

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 1: Healthy Eating Practices Score¹ Among California Children (Diary Sample)

	Average California Daily Food Guide Healthy Eating Practices Score	
Total	2.6	
Gender		
Males	2.6	
Females	2.6	
Ethnicity		
White	2.6 ^b	***
African American	2.6 ^b	
Latino	2.7 ^b	
Asian/Other	1.9 ^a	
Income		
≤\$19,999	2.7 ^a	*
20,000 - \$49,999	2.7 ^a	
≥\$50,000	2.5 ^a	
School Type		
Public	2.6	
Other	2.4	
Overweight Status		
Not at Risk	2.6	
At Risk/Overweight	2.5	
Food Stamps		
Yes	2.7	
No	2.6	
Physical Activity		
≥60 minutes	2.7	*
<60 minutes	2.5	
School Breakfast		
Yes	3.0	***
No	2.5	
School Lunch		
Yes	2.7	***
No	2.4	
Nutrition Lesson		
Yes	2.7	*
No	2.5	
Exercise Lesson		
Yes	2.6	
No	2.6	

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; and any beans. The maximum number of points was six.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of fruits, vegetables, 100% juices (vegetable or fruit), or salads did you/your child eat/drink?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	3.2	1.7	1.5
Gender			
Males	3.2	1.7	1.5
Females	3.1	1.6	1.5
Ethnicity			
White	3.2 ^{ab} *	1.6 ^{ab} *	1.5
African American	3.4 ^{ab}	1.9 ^{ab}	1.4
Latino	3.3 ^b	1.8 ^b	1.6
Asian/Other	2.6 ^a	1.3 ^a	1.3
Income			
≤\$19,999	3.4 ^b ***	1.7	1.7 ^b ***
20,000 - \$49,999	3.4 ^b	1.8	1.6 ^d
≥\$50,000	2.9 ^a	1.6	1.3 ^d
School Type			
Public	3.2 *	1.7	1.5 *
Other	2.8	1.5	1.3
Overweight Status			
Not at Risk	3.3 *	1.7	1.5
At Risk/Overweight	2.9	1.5	1.4
Food Stamps			
Yes	3.5	1.7	1.8 *
No	3.1	1.7	1.5
Physical Activity			
≥60 minutes	3.6 ***	2.0 ***	1.6
<60 minutes	2.8	1.4	1.4
School Breakfast			
Yes	4.3 ***	2.2 ***	2.0 ***
No	3.0	1.6	1.4
School Lunch			
Yes	3.4 ***	1.7	1.7 ***
No	2.8	1.6	1.2
Nutrition Lesson			
Yes	3.6 **	1.7	1.6 **
No	2.9	1.6	1.4
Exercise Lesson			
Yes	3.1	1.6	1.5
No	3.3	1.8	1.5

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 3: Breakdown of the Fruits and Vegetables Reported by California Children

Fruits and Vegetables	Mean Servings
Total	3.2
Fruits	1.1
Juices	0.6
Vegetables	1.2
Salads	0.2
Green salads ¹	0.1
All potatoes	0.4
All fried vegetables ²	0.3
Fried potatoes only	0.3

¹ This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

² Includes fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of fruits, vegetables, 100% juices (vegetable or fruit), or salads did you/your child eat/drink?

	Reported Mean Servings		
	Fruits	Juices	Vegetables
Total	1.1	0.6	1.2
Gender			
Males	1.1	0.6	1.3
Females	1.1	0.5	1.2
Ethnicity			
White	1.1	0.5*	1.3
African American	1.1	0.8	1.3
Latino	1.1	0.6	1.3
Asian/Other	0.8	0.5	1.1
Income			
≤\$19,999	1.0	0.7	1.4 ^b ***
20,000 - \$49,999	1.2	0.6	1.4 ^b
≥\$50,000	1.0	0.6	1.1 ^a
School Type			
Public	1.1	0.6	1.3
Other	1.0	0.5	1.1
Overweight Status			
Not at Risk	1.1	0.6*	1.3*
At Risk/Overweight	1.0	0.5	1.1
Food Stamps			
Yes	0.9	0.8*	1.5*
No	1.1	0.6	1.2
Physical Activity			
≥60 minutes	1.4***	0.7*	1.4*
<60 minutes	0.9	0.5	1.2
School Breakfast			
Yes	1.4***	0.8**	1.6***
No	1.0	0.5	1.2
School Lunch			
Yes	1.1	0.6	1.4***
No	1.0	0.6	1.0
Nutrition Lesson			
Yes	1.1	0.6	1.4**
No	1.0	0.6	1.1
Exercise Lesson			
Yes	1.1	0.5	1.3
No	1.1	0.7	1.2

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of salads did you/your child eat?

	Servings of Salads, Percent	
	0 ¹	1+
Total	89	11
Gender		
Males	92	8
Females	85	15
Ethnicity		
White	87	13
African American	93	7
Latino	89	11
Asian/Other	91	9
Income		
≤\$19,999	84	16
20,000 - \$49,999	91	9
≥\$50,000	89	11
School Type		
Public	89	11
Other	89	11
Overweight Status		
Not at Risk	90	10
At Risk/Overweight	87	13
Food Stamps		
Yes	88	12
No	89	11
Physical Activity		
≥60 minutes	91	9
<60 minutes	87	13
School Breakfast		
Yes	78	22
No	91	9
School Lunch		
Yes	86	14
No	93	7
Nutrition Lesson		
Yes	90	10
No	87	13
Exercise Lesson		
Yes	90	10
No	85	15

¹ Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 6: Range in Number of Servings of Fried Potatoes¹ Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of fried potatoes did you/your child eat?

	Servings of Fried Potatoes, Percent		
	0 ²	1	2+
Total	86	11	2
Gender			
Males	84	12	4
Females	88	11	1
Ethnicity			
White	89	10	1
African American	74	18	8
Latino	86	11	3
Asian/Other	84	14	2
Income			
≤\$19,999	80	16	5
20,000 - \$49,999	83	14	3
≥\$50,000	92	7	1
School Type			
Public	85	13	2
Other	94	2	5
Overweight Status			
Not at Risk	86	11	2
At Risk/Overweight	87	11	2
Food Stamps			
Yes	74	18	7
No	88	10	2
Physical Activity			
≥60 minutes	85	12	3
<60 minutes	87	11	2
School Breakfast			
Yes	80	15	4
No	87	11	2
School Lunch			
Yes	84	14	2
No	90	7	3
Nutrition Lesson			
Yes	86	10	3
No	86	13	1
Exercise Lesson			
Yes	87	10	3
No	85	14	2

¹ This includes french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of fruits, vegetables, 100% juices (vegetable or fruit), or salads did you/your child eat/drink?

	Servings of Fruits and Vegetables, Percent			
	0 ¹	1-2	3-4	5+
Total	7	40	33	20
Gender				
Males	5	42	32	20
Females	8	39	33	20
Ethnicity				
White	6	40	34	20
African American	8	43	23	26
Latino	7	37	35	22
Asian/Other	9	52	28	11
Income				
≤\$19,999	7	34	33	26
20,000 - \$49,999	5	41	33	22
≥\$50,000	8	43	33	16
School Type				
Public	6	40	33	21
Other	13	38	34	15
Overweight Status				
Not at Risk	6	37	38	20
At Risk/Overweight	9	49	22	20
Food Stamps				
Yes	4	40	31	25
No	7	40	33	20
Physical Activity				
≥60 minutes	4	38	32	27
<60 minutes	9	43	34	14
School Breakfast				
Yes	0	31	32	37
No	8	42	33	17
School Lunch				
Yes	6	36	35	23
No	8	48	29	16
Nutrition Lesson				
Yes	4	40	34	22
No	10	41	31	17
Exercise Lesson				
Yes	7	42	32	20
No	7	37	35	20

¹ Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of fruits, vegetables, 100% juices (vegetable or fruit), or salads did you/your child eat/drink?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	41	16	9	20
Gender				
Males	42	14	9	20
Females	40	17	10	20
Ethnicity				
White	42	15 *	9	20
African American	49	14	14	26
Latino	40	20	11	22
Asian/Other	33	8	4	11
Income				
≤\$19,999	38	18 ***	8 *	26 *
20,000 - \$49,999	43	21	13	22
≥\$50,000	40	10	6	16
School Type				
Public	42	16	9	21
Other	35	15	9	15
Overweight Status				
Not at Risk	43 *	16	8	20
At Risk/Overweight	35	16	12	20
Food Stamps				
Yes	41	22	12	25
No	41	15	9	20
Physical Activity				
≥60 minutes	51 ***	20 **	14 ***	27 ***
<60 minutes	32	12	5	14
School Breakfast				
Yes	56 ***	25 **	18 ***	37 ***
No	38	14	8	17
School Lunch				
Yes	42	19 ***	12 ***	23 *
No	38	10	4	16
Nutrition Lesson				
Yes	44 *	18 *	12 **	22
No	37	12	6	17
Exercise Lesson				
Yes	41	17	11	20
No	40	14	7	20

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	apples	apples	apples	apples	apples	apples	apples
2nd	orange juice	orange juice	orange juice	orange juice	apple juice	orange juice	apple juice
3rd	apple juice	apple juice	apple juice	apple juice	orange juice	bananas	orange juice
4th	bananas	bananas	bananas	bananas	oranges	apple juice	bananas
5th	oranges	oranges	strawberries	strawberries	bananas	oranges	applesauce
6th	strawberries	"fruit" juice	oranges	oranges	pineapple	strawberries	oranges
7th	"fruit" juice	strawberries	"fruit" juice	"fruit" juice	grape juice	"fruit" juice	"fruit" juice
8th	applesauce	applesauce	peaches	applesauce	peaches	peaches	peaches
9th	peaches	peaches	applesauce	peaches	"fruit" juice	pineapple	pears
10th	pineapple	grape juice	watermelon	pears	mixed "fruit"	applesauce	grape juice

Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	carrots	carrots	green salad	carrots	corn	potatoes, not fried	carrots
2nd	corn	corn	corn	green salad	other salads	corn	corn
3rd	potatoes, not fried	potatoes, not fried	potatoes, not fried	corn	tomato sauce	green salad	potatoes, not fried
4th	green salad	tomato sauce	carrots	potatoes, not fried	green beans	tomato sauce	green beans
5th	tomato sauce	green salad	tomato sauce	tomato sauce	carrots	carrots	broccoli
6th	green beans	green beans	other salads	other salads	lettuce/tomato /other veg on sandwiches	green beans	celery
7th	other salads ¹	other salads	green beans	green beans	cabbage	other salads	green salad
8th	lettuce/tomato /other veg on sandwiches	lettuce/tomato /other veg on sandwiches	lettuce/tomato /other veg on sandwiches	broccoli	potatoes, not fried	lettuce/tomato /other veg on sandwiches	other salads
9th	broccoli	broccoli	green peas	lettuce/tomato /other veg on sandwiches	tomatoes	mixed vegetable salad	leafy vegetables
10th	green peas	leafy vegetables ²	mixed vegetables, unspecified	green peas	green salad	tomatoes	vegetable salad ³

¹ Other salads include taco salad, spinach salad, etc.

