

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

**Table 70: Percentage of California Children who Reported Engaging in Any Physical Activity and Average Minutes Reported Yesterday (N=334)**

Did you do any physical activities yesterday, on [DAY]?

	<b>Minutes of Physical Activity Reported Yesterday, Mean</b>
<b>Total</b>	<b>98.6</b>
<b>Gender</b>	
Boy	105.4
Girl	92.9
<b>Ethnicity</b>	
Hispanic	94.8
Non-Hispanic	110.1
<b>Parent Education</b>	
Less than High School	96.6
High School Graduate	93.7
Some College/Graduate	105.3
<b>Overweight Status</b>	
Not Overweight	96.8
Overweight/Obese	107.3
<b>School Breakfast</b>	
Yes	79.0
No	101.6
<b>School Lunch</b>	
Yes	89.8
No	101.5
<b>Fast Food</b>	
Yes	111.3
No	96.7
<b>Nutrition Lesson</b>	
Yes	105.6
No	86.2

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

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

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

**Table 71: Range of Physical Activity Minutes Reported by California Children Yesterday (N=334)**

What physical activities did you do yesterday?  
How long did you spend doing [ACTIVITY] yesterday?

	<b>Minutes of Moderate and Vigorous Physical Activity, Percent</b>		
	<b>&lt;30</b>	<b>30-59</b>	<b>≥60</b>
<b>Total</b>	17.4	18.9	63.7
<b>Gender</b>			
Boy	18.1	19.5	62.4
Girl	16.8	18.4	64.8
<b>Ethnicity</b>			
Hispanic	15.4	19.8	64.8
Non-Hispanic	23.5	16.0	60.5
<b>Parent Education</b>			
Less than High School	13.8	15.4	70.8
High School Graduate	21.4	24.3	54.3
Some College/Graduate	18.5	18.5	62.9
<b>Overweight Status</b>			
Not Overweight	19.7	14.3	66.0
Overweight/Obese	16.4	22.1	61.5
<b>School Breakfast</b>			
Yes	20.9	27.9	51.2
No	16.8	17.5	65.6
<b>School Lunch</b>			
Yes	22.0	22.0	56.1
No	15.9	17.9	66.3
<b>Fast Food</b>			
Yes	23.8	14.3	61.9
No	16.4	19.6	64.0
<b>Nutrition Lesson</b>			
Yes	15.5	16.0	68.4
No	19.8	24.1	56.0

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

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 72: Percentage of California Children who Reported Engaging in Muscle and Bone Strengthening Activities Yesterday (N=334)**

What physical activities did you do yesterday?

	Physical Activities Reported Yesterday, Percent	
	Muscle Strengthening <sup>1</sup>	Bone Strengthening <sup>2</sup>
<b>Total</b>	<b>10.2</b>	<b>68.9</b>
<b>Gender</b>		
Boy	7.8	70.6
Girl	12.2	67.4
<b>Ethnicity</b>		
Hispanic	10.0	71.6
Non-Hispanic	10.7	60.7
<b>Parent Education</b>		
Less than High School	10.7	71.8
High School Graduate	8.5	70.4
Some College/Graduate	10.9	64.8
<b>Overweight Status</b>		
Not Overweight	12.8	68.2
Overweight/Obese	9.5	65.9
<b>Physical Activity</b>		
≥ 60 minutes	10.5	59.8***
< 60 minutes	10.1	83.2
<b>School Breakfast</b>		
Yes	Insufficient Sample Size	81.8*
No		66.9
<b>School Lunch</b>		
Yes	17.6**	71.8
No	7.6	67.9
<b>Fast Food</b>		
Yes	Insufficient Sample Size	65.1
No		69.4
<b>Nutrition Lesson</b>		
Yes	10.5	67.5
No	9.2	73.1

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do muscle strengthening activities at least 3 days per week and bone strengthening activities at least 3 days per week as part of their 60 or more minutes of physical activity.

<sup>1</sup> Muscle strengthening activities include aerobics/weight training/gym/exercise, gymnastics/tumbling, playing games: specify, wrestling, other: specify. Weight training was coded as part of a group; the entire group is included.

