

2003 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	57	68
Gender		
Males	59	71 *
Females	54	64
Ethnicity		
White	58 **	70
African American	64	68
Latino	51	65
Asian/Other	70	73
Income		
≤\$19,999	48 *	52 **
\$20,000 - \$49,999	53	68
≥\$50,000	62	72
Federal Poverty Level		
≤ 185%	47 ***	58 ***
> 185%	62	73
Food Stamps		
Yes	43	50 *
No	57	68
Overweight Status		
Not at Risk	60	69
At Risk/Overweight	52	65
Physical Activity		
≥60 minutes	56	70
<60 minutes	58	66
School Breakfast		
Yes	47 *	59 *
No	59	70
School Lunch		
Yes	58	70
No	56	65
Nutrition Lesson		
Yes	N/A	92 ***
No	N/A	35
Exercise Lesson		
Yes	78 ***	N/A
No	13	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

2003 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? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Your parents eat high-fat foods like french fries, chips, or desserts	Your parents limit the amount of chips, soda or sweets you can eat each day
Total	40	73
Gender		
Males	40	70
Females	40	76
Ethnicity		
White	40	83 **
African American	26	72
Latino	44	62
Asian/Other	38	78
Income		
≤\$19,999	57 **	59 *
\$20,000 - \$49,999	46	70
≥\$50,000	32	79
Federal Poverty Level		
≤ 185%	50 **	64 **
> 185%	35	77
Food Stamps		
Yes	76 ***	51 *
No	38	75
Overweight Status		
Not at Risk	35	76
At Risk/Overweight	46	68
Physical Activity		
≥60 minutes	40	72
<60 minutes	40	74
School Breakfast		
Yes	44	65
No	39	74
School Lunch		
Yes	41	72
No	39	74
Nutrition Lesson		
Yes	40	78 **
No	40	64
Exercise Lesson		
Yes	40	80 ***
No	39	56

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement						
	You want to have fruit for an afternoon snack ¹	Your friends at school usually eat healthy foods	You like to try new kinds of fruits ¹	You like to try new kinds of vegetables	You like most kinds of fruits ¹	You like most kinds of vegetables	You help fix fruits, vegetables, or salads for dinner
Total	61	59	71	71	84	72	74
Gender							
Males	59	60	72	69	82	67 *	73
Females	64	58	70	73	86	77	76
Ethnicity							
White	49 **	63 **	62 *	73	76 **	74	73
African American	70	33	80	76	100	61	70
Latino	67	53	75	72	86	74	78
Asian/Other	73	77	78	60	91	64	68
Income							
≤\$19,999	76 *	54	69	71	90	80	64 **
\$20,000 - \$49,999	65	60	72	73	87	72	84
≥\$50,000	55	60	70	69	80	69	70
Federal Poverty Level							
≤ 185%	69 *	58	72	74	88	81 **	79
> 185%	58	60	70	69	81	67	72
Food Stamps							
Yes	64	68	42 **	78	89	93 *	89
No	61	58	74	71	83	71	73
Overweight Status							
Not at Risk	58	65 *	76	73	84	73	73
At Risk/Overweight	67	53	68	69	83	71	77
Physical Activity							
≥60 minutes	65	66 **	73	77 **	84	74	80 **
<60 minutes	57	49	68	62	83	69	67
School Breakfast							
Yes	58	57	58 *	68	85	72	86 *
No	62	59	74	71	83	72	72
School Lunch							
Yes	61	59	68	71	81	70	77
No	62	59	75	71	87	74	70
Nutrition Lesson							
Yes	63	55	67 *	69	81	69	74
No	58	65	78	73	88	76	74
Exercise Lesson							
Yes	63	55 *	68	69	81 *	67 **	73
No	57	69	78	76	90	82	76

¹ Percent of children who reported agreeing a lot.