² Leafy vegetables includes cases where "leafy vegetables" was reported.

³ Vegetable salad includes cases where "vegetable salad" was reported.

Shaded boxes were tied for a ranking.

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juice, vegetables, or salads do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹			Don't Know
	0-2	3-4	5+	
Total	22	43	34	15
Gender				
Males	20	42	38	13
Females	25	44	31	16
Ethnicity				
White	21	36	44	10
African American	45	24	31	12
Latino	19	55	26	23
Asian/Other	26	46	27	8
Income				
≤\$19,999	27	36	37	29
20,000 - \$49,999	28	43	29	8
≥\$50,000	16	46	38	14
School Type				
Public	22	43	35	16
Other	26	42	32	8
Overweight Status				
Not at Risk	24	40	36	18
At Risk/Overweight	22	46	32	11
Food Stamps				
Yes	28	40	33	18
No	22	43	35	15
Physical Activity				
≥60 minutes	18	44	37	15
<60 minutes	26	42	32	15
School Breakfast				
Yes	31	38	31	25
No	21	44	35	13
School Lunch				
Yes	29	39	32	19
No	13	49	38	8
Nutrition Lesson				
Yes	15	47	38	15
No	34	37	28	14
Exercise Lesson				
Yes	20	42	38	14
No	29	45	26	18
Aware of 5-a-Day				
Yes	20	27	53	10
No	24	47	28	17

¹ Excludes those reporting "don't know."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

How many servings of fruits, vegetables, 100% juices (vegetable or fruit), or salads did you/your child eat/drink?

How many total servings of fruits, fruit juice, vegetables, or salads do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	22	48	41	12
3-4	43	38	43	19
5+	34	40	33	27

Excludes those reporting "don't know."

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

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 12: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Total	40	60
Gender		
Males	48	52
Females	34	66
Ethnicity		
White	37	63
African American	66	34
Latino	42	58
Asian/Other	31	69
Income		
≤\$19,999	45	55
20,000 - \$49,999	47	53
≥\$50,000	33	67
School Type		
Public	42	58
Other	31	69
Overweight Status		
Not at Risk	45	55
At Risk/Overweight	35	65
Food Stamps		
Yes	60	40
No	39	61
Physical Activity		
≥60 minutes	43	57
<60 minutes	38	62
School Breakfast		
Yes	53	47
No	38	62
School Lunch		
Yes	46	54
No	31	69
Nutrition Lesson		
Yes	44	56
No	35	65
Exercise Lesson		
Yes	42	58
No	36	64
Aware of 5-a-Day		
Yes	41	59
No	41	59

Excludes those reporting "not sure."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 13: Belief about Personal Success Eating Enough Fruits and Vegetables Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Servings of Fruits and Vegetables	3.8	3.0
Servings of Fruits	1.6	1.0
Servings of Juices	0.6	0.6
Servings of Vegetables	0.2	0.3
Servings of Salads	1.4	1.2

Excludes those reporting "not sure."

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

ANOVA

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 14: Breakdown of the Higher Fiber and Whole Grain Foods
Reported by California Children**

Higher Fiber and Whole Grain Foods	Mean Servings
Total	0.5
Dry Beans	0.3
Higher Fiber Cereal	0.2
All Cereal	0.8

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 15: Range in the Number of Servings of Dry Beans Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of dry beans did you/your child eat?

	Servings of Dry Beans Reported, Percent of Children	
	0 ¹	0.5+
Total	59	41
Gender		
Males	60	40
Females	57	43
Ethnicity		
White	66	34
African American	47	53
Latino	47	53
Asian/Other	80	20
Income		
≤\$19,999	39	61
20,000 - \$49,999	53	47
≥\$50,000	72	28
School Type		
Public	57	43
Other	70	30
Overweight Status		
Not at Risk	62	38
At Risk/Overweight	56	44
Food Stamps		
Yes	44	56
No	61	39
Physical Activity		
≥60 minutes	57	43
<60 minutes	60	40
School Breakfast		
Yes	35	65
No	63	37
School Lunch		
Yes	51	49
No	72	28
Nutrition Lesson		
Yes	60	40
No	58	42
Exercise Lesson		
Yes	60	40
No	56	44

¹ Categorized as having less than 0.5 servings.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 16: Consumption of Cereal¹ and Higher Fiber Cereal² by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of cereal did you/your child eat?

	1 or More Servings of Cereal ³	0.5 or More Servings of Higher Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	54	21	27
Gender			
Males	58 *	22	28
Females	50	20	27
Ethnicity			
White	53 *	24 **	31
African American	53	21	24
Latino	59	20	26
Asian/Other	41	8	14
Income			
≤\$19,999	53	14	20
20,000 - \$49,999	56	23	29
≥\$50,000	52	22	29
School Type			
Public	56 **	21	26
Other	41	23	32
Overweight Status			
Not at Risk	54	23	29
At Risk/Overweight	51	19	26
Food Stamps			
Yes	53	24	32
No	54	21	27
Physical Activity			
≥60 minutes	56	20	27
<60 minutes	52	21	27
School Breakfast			
Yes	52	18	21
No	55	21	28
School Lunch			
Yes	54	21	28
No	53	20	26
Nutrition Lesson			
Yes	53	22	30
No	56	18	23
Exercise Lesson			
Yes	53	22	29
No	55	18	23

¹ This includes cold and hot breakfast cereals.

² Higher fiber cereal is defined as cereal containing 3 or more grams of fiber.

³ Categorized as having more than 0.5 servings.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 17: Higher Fiber Food Consumption by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of cereal did you/your child eat?

	1 or More Servings of Higher Fiber Foods ¹ , Percent of Children	
Total	52	
Gender		
Males	51	
Females	52	
Ethnicity		
White	50	***
African American	60	
Latino	60	
Asian/Other	27	
Income		
≤\$19,999	65	***
20,000 - \$49,999	57	
≥\$50,000	42	
School Type		
Public	52	
Other	46	
Overweight Status		
Not at Risk	50	
At Risk/Overweight	53	
Food Stamps		
Yes	61	
No	50	
Physical Activity		
≥60 minutes	52	
<60 minutes	51	
School Breakfast		
Yes	68	***
No	48	
School Lunch		
Yes	57	***
No	42	
Nutrition Lesson		
Yes	51	
No	52	
Exercise Lesson		
Yes	51	
No	52	

¹ Categorized as having at least 0.5 servings of dry beans or 0.5 servings of higher fiber cereal.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 26: Breakdown of the Protein Rich Foods Reported by California Children

Protein Rich Foods	Mean Servings
Total	2.4
Beef, pork and other red meats	0.8
Poultry and fish	0.7
Processed meats	0.4
Nuts and seeds	0.3
Eggs	0.2
Other protein rich foods	0.1

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 18: Breakdown of the Milk Products Reported by California Children

Milk Products	Mean Servings
Total	3.5
Milk ¹	2.1
Cheese	1.1
Dairy Desserts ²	0.4
Yogurt ³	0.0

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

³ Yogurt was reported at snack times only.

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 19: Total Servings of Milk Products¹ Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of [each type of food] did you/your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk ²	Cheese
Total	3.5	2.1	1.1
Gender			
Males	3.6	2.2 **	1.1
Females	3.4	1.9	1.1
Ethnicity			
White	3.7 ^b ***	2.2 ^b **	1.1
African American	3.3 ^{ab}	2.2 ^b	0.9
Latino	3.6 ^b	2.1 ^b	1.1
Asian/Other	2.9 ^a	1.6 ^a	1.0
Income			
≤\$19,999	4.0 ^b ***	2.3 ^b *	1.2 ^b *
20,000 - \$49,999	3.5 ^a	2.1 ^{ab}	1.0 ^{ab}
≥\$50,000	3.3 ^a	1.9 ^a	1.0 ^a
School Type			
Public	3.6 **	2.1 **	1.1
Other	3.1	1.7	1.1
Overweight Status			
Not at Risk	3.4	2.0	1.1
At Risk/Overweight	3.7	2.2	1.1
Food Stamps			
Yes	3.8 *	2.3	1.1
No	3.5	2.0	1.0
Physical Activity			
≥60 minutes	3.7 **	2.1	1.1 *
<60 minutes	3.4	2.0	1.0
School Breakfast			
Yes	4.3 ***	2.7 ***	1.2
No	3.4	1.9	1.0
School Lunch			
Yes	3.8 ***	2.3 ***	1.1
No	3.1	1.6	1.0
Nutrition Lesson			
Yes	3.6	2.1	1.1
No	3.4	2.0	1.0
Exercise Lesson			
Yes	3.5	2.1	1.1
No	3.5	2.1	1.1

¹ This includes milk, cheese, dairy desserts and yogurt. Yogurt was reported at snack times only

² This includes milk and milkshakes.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 20: Range in Number of Servings of Dairy Desserts¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample) - 2010 CORRECTED TABLE

How many servings of sweets did you/your child eat?

	Servings of Dairy Desserts Reported, Percent of Children	
	0 ²	0.5+
Total	58	42
Gender		
Males	60	40
Females	55	45
Ethnicity		
White	54	46
African American	77	23
Latino	54	46
Asian/Other	70	30
Income		
≤\$19,999	54	46
20,000 - \$49,999	57	43
≥\$50,000	60	40
School Type		
Public	55	45
Other	70	30
Overweight Status		
Not at Risk	58	42
At Risk/Overweight	59	41
Food Stamps		
Yes	58	42
No	57	43
Physical Activity		
≥60 minutes	54	46
<60 minutes	60	40
School Breakfast		
Yes	49	51
No	59	41
School Lunch		
Yes	58	42
No	56	44
Nutrition Lesson		
Yes	56	44
No	60	40
Exercise Lesson		
Yes	58	42
No	57	43

¹ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

² Categorized as having less than 0.5 servings.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 21: Range in Number of Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt², and dairy desserts³ did you/your child eat/drink?

	Servings of Milk Products Reported, Percent of Children		
	0-1	2	3+
Total	11	23	66
Gender			
Males	11	19	70
Females	11	28	61
Ethnicity			
White	10	18	72
African American	22	22	55
Latino	7	27	66
Asian/Other	19	32	49
Income			
≤\$19,999	8	21	70
20,000 - \$49,999	10	25	65
≥\$50,000	13	22	64
School Type			
Public	10	23	67
Other	20	26	54
Overweight Status			
Not at Risk	11	25	64
At Risk/Overweight	11	22	67
Food Stamps			
Yes	5	27	68
No	12	23	65
Physical Activity			
≥60 minutes	13	23	64
<60 minutes	8	24	68
School Breakfast			
Yes	4	17	79
No	12	24	63
School Lunch			
Yes	7	19	74
No	18	31	51
Nutrition Lesson			
Yes	11	22	67
No	11	26	63
Exercise Lesson			
Yes	11	24	64
No	10	21	69

¹ This includes milk and milkshakes.