<sup>2</sup> Bone strengthening activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, tennis, track and field, volleyball, walking, other: specify.

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 73: Percentage of Children who Reported Meeting the Physical Activity Recommendation Yesterday (N=334)**

What physical activities did you do yesterday?  
How long did you spend doing [ACTIVITY] yesterday?

	<b>60+ Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent</b>
<b>Total</b>	<b>63.7</b>
<b>Gender</b>	
Boy	62.4
Girl	64.8
<b>Ethnicity</b>	
Hispanic	64.8
Non-Hispanic	60.5
<b>Parent Education</b>	
Less than High School	70.8
High School Graduate	54.3
Some College/Graduate	62.9
<b>Overweight Status</b>	
Not Overweight	66.0
Overweight/Obese	61.5
<b>School Breakfast</b>	
Yes	51.2
No	65.6
<b>School Lunch</b>	
Yes	56.1
No	66.3
<b>Fast Food</b>	
Yes	61.9
No	64.0
<b>Nutrition Lesson</b>	
Yes	68.4*
No	56.0

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

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 74: Range in the Number of Different Types of Physical Activity Reported by California Children Yesterday (N=334)**

What physical activities did you do yesterday?

	Number of Physical Activities Reported,		
	Percent		
	0-1	2	3+
<b>Total</b>	<b>36.6</b>	<b>39.3</b>	<b>24.2</b>
<b>Gender</b>			
Boy	39.7	36.4	23.8
Girl	33.9	41.7	24.4
<b>Ethnicity</b>			
Hispanic	34.9	44.2	20.9
Non-Hispanic	41.5	24.4	34.1
<b>Parent Education</b>			
Less than High School	33.8	47.7	18.5
High School Graduate	38.0	39.4	22.5
Some College/Graduate	38.1	30.2	31.7
<b>Overweight Status</b>			
Not Overweight	37.8	35.1	27.0
Overweight/Obese	34.1	41.5	24.4
<b>Physical Activity</b>			
≥ 60 minutes	25.8	45.9	28.2
< 60 minutes	54.2	28.0	17.8
<b>School Breakfast</b>			
Yes	25.6	39.5	34.9
No	38.2	39.2	22.6
<b>School Lunch</b>			
Yes	28.9	33.7	37.3
No	39.1	41.1	19.8
<b>Fast Food</b>			
Yes	39.5	30.2	30.2
No	36.1	40.6	23.3
<b>Nutrition Lesson</b>			
Yes	34.6	40.4	25.0
No	39.3	38.5	22.2

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

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 75: Comparison of the Frequency and Amount of Time Spent in School Physical Education (PE) Classes Between Children Reporting Any Physical Education and All Children (N=334)**

In the past school week, how many days did you have PE or gym class?

How long do you usually spend doing physical activities in PE or gym class?

	Days Per Week Children Reported Having PE Classes, Percent				PE Classes Per Week, Mean Days	Time Spent in PE Being Physically Active, Mean Minutes
	0	1-2	3-4	5+		
<b>Only Children Reporting Any PE Classes</b>	NA	58.6	22.9	18.5	2.6	38.1
<b>All Children</b>	8.5	53.6	21.0	16.9	2.4	34.7

Excludes those reporting "don't know" and those who refused to answer.

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.

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

**Table 76: Frequency and Amount of Time Spent in School Physical Education (PE) Classes by California Children (N=334)**

In the past school week, how many days did you have PE or gym class?  
 How long do you usually spend doing physical activities in PE or gym class?

	<b>PE Classes Per Week, Mean Days</b>	<b>Time Spent in PE Being Physically Active, Mean Minutes</b>
<b>Total</b>	<b>2.4</b>	<b>34.7</b>
<b>Gender</b>		
Boy	2.3	34.4
Girl	2.4	34.9
<b>Ethnicity</b>		
Hispanic	2.4	33.2*
Non-Hispanic	2.3	39.3
<b>Parent Education</b>		
Less than High School	2.4	33.2
High School Graduate	2.5	34.6
Some College/Graduate	2.2	36.5
<b>Overweight Status</b>		
Not Overweight	2.3	34.6
Overweight/Obese	2.4	36.2
<b>Physical Activity</b>		
≥ 60 minutes	2.4	35.1
< 60 minutes	2.4	35.0
<b>School Breakfast</b>		
Yes	2.3	30.9
No	2.4	35.2
<b>School Lunch</b>		
Yes	2.2	31.0
No	2.4	35.9
<b>Fast Food</b>		
Yes	2.1	35.5
No	2.4	34.6
<b>Nutrition Lesson</b>		
Yes	2.4	36.1
No	2.3	32.6

