

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 50: Total Servings of High Calorie, Low Nutrient Foods Reported by California Children (N=334)

	Reported Mean Servings		
	High Calorie, Low Nutrient Foods	Sugar-Sweetened Beverages ¹	Sweets ²
Total	2.3	0.9	1.1
Gender			
Boy	2.5	1.1	1.1
Girl	2.2	0.8	1.1
Ethnicity			
Hispanic	2.2	0.9	1.0
Non-Hispanic	2.7	1.1	1.2
Parent Education			
Less than High School	2.4	0.8	1.3
High School Graduate	2.4	1.0	1.0
Some College/Graduate	2.2	1.0	0.9
Overweight Status			
Not Overweight	2.3	1.0	1.0
Overweight/Obese	2.4	1.0	1.0
Physical Activity			
≥ 60 minutes	2.5	1.0	1.2*
< 60 minutes	2.1	0.9	0.9
School Breakfast			
Yes	2.4	1.1	0.9
No	2.3	0.9	1.1
School Lunch			
Yes	2.6	1.1	1.1
No	2.2	0.9	1.1
Fast Food			
Yes	3.3**	1.4**	1.0
No	2.2	0.9	1.1
Nutrition Lesson			
Yes	2.3	0.9	1.1
No	2.4	1.0	1.1

High calorie, low nutrient foods include sugar-sweetened beverages, sweets, and high-fat snacks.

¹ Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured as 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

² Sweets include candy, honey, sugar, and sweet sauces; baked goods such as cakes, cookies, pies, pastries, danish, doughnuts and cobblers; as well as dairy and other miscellaneous frozen and non-frozen desserts like ice cream, frozen yogurt, pudding, popsicles, Jell-O, etc. Servings of dairy are measured as 1 cup-equivalents; grains are measured in ounce-equivalents; and for all other sweets servings are based on FDA serving sizes.

³ High-fat snacks include fried fruits, fried potatoes, fried vegetables, crackers, snack chips, and flavored popcorn. With average intake below a half serving (0.3 servings), high-fat snacks are not displayed as an individual column in the table. Servings of fruits and vegetables are measured as ½ cup-equivalents; grains are measured in ounce-equivalents.

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

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 51: Breakdown of the Sugar-Sweetened Beverages Reported by California Children (N=334)

Types of Sugar-Sweetened Beverages	Mean Servings
Total Sugar-Sweetened Beverages	0.93
Sweetened Soft Drinks	0.28
Sweetened Fruit Drinks	0.35
Sweetened Tea	0.03
Sweetened Coffee/Coffee Substitutes	0.00
Sweetened Water	0.00
Sports Drinks/Sweetened Meal Replacement/Supplement	0.11
Flavored Milks	0.17
Artificially-Sweetened Beverages	0.04
Unsweetened Beverages	1.34
Unsweetened Water/Tap or Bottled Water	1.32

Beverage servings are based on FDA serving sizes which define a serving of soft drink, fruit drink, coffee, tea or meal replacement as 8 fluid ounces. (1 cup-eq)

Dairy servings are generally based on the *Dietary Guidelines for Americans 2005*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1 ½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees. (1 cup-eq)

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range in Number of Servings of Sugar-Sweetened Beverages Reported by California Children (N=334)

	Servings of Sugar-Sweetened Beverages Reported, Percent		
	0 ¹	1	2+
Total	44.9	29.3	25.7
Gender			
Boy	41.2	29.4	29.4
Girl	48.1	29.3	22.7
Ethnicity			
Hispanic	45.6	29.6	24.8
Non-Hispanic	42.9	28.6	28.6
Parent Education			
Less than High School	46.6	32.1	21.4
High School Graduate	33.8	36.6	29.6
Some College/Graduate	48.4	22.7	28.9
Overweight Status			
Not Overweight	50.0	23.0	27.0
Overweight/Obese	38.9	32.5	28.6
Physical Activity			
≥ 60 minutes	45.5	27.8	26.8
< 60 minutes	44.5	30.3	25.2
School Breakfast			
Yes	34.1	29.5	36.4
No	46.6	29.3	24.1
School Lunch			
Yes	37.6	25.9	36.5
No	47.4	30.5	22.1
Fast Food			
Yes	27.9	30.2	41.9
No	47.4	29.2	23.4
Nutrition Lesson			
Yes	48.3	28.2	23.4
No	39.5	30.3	30.3

Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured in 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

¹ 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

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 53: Breakdown of the Sweets Reported by California Children (N=334)

Sweets	Mean Servings
Total	1.09
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers	0.30
Frozen Dairy Desserts	0.11
Frozen Nondairy Desserts	0.05
Pudding and Other Dairy Desserts	0.00
Candy	0.09
Sugar, Syrup, Honey, Jam, Jelly, Preserves, Sweet Sauces, Frosting or Glaze	0.52
Other Desserts (like Jell-O)	0.02

Dairy servings are generally based on the *Dietary Guidelines for Americans 2005*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1 ½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (1 cup-eq)

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (oz-eq)

For all other sweets, servings are based on FDA serving sizes.