² Reported at snack times only.

³ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 22: Range in the Number of Servings of Milk¹ Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk did you/your child drink?

	Servings of Milk Reported, Percent of Children		
	0 ²	1-2	3+
Total	10	64	26
Gender			
Males	8	62	30
Females	12	65	22
Ethnicity			
White	9	63	27
African American	13	56	31
Latino	8	66	26
Asian/Other	21	62	16
Income			
≤\$19,999	10	59	31
20,000 - \$49,999	10	63	27
≥\$50,000	11	66	23
School Type			
Public	10	63	27
Other	15	68	16
Overweight Status			
Not at Risk	11	66	22
At Risk/Overweight	10	59	32
Food Stamps			
Yes	4	69	28
No	12	63	25
Physical Activity			
≥60 minutes	11	64	25
<60 minutes	10	63	27
School Breakfast			
Yes	2	54	44
No	12	65	23
School Lunch			
Yes	5	63	32
No	20	64	16
Nutrition Lesson			
Yes	10	63	26
No	10	64	25
Exercise Lesson			
Yes	11	63	26
No	9	65	25

¹ This includes milk and milkshakes.

² Categorized as having 0.5 servings or less.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 23: Type of Milk Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

What types of milk did you/your child drink?

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent of Children				Out of All Children, Percent Who Drank Low fat Milk ³
	Nonfat	1%	2%	Whole	
Total	11	16	43	30	26
Gender					
Males	9	14	46	31	24
Females	13	19	40	29	29
Ethnicity					
White	18	16	44	21	32
African American	1	11	36	52	11
Latino	5	18	42	36	24
Asian/Other	8	15	42	34	22
Income					
≤\$19,999	2	14	46	38	18
20,000 - \$49,999	8	14	39	39	22
≥\$50,000	17	20	44	19	33
School Type					
Public	10	17	44	30	26
Other	21	17	36	25	30
Overweight Status					
Not at Risk	11	14	46	29	25
At Risk/Overweight	9	20	42	28	29
Food Stamps					
Yes	2	10	42	45	11
No	12	18	43	27	28
Physical Activity					
≥60 minutes	10	14	47	29	23
<60 minutes	11	19	39	31	29
School Breakfast					
Yes	2	9	47	42	12
No	13	18	42	28	29
School Lunch					
Yes	7	15	43	35	24
No	17	20	43	20	30
Nutrition Lesson					
Yes	13	16	45	26	29
No	8	17	40	36	23
Exercise Lesson					
Yes	12	17	44	28	28
No	9	16	41	34	24

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting more than 0.5 servings of nonfat and/or 1 percent milk only.

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<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 24: Belief about the Number of Servings of Milk Needed for Good Health (Phone Sample)

About how many glasses or servings of milk do you think you should drink each day for good health?

	Servings of Milk Believed Needed, Percent of Children	
	0-2	3+
Total	30	70
Gender		
Males	30	70
Females	29	71
Ethnicity		
White	24	76
African American	37	63
Latino	34	66
Asian/Other	30	70
Income		
≤\$19,999	45	55
20,000 - \$49,999	24	76
≥\$50,000	26	74
School Type		
Public	29	71
Other	30	70
Overweight Status		
Not at Risk	28	72
At Risk/Overweight	31	69
Food Stamps		
Yes	64	36
No	26	74
Physical Activity		
≥60 minutes	29	71
<60 minutes	30	70
School Breakfast		
Yes	44	56
No	27	73
School Lunch		
Yes	32	68
No	25	75
Nutrition Lesson		
Yes	25	75
No	37	63
Exercise Lesson		
Yes	26	74
No	37	63

Excludes those reporting "don't know."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 25: Glasses of Milk Believed to Be Needed Compared with Actual Milk Consumption (Phone Sample)

How many servings of milk did you/your child drink?

About how many glasses or servings of milk do you think you should drink each day for good health?

Milk Belief²	Percent	Servings of Milk¹ Drunk by Children, Percent		
		0-1	2	3+
Servings believed to be needed				
0-1	6	67	31	2
2	24	44	35	22
3+	70	40	35	26

¹ Excludes those reporting "milkshake."

² Excludes those reporting "don't know."

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 27: Total Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

	Reported Mean Servings		
	All Protein Rich Foods	Beef, Pork and Other Red Meats ¹	Poultry and Fish ²
Total	2.4	0.8	0.7
Gender			
Males	2.6 ***	0.9 **	0.7
Females	2.2	0.7	0.7
Ethnicity			
White	2.2 ^a ***	0.7 ^a **	0.6 ^a ***
African American	3.0 ^c	0.9 ^{ab}	1.1 ^b
Latino	2.6 ^{bc}	0.9 ^b	0.7 ^a
Asian/Other	2.4 ^{ab}	0.7 ^a	0.8 ^{ab}
Income			
≤\$19,999	2.9 ^c ***	1.1 ^b ***	0.6 ^a ***
20,000 - \$49,999	2.5 ^b	0.8 ^a	0.8 ^b
≥\$50,000	2.2 ^a	0.7 ^a	0.6 ^a
School Type			
Public	2.4	0.8 *	0.7
Other	2.3	0.6	0.7
Overweight Status			
Not at Risk	2.4	0.8	0.7
At Risk/Overweight	2.5	0.9	0.8
Food Stamps			
Yes	3.0 **	0.9	1.0 **
No	2.3	0.8	0.7
Physical Activity			
≥60 minutes	2.6 **	0.8	0.8 ***
<60 minutes	2.3	0.8	0.6
School Breakfast			
Yes	2.8 ***	0.9	0.9 **
No	2.3	0.8	0.7
School Lunch			
Yes	2.5	0.9 ***	0.7
No	2.4	0.7	0.7
Nutrition Lesson			
Yes	2.5	0.8	0.7
No	2.4	0.8	0.7
Exercise Lesson			
Yes	2.5	0.8	0.7
No	2.3	0.8	0.7

¹ This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

² This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 28: Range in Number of Servings of Protein Rich Foods Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

	Servings of All Protein Rich Foods Reported, Percent of Children		
	0-1	2	3+
Total	28	42	29
Gender			
Males	21	46	33
Females	36	39	25
Ethnicity			
White	32	44	23
African American	14	30	56
Latino	26	44	30
Asian/Other	30	39	30
Income			
≤\$19,999	24	33	43
20,000 - \$49,999	26	47	27
≥\$50,000	32	43	25
School Type			
Public	28	43	29
Other	36	36	29
Overweight Status			
Not at Risk	30	41	28
At Risk/Overweight	25	43	32
Food Stamps			
Yes	23	31	46
No	30	43	27
Physical Activity			
≥60 minutes	26	44	31
<60 minutes	31	42	28
School Breakfast			
Yes	22	34	44
No	30	44	26
School Lunch			
Yes	28	41	30
No	29	44	27
Nutrition Lesson			
Yes	26	43	31
No	32	41	26
Exercise Lesson			
Yes	25	44	31
No	35	39	26

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 29: Range in Number of Servings of Beef, Pork and Other Red Meats¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

	Servings of Beef, Pork and Other Red Meats Reported, Percent of Children		
	0 ²	1	2+
Total	54	37	9
Gender			
Males	51	38	12
Females	57	36	8
Ethnicity			
White	56	36	8
African American	48	41	11
Latino	49	39	12
Asian/Other	66	29	5
Income			
≤\$19,999	37	47	16
20,000 - \$49,999	55	36	9
≥\$50,000	60	33	7
School Type			
Public	52	38	10
Other	67	27	6
Overweight Status			
Not at Risk	55	36	9
At Risk/Overweight	50	37	13
Food Stamps			
Yes	48	37	15
No	55	36	9
Physical Activity			
≥60 minutes	53	38	10
<60 minutes	55	36	9
School Breakfast			
Yes	46	43	10
No	56	35	9
School Lunch			
Yes	47	42	11
No	66	28	7
Nutrition Lesson			
Yes	52	39	9
No	57	33	10
Exercise Lesson			
Yes	53	38	9
No	56	34	10

¹ This protein category includes beef (i.e. steak, carne asada, ground beef, corned beef, roast beef, beef jerky, ribs, whole chunks, veal, etc.), pork (i.e. steak, chops, ribs, ham, etc.) and other red meats (i.e. lamb and unspecified pizza meat, taco meat, tamales, etc.).

² Categorized as having 0.5 servings or less.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 30: Range in Number of Servings of Poultry and Fish¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

	Servings of Poultry and Fish Reported, Percent of Children		
	0 ²	1	2+
Total	60	32	8
Gender			
Males	60	32	8
Females	60	32	8
Ethnicity			
White	63	32	4
African American	49	33	18
Latino	61	30	10
Asian/Other	50	41	9
Income			
≤\$19,999	65	26	9
20,000 - \$49,999	54	34	11
≥\$50,000	62	33	4
School Type			
Public	60	32	8
Other	58	38	4
Overweight Status			
Not at Risk	60	33	7
At Risk/Overweight	60	31	10
Food Stamps			
Yes	49	35	16
No	61	32	7
Physical Activity			
≥60 minutes	54	34	12
<60 minutes	65	31	5
School Breakfast			
Yes	53	32	15
No	61	32	6
School Lunch			
Yes	59	33	9
No	62	31	7
Nutrition Lesson			
Yes	60	31	8
No	59	34	7
Exercise Lesson			
Yes	59	34	8
No	62	30	8

¹ This protein variable includes all poultry (i.e. chicken, turkey, duck, canned chicken, whole poultry chunks, etc.) and fish (i.e. salmon, trout, tuna, mussels, shrimp, crab, fish sticks, fish patties, etc.).

² Categorized as having 0.5 servings or less.

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<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 31: Range in Number of Servings of Processed Meats¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of protein did you/your child eat?

	Servings of Processed Meats Reported, Percent of Children	
	0 ²	1+
Total	79	21
Gender		
Males	76	24
Females	82	18
Ethnicity		
White	80	20
African American	66	34
Latino	80	20
Asian/Other	79	21
Income		
≤\$19,999	69	31
20,000 - \$49,999	82	18
≥\$50,000	80	20
School Type		
Public	78	22
Other	82	18
Overweight Status		
Not at Risk	80	20
At Risk/Overweight	75	25
Food Stamps		
Yes	68	32
No	80	20
Physical Activity		
≥60 minutes	81	19
<60 minutes	77	23
School Breakfast		
Yes	66	34
No	81	19
School Lunch		
Yes	79	21
No	78	22
Nutrition Lesson		
Yes	77	23
No	82	18
Exercise Lesson		
Yes	76	24
No	85	15

¹ This protein variable includes all processed meats (i.e. sausage, lunch meat, bacon, hot dogs, bologna, chorizzo, etc.)

² Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 32: Total Servings of High Calorie, Low Nutrient Foods Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of [each type of food] did you/your child eat/drink?

