

2011 California Dietary Practices Survey

Table 70: Mean Hours Per Week Heard Recommended for Physical Activity

How much time per week have you heard adults should spend doing moderate and vigorous physical activity to maintain good health?

	Mean Hours Heard¹
Total	3.7
<i>Sex</i>	
Male	4.2 **
Female	3.2
<i>Males</i>	
18 - 24	3.6 ^a ***
25 - 34	7.2 ^b
35 - 50	3.5 ^a
51 - 64	3.4 ^a
65+	2.3 ^a
<i>Females</i>	
18 - 24	3.6
25 - 34	3.1
35 - 50	3.3
51 - 64	3.0
65+	2.9
<i>Ethnicity</i>	
White	3.6 ^a ***
Hispanic	2.9 ^a
Black	6.0 ^b
Asian/Pacific Islander	3.0 ^a
<i>Education</i>	
Less than High School	3.9 ^{ab} **
High School Graduate	3.8 ^{ab}
Some College	4.3 ^b
College Graduate	2.9 ^a
<i>Income</i>	
Less than \$15,000	3.6
\$15,000 - 24,999	4.3
\$25,000 - 34,999	4.6
\$35,000 - 49,999	3.5
\$50,000+	3.4
<i>Physically Active</i>	
Met Aerobic Recommendation	5.7
Did Not Meet Aerobic Recommendation	6.3
<i>Overweight Status</i>	
Overweight/Obese	3.9
Not Overweight	3.4
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	4.1 ^a *
Likely Eligible, ≤ 130%	2.8 ^a
Not Eligible, > 185%	3.4 ^a

N=1,259

¹ The 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans recommend 150 minutes, or 2.5 hours, of moderate or vigorous physical activity 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) 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 Dietary Practices Survey

Table 72: Reported Participation in Recommended Amounts of Physical Activity a Week

*During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?
 What type of physical activity or exercise did you spend the most time doing during the past month?
 How many times per week or per month did you take part in this activity during the past month?
 And when you took part in this activity, for how many minutes or hours did you usually keep at it?
 During the past month, how many times per week or per month did you do physical activities or exercises to strengthen your muscles?*

	Percent Participating in...			Percent Meeting Aerobic and Strength Recommendations ³
	Recommended Aerobic Physical Activity ¹ 75 Minutes of Vigorous or 150 Minutes of Moderate or Vigorous	Recommended Aerobic Physical Activity for More Extensive Health Benefits ¹ 150 Minutes of Vigorous or 300 Minutes of Moderate or Vigorous	Recommended Muscle Strengthening ² Muscle Strengthening 2 Times Per Week	
Total	62.0	42.0	34.1	25.9
Sex				
Male	62.6	45.1 *	41.2 ***	29.8 **
Female	61.4	39.0	27.2	22.1
Males				
18 - 24	80.2 **	57.4 **	62.4 ***	52.5 ***
25 - 34	55.3	36.0	44.0	32.7
35 - 50	58.7	42.1	37.9	23.4
51 - 64	64.6	50.8	31.8	25.0
65+	63.5	48.6	34.7	23.6
Females				
18 - 24	54.4	34.1	26.9	23.1
25 - 34	66.7	40.3	26.2	22.2
35 - 50	58.5	37.2	27.2	20.9
51 - 64	62.6	41.4	30.2	22.5
65+	64.7	44.1	25.2	21.6
Ethnicity				
White	65.5 **	43.7	33.7 *	25.9 *
Hispanic	56.9	37.2	29.5	22.3
Black	53.5	38.4	42.5	28.7
Asian/Pacific Islander	74.1	50.6	42.9	38.6
Education				
Less than High School	44.1 ***	25.1 ***	21.2 ***	13.3 ***
High School Graduate	65.3	43.5	33.2	26.0
Some College	63.1	44.4	36.2	28.3
College Graduate	67.5	47.2	39.6	30.3
Income				
Less than \$15,000	53.9 ***	34.8 ***	26.8 ***	19.3 ***
\$15,000 - 24,999	58.8	39.8	35.0	25.2
\$25,000 - 34,999	68.9	52.4	38.2	28.4
\$35,000 - 49,999	64.0	37.6	30.0	23.8
\$50,000+	73.1	49.4	42.6	35.0
Overweight Status				
Overweight/Obese	57.8 ***	36.7 ***	28.4 ***	20.8 ***
Not Overweight	69.3	50.7	44.4	35.1
SNAP/CalFresh Status, % FPL				
Participant	59.5 ***	39.8 ***	32.4 **	24.4 **
Likely Eligible, ≤ 130%	48.5	30.4	22.8	16.9
Not Eligible, > 185%	71.4	48.4	39.1	32.3