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Range in the Number of Servings of Sweets Reported by California Children (N=334)

	Servings of Sweets Reported, Percent		
	0 ¹	1	2+
Total	48.8	26.6	24.6
Gender			
Boy	49.0	26.8	24.2
Girl	48.6	26.5	24.9
Ethnicity			
Hispanic	52.8	25.6	21.6
Non-Hispanic	36.9	29.8	33.3
Parent Education			
Less than High School	51.1	22.1	26.7
High School Graduate	42.3	33.8	23.9
Some College/Graduate	50.8	27.3	21.9
Overweight Status			
Not Overweight	48.6	25.0	26.4
Overweight/Obese	48.4	29.4	22.2
Physical Activity			
≥ 60 minutes	48.8	23.9	27.3
< 60 minutes	47.9	31.1	21.0
School Breakfast			
Yes	47.7	36.4	15.9
No	49.0	25.2	25.9
School Lunch			
Yes	44.7	31.8	23.5
No	50.2	24.9	24.9
Fast Food			
Yes	48.8	23.3	27.9
No	48.8	27.1	24.1
Nutrition Lesson			
Yes	48.3	24.9	26.8
No	49.6	29.4	21.0

Sweets include candy, honey, sugar, and sweet sauces; baked goods such as cakes, cookies, pies, pastries, danish, doughnuts and cobblers; as well as dairy and other miscellaneous frozen and non-frozen desserts like ice cream, frozen yogurt, pudding, popsicles, Jell-O, etc. Servings of dairy are measured as 1 cup-equivalents; grains are measured in ounce-equivalents; and for all other sweets servings are based on FDA serving sizes.

¹ 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

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 55: Breakdown of the High-Fat Snacks Reported by California Children (N=334)

Types of High-Fat Snacks	Mean Servings
Total High-Fat Snacks	0.30
Fried fruit	0.00
Fried potatoes	0.10
Fried vegetables ¹	0.02
Crackers	0.05
Snack chips	0.12
Flavored popcorn	0.01

Fruit servings are defined per the *Dietary Guidelines for Americans 2005* as one medium apple, banana, orange or pear, ½ cup of chopped, cooked, or canned fruit, ¼ of cup dried fruit or ½ cup of fruit juice. Fruit servings include fruit and juice consumed separately (plain) and in fruit salad. Fruit in baked goods is generally excluded from the fruit servings count. (½ cup-eq)

Vegetable servings are defined per the *Dietary Guidelines for Americans 2005* as 1 cup of raw leafy vegetables, ½ cup of other cooked or raw vegetables, or ½ cup of vegetable juice. When multiple forms of a food are available for a given food, the most common form is selected to represent the serving weight for the food, e.g., chopped, sliced, and grated. Vegetable servings include vegetables and vegetable juice consumed separately (plain) and in recipes containing vegetables, e.g., stew, soup, lasagna, pizza, salad, casseroles, commercial entrees. (½ cup-eq)

Grain servings are defined per the *Dietary Guidelines for Americans 2005* as 1 slice of bread (16 grams of flour), 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. (oz-eq)

¹ This excludes fried potatoes.

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Range in Number of Servings of High-Fat Snacks Reported by California Children (N=334)

	Servings of High-Fat Snacks Reported, Percent	
	0 ¹	1+
Total	77.2	22.8
Gender		
Boy	75.0	25.0
Girl	79.0	21.0
Ethnicity		
Hispanic	81.2	18.8
Non-Hispanic	65.1	34.9
Parent Education		
Less than High School	83.2	16.8
High School Graduate	71.8	28.2
Some College/Graduate	74.0	26.0
Overweight Status		
Not Overweight	77.7	22.3
Overweight/Obese	73.6	26.4
Physical Activity		
≥ 60 minutes	77.5	22.5
< 60 minutes	78.0	22.0
School Breakfast		
Yes	68.2	31.8
No	78.5	21.5
School Lunch		
Yes	68.2	31.8
No	80.2	19.8
Fast Food		
Yes	50.0	50.0
No	81.1	18.9
Nutrition Lesson		
Yes	77.9	22.1
No	76.5	23.5

High-fat snacks include fried fruits, fried potatoes, fried vegetables, crackers, snack chips, and flavored popcorn. Servings of fruits and vegetables are measured in 1/2 cup-equivalents; grains are measured in ounce-equivalents.