	Reported Mean Servings			
	All High Calorie, Low Nutrient Foods	Soda/Sweetened Beverages ¹	Sweets ²	High-Fat Snacks ³
Total	4.4	1.2	2.1	1.1
Gender				
Males	4.3	1.2	2.0 *	1.2
Females	4.4	1.1	2.2	1.1
Ethnicity				
White	4.3 ^a **	1.0 ^a ***	2.3 ^b *	1.1
African American	5.4 ^b	2.2 ^c	1.8 ^{ab}	1.4
Latino	4.4 ^a	1.3 ^b	2.0 ^{ab}	1.1
Asian/Other	3.8 ^a	0.9 ^a	1.8 ^a	1.2
Income				
≤\$19,999	4.8 ^b **	1.5 ^c ***	2.1	1.2 ^{ab} *
20,000 - \$49,999	4.6 ^b	1.2 ^b	2.1	1.2 ^b
≥\$50,000	4.0 ^a	1.0 ^a	2.1	1.0 ^a
School Type				
Public	4.5 **	1.2 **	2.1 *	1.1
Other	3.6	0.8	1.9	0.9
Overweight Status				
Not at Risk	4.2	1.1 **	2.1	1.1
At Risk/Overweight	4.5	1.3	2.1	1.1
Food Stamps				
Yes	5.0 *	1.6 **	2.1	1.3 *
No	4.3	1.1	2.1	1.1
Physical Activity				
≥60 minutes	4.7 ***	1.3 *	2.2 **	1.2 *
<60 minutes	4.1	1.1	1.9	1.0
School Breakfast				
Yes	4.9 **	1.4 **	2.1	1.4 **
No	4.3	1.1	2.1	1.1
School Lunch				
Yes	4.2 **	1.1	2.0 **	1.1
No	4.7	1.2	2.3	1.2
Nutrition Lesson				
Yes	4.5	1.1	2.2 *	1.1
No	4.2	1.2	1.9	1.1
Exercise Lesson				
Yes	4.5	1.2	2.2 *	1.1
No	4.1	1.1	1.9	1.1

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

³ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 33: Breakdown of the Soda and Sweetened Beverages Reported by California Children

Soda and Sweetened Beverages	Mean Servings
Total	1.2
Regular soda	0.5
Drinkade (Hi-C, Sunny Delight)	0.6
Bottled, sweetened tea (Arizona, Snapple)	0.0
Flavored, sweetened, bottled water (Clearly Canadian)	0.0
Diet soda	0.1

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 34: Range in Number of Servings of Soda/Sweetened Beverages¹ Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of soda/soft drink did you/your child drink?

	Servings of Sodas/Sweetened Beverages Reported, Percent of Children			
	0 ²	1	2	3+
Total	42	34	15	9
Gender				
Males	40	34	17	9
Females	43	34	14	9
Ethnicity				
White	47	35	13	5
African American	21	23	30	26
Latino	37	34	17	12
Asian/Other	47	39	10	3
Income				
≤\$19,999	27	40	22	11
20,000 - \$49,999	44	30	13	14
≥\$50,000	46	36	15	3
School Type				
Public	39	36	16	10
Other	59	24	16	2
Overweight Status				
Not at Risk	45	33	16	6
At Risk/Overweight	37	34	17	12
Food Stamps				
Yes	31	34	18	16
No	44	34	15	8
Physical Activity				
≥60 minutes	38	32	20	10
<60 minutes	44	36	12	8
School Breakfast				
Yes	34	36	15	15
No	43	34	16	8
School Lunch				
Yes	44	33	14	8
No	37	36	17	10
Nutrition Lesson				
Yes	42	33	17	7
No	40	36	13	11
Exercise Lesson				
Yes	40	34	17	8
No	44	34	11	10

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

² Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 35: Breakdown of the Sweets Reported by California Children

Sweets	Mean Servings
Total	2.1
Candy	0.2
Baked goods	1.2
Dairy desserts	0.4
Other sweets ¹	0.3

¹ This includes sweets such as popsicles, gelatin, jelly, syrup, and other miscellaneous sweets.

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 36: Range in the Number of Servings of Sweets¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of sweets did you/your child eat?

	Servings of Sweets Reported, Percent of Children			
	0 ²	1	2	3+
Total	15	31	25	29
Gender				
Males	16	33	26	25
Females	14	28	24	33
Ethnicity				
White	12	27	28	33
African American	25	34	9	31
Latino	17	31	24	28
Asian/Other	15	42	25	17
Income				
≤\$19,999	19	31	24	26
20,000 - \$49,999	17	27	24	32
≥\$50,000	12	34	27	27
School Type				
Public	15	31	24	30
Other	14	30	34	22
Overweight Status				
Not at Risk	14	32	26	27
At Risk/Overweight	17	28	24	31
Food Stamps				
Yes	22	28	18	32
No	14	31	26	28
Physical Activity				
≥60 minutes	11	31	28	30
<60 minutes	19	30	22	28
School Breakfast				
Yes	15	31	24	30
No	15	31	26	29
School Lunch				
Yes	19	32	22	27
No	9	28	31	32
Nutrition Lesson				
Yes	14	29	26	32
No	18	34	24	25
Exercise Lesson				
Yes	14	30	25	31
No	18	32	26	24

¹ This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

² Categorized as having 0.5 servings or less.

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<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 37: Breakdown of the High Fat Snacks Reported by California Children

High Fat Snacks	Mean Servings
Total	1.1
Fried potatoes	0.3
Fried vegetables ¹	0.0
Chips and crackers	0.8
Other fried foods	0.0

¹ This excludes fried potatoes.

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 38: Range in Number of Servings of High-Fat Snacks¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of high-fat snacks did you/your child eat?

	Servings of High-Fat Snacks Reported, Percent of Children			
	0 ²	1	2	3+
Total	41	37	14	8
Gender				
Males	38	37	17	8
Females	44	36	12	8
Ethnicity				
White	43	37	14	6
African American	43	27	17	12
Latino	39	39	14	8
Asian/Other	40	32	16	12
Income				
≤\$19,999	34	42	17	7
20,000 - \$49,999	40	34	14	12
≥\$50,000	44	37	14	5
School Type				
Public	39	38	15	8
Other	55	25	12	8
Overweight Status				
Not at Risk	44	34	14	9
At Risk/Overweight	36	43	14	7
Food Stamps				
Yes	30	38	21	10
No	42	36	13	8
Physical Activity				
≥60 minutes	38	38	16	8
<60 minutes	44	36	13	8
School Breakfast				
Yes	31	40	14	15
No	43	36	14	7
School Lunch				
Yes	45	34	12	8
No	34	40	18	8
Nutrition Lesson				
Yes	41	36	14	9
No	41	38	15	7
Exercise Lesson				
Yes	41	37	14	8
No	41	36	15	8

¹ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

² Categorized as having 0.5 servings or less.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 39: Range in Number of Servings of High Calorie, Low Nutrient Foods Eaten/Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of soda/soft drink, sweets, and high-fat snacks did you/your child eat/drink?

	Servings of High Calorie, Low Nutrient Foods Reported, Percent of Children			
	0-1	2-3	4-5	6+
Total	10	35	32	22
Gender				
Males	11	34	32	23
Females	10	36	33	22
Ethnicity				
White	9	36	33	22
African American	13	30	24	33
Latino	10	34	33	22
Asian/Other	15	36	33	17
Income				
≤\$19,999	6	34	34	26
20,000 - \$49,999	11	33	31	25
≥\$50,000	12	37	32	19
School Type				
Public	9	35	32	24
Other	19	34	35	12
Overweight Status				
Not at Risk	11	35	33	20
At Risk/Overweight	10	35	29	26
Food Stamps				
Yes	8	33	27	32
No	11	35	32	22
Physical Activity				
≥60 minutes	9	28	37	26
<60 minutes	12	40	29	20
School Breakfast				
Yes	5	34	31	30
No	12	35	33	21
School Lunch				
Yes	13	38	30	19
No	6	30	37	28
Nutrition Lesson				
Yes	9	35	33	24
No	13	35	31	21
Exercise Lesson				
Yes	9	34	33	24
No	13	36	31	19

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 40: Drinking Soda and Sweetened Beverages¹ Associated with Milk Consumption among California Children (Diary Sample)

How many servings of soda/soft drinks did you/your child drink?
 How many servings of milk did you/your child drink?

Soda Consumption	Percent	Servings of Milk Drunk by Children	
		Mean	
Any Servings of Soda			
Yes	58	1.9	***
No	42	2.3	

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

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

ANOVA

*** $p < .001$

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 41: Who Most Often Makes Children's Meals and Snacks (Phone Sample)

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Percent of Children Reporting Who Makes Their Meals and Snacks				
	Dad/	Alone	and	with	School
Meal Times					
Breakfast	45	40	2	♦	13
Lunch	40	16	2	0	42
Dinner	96	2	2	0	♦
Snack Times					
After School Snack	44	50	2	1	3
Evening Snack	51	46	1	0	1

Excludes those reporting "other," "don't eat," and "don't know."

0% represents one-half of one percent or less.

♦ No one represented.

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

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 42: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)¹

Where did your child get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food from Each Source by Meal					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	88	45	87	75	78	94
School cafeteria	15	53	0	13	4	♦
Day care provider or facility/friend's house	1	1	1	5	9	1
Fast food restaurant or food court	1	1	9	♦	3	1
Served by fast food at school	0	2	0	0	1	♦
Miscellaneous ²	1	2	5	8	7	4

¹ Reports the responses based on two days.

² Miscellaneous represents four collapsed categories including school vending machine, convenience store, other type of restaurant, and other.

0% represents one-half of one percent or less.

♦ No one represented

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

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 43: Frequency of Eating Lunch in the School Cafeteria during the Past Week (Diary Sample)¹

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent of Children				
	None	Few Times a Month	1-2 Times/ Week	3-4 Times/ Week	5 Times/ Week
Total	16	12	16	15	41
Gender					
Males	14	12	14	14	46
Females	17	14	18	15	36
Ethnicity					
White	17	17	20	13	33
African American	9	3	13	15	60
Latino	10	8	14	17	51
Asian/Other	32	16	13	13	26
Income					
≤\$19,999	5	4	3	16	72
20,000 - \$49,999	13	9	15	14	50
≥\$50,000	22	19	23	15	20
School Type					
Public	14	13	13	15	45
Other	30	9	36	11	14
Overweight Status					
Not at Risk	16	13	15	13	42
At Risk/Overweight	15	12	19	14	40
Food Stamps					
Yes	1	1	2	18	78
No	18	14	18	14	36
Physical Activity					
≥60 minutes	21	11	16	14	38
<60 minutes	11	14	16	15	44
School Breakfast					
Yes	1	4	0	9	85
No	18	14	19	16	33
School Lunch					
Yes	1	5	11	20	64
No	41	26	25	6	2
Nutrition Lesson					
Yes	15	13	17	15	40
No	16	12	15	14	42
Exercise Lesson					
Yes	15	13	18	16	38
No	16	12	12	12	48

¹ Excludes those reporting "no answer" and children attending home school.