N=1,403; 1,403; 1,407; 1,399

¹ As defined by the 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans and Objectives 2.1 and 2.2 of Healthy People 2020, it is recommended that adults engage in 75 minutes of vigorous or 150 minutes of moderate and vigorous physical activity. For more extensive health benefits, it is recommended that adults engage in 150 minutes of vigorous or 300 minutes of moderate and vigorous physical activity.

² The 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans recommend adults engage in muscle strengthening activities at least two times per week.

³ Includes at least 75 minutes of vigorous or 150 minutes of moderate and vigorous physical activity and muscle strengthening activities at least two times per week.

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 Dietary Practices Survey

Table 74: Reported Participation in Any Physical Activity in the Past Month

During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening or walking for exercise?

	Percent Participating in Any Physical Activity
Total	81.5
<i>Sex</i>	
Male	83.5 *
Female	79.4
<i>Males</i>	
18 - 24	93.1 **
25 - 34	82.1
35 - 50	87.9
51 - 64	75.8
65+	76.7
<i>Females</i>	
18 - 24	74.2
25 - 34	82.8
35 - 50	78.4
51 - 64	84.9
65+	75.7
<i>Ethnicity</i>	
White	84.6 **
Hispanic	79.7
Black	71.3
Asian/Pacific Islander	86.0
<i>Education</i>	
Less than High School	74.0 ***
High School Graduate	79.3
Some College	79.7
College Graduate	89.4
<i>Income</i>	
Less than \$15,000	74.3 ***
\$15,000 - 24,999	80.6
\$25,000 - 34,999	84.5
\$35,000 - 49,999	77.7
\$50,000+	93.1
<i>Overweight Status</i>	
Overweight/Obese	79.9
Not overweight	84.0
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	78.6 ***
Likely Eligible, ≤ 130%	74.3
Not Eligible, > 185%	89.0

N=1,420

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 Dietary Practices Survey

Table 77: Reported Level of Activity at Work

Base: Out of those who report working

When you are at work, which of the following best describes what you do? Would you say mostly sitting, mostly standing, mostly walking, or mostly heavy labor or physically demanding work?

	Percent				
	Mostly Sitting	Mostly Standing	Mostly Walking	Mostly Heavy Labor	
Total	35.2	17.9	25.5	21.4	
<i>Sex</i>					
Male	29.7	16.9	24.4	29.0	***
Female	41.9	19.2	26.7	12.2	
<i>Males</i>					
18 - 24	Insufficient Sample Size				
25 - 34					
35 - 50					
51 - 64					
65+					
<i>Females</i>					
18 - 24	Insufficient Sample Size				
25 - 34					
35 - 50					
51 - 64					
65+					
<i>Ethnicity</i>					
White	43.1	15.0	21.5	20.4	***
Hispanic	20.4	19.7	37.5	22.4	
Black	24.1	24.1	27.6	24.1	
Asian/Pacific Islander	60.6	15.2	16.7	7.6	
<i>Education</i>					
Less than High School	13.5	15.1	30.2	41.3	***
High School Graduate	20.1	19.0	31.7	29.2	
Some College	34.4	23.3	24.3	18.1	
College Graduate	59.3	13.1	18.9	8.8	
<i>Income</i>					
Less than \$15,000	22.2	18.3	30.6	28.8	***
\$15,000 - 24,999	23.7	25.3	28.9	22.1	
\$25,000 - 34,999	28.8	28.8	26.3	16.3	
\$35,000 - 49,999	39.2	20.3	24.3	16.2	
\$50,000+	59.0	8.8	17.9	14.3	
<i>Physically Active</i>					
Met Aerobic Recommendation	35.2	19.7	25.5	19.6	
Did Not Meet Aerobic Recommendation	35.6	14.3	24.9	25.2	
<i>Overweight Status</i>					
Overweight/Obese	32.8	17.5	26.8	23.0	
Not Overweight	38.8	19.0	23.5	18.7	
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	23.8	21.6	27.4	27.2	***
Likely Eligible, ≤ 130%	24.4	20.0	31.1	24.4	
Not Eligible, > 185%	58.1	11.5	17.9	12.5	