¹ 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

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 57: Range in Number of Servings of High Calorie, Low Nutrient Foods Reported by California Children (N=334)

	Servings of High Calorie, Low Nutrient Foods Reported, Percent		
	0	1-2	3+
Total	24.0	56.3	19.8
Gender			
Boy	25.2	53.0	21.7
Girl	23.0	58.8	18.2
Ethnicity			
Hispanic	25.5	55.4	19.1
Non-Hispanic	18.6	59.3	22.0
Parent Education			
Less than High School	24.8	58.1	17.1
High School Graduate	16.7	61.1	22.2
Some College/Graduate	26.7	53.5	19.8
Overweight Status			
Not Overweight	24.6	60.5	14.9
Overweight/Obese	21.0	56.0	23.0
Physical Activity			
≥ 60 minutes	24.2	56.7	19.1
< 60 minutes	24.0	54.0	22.0
School Breakfast			
Yes	12.1	66.7	21.2
No	25.7	54.8	19.6
School Lunch			
Yes	17.5	60.3	22.2
No	26.0	55.0	19.0
Fast Food			
Yes	Insufficient Sample Size		
No			
Nutrition Lesson			
Yes	26.9	51.5	21.6
No	18.7	64.8	16.5

High calorie, low nutrient foods include sugar-sweetened beverages, sweets, and high-fat snacks.

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

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 58: Drinking Sugar-Sweetened Beverages¹ and Associations with Milk Consumption Among California Children (N=334)

Sugary Drink Consumption	Percent	Mean Servings of Milk
Reported Any ¹ Sugar-Sweetened Beverages		
Yes	61.1	0.8**
No	38.9	1.1

Servings of milk includes all milk types, but excludes flavored milk.

Sugar-sweetened beverages include soda/soft drinks, fruit drinks, sweetened tea, sweetened coffee/coffee substitutes, sweetened water, sports drinks or sweetened meal replacement/supplement, flavored milks, etc. Servings of beverages are measured in 8 fluid ounce-equivalents; dairy is measured in 1 cup-equivalents.

¹ Coded as those consuming greater than 0.0 servings.

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

ANOVA

* p<.05

** p<.01

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 59: Mean Calories, Excess Calories, and Empty Calories Consumed by California Children (N=334)

	Mean			Percent
	Calories Consumed	Excess Calories Consumed ¹	Empty Calories Consumed ²	Exceed Daily Limit for Empty Calories
Total	1355.5	-142.3	351.6	91.2
Gender				
Boy	1350.1	-259.9***	360.5	91.4
Girl	1360.0	-43.7	344.1	91.1
Ethnicity				
Hispanic	1319.3*	-183.1*	328.9***	89.5
Non-Hispanic	1463.3	-22.4	419.2	96.4
Parent Education				
Less than High School	1336.4	-157.6	334.9	87.6
High School Graduate	1417.2	-95.4	377.8	94.4
Some College/Graduate	1338.0	-154.1	353.7	
Overweight Status				
Not Overweight	1393.8	-107.6	358.8	92.9
Overweight/Obese	1358.8	-128.5	365.1	91.2
Physical Activity				
≥ 60 minutes	1379.5	-118.0	355.5	93.7
< 60 minutes	1329.3	-166.5	350.1	91.3
School Breakfast				
Yes	1379.8	-97.4	347.6	Insufficient Sample Size
No	1351.8	-149.2	352.2	Insufficient Sample Size
School Lunch				
Yes	1509.8**	25.1**	389.3*	98.8**
No	1302.8	-200.2	338.7	88.6
Fast Food				
Yes	1717.9***	201.6***	495.2***	Insufficient Sample Size
No	1301.9	-193.7	330.4	Insufficient Sample Size
Nutrition Lesson				
Yes	1361.1	-134.9	348.8	88.9
No	1342.1	-153.6	356.1	94.9

¹ Calories consumed over the *Dietary Guidelines for Americans 2010* estimated caloric need by age, gender, and level of physical activity. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

² Total empty calories in the combination of calories from solid fat and added sugars. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001