

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 100: Personal, Social, and Environmental Factors for Healthy Eating (N=651)

	Percent of Children			
	Adults in your home eat high-fat foods like french fries, chips, or desserts	You want to have fruit for an afternoon snack ¹	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>Always</i>	<i>Always</i>	<i>Always</i>	<i>Yes</i>
Total	10.2	50.0	25.5	39.6
Gender				
Male	6.8 **	45.6 *	20.9 **	41.2
Female	13.8	54.6	30.2	38.0
Age				
6-8	11.9	53.0	26.0	33.4
9-11	8.1	46.5	24.8	46.7 ***
Ethnicity				
White	4.5	46.3	21.6	35.0
Black	20.0	50.6	26.8	52.6
Hispanic	9.7	50.8	25.6	38.5
Asian/Other	10.5	47.0	31.0	37.0
Parent Education				
Less than High School	9.2	50.5	27.5	41.8
High School Graduate	12.5	56.1	21.3	31.0
Some College/Graduate	10.6	46.4	24.7	40.8
Overweight Status				
Not Overweight	9.3	49.3	25.2	37.3
Overweight/Obese	10.8	52.0	25.9	42.4
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	6.9	57.7	25.4	38.3
Below Guideline	10.7	48.9	25.5	39.8
Physical Activity				
≥ 60 minutes	9.7	54.5 *	26.9	38.3
< 60 minutes	10.8	44.7	23.4	41.6
School Breakfast				
Yes	10.0	53.3	21.3	42.7
No	10.3	49.0	26.8	38.7
School Lunch				
Yes	7.7	49.5	18.8 ***	34.9 *
No	12.1	50.4	30.7	43.5
Fast Food				
Yes	8.2	55.5	20.8	38.6
No	10.5	49.3	26.1	39.8
Nutrition Lesson				
Yes	11.8	53.4	29.2	N/A
No	9.0	47.5	23.4	N/A

¹ 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

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 101: Availability of Fruits and Vegetables in the Home (N=651)

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

	Percent of Children in Agreement: Your Home Always Has...			
	Lots of fruit to eat that you like	Lots of vegetables to eat that you like	Fruits kept out where you can get them	Vegetables cut up and ready-to-eat where you can get them
Total	72.6	53.8	76.4	37.3
Gender				
Male	68.7 *	51.8	74.0	35.5
Female	76.6	56.0	78.8	39.3
Age				
6-8	77.1 **	56.3	81.5 ***	35.8
9-11	67.2	50.9	70.2	39.3
Ethnicity				
White	69.5	53.4	72.2	31.8 *
Black	68.0	53.2	73.8	26.4 *
Hispanic	73.8	53.5	77.4	39.1
Asian/Other	73.8	62.2	78.2	51.6
Parent Education				
Less than High School	72.5	51.1	77.0	40.7
High School Graduate	72.0	52.0	74.8	31.7
Some College/Graduate	72.9	58.7	76.2	35.3
Overweight Status				
Not Overweight	76.5 *	58.8 *	76.5	39.5
Overweight/Obese	67.5	49.8	77.2	34.6
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	74.0	64.1 *	79.9	39.7
Below Guideline	72.4	52.3	75.9	37.0
Physical Activity				
≥ 60 minutes	76.8 **	60.3 ***	80.8 **	40.7 *
< 60 minutes	67.2	45.6	70.8	32.9
School Breakfast				
Yes	65.0 *	50.8	71.5	30.7
No	74.9	54.8	77.8	39.4
School Lunch				
Yes	69.2	52.8	78.4	31.6 **
No	75.2	54.6	74.8	41.8
Fast Food				
Yes	70.5	47.1	78.6	24.2 **
No	72.9	54.8	76.1	39.2
Nutrition Lesson				
Yes	70.5	58.5	73.0	43.4 *
No	74.9	52.0	79.5	34.9

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 102: Personal, Social, and Environmental Factors for Physical Activity (N=651)

	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	Adults in your home limit the amount of time you spend watching TV or playing video games to less than two hours a 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>Yes</i>	<i>Agree</i>	<i>Agree</i>
Total	84.5	86.8	80.6	81.0	83.7
Gender					
Male	86.5	86.4	81.4	78.6	86.1
Female	82.5	87.3	79.8	83.6	81.2
Age					
6-8	86.6	90.8**	87.9***	80.6	83.5
9-11	82.0	82.1	71.8	81.6	83.9
Ethnicity					
White	75.7	78.3	72.6*	77.6	79.2
Black	81.7	85.0	73.0	70.2	80.4
Hispanic	86.6	88.9	83.3	83.4	84.7
Asian/Other	83.9	82.2	78.8	80.6	88.1
Parent Education					
Less than High School	86.5	89.4	83.2*	83.0	84.6
High School Graduate	82.2	86.5	84.3	76.2	88.6
Some College/Graduate	82.9	83.2	75.1	80.6	79.9
Overweight Status					
Not Overweight	84.2	87.4	82.4*	82.4	83.5
Overweight/Obese	81.7	84.3	75.2	77.8	82.0
Fruits and Vegetables					
Met MyPlate (2½-5 cups)	83.5	90.6	84.3	74.0	80.0
Below Guideline	84.7	86.3	80.1	82.1	84.2
Physical Activity					
≥ 60 minutes	87.8**	89.7*	81.0	81.9	84.6
< 60 minutes	80.3	83.2	80.1	80.0	82.5
School Breakfast					
Yes	81.8	82.8	78.3	79.9	84.2
No	85.4	88.0	81.3	81.4	83.5
School Lunch					
Yes	82.6	82.5**	77.7	76.8*	81.6
No	86.0	90.2	82.9	84.3	85.3
Fast Food					
Yes	84.0	85.1	74.3	77.8	80.5
No	84.6	87.1	81.5	81.5	84.1
Nutrition Lesson					
Yes	84.3	90.6*	79.4	84.6	84.1
No	85.7	83.9	79.9	78.7	82.8