N=997

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

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

Chi Square Test

*** p<.001

2011 California Dietary Practices Survey

Table 78: Main Reasons for Not Being More Physically Active
What is the main reason that you are not more physically active?

	Percent				
	Exercise Enough	Too Busy	Health Reasons	Other ¹	
Total	13.5	34.4	22.4	39.7	
<i>Sex</i>					
Male	15.0	35.2	18.5	31.3	**
Female	12.2	33.6	26.2	28.0	
<i>Males</i>					
18 - 24	18.8	44.8	5.2	31.3	***
25 - 34	11.9	44.1	9.1	35.0	
35 - 50	14.8	40.7	19.9	24.6	
51 - 64	17.2	21.3	30.3	31.1	
65+	13.9	11.1	27.8	47.2	
<i>Females</i>					
18 - 24	4.5	53.9	14.6	27.0	***
25 - 34	14.8	44.4	16.9	23.9	
35 - 50	11.8	36.0	25.0	27.2	
51 - 64	12.3	26.1	32.6	29.0	
65+	16.2	6.1	43.4	34.3	
<i>Ethnicity</i>					
White	12.7	32.4	25.9	28.9	***
Hispanic	10.8	40.6	15.6	33.0	
Black	17.5	31.3	23.8	27.5	
Asian/Pacific Islander	22.6	41.7	6.0	29.8	
<i>Education</i>					
Less than High School	7.7	34.0	28.2	30.1	**
High School Graduate	13.9	29.0	21.6	35.5	
Some College	14.3	35.8	24.0	36.0	
College Graduate	15.6	38.3	18.6	27.5	
<i>Income</i>					
Less than \$15,000	11.0	26.1	29.7	33.3	***
\$15,000 - 24,999	15.2	28.1	25.1	31.6	
\$25,000 - 34,999	13.4	41.2	15.5	29.9	
\$35,000 - 49,999	9.0	44.0	22.0	25.0	
\$50,000+	14.8	49.3	12.5	23.4	
<i>Physically Active</i>					
Met Aerobic Recommendation	17.3	37.6	17.8	27.2	***
Did Not Meet Aerobic Recommendation	7.7	28.4	30.2	33.7	
<i>Overweight Status</i>					
Overweight/Obese	8.9	33.9	25.1	32.0	***
Not Overweight	21.9	35.8	17.0	25.3	
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	12.3	29.5	25.9	32.2	***
Likely Eligible, ≤ 130%	10.7	34.4	24.4	30.5	
Not Eligible, > 185%	15.0	45.0	14.0	26.1	

N=1,373

¹ Other includes too tired, don't enjoy, no parks or health clubs, unsafe neighborhood, fear of injury, lack of encouragement, lack of confidence, too old, poor weather conditions, lack of self-motivation, and no child care.

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

Chi Square Test

** p<.01

*** p<.001

2011 California Dietary Practices Survey

Table 79: Screen Time for Work and Recreation/Leisure

Yesterday, how much time did you spend browsing the internet or using the computer for work, such as job related activities or other household business?

Yesterday, how much time did you spend surfing the internet, playing video games, or watching videos/DVDs?

Yesterday, how much time did you spend watching TV?