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

Chi Square Test

* p<.05

** p<.01

2003 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? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement			
	Your parents ask you what school is teaching you about exercise, physical activity, and health	Your family exercises together by doing things like going to the park, playing sports, or riding bikes	Your parents limit the amount of time you spend watching TV or playing video games	Your parents make you stay inside after school rather than letting you play outside
Total	71	68	71	26
Gender				
Males	70	70	75	24
Females	73	66	67	27
Ethnicity				
White	72 ***	71 ***	72	17 **
African American	70	94	69	41
Latino	63	58	71	31
Asian/Other	95	78	70	22
Income				
≤\$19,999	72	60 **	66	36 *
\$20,000 - \$49,999	66	61	66	29
≥\$50,000	74	75	76	20
Federal Poverty Level				
≤ 185%	68	55 ***	71	34 **
> 185%	73	75	72	21
Food Stamps				
Yes	75	62	64	41
No	71	69	73	24
Overweight Status				
Not at Risk	68 *	65	72	23
At Risk/Overweight	78	73	70	25
Physical Activity				
≥60 minutes	81 ***	74 **	74	25
<60 minutes	59	61	67	26
School Breakfast				
Yes	87 **	69	64	22
No	68	68	73	26
School Lunch				
Yes	72	66	69	26
No	71	72	75	25
Nutrition Lesson				
Yes	71	71	76 *	27
No	72	64	64	23
Exercise Lesson				
Yes	68 *	69	73	28
No	81	67	66	20

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

2003 California Children's Healthy Eating and Exercise Practices Survey
Table 71: Personal, Social, and Environmental Factors for Physical Activity
(Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement		
	You think you're good at most sports	You would rather watch TV than play outdoors right after school or on weekends	Your friends exercise or are active by going to the park, playing sports or riding bikes ¹
Total	76	34	77
Gender			
Males	81 **	38	77
Females	69	31	77
Ethnicity			
White	76	29	70 *
African American	72	35	89
Latino	78	41	78
Asian/Other	69	30	86
Income			
≤\$19,999	78	32 *	84
\$20,000 - \$49,999	77	43	76
≥\$50,000	75	30	76
Federal Poverty Level			
≤ 185%	78	36	83
> 185%	75	34	74
Food Stamps			
Yes	94 *	58 *	85
No	74	33	77
Overweight Status			
Not at Risk	81 **	33	74
At Risk/Overweight	68	35	82
Physical Activity			
≥60 minutes	82 **	30	80
<60 minutes	67	40	73
School Breakfast			
Yes	74	31	77
No	76	35	77
School Lunch			
Yes	77	39 *	78
No	74	29	76
Nutrition Lesson			
Yes	76	35	77
No	75	34	77
Exercise Lesson			
Yes	76	34	75
No	75	34	81

¹ Percent of children who reported agreeing a lot.

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

Chi Square Test

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 72a: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Outcome Expectations			
If you eat five servings of fruits and vegetables everyday, your friends will make fun of you.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
All other responses	21	3.3	2.7
Disagree a lot	79	3.3	2.7
If you eat five servings of fruits and vegetables everyday, your friends will start eating them too.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	48	3.5	2.7
Disagree	52	3.1	2.7
If you eat five servings of fruits and vegetables everyday, you will have more energy.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	81	3.3	2.6
All other responses	19	3.3	2.8
If you eat five servings of fruits and vegetables everyday, you will become stronger.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	84	3.3	2.6
All other responses	16	3.1	2.8
If you eat five servings of fruits and vegetables everyday, you will think better in class.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	64	3.2	2.7
All other responses	36	3.4	2.7
<i>Outcome Expectation Scale</i>		<i>0.006</i>	<i>-0.074</i>

ANOVA

Spearman's rho

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 72b: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Self Efficacy					
How confident are you that you can eat two or more servings of fruit each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	58	1.9	1.5	3.4	2.8
Confident/Not Confident ¹	42	1.8	1.3	3.1	2.5
How confident are you that you can eat three or more servings of vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	40	1.9	1.5	3.4	2.8
Confident/Not Confident ¹	60	1.9	1.3	3.2	2.6
How confident are you that you can eat five or more servings of fruits and vegetables each day?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Very Confident	40	2.0	1.7 ***	3.7 **	3.0 ***
Confident/Not Confident ¹	60	1.8	1.2	3.0	2.4
<i>Self Efficacy Scale</i>		<i>0.222***</i>	<i>0.208***</i>	<i>0.275***</i>	<i>0.169***</i>