0% represents one-half of one percent or less.

Reported mean times eating school lunch in the past week was 2.9 times.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 44: Percentage of Children Who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (Diary Sample)

Does your school usually serve its students breakfast/hot lunches/after-school snacks?

	Children Reported that Schools Served		
	Breakfast	Hot Lunch ¹	After-School Snacks
Total	69	94	13
Gender			
Males	70	94	11
Females	68	95	15
Ethnicity			
White	60 ***	94 **	15
African American	81	100	24
Latino	79	96	11
Asian/Other	59	83	7
Income			
≤\$19,999	86 ***	99 *	19 ***
20,000 - \$49,999	79	91	4
≥\$50,000	52	95	18
School Type			
Public	75 ***	96 ***	9 ***
Other	25	81	41
Overweight Status			
Not at Risk	66	94	9 **
At Risk/Overweight	75	95	20
Food Stamps			
Yes	88 *	100	14
No	68	94	13
Physical Activity			
≥60 minutes	72	96	15
<60 minutes	66	93	12
School Breakfast			
Yes	100 ***	100	9
No	64	93	14
School Lunch			
Yes	76 ***	99 ***	10 *
No	55	86	18
Nutrition Lesson			
Yes	70	95	16 *
No	67	92	8
Exercise Lesson			
Yes	65 *	93	16
No	76	96	8

¹ Due to the small number of cases reporting "no/not sure," the ability to have meaningful significance testing is limited. Use caution in interpretation.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 45: Children Reported Schools with Vending Machines and Fast Food Service (Phone Sample)

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

Does your school have a soda vending machine that students can use?

Does your school cafeteria serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?

	Percent of Children Responding "Yes" to Schools Having		
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Vending Machines with Soda
Total	8	24	16
Gender			
Males	8	26	16
Females	8	23	15
Ethnicity			
White	6	26	10 *
African American	9	36	9
Latino	10	21	20
Asian/Other	10	26	24
Income			
≤\$19,999	18 ***	33	25 *
20,000 - \$49,999	2	21	11
≥\$50,000	9	23	15
School Type			
Public	8	24	14 **
Other	8	31	30
Overweight Status			
Not at Risk	7	24	17
At Risk/Overweight	10	26	13
Food Stamps			
Yes	14	25	14
No	8	25	16
Physical Activity			
≥60 minutes	7	26	19
<60 minutes	9	24	13
School Breakfast			
Yes	6	25	25
No	9	24	14
School Lunch			
Yes	9	24	16
No	8	24	16
Nutrition Lesson			
Yes	10	24	18
No	6	24	12
Exercise Lesson			
Yes	9	27	17
No	6	19	12

Excludes those reporting "don't know."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 46: Frequency of Eating in a Fast Food Restaurant during the Past Week (Phone Sample)

In the past week, about how many times did you eat at a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC, Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
Total	28	35	36
Gender			
Males	28	41	32
Females	29	30	40
Ethnicity			
White	29	39	32
African American	15	48	37
Latino	32	25	44
Asian/Other	23	51	26
Income			
≤\$19,999	31	24	45
20,000 - \$49,999	32	37	32
≥\$50,000	25	39	36
School Type			
Public	29	36	35
Other	26	30	44
Overweight Status			
Not at Risk	30	40	30
At Risk/Overweight	26	27	47
Food Stamps			
Yes	22	28	50
No	29	36	35
Physical Activity			
≥60 minutes	29	45	26
<60 minutes	28	27	45
School Breakfast			
Yes	17	46	38
No	30	34	36
School Lunch			
Yes	30	31	40
No	26	44	30
Nutrition Lesson			
Yes	29	39	32
No	28	30	43
Exercise Lesson			
Yes	26	36	38
No	34	34	32

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.2 times.

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

* p < .05

** p < .01

*** p < .001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 47: Effect of School Breakfast, School Lunch, or Fast Food on Average Servings of Food Types (Diary Sample)

	Percent	Reported Mean Servings Per Day			
		Fruits and Vegetables	Protein	Fluid Milk	Cheese
Fast Food¹					
Yes	25	3.1	2.5	1.9	1.3 ***
No	75	3.2	2.4	2.1	1.0
School Lunch					
Yes	63	3.4 ***	2.5	2.3 ***	1.1
No	37	2.8	2.4	1.6	1.0
School Breakfast					
Yes	16	4.3 ***	2.8 ***	2.7 ***	1.2
No	84	3.0	2.3	1.9	1.0

	Percent	Reported Mean Servings Per Day		
		Soda/Soft Drinks	Sweets	High-Fat Snacks
Fast Food¹				
Yes	25	1.6 ***	2.3 *	1.3 **
No	75	1.1	2.0	1.0
School Lunch				
Yes	63	1.2	2.0 **	1.1
No	37	1.3	2.3	1.2
School Breakfast				
Yes	16	1.5 *	2.1	1.4 **
No	84	1.2	2.1	1.1

¹ Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

* p<.05

** p<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 48: Effect of School Breakfast, School Lunch, or Fast Food on Eating Recommended Foods (Diary Sample)

	Percent	Children Who Ate, Percent						
		5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any Green Salad	Any Milk	Any Dry Beans	Any Higher Fiber Cereal
Fast Food¹								
Yes	25	22	64	77 *	2	87	40	22
No	75	19	66	70	5	90	42	20
School Lunch								
Yes	63	23 *	74 ***	72	5	95 ***	49 ***	21
No	37	16	51	71	3	80	28	20
School Breakfast								
Yes	16	37 ***	79 ***	78	7	98 ***	65 ***	18
No	84	17	63	70	4	88	37	21

	Percent	Children Who Ate, Percent		
		Any Soda/Soft Drinks	Any Sweets	Any High-Fat Snacks
Fast Food¹				
Yes	25	72 ***	89	62
No	75	54	84	58
School Lunch				
Yes	63	56 *	81 ***	55 **
No	37	63	91	66
School Breakfast				
Yes	16	66	85	69 *
No	84	57	85	57

¹ Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 49: Favorite Type of Restaurant (Phone Sample)

What one of the following types of restaurants is your favorite type?

	Favorite Type of Restaurant Reported, Percent of Children		
	Fast Food	Buffet	Table Service
Total	45	28	27
Gender			
Males	46	22	31
Females	43	33	24
Ethnicity			
White	35	33	32
African American	36	30	34
Latino	59	21	21
Asian/Other	40	32	27
Income			
≤\$19,999	65	27	8
20,000 - \$49,999	45	27	29
≥\$50,000	35	29	36
School Type			
Public	45	28	27
Other	41	25	34
Overweight Status			
Not at Risk	47	24	29
At Risk/Overweight	42	32	26
Food Stamps			
Yes	58	19	22
No	43	29	28
Physical Activity			
≥60 minutes	36	28	36
<60 minutes	52	28	20
School Breakfast			
Yes	49	26	25
No	44	28	28
School Lunch			
Yes	52	26	22
No	32	32	36
Nutrition Lesson			
Yes	42	30	28
No	49	25	26
Exercise Lesson			
Yes	42	29	29
No	50	26	24

Excludes those reporting "all of the above" and "don't know."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 50: Who Most Often Chooses the Restaurant for Out-of-Home Eating (Phone Sample)

When you and your family decide to eat a meal at any type of restaurant, who usually picks the restaurant?

	Children Reported Who Chooses the Restaurant, Percent			
	Everyone together	Your Parents	You	
Total	67	26	6	
Gender				
Males	73	24	3	**
Females	62	28	10	
Ethnicity				
White	67	30	4	**
African American	54	37	9	
Latino	71	18	11	
Asian/Other	64	36	♦	
Income				
≤\$19,999	61	26	14	**
20,000 - \$49,999	62	30	8	
≥\$50,000	76	22	2	
School Type				
Public	66	26	7	
Other	79	21	0	
Overweight Status				
Not at Risk	71	26	4	**
At Risk/Overweight	63	25	12	
Food Stamps				
Yes	48	44	8	*
No	70	24	6	
Physical Activity				
≥60 minutes	74	18	7	**
<60 minutes	61	32	6	
School Breakfast				
Yes	47	41	11	**
No	71	24	6	
School Lunch				
Yes	68	28	4	*
No	66	23	11	
Nutrition Lesson				
Yes	74	20	6	**
No	56	37	7	
Exercise Lesson				
Yes	75	19	6	***
No	51	42	7	

Excludes those reporting "other" and "don't know."

0% represents one-half of one percent or less.

♦ No one represented.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 51: Where Children Usually Spend Their Time After School (Phone Sample)

Thinking of this most recent school year, where did you usually spend your time after school?

	Where Children Spend Time After School, Percent		
	Home	Friend's House	Day Care/After School Program
Total	68	10	20
Gender			
Males	68	9	22
Females	67	11	20
Ethnicity			
White	70	10 **	20 **
African American	52	♦	39
Latino	70	16	14
Asian/Other	58	♦	34
Income			
≤\$19,999	52 **	20 **	24
20,000 - \$49,999	69	11	19
≥\$50,000	73	6	20
School Type			
Public	67	11	21
Other	72	4	20
Overweight Status			
Not at Risk	71	10	19
At Risk/Overweight	62	12	23
Food Stamps			
Yes	68	10	17
No	67	10	21
Physical Activity			
≥60 minutes	66	13	23
<60 minutes	69	8	19
School Breakfast			
Yes	44 ***	19 *	38 ***
No	71	9	18
School Lunch			
Yes	68	9	22
No	66	14	19
Nutrition Lesson			
Yes	68	11	19
No	66	9	22
Exercise Lesson			
Yes	68	11	19
No	68	9	23

♦ No one represented.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

Did you/your child exercise or (were you)/(was he/she) physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes you/your child spent doing each exercise or activity.

