

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Proportion of Children who Reported Eating a Family Meal Together Yesterday (N=334)

Did you sit down and eat a meal together with your family yesterday?

	Reported Family Meal Together Yesterday, Percent
Total	86.2
Gender	
Boy	83.7
Girl	88.3
Ethnicity	
Hispanic	88.0
Non-Hispanic	81.0
Parent Education	
Less than High School	90.1
High School Graduate	87.1
Some College/Graduate	82.0
Overweight Status	
Not Overweight	90.5
Overweight/Obese	80.0
Physical Activity	
≥ 60 minutes	88.5
< 60 minutes	82.4
School Breakfast	
Yes	84.1
No	86.5
School Lunch	
Yes	84.7
No	86.7
Fast Food	
Yes	95.2
No	84.9
Nutrition Lesson	
Yes	90.9
No	79.0

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 62: Frequency of Eating School Lunch Served by the School Cafeteria During a Typical Week (N=334)

In the past school week, how many days did you eat school lunch?

	Days Eating School Lunch in the Past Week, Percent		
	0-2 Days	3-4 Days	5 Days
Total	15.4	20.6	64.0
Gender			
Boy	15.4	14.1	70.5
Girl	15.3	26.1	58.5
Ethnicity			
Hispanic	16.3	21.1	62.6
Non-Hispanic	12.7	19.0	68.4
Parent Education			
Less than High School	18.8	28.1	53.1
High School Graduate	8.7	15.9	75.4
Some College/Graduate	16.1	14.5	69.4
Overweight Status			
Not Overweight	16.0	14.6	69.4
Overweight/Obese	14.8	25.4	59.8
Physical Activity			
≥ 60 minutes	15.9	22.2	61.8
< 60 minutes	15.0	17.7	67.3
School Breakfast			
Yes	4.5	20.5	75.0
No	17.1	20.6	62.3
School Lunch			
Yes	14.3	25.0	60.7
No	15.8	19.1	65.1
Fast Food			
Yes	14.6	14.6	70.7
No	15.5	21.5	63.0
Nutrition Lesson			
Yes	16.3	21.3	62.4
No	13.7	19.7	66.7

Excludes those reporting "don't know."

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

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 63: Children Reporting Schools with Salad Bars in the Cafeteria, Bake Sales, Teacher Rewards, and Fresh Produce Tasting in Classrooms (N=334)

	Percent of Children Reporting that Schools Have...			
	Cafeteria with a Salad Bar	Bake or Candy Sales to Raise Money	Teachers who Reward Students with Candy, Soda, or Chips	Fruit or Vegetable Taste Testing in the Classroom
Total	63.9	76.0	63.4	58.2
Gender				
Boy	64.9	72.1	60.3	61.3
Girl	63.1	79.2	65.9	55.6
Ethnicity				
Hispanic	63.3	77.6	62.4	59.6
Non-Hispanic	65.8	71.3	66.3	53.8
Parent Education				
Less than High School	68.0	83.7*	72.1*	71.0***
High School Graduate	63.2	69.1	61.4	53.5
Some College/Graduate	60.5	71.8	55.7	46.8
Overweight Status				
Not Overweight	61.4	75.9	61.5	62.8*
Overweight/Obese	64.5	73.6	63.4	50.4
Physical Activity				
≥ 60 minutes	68.2*	81.4**	63.1	65.7***
< 60 minutes	56.8	66.4	62.8	44.4
School Breakfast				
Yes	63.6	80.5	53.8	48.8
No	63.9	75.4	64.7	59.6
School Lunch				
Yes	67.5	73.5	55.6	46.4*
No	62.7	76.9	66.0	62.2
Fast Food				
Yes	66.7	78.0	64.3	50.0
No	63.5	75.7	63.3	59.4
Nutrition Lesson				
Yes	61.4	76.1	66.2	68.6***
No	67.5	75.7	59.1	39.5

Excludes those reporting "don't know."

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 64: Children who Reported Eating Any Fast Food Yesterday (N=334)

Reported location where meals/snacks were eaten (NDSR).

	Ate Any Fast Food Yesterday, Percent
Total	12.9
Gender	
Boy	15.7
Girl	10.5
Ethnicity	
Hispanic	10.8
Non-Hispanic	19.0
Parent Education	
Less than High School	7.6*
High School Graduate	19.7
Some College/Graduate	14.1
Overweight Status	
Not Overweight	13.5
Overweight/Obese	13.5
Physical Activity	
≥ 60 minutes	12.4
< 60 minutes	13.4
School Breakfast	
Yes	6.8
No	13.8
School Lunch	
Yes	10.6
No	13.7
Nutrition Lesson	
Yes	14.4
No	9.2

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 65: Relationship of School Breakfast, School Lunch, and Fast Food with Eating Recommended Foods (N=334)

	Percent	Percent Eating Recommended Servings						
		Fruits and Vegetables (5+ Servings)	Fruits and Vegetables (3-5 cup-eq)	Fruits (1½-2 cup-eq)	Vegetables (1½-3 cup-eq)	Whole Grains (2½-3½ oz-eq)	Dairy (2½-3 cup-eq)	Protein Foods (4-6 oz-eq)
Fast Food								
Yes	12.9	27.9	14.0	27.9	11.6	11.6	20.9	44.2
No	87.1	28.2	12.0	23.4	9.3	17.9	18.9	32.3
School Lunch								
Yes	25.4	31.8	12.9	28.2	10.6	17.6	30.6**	35.3
No	74.6	26.9	12.0	22.5	9.2	16.9	15.3	33.3
School Breakfast								
Yes	13.2	25.0	15.9	27.3	13.6	9.1	25.0	36.4
No	86.8	28.6	11.7	23.4	9.0	18.3	18.3	33.4

	Percent	Children Who Ate, Percent		
		Any Sugar-Sweetened Beverages ¹	Any Sweets ¹	Any High-Fat Snacks ¹
Fast Food				
Yes	12.9	79.1**	74.4	55.8***
No	87.1	58.4	67.7	22.3
School Lunch				
Yes	25.4	68.2	71.8	35.3*
No	74.6	58.6	67.5	23.7
School Breakfast				
Yes	13.2	72.7	81.8*	38.6
No	86.8	59.3	66.6	24.8

Recommendations are based on the *Dietary Guidelines for Americans 2010* and vary 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.

¹ Coded as those consuming greater than 0.0 servings.

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