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

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 103: Food Consumption Factors Among California Children and Associations with Behavioral Theories (N=651)

Food Preference				
	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
You want to have fruit for an afternoon snack.				
Always	50.0	1.0	0.8*	1.8*
Sometimes/Never ¹	50.0	0.9	0.7	1.6
Behavioral Capability				
	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
You help fix fruits, vegetables, or salads for dinner.				
Always	25.5	1.0	0.7	1.7
Sometimes/Never ¹	74.5	1.0	0.7	1.7
Modeling				
	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks
Adults in your home eat high-fat foods like French fries, chips, or desserts.				
Always	10.2	1.1*	1.7	0.4
Sometimes/Never ¹	89.8	0.8	1.2	0.3
Availability/Environment				
	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
In your home, there are lots of fruits to eat that you like.				
Always	72.6	1.0	0.7	1.8
Sometimes/Never ¹	27.4	0.9	0.7	1.6
In your home, there are lots of vegetables to eat that you like.				
Always	53.8	1.0	0.8**	1.9**
Sometimes/Never ¹	46.2	0.9	0.7	1.6
In your home, there are fruits kept out in a place where you can get them.				
Always	76.4	1.0	0.8	1.8
Sometimes/Never ¹	23.6	1.0	0.7	1.6
In your home, there are vegetables cut up and ready-to-eat where you can get them.				
Always	37.3	1.0	0.8	1.8
Sometimes/Never ¹	62.7	1.0	0.7	1.7
<i>Home Availability Scale</i>		<i>0.081*</i>	<i>.131**</i>	<i>.119**</i>
	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Did you sit down and eat a meal together with your family yesterday?				
Yes	89.7	1.0*	0.8*	1.8**
No	10.3	0.8	0.6	1.3
	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks
Did you sit down and eat a meal together with your family yesterday?				
Yes	89.7	0.8	1.3	0.3
No	10.3	0.9	1.2	0.4

¹ The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.
The recommended cups of fruits and vegetables are based on gender, age, and activity level as defined by the *Dietary Guidelines for Americans, 2010*.

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 104: Physical Activity Factors Among California Children and Associations with Behavioral Theories (N=651)

Behavioral Capability					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
You think you are good at most sports					
Agree	84.5	83.1 *	81.4	57.7 **	85.7
Disagree	15.5	66.9	77.7	43.6	87.6
Right now, do you play on any sports teams, including any teams run by your school or community group?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	34.2	88.4 *	75.5	61.3 *	85.7
No	65.8	76.3	83.5	52.4	86.1
Social Norms					
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	86.8	84.0 **	78.6	57.3 *	87.0 *
Disagree	13.2	59.6	92.0	43.3	78.3
Availability/Environment					
In the past school week, how many days did you have PE or gym class?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Any (1-5)	85.0	79.8	81.4	54.6	85.3
None	15.0	84.0	79.7	57.0	88.6
School PE or gym classes meet California mandate of 200 minutes every 10 days.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	41.2	85.3	81.5	61.4 *	85.2
No	58.8	75.6	79.4	51.2	87.2
Adults in your home limit the time you spend watching TV or playing video games to less than two hours a day.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	80.6	81.5	77.7 *	55.8	88.3 ***
No	19.4	76.0	94.6	54.4	76.4
Do you have a television in your bedroom?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	62.4	75.5 *	84.6	52.9	83.7 *
No	37.6	88.6	74.3	59.6	89.9
There are lots of places in my neighborhood where I can do physical activities.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	81.0	79.9	80.1	56.1	86.5
Disagree	19.0	83.5	83.6	53.0	83.7
I feel safe doing physical activities outside, in my neighborhood.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	83.7	82.8	79.8	56.2	86.6
Disagree	16.3	69.3	85.3	52.3	83.0

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

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 105: School Environment Factors Among California Children and Associations with Behavioral Theories (N=651)

Behavioral Capability				
In the past school week, did you have any lessons about food, nutrition and your health?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Yes	39.6	1.9	1.6	3.5
No	60.4	2.0	1.4	3.4
Reinforcement				
Your teacher rewards students by giving out treats like candy, cookies, soda, or chips.	Percent	Servings of Sugar-Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks
Yes	41.1	0.9	1.2	0.4
No	58.9	0.8	1.3	0.3
Availability/Environment				
School usually has bake sales or candy sales to raise money.	Percent	Servings of Sweets	Servings of High-Fat Snacks	
Yes	66.6	1.2	0.4	
No	33.4	1.4	0.3	
School cafeteria has a salad bar.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Yes	63.0	1.9	1.4	3.3*
No	37.0	2.1	1.6	3.7
Did you get to taste any fruits or vegetables in the classroom this year?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Yes	65.3	2.0	1.5	3.4
No	34.7	2.1	1.5	3.6
Does your school have a fruit or vegetable garden?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Yes	32.1	2.0	1.5	3.5
No	67.9	1.9	1.5	3.4
<i>If school has garden:</i> Have you worked in the school garden to grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables
Yes	14.6	2.0	1.6	3.7
No	85.4	2.0	1.5	3.4

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

ANOVA

* p<.05

** p<.01

*** p<.001