	Mean Hours			
	Computer Use for Work	Computer Use for Leisure, Video Games, Videos/DVDs	Television	Total Screen Time
Total	0.9	1.1	2.4	4.4
Sex				
Male	0.9	1.5 ***	2.5	4.8 ***
Female	0.8	0.8	2.3	3.5
Males				
18 - 24	0.5 ^a ***	1.7 ^b ***	1.5 ^a **	3.7 ^a ***
25 - 34	1.6 ^b	3.1 ^c	2.7 ^b	7.4 ^b
35 - 50	1.0 ^a	1.1 ^{ab}	2.6 ^b	4.7 ^a
51 - 64	0.7 ^a	0.8 ^a	2.7 ^b	4.2 ^a
65+	0.5 ^a	0.5 ^a	2.6 ^{ab}	3.6 ^a
Females				
18 - 24	0.7 ^{ab} *	1.1 ^b **	2.2 ^{abc} ***	4.1
25 - 34	1.0 ^b	0.8 ^{ab}	1.6 ^a	3.5
35 - 50	0.9 ^b	0.8 ^{ab}	2.1 ^{ab}	3.8
51 - 64	0.7 ^{ab}	0.7 ^{ab}	2.6 ^{bc}	4.0
65+	0.3 ^a	0.4 ^a	3.1 ^c	3.8
Ethnicity				
White	1.0 ^b **	1.2 ^b ***	2.3 ^a ***	4.5 ^b ***
Hispanic	0.6 ^a	0.7 ^a	2.3 ^a	3.5 ^a
Black	0.7 ^{ab}	1.5 ^{bc}	3.8 ^b	6.1 ^c
Asian/Pacific Islander	0.9 ^{ab}	1.8 ^c	1.9 ^a	4.5 ^{abc}
Education				
Less than High School	0.2 ^a ***	0.6 ^a ***	2.5 ^{bc} ***	3.3 ^a **
High School Graduate	0.5 ^a	1.1 ^b	3.0 ^c	4.6 ^b
Some College	0.9 ^b	1.4 ^b	2.3 ^b	4.5 ^b
College Graduate	1.6 ^c	1.2 ^b	1.8 ^a	4.5 ^b
Income				
Less than \$15,000	0.6 ^a ***	1.2	2.8 ^b ***	4.6
\$15,000 - 24,999	0.7 ^a	1.0	2.6 ^b	4.3
\$25,000 - 34,999	0.7 ^a	1.2	2.2 ^{ab}	4.1
\$35,000 - 49,999	1.0 ^{ab}	1.0	2.3 ^{ab}	4.3
\$50,000+	1.5 ^b	1.2	1.8 ^a	4.5
Physically Active				
Met Aerobic Recommendation	0.9	1.1	2.1 ***	4.2
Did Not Meet Aerobic Recommendation	0.8	1.1	2.8	4.7
Overweight Status				
Overweight/Obese	0.9	1.2	2.6 ***	4.7 **
Not Overweight	0.9	1.1	1.9	3.8
SNAP/CalFresh Status, % FPL				
Participant	0.7 ^a ***	1.3 ^b **	2.5 ^b ***	4.5
Likely Eligible, ≤ 130%	0.6 ^a	0.7 ^a	3.0 ^b	4.2
Not Eligible, > 185%	1.4 ^b	1.1 ^{ab}	1.9 ^a	4.3

N=1,419; 1,420; 1,418; 1,416

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 Dietary Practices Survey

Cross Tab 80: Screen Time and Physical Activity Barriers

Yesterday, how much time did you spend browsing the internet or using the computer for work, such as job related activities or other household business?

Yesterday, how much time did you spend surfing the internet, playing video games, or watching videos/DVDs?

Yesterday, how much time did you spend watching TV?

What is the main reason that you are not more physically active?

Physical Activity Barriers	Total Daily Screen Time, Percent	
	< 2 Hours	≥ 2 Hours
Exercise Enough	19.1	11.7
Too Busy	38.2	33.1
Health Reasons	17.3	24.2
Other ¹	25.4	31.0

N=1,373

¹ Other includes too tired, don't enjoy, no parks or health clubs, unsafe neighborhood, fear of injury, lack of encouragement, lack of confidence, too old, poor weather conditions, lack of self-motivation, and no child care.

Columns may not add up to 100 percent due to rounding.

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

Chi Square Test

*** p<.001