How vigorously did you/your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
Total	14	24	61
Gender			
Males	11	22	67
Females	17	26	56
Ethnicity			
White	11	26	64
African American	30	13	58
Latino	15	24	61
Asian/Other	16	29	55
Income			
≤\$19,999	18	22	61
20,000 - \$49,999	11	27	61
≥\$50,000	16	23	62
School Type			
Public	14	23	63
Other	17	34	49
Overweight Status			
Not at Risk	13	22	65
At Risk/Overweight	15	24	60
Food Stamps			
Yes	17	24	59
No	14	24	62
Physical Activity			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	14	21	65
No	14	25	61
School Lunch			
Yes	15	26	59
No	13	22	65
Nutrition Lesson			
Yes	12	23	66
No	18	26	55
Exercise Lesson			
Yes	14	23	63
No	15	26	59

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)

Number of minutes you/your child spent doing each exercise or activity.
How vigorously did you/your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
Total	16	29	36	82
Gender				
Males	16	30	43 ***	89 ***
Females	17	28	30	75
Ethnicity				
White	17	32	35	84
African American	11	30	35	76
Latino	18	26	37	81
Asian/Other	13	27	36	76
Income				
≤\$19,999	19	25	39	83
20,000 - \$49,999	17	29	35	81
≥\$50,000	14	31	36	81
School Type				
Public	17 *	29	36	82
Other	11	28	37	76
Overweight Status				
Not at Risk	16	31	37	85
At Risk/Overweight	17	26	37	81
Food Stamps				
Yes	19	24	32	75
No	16	30	37	83
Physical Activity				
>60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
School Breakfast				
Yes	23 **	29	37	89
No	15	29	36	80
School Lunch				
Yes	17	27 *	35	78 *
No	15	33	39	87
Nutrition Lesson				
Yes	16	31	40 *	87 **
No	16	26	31	74
Exercise Lesson				
Yes	16	29	37	83
No	16	28	35	79

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

ANOVA

* p<.05

** p<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes you/your child spent doing each exercise or activity.
How vigorously did you/your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
Total	54	46
Gender		
Males	49	51
Females	59	41
Ethnicity		
White	52	48
African American	49	51
Latino	56	44
Asian/Other	58	42
Income		
≤\$19,999	57	43
20,000 - \$49,999	54	46
≥\$50,000	54	46
School Type		
Public	54	46
Other	59	41
Overweight Status		
Not at Risk	51	49
At Risk/Overweight	58	42
Food Stamps		
Yes	59	41
No	53	47
Physical Activity		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
School Breakfast		
Yes	54	46
No	54	46
School Lunch		
Yes	58	42
No	48	52
Nutrition Lesson		
Yes	50	50
No	60	40
Exercise Lesson		
Yes	53	47
No	56	44

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 55: Mode of Transportation to and from School
on a Typical School Day

Transportation Mode <u>to</u> School	Average Percent
Car/carpool	64
School bus	15
Walk	19
Bicycle	2
Transportation Mode <u>from</u> School	Average Percent
Car/carpool	55
School bus	16
Walk	26
Bicycle	2

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Percentage of Children Who Reported Walking to School on a Typical Weekday (Diary Sample)

What was the primary way you/your child got to school today?

	Children Who Walked to School, Average Estimated Percent ¹	
Total	19	
Gender		
Males	20	
Females	18	
Ethnicity		
White	18	
African American	20	
Latino	21	
Asian/Other	13	
Income		
≤\$19,999	39 ^b	***
20,000 - \$49,999	18 ^a	
≥\$50,000	12 ^a	
School Type		
Public	21	***
Other	6	
Overweight Status		
Not at Risk	18	
At Risk/Overweight	20	
Food Stamps		
Yes	36	***
No	16	
Physical Activity		
≥60 minutes	16	*
<60 minutes	21	
School Breakfast		
Yes	31	**
No	17	
School Lunch		
Yes	24	***
No	11	
Nutrition Lesson		
Yes	21	
No	16	
Exercise Lesson		
Yes	19	
No	18	

¹ Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 57: Percentage of Children Who Reported Walking Home from School on a Typical Weekday (Diary Sample)

What was the primary way you/your child got home from school today?

	Children Who Walked Home from School, Average Estimated Percent ¹	
Total	26	
Gender		
Males	28	
Females	24	
Ethnicity		
White	22 ^a	*
African American	24 ^{ab}	
Latino	32 ^b	
Asian/Other	22 ^{ab}	
Income		
≤\$19,999	45 ^c	***
20,000 - \$49,999	26 ^b	
≥\$50,000	18 ^a	
School Type		
Public	29	***
Other	7	
Overweight Status		
Not at Risk	26	
At Risk/Overweight	27	
Food Stamps		
Yes	43	**
No	24	
Physical Activity		
≥60 minutes	22	*
<60 minutes	30	
School Breakfast		
Yes	43	***
No	23	
School Lunch		
Yes	31	***
No	17	
Nutrition Lesson		
Yes	29	*
No	22	
Exercise Lesson		
Yes	27	
No	25	

¹ Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 58: Percentage of Children Using a Physically Active Mode of Transportation¹ to and from School on a Typical Weekday (Diary Sample)

What was the primary way you/your child got to school today?
 What was the primary way you/your child got home from school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent²	
Total	20	
Gender		
Males	22	
Females	18	
Ethnicity		
White	20	
African American	20	
Latino	21	
Asian/Other	16	
Income		
≤\$19,999	38 ^b	***
20,000 - \$49,999	18 ^a	
≥\$50,000	15 ^a	
School Type		
Public	22	***
Other	6	
Overweight Status		
Not at Risk	20	
At Risk/Overweight	20	
Food Stamps		
Yes	36	**
No	18	
Physical Activity		
≥60 minutes	18	
<60 minutes	22	
School Breakfast		
Yes	30	**
No	18	
School Lunch		
Yes	24	***
No	13	
Nutrition Lesson		
Yes	21	
No	19	
Exercise Lesson		
Yes	20	
No	20	

¹ Physically active modes of transportation include walking and bicycling.

² Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

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

ANOVA

** p<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Phone Sample)

Not including recess, during your most recent school year, did you have any PE or gym classes that were taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend gym or physical education class?

Thinking of a typical gym or PE class, for about how many minutes did the each of these classes last when you had it [insert frequency of PE classes]?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
Children Reporting Any PE Classes Only	5	49	24	22	2.7	40
Across All Children	21	40	20	18	2.3	33

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

California Department of Health Services: June 2004

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Phone Sample)

Not including recess, during your most recent school year, did you have any PE or gym classes that were taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend gym or physical education class?

Thinking of a typical gym or PE class, for about how many minutes did the each of these classes last when you had it [insert frequency of PE classes]?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
Total	2.3	33
Gender		
Males	2.2	33
Females	2.3	33
Ethnicity		
White	2.0	35 ^b **
African American	2.5	40 ^b
Latino	2.5	28 ^a
Asian/Other	2.3	38 ^b
Income		
≤\$19,999	2.5	29 ^a *
20,000 - \$49,999	2.2	31 ^{ab}
≥\$50,000	2.2	36 ^b
School Type		
Public	2.3	33
Other	2.2	37
Overweight Status		
Not at Risk	2.2	31 *
At Risk/Overweight	2.4	36
Food Stamps		
Yes	1.5 **	24 *
No	2.3	34
Physical Activity		
≥60 minutes	2.7 ***	36 **
<60 minutes	1.8	30
School Breakfast		
Yes	2.2	34
No	2.3	33
School Lunch		
Yes	2.1 **	29 ***
No	2.6	40
Nutrition Lesson		
Yes	2.5 **	36 **
No	1.9	29
Exercise Lesson		
Yes	2.4 *	34
No	2.0	31

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday: Television, Video Games and Computer for Fun (Diary Sample)

How many minutes did you/your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	88	76
Gender		
Males	88	74
Females	87	77
Ethnicity		
White	82 ^a *	78
African American	111 ^b	69
Latino	92 ^{ab}	73
Asian/Other	79 ^a	77
Income		
≤\$19,999	109 ^b ***	69
20,000 - \$49,999	93 ^b	74
≥\$50,000	74 ^a	79
School Type		
Public	92 ***	73 ***
Other	61	91
Overweight Status		
Not at Risk	81 ***	79 **
At Risk/Overweight	101	69
Food Stamps		
Yes	124 ***	64 **
No	83	77
Physical Activity		
≥60 minutes	84	77
<60 minutes	91	74
School Breakfast		
Yes	102 *	69
No	85	77
School Lunch		
Yes	93 **	74
No	78	78
Nutrition Lesson		
Yes	82 **	79 **
No	96	71
Exercise Lesson		
Yes	85	76
No	93	74

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).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)

About how many times each week should you exercise or be physically active for at least 30 minutes at a time?

	Physical Activity Believed Needed, Percent of Children			
	1-2	3-4	5-6	7+
Total	14	31	18	38
Gender				
Males	16	26	16	41
Females	11	35	19	35
Ethnicity				
White	11	27	19	43
African American	28	7	20	45
Latino	15	36	14	35
Asian/Other	10	39	25	26
Income				
≤\$19,999	10	35	9	46
20,000 - \$49,999	15	30	22	33
≥\$50,000	14	29	19	38
School Type				
Public	13	33	17	37
Other	19	15	24	41
Overweight Status				
Not at Risk	15	30	21	34
At Risk/Overweight	11	33	13	42
Food Stamps				
Yes	13	19	10	57
No	14	32	19	36
Physical Activity				
≥60 minutes	12	28	19	40
<60 minutes	14	33	17	36
School Breakfast				
Yes	15	29	23	34
No	13	31	17	38
School Lunch				
Yes	14	36	14	36
No	12	23	24	41
Nutrition Lesson				
Yes	13	24	21	42
No	14	42	13	31
Exercise Lesson				
Yes	14	25	23	39
No	12	44	8	36

Excludes those reporting "don't know."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Phone Sample)

During the past year, have you taken any type of sports lesson, sports class or played on a sports team that was not part of your school PE or gym class or not?

	Children Who Played Sports Outside of PE, Percent
Total	55
Gender	
Males	58
Females	52
Ethnicity	
White	61 *
African American	63
Latino	44
Asian/Other	62
Income	
≤\$19,999	48 *
20,000 - \$49,999	49
≥\$50,000	63
School Type	
Public	54
Other	63
Overweight Status	
Not at Risk	58
At Risk/Overweight	50
Food Stamps	
Yes	39
No	56
Physical Activity	
≥60 minutes	65 ***
<60 minutes	46
School Breakfast	
Yes	48
No	56
School Lunch	
Yes	52
No	60
Nutrition Lesson	
Yes	63 ***
No	42
Exercise Lesson	
Yes	61 ***
No	42

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

Chi Square Test

* p<.05

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)

Type of exercise, physical activity, or sports in which you/your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	walking	basketball	running/jogging
2nd	running/jogging	walking	walking
3rd	basketball	running/jogging	general recess
4th	general recess	baseball	playground games
5th	baseball	bicycling	playground equipment ⁴
6th	bicycling	general recess	bicycling
7th	playground games ¹	soccer	general P.E./P.E. time
8th	general play ²	general play	basketball
9th	general P.E./P.E. time	kickball	skating/roller blading ⁵
10th	soccer	calisthenics ³	calisthenics

Rank	White	African-American	Latino	Asian/Other
1st	walking	running/jogging	walking	playground games
2nd	running/jogging	basketball	running/jogging	basketball
3rd	basketball	walking	basketball	walking
4th	general recess	calisthenics	baseball	running/jogging
5th	bicycling	handball	bicycling	bicycling
6th	playground equipment	soccer	general recess	tag ⁶
7th	baseball	kickball	calisthenics	general P.E./P.E. time
8th	general P.E./P.E. time	skating/roller blading	general play	baseball
9th	soccer	general P.E./P.E. time	soccer	general recess
10th	general play	playground games & general play	playground games	handball

¹ Playground games include hopscotch, four-square, tetherball, etc.

