

2013 California Dietary Practices Survey

Table 67: Access to and Safety of Neighborhood Physical Activity Opportunities

In your home neighborhood, are the sidewalks, shoulders of the road, trails, or parks safe for walking or running?

In your home neighborhood, are the bike lanes, shoulders of the road, or trails safe for bicycling?

In your home neighborhood, do you have access to safe public indoor or outdoor exercise facilities, such as running tracks, basketball or tennis courts, swimming pools, or school gyms?

	Percent with Access to		
	Safe Sidewalks, Roads, Trails, and Parks	Safe Bike Lanes, Roads, and Trails	Safe Indoor or Outdoor Exercise Facilities
Total	79.3	64.3	65.1
<i>Sex</i>			
Male	81.0	64.5	67.7 *
Female	77.7	64.0	62.7
<i>Age</i>			
18 - 24	74.6	64.9	61.6
25 - 34	77.9	64.9	70.9
35 - 50	80.3	60.3	64.7
51 - 64	81.3	70.6	64.4
65+	81.0	64.5	61.9
<i>Ethnicity</i>			
White	80.3 **	68.4 ***	68.0 ***
Hispanic	78.6	54.0	62.3
Black	83.2	72.8	70.2
Asian/Other	65.5	55.6	43.2
<i>Education</i>			
Less than High School	72.3 **	51.9 ***	56.4 **
High School Graduate	81.1	64.8	64.7
Some College	77.3	64.5	65.1
College Graduate	83.9	71.3	71.1
<i>Income</i>			
Less than \$15,000	74.7 ***	61.8 **	59.9 ***
\$15,000 - 24,999	80.4	61.3	65.7
\$25,000 - 34,999	75.0	57.2	64.2
\$35,000 - 49,999	85.1	71.4	80.4
\$50,000+	88.4	72.8	71.9
<i>Overweight Status</i>			
Overweight/Obese	77.1 **	62.5 *	64.5
Not Overweight	83.8	68.7	67.9
<i>Physically Active</i>			
Did Not Meet Aerobic Recommendation	81.4 *	69.1 ***	72.0 ***
Met Aerobic Recommendation	76.0	56.2	54.1
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	75.7 ***	61.9 ***	63.2 *
Likely Eligible, ≤ 130%	79.9	53.6	63.3
Not Eligible, > 185%	87.9	72.0	72.3

N=1491; 1478; 1468

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

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Table 68: Access to Good Quality and Affordable Fresh Fruits and Vegetables in Neighborhood

In your neighborhood, how often can you easily find a variety of good quality fresh fruits and vegetables that you want to buy?

In your neighborhood, how often can you easily find a variety of affordable fresh fruits and vegetables that you want to buy?

	Percent Reporting They	
	Can Find Good Quality Fruits and Vegetables	Can Find Affordable Fruits and Vegetables
Total	67.2	56.9
<i>Sex</i>		
Male	70.0 *	59.8 *
Female	64.5	54.1
<i>Age</i>		
18 - 24	55.1 ***	40.6 ***
25 - 34	66.3	54.7
35 - 50	66.7	56.3
51 - 64	74.0	63.0
65+	72.9	69.2
<i>Ethnicity</i>		
White	70.8 **	63.8 ***
Hispanic	63.5	49.5
Black	59.9	50.9
Asian/Other	67.2	42.2
<i>Education</i>		
Less than High School	60.0 ***	37.1 ***
High School Graduate	61.6	53.5
Some College	65.3	56.9
College Graduate	80.0	73.3
<i>Income</i>		
Less than \$15,000	59.5 ***	45.0 ***
\$15,000 - 24,999	64.1	55.2
\$25,000 - 34,999	63.5	54.1
\$35,000 - 49,999	74.6	71.2
\$50,000+	86.1	79.1
<i>Overweight Status</i>		
Overweight/Obese	64.4 ***	54.3 ***
Not Overweight	74.3	63.9
<i>Physically Active</i>		
Did Not Meet Aerobic Recommendation	70.4 ***	61.8 ***
Met Aerobic Recommendation	61.7	47.9
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	63.2 ***	50.5 ***
Likely Eligible, ≤ 130%	58.3	45.8
Not Eligible, > 185%	81.7	75.6

N=1494; 1498

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

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Table 69: Family Rules Limiting Soda, Fast Food, and Screen Time

Does your family (Do you) limit the amount of soda and other sugary beverages in the house?

Does your family (Do you) limit the number of times per week or per month you eat at fast food restaurants?

Does your family limit the amount of time your children watch TV?

Does your family limit the amount of time your children spend browsing the internet, engaging in social media, paying video games, or watching programs on a computer tablet or device?

	Percent with Rules Limiting			
	Soda and Other Sugary Beverages	Fast Food	Television ¹	Internet, Social Media, and Video Games ¹
Total	84.2	80.4	72.3	76.4
Sex				
Male	78.7 ***	67.8 ***	61.9 ***	71.7 **
Female	88.3	89.5	80.0	79.9
Age				
18 - 24	69.1 ***	64.0 ***	56.8 ***	54.4 ***
25 - 34	87.5	81.3	75.0	86.2
35 - 50	89.8	87.8	78.9	79.7
51-64	85.7	79.6	69.2	78.3
65+	54.3	65.9	44.5	47.9
Ethnicity				
White	87.9 ***	82.4 **	72.9	75.5 ***
Hispanic	85.5	83.2	75.5	81.7
Black	85.9	77.6	70.0	75.9
Asian/Other	57.0	62.4	58.4	55.3
Education				
Less than High School	74.8 **	76.4	68.2 *	74.1
High School Graduate	87.6	80.9	71.5	79.8
Some College	88.1	79.9	70.3	72.1
College Graduate	85.5	86.2	82.3	80.7
Income				
Less than \$15,000	81.0	82.0	73.1	76.2
\$15,000 - 24,999	84.0	83.4	69.5	79.8
\$25,000 - 34,999	91.9	80.1	75.1	84.5
\$35,000 - 49,999	84.7	67.5	72.3	79.6
\$50,000+	88.7	82.9	76.4	71.2
Overweight Status				
Overweight/Obese	83.1	79.7	71.3	78.0
Not Overweight	85.2	82.9	73.5	72.8
Physically Active				
Did Not Meet Aerobic Recommendation	88.8 ***	86.6 ***	78.7 ***	81.3 ***
Met Aerobic Recommendation	76.5	72.0	62.7	70.1
SNAP/CalFresh Status, % FPL				
Participant	85.2 *	83.3	74.3 *	78.5
Likely Eligible, ≤ 130%	73.9	72.6	60.7	78.7
Not Eligible, > 185%	89.3	83.4	76.2	69.1

N=701; 685; 689; 660

¹ Out of adults with children under 18 years of age.

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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Chi Square Test

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