

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

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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

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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

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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.).

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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

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ANOVA

* p<.05

** p<.01

*** p<.001

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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

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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

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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

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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

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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.

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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

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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.

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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

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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