² General play includes tree climbing, playing with the dog, etc.

³ Calisthenics includes jumping jacks, push-ups, stretching, etc.

⁴ Playground equipment includes swings, see-saw, bars, slide, etc.

⁵ Skating/roller blading includes ice skating, roller skating, in-line skating, roller blading, etc.

⁶ Tag includes tag, capture the flag, hide and seek, etc.

Shaded boxes were tied for a ranking.

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Phone Sample)

About how often did you have to attend gym or physical education class?
 Number of minutes you/your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	17	69 ^{ab} ***
≤ 1	19	66 ^a
2	26	93 ^{bc}
3-4	20	96 ^c
5	18	91 ^{bc}

Excludes those reporting "don't know" how often.

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<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index^{1,2} (Diary Sample)

What is your child's current height in feet and inches (without shoes)?
 What is your child's current weight in pounds?

	Overweight Status, Percent of Children		
	Not at Risk	At Risk (85th Percentile) ³	Overweight (95th Percentile) ⁴
Total	66	19	15
Gender			
Males	62	21	17
Females	70	16	13
Ethnicity			
White	71	14	15
African American	57	22	20
Latino	63	25	12
Asian/Other	64	14	22
Income			
≤\$19,999	66	22	12
20,000 - \$49,999	62	19	19
≥\$50,000	71	17	12
School Type			
Public	66	18	16
Other	70	21	9
Overweight Status			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A
Food Stamps			
Yes	62	22	16
No	67	18	15
Physical Activity			
≥60 minutes	70	18	12
<60 minutes	64	19	17
School Breakfast			
Yes	72	16	12
No	65	19	15
School Lunch			
Yes	67	18	14
No	65	19	16
Nutrition Lesson			
Yes	72	17	12
No	59	22	20
Exercise Lesson			
Yes	68	18	14
No	63	19	18

¹ Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters².

² Calculated using the Reference Data for Obesity. CDC website, 2000.

³ BMI ≥ 85th <95th Percentile

⁴ BMI ≥ 95th Percentile

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<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
Total	58	67
Gender		
Males	57	67
Females	59	66
Ethnicity		
White	62	69
African American	53	73
Latino	55	64
Asian/Other	56	64
Income		
≤\$19,999	59 **	64
20,000 - \$49,999	52	63
≥\$50,000	64	71
School Type		
Public	57 *	66 *
Other	68	77
Overweight Status		
Not at Risk	64 ***	69
At Risk/Overweight	50	64
Food Stamps		
Yes	46 **	59
No	60	68
Physical Activity		
≥60 minutes	63 **	68
<60 minutes	54	65
School Breakfast		
Yes	48 **	48 ***
No	60	70
School Lunch		
Yes	57	64
No	61	71
Nutrition Lesson		
Yes	N/A	92 ***
No	N/A	31
Exercise Lesson		
Yes	81 ***	N/A
No	14	N/A

No lessons includes "no," "not sure," and "no answer."

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 68: Parental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement							
	Your parents buy the types of fruits and vegetables that you like	Your parents eat lots of fruits or vegetables	Your parents ask what school is teaching you about nutrition and health	Your parents tell you why eating healthy is important	Your parents say something nice to you when you eat healthy foods	Your parents drink milk	Your parents buy the brand of breakfast cereal you like	Your parents eat high-fat foods like french fries, chips, or desserts
Total	96	84	62	94	79	80	90	55
Gender								
Males	97	82	58	91 *	77	86 *	88	51
Females	94	85	65	96	80	76	92	58
Ethnicity								
White	95	88 **	62	94	78	86	90	58 **
African American	91	85	39	85	90	79	84	85
Latino	98	76	66	94	79	76	93	49
Asian/Other	92	95	60	97	75	77	87	45
Income								
≤\$19,999	93	67 ***	62	98	85	72	93 *	68 *
20,000 - \$49,999	96	88	64	91	76	82	85	49
≥\$50,000	97	88	60	94	78	84	94	54
School Type								
Public	95	82 **	60	94	78	80	90	55
Other	98	97	74	95	82	80	89	56
Overweight Status								
Not at Risk	95	82	66 **	94	83 **	79	90	52
At Risk/Overweight	96	85	52	93	71	83	91	59
Food Stamps								
Yes	84 **	65 **	44 *	94	86	82	83	77 *
No	96	85	63	94	78	80	91	53
Physical Activity								
≥60 minutes	96	86	53 **	93	77	86 **	90	49 *
<60 minutes	95	81	69	95	80	76	91	60
School Breakfast								
Yes	93	88	57	96	86	90	91	67
No	96	83	62	94	78	79	90	53
School Lunch								
Yes	96	81 *	65	94	81	78	90	58
No	94	88	55	92	74	86	91	51
Nutrition Lesson								
Yes	96	82	66 *	94	80	83	90	52
No	95	85	54	93	77	77	92	61
Exercise Lesson								
Yes	96	82	65	95	80	82	90	53
No	94	86	56	92	76	76	92	59

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 69: Personal and Environmental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement		
	You want to have fruit for an afternoon snack	Your friends at school usually eat healthy foods	You get rewarded at school for completing activities about nutrition
Total	90	66	51
Gender			
Males	90	69	56 *
Females	89	63	46
Ethnicity			
White	88	68	46
African American	91	61	54
Latino	92	67	55
Asian/Other	86	54	51
Income			
≤\$19,999	94	60	47
20,000 - \$49,999	88	70	56
≥\$50,000	89	65	48
School Type			
Public	89	65	51
Other	90	74	52
Overweight Status			
Not at Risk	88	70 *	53
At Risk/Overweight	92	59	49
Food Stamps			
Yes	86	63	60
No	90	66	50
Physical Activity			
≥60 minutes	91	63	52
<60 minutes	88	68	50
School Breakfast			
Yes	90	69	55
No	89	65	50
School Lunch			
Yes	93 **	71 **	51
No	84	57	50
Nutrition Lesson			
Yes	91	66	53
No	86	65	46
Exercise Lesson			
Yes	89	69	58 ***
No	90	59	35

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Parental Factors for Physical Activity (Phone Sample)

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement		
	Your parents ask you what school is teaching you about exercise and health	Your parents say something nice to you when you exercise a lot	Your family exercises together by doing things like going to the park, playing sports, or riding bikes
Total	68	78	76
Gender			
Males	66	79	81 *
Females	70	78	72
Ethnicity			
White	70	79	75
African American	49	73	70
Latino	69	77	79
Asian/Other	69	85	77
Income			
≤\$19,999	62	76	75
20,000 - \$49,999	70	77	75
≥\$50,000	70	81	78
School Type			
Public	69	78	75
Other	64	79	85
Overweight Status			
Not at Risk	68	77	79
At Risk/Overweight	70	83	72
Food Stamps			
Yes	54	63 *	69
No	69	80	77
Physical Activity			
≥60 minutes	73	80	78
<60 minutes	65	77	75
Total Minutes PA			
0-29 minutes	59	77	62 *
30-59 minutes	65	76	77
60+ minutes	72	80	80
School Breakfast			
Yes	75	80	71
No	67	78	77
School Lunch			
Yes	68	79	79
No	69	77	72
Nutrition Lesson			
Yes	70	77	78
No	65	80	74
Exercise Lesson			
Yes	73 **	81	78
No	58	73	73

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

Chi Square Test

* p<.05

** p<.01

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 71: Personal and Environmental Factors for Physical Activity
(Phone Sample)**

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement	
	You would rather play outdoors than watch TV right after school or on weekends	You think you're good at most sports
Total	89	75
Gender		
Males	89	82 **
Females	89	69
Ethnicity		
White	84 **	78
African American	79	70
Latino	96	72
Asian/Other	92	75
Income		
≤\$19,999	93	84 *
20,000 - \$49,999	91	69
≥\$50,000	86	76
School Type		
Public	90	76
Other	85	68
Overweight Status		
Not at Risk	89	74
At Risk/Overweight	90	76
Food Stamps		
Yes	79	72
No	90	75
Physical Activity		
≥60 minutes	93 *	86 ***
<60 minutes	86	65
Total Minutes PA		
0-29 minutes	79 *	55 ***
30-59 minutes	89	64
60+ minutes	92	84
School Breakfast		
Yes	82	82
No	90	74
School Lunch		
Yes	90	75
No	89	74
Nutrition Lesson		
Yes	90	78
No	88	70
Exercise Lesson		
Yes	89	75
No	89	74

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 72: Food Consumption Factors among California Children Associated With Behavioral Theories (Phone Sample)

Food Preference			
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
You want to have fruit for an afternoon snack			
Yes	90	3.4 **	2.7 **
No	10	2.4	2.1
Modeling			
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Your parents eat lots of fruits and vegetables			
Yes	84	3.2	2.5
No	16	3.4	2.8
	Percent	Servings of Milk	Percent Who Drank 3+ Servings of Milk
Your parents drink milk			
Yes	80	2.1 ***	28 ***
No	20	1.5	8
	Percent	Servings of High-Fat Foods	Servings of High Calorie Low Nutrient
Your parents eat high-fat foods like French fries, chips, or desserts			
Yes	55	1.0	4.4
No	45	1.0	4.1
Reinforcement			
	Percent	Healthy Eating Practices Score	
Your parents say something nice to you when you eat healthy foods			
Yes	79	2.6	
No	21	2.6	
	Percent	Healthy Eating Practices Score	
Your parents tell you why eating healthy is important			
Yes	94	2.6	
No	6	2.4	
	Percent	Healthy Eating Practices Score	
Your parent ask you what school is teaching you about nutrition and health			
Yes	62	2.6	
No	38	2.5	
	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Your parents buy the types of fruits and vegetables that you like			
Yes	96	3.3	2.6
No	4	3.0	2.7

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

ANOVA

** p<.01

*** p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 73: Physical Activity Factors among California Children Associated With Behavioral Theories (Phone Sample)

Self-Efficacy				
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
You think you are good at most sports				
Yes	75	92 ***	78	53 ***
No	25	59	89	25
Activity Preferences				
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
You would rather play outdoors than watch TV after school or on weekends				
Yes	89	87 **	82	48 *
No	11	63	75	30
Reinforcement				
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Your parents say something nice to you when you exercise a lot				
Yes	78	85	79	47
No	22	81	90	43
Your parent ask you what school is teaching you about exercise and health				
Yes	68	90 **	77 *	49
No	32	71	91	40
Social Norms				
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Your family exercises together by doing things like going to the park, playing sports, or riding bikes				
Yes	77	87	77 *	47
No	23	75	97	42

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

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 74: School Environment Factors among California Children Associated With Behavioral Theories (Phone Sample)