Excludes those reporting "don't know" and those who refused to answer.  
 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

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

**Table 77: Minutes of Television and Computer Screen Time Reported Yesterday and Proportion Meeting the *Healthy People 2020* Guidelines by California Children (N=334)**

Yesterday, about how much time did you watch TV, watch videos/DVDs, or play video games?

Yesterday, about how much time did you spend using a computer or playing computer games for fun?

	<b>Minutes Spent Watching TV, Videos/DVDs, or Playing Video Games, Mean<sup>1</sup></b>	<b>Met <i>Healthy People 2020</i> Guideline for 2 or Fewer Hours of TV Time, Percent</b>	<b>Minutes Spent Using the Computer or Playing Computer Games, Mean<sup>2</sup></b>
<b>Total</b>	<b>84.2</b>	<b>80.6</b>	<b>16.8</b>
<b>Gender</b>			
Boy	89.0	77.9	18.6
Girl	80.2	83.0	15.3
<b>Ethnicity</b>			
Hispanic	77.8 *	84.8 ***	16.1
Non-Hispanic	103.5	67.9	18.8
<b>Parent Education</b>			
Less than High School	80.6	89.8 **	20.6 * a
High School Graduate	81.4	76.8	18.6 a
Some College/Graduate	88.6	73.4	12.0 a
<b>Overweight Status</b>			
Not Overweight	78.6	83.3	17.5
Overweight/Obese	91.0	76.9	14.9
<b>Physical Activity</b>			
≥ 60 minutes	85.8	80.8	19.2
< 60 minutes	82.7	79.5	13.0
<b>School Breakfast</b>			
Yes	90.3	76.7	16.0
No	83.3	81.2	16.9
<b>School Lunch</b>			
Yes	80.6	78.6	14.7
No	85.5	81.3	17.5
<b>Fast Food</b>			
Yes	101.8	73.8	16.9
No	81.6	81.6	16.8
<b>Nutrition Lesson</b>			
Yes	83.7	81.7	15.9
No	85.0	78.6	18.2

<sup>1</sup> Excludes television or video watching at school or on a computer.

<sup>2</sup> Excludes any schoolwork or homework completed on the computer.

*Healthy People 2020* PA-8.2: Increase the proportion of children who view television, videos, or play video games for no more than 2 hours a day, with a goal of 86.8 percent; PA-8.3: Increase the proportion of children who use a computer or play computer games outside of school (for nonschool work) for no more than 2 hours a day, with a goal of 100 percent (State average is 98.4%; column removed due to small sample size).

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

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

**Table 78: Amount of Physical Activity Children Believed They Needed for Good Health (N=334)**

About how many minutes do you think you should exercise or be active each day for good health?  
 About how many days each week do you think you should exercise or be active?

	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
<b>Total</b>	<b>57.5</b>	<b>5.2</b>	<b>27.0</b>
<b>Gender</b>			
Boy	58.1	5.1	22.7
Girl	57.0	5.3	30.6
<b>Ethnicity</b>			
Hispanic	54.5*	5.2	24.0*
Non-Hispanic	66.1	5.5	35.4
<b>Parent Education</b>			
Less than High School	48.4** a	4.9** a	23.0
High School Graduate	56.4 ab	5.2 ab	21.0
Some College/Graduate	66.8 b	5.6 b	34.1
<b>Overweight Status</b>			
Not Overweight	58.6	5.2	30.9
Overweight/Obese	59.4	5.3	22.0
<b>Physical Activity</b>			
≥ 60 minutes	58.7	5.3	26.9
< 60 minutes	55.3	5.2	26.3
<b>School Breakfast</b>			
Yes	69.3	5.1	34.1
No	55.7	5.3	25.9
<b>School Lunch</b>			
Yes	61.5	5.3	31.3
No	56.1	5.2	25.5
<b>Fast Food</b>			
Yes	49.2	5.3	15.0
No	58.8	5.2	28.8
<b>Nutrition Lesson</b>			
Yes	58.0	5.2	25.8
No	56.8	5.3	28.6

