	41.7	1.1 **	0.8	1.9 *
Sometimes/Never <sup>1</sup>	58.3	0.8	0.7	1.6
<i>Home Availability Scale</i>		<i>.162**</i>	<i>.111*</i>	<i>.167**</i>
	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
Did you sit down and eat a meal together with your family yesterday? (Nutritious Foods)				
Yes	86.2	1.0 **	0.8 *	1.8 ***
No	13.8	0.5	0.6	1.1
	<b>Percent</b>	<b>Servings of Sugar-Sweetened Beverages</b>	<b>Servings of Sweets</b>	<b>Servings of High-Fat Snacks</b>
Did you sit down and eat a meal together with your family yesterday? (High Calorie, Low Nutrient Foods)				
Yes	86.2	0.9	1.1	0.3
No	13.8	1.1	1.1	0.3

<sup>1</sup> The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.

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

ANOVA

*Spearman's rho*

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2011 California Children's Healthy Eating and Exercise Practices Survey**

**Table 104: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=334)**

<b>Behavioral Capability</b>					
	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
You think you are good at most sports					
Agree	81.5	100.5	83.8	64.6	81.5
Disagree	18.5	91.1	91.9	60.0	75.4
Right now, do you play on any sports teams, including any teams run by your school or community group?	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Yes	40.3	112.7 *	75.3	76.3 ***	86.8 *
No	59.7	89.1	90.2	55.4	76.0
<b>Social Norms</b>					
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Agree	78.8	102.1	75.0 ***	66.0	83.9 **
Disagree	21.2	88.2	117.8	57.6	68.7
How many of your friends do physical activities every day?	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Most or All	60.3	94.6	78.9	64.8	83.8
Some or None	39.7	103.5	90.9	61.9	75.4
<b>Availability/Environment</b>					
In the past school week, how many days did you have PE or gym class?	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Any (1-5)	91.5	93.8	84.1	63.3	80.7
None	8.5	119.6	109.8	68.0	73.1
School PE or gym classes meet California mandate of 200 minutes every 10 days.	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Yes	36.1	100.4	86.6	62.4	80.9
No	63.9	96.2	86.0	66.7	79.9
Your parents limit the time you spend watching TV or playing video games to less than two hours a day.	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Yes	66.6	103.1	69.5 ***	66.7	88.2 ***
No	33.4	92.1	111.0	61.7	66.7
Do you have a television in your bedroom?	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Yes	67.8	96.3	84.4	63.8	82.5
No	32.2	103.9	83.5	63.7	77.4
There are lots of places in my neighborhood where I can do physical activities.	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Agree	81.7	103.2	81.0	66.8 *	82.8 *
Disagree	18.3	79.0	96.8	50.8	71.4
I feel safe doing physical activities outside, in my neighborhood.	<b>Percent</b>	<b>Minutes of Physical Activity</b>	<b>Minutes of TV Watching</b>	<b>Percent Who Met Mod/Vig PA Rec (60+ mins)</b>	<b>Percent Who Met TV Watching Rec (≤ 120 mins)</b>
Agree	86.5	101.3	83.6	65.5	81.1
Disagree	13.5	76.9	88.6	51.2	76.7

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

Chi Square Test

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2011 California Children's Healthy Eating and Exercise Practices Survey**

**Table 105: School Environment Factors Among California Children and Associations with Behavioral Theories (N=334)**

<b>Behavioral Capability</b>				
In the past school week, did you have any lessons about food, nutrition and your health?	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
Yes	63.7	2.0	1.6	3.5
No	36.3	1.8	1.4	3.2
<b>Reinforcement</b>				
Your teacher rewards students by giving out treats like candy, cookies, soda, or chips.	<b>Percent</b>	<b>Servings of Sugar-Sweetened Beverages</b>	<b>Servings of Sweets</b>	<b>Servings of High-Fat Snacks</b>
Yes	63.4	1.0	1.3 *	0.3
No	36.6	0.9	0.8	0.4
<b>Availability/Environment</b>				
School usually has bake sales or candy sales to raise money.	<b>Percent</b>	<b>Servings of Sugar-Sweetened Beverages</b>	<b>Servings of Sweets</b>	<b>Servings of High-Fat Snacks</b>
Yes	76.0	1.0 *	1.0	0.3
No	24.0	0.7	1.3	0.3
School cafeteria has a salad bar.	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
Yes	63.9	1.9	1.5	3.4
No	36.1	1.7	1.4	3.1
Did you get to taste any fruits or vegetables in the classroom this year?	<b>Percent</b>	<b>Servings of Fruits</b>	<b>Servings of Vegetables</b>	<b>Servings of Fruits and Vegetables</b>
Yes	58.2	2.2 **	1.5	3.7 *
No	41.8	1.5	1.5	3.0

A box around a group of numbers signifies that differences observed within this group are ANOVA

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