Environment			
Vending machines at school stocked with candy, chips, and cookies	Percent	Servings of High Fat Foods	Servings of High Calorie, Low Nutrient Foods
Yes	8	0.8 *	4.9
No	92	1.0	4.2
Vending machines at school stocked with soda	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods
Yes	16	1.3	4.8
No	84	1.1	4.2
Social Norms			
Your friends at school usually eat healthy foods	Percent	Healthy Eating Practices Score	
Yes	66	2.6	
No	34	2.6	
Reinforcement			
You get rewarded at school for completing activities about nutrition	Percent	Healthy Eating Practices Score	
Yes	51	2.8 **	
No	49	2.4	

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

* p < .05

** p < .01

Table of Contents

Table 1: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)

Table 2: Who Most Often Makes Children's Meals and Snacks (Phone Sample)

Table 3: Proportion of Children Who Reported Eating 1 or More Servings of Fruits and Vegetables by Meal Times and for Snacks (Diary Sample)

Table 4: Proportion of Children Who Reported Eating Fruits and Vegetables at Meal and Snack Times by Who Prepares the Meal or Snack (Phone Sample)

Table 5: Percentage of California Children Reporting Awareness of the *5 a Day-Power Play! Campaign* Commercials (Phone Sample)

Table 6: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *5 a Day-Power Play! Campaign* Commercials (Phone Sample)

Table 7: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *5 a Day-Power Play! Campaign* Commercials (Phone Sample)

Table 8: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Table 9: California Children Reporting Awareness of the *5 a Day-Power Play! Campaign* Commercials Associated with Fruit and Vegetable Intake (Phone Sample)

Table 10: California Children Reporting Awareness of the *5 a Day-Power Play! Campaign* Commercials Associated with Physical and Sedentary Activities (Phone Sample)

Table 11: California Children Reporting Awareness of the *5 a Day-Power Play! Campaign* Commercials Associated with Reinforcement, Food Preference, and Physical Activity Beliefs (Phone Sample)

Table 12: Prevalence of School Environment Factors Reported by California Children (Phone and Diary Samples)

Table 13: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Phone Sample)

Table 1: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)¹

Where did you get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food from Each Source by Meal					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	88	45	87	75	78	94
School cafeteria	15	53	0	13	4	♦
Day care provider or facility/friend's house	1	1	1	5	9	1
Fast food restaurant or food court	1	1	9	♦	3	1
Served by fast food at school	0	2	0	0	1	♦
Miscellaneous ²	1	2	5	8	7	4

¹ Reports the responses based on the average over two days.

² Miscellaneous represents four collapsed categories including school vending machine, convenience store, other type of restaurant, and other.

0% represents one-half of one percent or less.

♦ No one represented

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

Table 2: Who Most Often Makes Children's Meals and Snacks (Phone Sample)

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Who Makes Children's Meals and Snacks?				
	Mom/ Dad/ Adult	Child Alone	Child and Adult	Child with Child	School
Meal Times					
Breakfast	45	40	2	♦	13
Lunch	40	16	2	0	42
Dinner	96	2	2	0	♦
Snack Times					
After School Snack	44	50	2	1	3
Evening Snack	51	46	1	0	1

Excludes those reporting "other," "don't eat," and "don't know."

0% represents one-half of one percent or less.

♦ No one represented.

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

Table 3: Proportion of Children Who Reported Eating 1 or More Servings of Fruits and Vegetables by Meal Times and for Snacks (Diary Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

Meal Times	Percent of Children Eating 1 or More Servings of			
	Fruits and Juices	Vegetables and Salads	Fruits and Vegetables	Fruits and Vegetables ¹
Breakfast	24	1	26	25
Lunch	40	19	62	58
Dinner	15	47	69	63
Snacks	19	3	24	24

¹ Excludes fried vegetables which primarily consisted of fried potatoes.

Table 4: Proportion of Children Who Reported Eating Fruits and Vegetables¹ at Meal and Snack Times by Who Prepares the Meal or Snack (Phone Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?
 During the school week, who most often makes breakfast/lunch/dinner for you?
 During the school week, who most often makes after-school/evening snacks for you?

Meal Times	Children Eating 1 or More Servings of Fruits and Vegetables at Meals, Percent		
	Mom/Dad/Adult Makes Meal	Child Alone or with Child Makes Meal	School Makes Meal
Breakfast	29	15	47
Lunch	52	56	71
Dinner	65	71	N/A

Snack Times	Children Eating a Servings of Fruit or Vegetable at Snacks, Percent	
	Mom/Dad/Adult Makes Snack	Child Alone or with Child Makes Snack
Morning Snack	N/A	N/A
After-School Snack	7	21
Evening Snack	7	3

¹ Excludes fried vegetables.

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

Chi Square Test

** p<.01

*** p<.001

Table 5: Percentage of California Children Reporting Awareness of the 5 a Day-Power Play! Campaign Commercials (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

	Aware of 5 a Day-Power Play! Campaign Commercials, Percent of Children
Total	24
Gender	
Males	31 **
Females	18
Ethnicity	
White	22 *
African American	48
Latino	20
Asian/Other	24
Income	
≤\$19,999	35 *
20,000 - \$49,999	21
≥\$50,000	21
School Type	
Public	24
Other	22
Overweight Status	
Not at Risk	21
At Risk/Overweight	28
Food Stamps	
Yes	14
No	24
Physical Activity	
≥60 minutes	24
<60 minutes	23
School Breakfast	
Yes	27
No	23
School Lunch	
Yes	24
No	24
Nutrition Lesson	
Yes	23
No	25
Exercise Lesson	
Yes	24
No	22

Not aware includes those reporting "no" and "don't know."

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

Chi Square Test

* p < .05

** p < .01

Table 6: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the 5 a Day-Power Play! Campaign Commercials¹ (Phone Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ²	1-2	3-4	5+
Total	Percent	7	40	33	20
Aware of 5 a Day-Power Play! Campaign Commercials					
Yes	24	12	26	38	25
No	76	5	40	39	17

¹ Not aware includes those reporting "no" and "don't know."

² Categorized as having 0.5 servings or less.

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

* $p < .05$

Table 7: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the 5 a Day-Power Play! Campaign Commercials¹ (Phone Sample)

How many total servings of fruits, fruit juice, vegetables, or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children			Don't Know
		0-2	3-4	5+	
Total	Percent	22	43	34	15
Aware of 5 a Day-Power Play! Campaign Commercials					
Yes	24	20	27	53	10
No	76	24	47	28	17

¹ Not aware includes those reporting "no" and "don't know."

² Excludes those reporting "don't know."

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<.001

Table 8: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Total	40	60
Gender		
Males	48	52
Females	34	66
Ethnicity		
White	37	63
African American	66	34
Latino	42	58
Asian/Other	31	69
Income		
≤\$19,999	45	55
20,000 - \$49,999	47	53
≥\$50,000	33	67
School Type		
Public	42	58
Other	31	69
Overweight Status		
Not at Risk	45	55
At Risk/Overweight	35	65
Food Stamps		
Yes	60	40
No	39	61
Physical Activity		
≥60 minutes	43	57
<60 minutes	38	62
School Breakfast		
Yes	53	47
No	38	62
School Lunch		
Yes	46	54
No	31	69
Nutrition Lesson		
Yes	44	56
No	35	65
Exercise Lesson		
Yes	42	58
No	36	64
Aware of 5-a-Day		
Yes	41	59
No	41	59

Excludes those reporting "not sure."

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

Table 9: California Children Reporting Awareness of the 5 a Day-Power Play! Campaign Commercials¹ Associated with Fruit and Vegetable Intake (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

	Aware of 5 a Day-Power Play! Campaign Commercials, Percent	
	Yes	No
2+ Servings of Fruits and Juices		
Yes	46	42
No	54	58
3+ Servings of Vegetables and Salads		
Yes	23	12*
No	77	88
Both 2+ Servings of Fruits/Juices and 3+ Servings of Vegetables/Salads		
Yes	10	7
No	90	93
5+ Servings of Any Fruits and Vegetables		
Yes	25	17
No	75	83
	Aware of 5 a Day-Power Play! Campaign Commercials, Mean	
	Yes	No
Servings of Fruits and Vegetables	3.4	3.2
Servings of Fruits and Juices	1.9	1.7
Servings of Vegetables and Salads	1.5	1.5
Servings of Fruits	1.4	1.1
Servings of Juices	0.5	0.6
Servings of Vegetables	1.2	1.2
Servings of Salads	0.3	0.2

¹ Not aware includes those reporting "no" and "don't know."

Column percents 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

ANOVA

* p<.05

Table 10: California Children Reporting Awareness of the 5 a Day-Power Play! Campaign Commercials¹ Associated with Physical and Sedentary Activities² (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

	Aware of 5 a Day-Power Play! Campaign Commercials, Mean	
	Yes	No
Minutes Exercised by Intensity		
Light Exercise	17	17
Moderate Exercise	24	32
Vigorous Exercise	52	33
Total Minutes Exercised	93	82
Minutes Watched TV/played video games	84	81
	Aware of 5 a Day-Power Play! Campaign Commercials, Percent	
	Yes	No
Sedentary Activity		
≤2 Hours	77	79
>2 Hours	23	21
Total Minutes Exercised		
<30 Minutes	17	13
30-59 Minutes	19	26
60+ Minutes	64	62

¹ Not aware includes those reporting "no" and "don't know."

² This includes time spent watching TV/videos and playing video/computer games for fun.

Column percents 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

ANOVA

** p<.01

Table 11: California Children Reporting Awareness of the 5 a Day-Power Play! Campaign Commercials¹ Associated with Reinforcement, Food Preference, and Physical Activity Beliefs (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called 5 a Day-Power Play!?

	Aware of 5 a Day-Power Play! Campaign Commercials, Percent	
	Yes	No
Reinforcement		
Receive Reward for Completing Nutrition Activities		
Agree	61	48
Disagree	39	52
Food Preference		
Want Fruit for Afternoon Snack		
Agree	89	90
Disagree	11	10
Physical Activity Belief		
Times of PA for 30+ Mins per Week Believed Needed		
1-2	10	15
3-4	28	32
5-6	27	15
7+	35	38

¹ Not aware includes those reporting "no" and "don't know."

Column percents 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

Table 12: Prevalence of School Environment Factors Reported by California Children (Phone and Diary Samples)

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

Does your school have a soda vending machine that students can use?

Does your school cafeteria serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?

Does your school ever make its students exercise during school (other than recess)?

	Percent of Children Reporting School Environment Factors
School Vending Machine with Soda	
Yes	16
No	84
School Vending Machine with Chips and Candy	
Yes	8
No	92
School Cafeteria with Fast Food	
Yes	24
No	76
School Makes Students Exercise	
Yes	90
No	10

Table 13: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Phone Sample)

About how often did you have to attend gym or physical education class?
 Number of minutes you spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	17	69 ^{ab} ***
≤ 1	19	66 ^a
2	26	93 ^{bc}
3-4	20	96 ^c
5	18	91 ^{bc}

Excludes those reporting "don't know" how often.

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<.001