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

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

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

**Table 79: Percentage of Children who Reported Playing on Organized School or Community Sports Teams (N=334)**

Right now, do you play on any sports teams, including any teams run by your school or community group?

	<b>Children Playing on Sports Teams, Percent</b>
<b>Total</b>	<b>40.3</b>
<b>Gender</b>	
Boy	41.3
Girl	39.4
<b>Ethnicity</b>	
Hispanic	41.5
Non-Hispanic	36.9
<b>Parent Education</b>	
Less than High School	49.2
High School Graduate	36.6
Some College/Graduate	33.6
<b>Overweight Status</b>	
Not Overweight	40.0
Overweight/Obese	35.2
<b>Physical Activity</b>	
≥ 60 minutes	48.3
< 60 minutes	26.5
<b>School Breakfast</b>	
Yes	47.7
No	39.2
<b>School Lunch</b>	
Yes	38.6
No	40.9
<b>Fast Food</b>	
Yes	35.7
No	41.0
<b>Nutrition Lesson</b>	
Yes	46.1
No	30.3

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 80: Top Five Most Common Forms of Exercise or Physical Activity (N=334)**

What physical activities did you do yesterday?

<b>Rank</b>	<b>State Total</b>	<b>Boys</b>	<b>Girls</b>
<b>1st</b>	Running/Jogging	Soccer	Running/Jogging
<b>2nd</b>	Soccer	Running/Jogging	Walking
<b>3rd</b>	Walking	Walking	Soccer
<b>4th</b>	Swimming	Basketball	Swimming
<b>5th</b>	Bicycling	Swimming	Tag/capture the flag/Speedball

<b>Rank</b>	<b>Hispanic</b>	<b>Non-Hispanic</b>
<b>1st</b>	Running/Jogging	Running/Jogging
<b>2nd</b>	Soccer	Swimming
<b>3rd</b>	Walking	Basketball
<b>4th</b>	Swimming	Bicycling
<b>5th</b>	Bicycling	Soccer

Physical activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, bike riding, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, swimming, tennis, track and field, volleyball, walking, wrestling, and other: specify.

Shaded boxes were tied for a ranking.

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

**Table 81: Frequency of Reported School Physical Education Classes  
by Average Minutes of Physical Activity (N=334)**

In the past school week, how many days did you have PE or gym class?  
How long did you spend doing [ACTIVITY] yesterday?

<b>Physical Education Classes</b>	<b>Percent</b>	<b>Mean Minutes of Physical Activity</b>
Days per Week		
None	8.5	119.6
1-2	53.6	86.3
3-4	21.0	108.9
5	16.9	98.9

Excludes those reporting "don't know" and those who refused to

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 82: Percentage of California Children who Reported Having a Television in Their Bedroom (N=334)**

Is there a television in your bedroom?

	<b>Television in Bedroom, Percent</b>
<b>Total</b>	<b>67.8</b>
<b>Gender</b>	
Boy	72.8
Girl	63.5
<b>Ethnicity</b>	
Hispanic	69.5
Non-Hispanic	62.7
<b>Parent Education</b>	
Less than High School	74.8*
High School Graduate	67.1
Some College/Graduate	59.8
<b>Overweight Status</b>	
Not Overweight	68.9
Overweight/Obese	65.3
<b>Physical Activity</b>	
≥ 60 minutes	68.8
< 60 minutes	68.6
<b>School Breakfast</b>	
Yes	61.4
No	68.8
<b>School Lunch</b>	
Yes	61.9
No	69.8
<b>Fast Food</b>	
Yes	76.7
No	66.4
<b>Nutrition Lesson</b>	
Yes	68.8
No	67.8

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<.01

\*\*\* p<.001