¹ The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

Spearman's rho

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 72c: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Food Preference			
You want to have fruit for an afternoon snack.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	61	3.6 ***	2.8 **
All other responses	39	2.7	2.4
You like to try new kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	71	3.4	2.7
All other responses	29	3.0	2.6
You like to try new kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	71	3.6 ***	2.8 ***
Disagree	29	2.5	2.3
You like most kinds of fruits.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	84	3.4 **	2.7
All other responses	16	2.6	2.5
You like most kinds of vegetables.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	72	3.4 *	2.7
Disagree	28	2.9	2.7
Behavioral Capability			
You help fix fruits, vegetables, or salads for dinner.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	74	3.4 *	2.7
Disagree	26	2.8	2.5
Have you ever worked in a garden to grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables
Yes	76	1.6	1.2
No	24	1.6	1.1
Modeling			
Your parents eat high-fat foods like French fries, chips, or desserts.	Percent	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Agree	40	0.8 **	4.0
Disagree	60	1.1	3.9
Social Norms			
Most people in your family think that eating five or more servings of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree a lot	79	3.5 ***	2.7
All other responses	21	2.5	2.5
Most kids your age think that eating five or more servings of fruits and vegetables each day is important.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Agree	75	3.4	2.6
Disagree	25	3.0	2.8

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

ANOVA

* p<.05

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 72d: Food Consumption Factors Among California Children Associated with Behavioral Theories (Phone Sample)

Availability/Environment					
In your home, there are lots of fruits to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	64	2.1 **	1.4	3.5 *	2.8
Sometimes/Never ¹	36	1.6	1.4	2.9	2.5
In your home, there are lots of vegetables to eat that you like.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	46	2.1 *	1.6 **	3.7 **	2.9 *
Sometimes/Never ¹	54	1.7	1.2	2.9	2.5
In your home, there are fruits kept out in a place where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	60	2.0 *	1.5	3.5 *	2.7
Sometimes/Never ¹	40	1.6	1.3	3.0	2.6
In your home, there are vegetables cut up and ready to eat where you can get them.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Always	22	2.6 ***	1.4	4.0 **	2.6
Sometimes/Never ¹	78	1.7	1.4	3.1	2.7
<i>Home Availability Scale</i>		<i>0.171***</i>	<i>0.056</i>	<i>0.170***</i>	<i>0.087</i>
Your parents limit the amount of chips, soda, or sweets you can eat each day.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Agree	73	1.0	2.1 *	1.0	4.1
Disagree	27	1.1	1.7	0.9	3.7

¹ The responses "Sometimes" and "Never" were combined in these analyses because there was not sufficient sample size to examine the "Never" category alone.

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

ANOVA

Spearman's rho

* p < .05

** p < .01

*** p < .001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 73a: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Self-Efficacy					
How confident are you that you can exercise or be active for one hour each day?	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Very Confident	60	108 **	92	62 **	79
Confident/Not Confident ¹	40	85	84	47	86
Activity Preferences					
You would rather watch TV than play outside right after school or during weekends.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	34	85 **	93	50	82
Disagree	66	107	87	60	81
Behavioral Capability					
You think you are good at most sports.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	76	105 **	87	61 **	82
Disagree	24	80	96	40	78
During this school year, have you had any lessons from a teacher, coach or some other type of instructor about exercise and your health? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	68	95 *	79	54	80
No	32	83	89	50	77
During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school PE or gym class? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	64	103 ***	78 *	61 ***	83 **
No	36	72	89	39	72
Other than sports lessons, classes or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school? (Diary Sample)	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Yes	31	108 ***	80	59 *	81
No	69	84	83	50	78
Reinforcement					
Your parents ask you what school is teaching you about exercise, physical activity and health.	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Agree	71	109 ***	89	63 ***	80
Disagree	29	76	91	37	84

¹ The responses "Confident" and "Not Confident" were combined in these analyses because there was not sufficient sample size to examine the "Not Confident" category alone.

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

* p<.05

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey
Table 73b: Physical Activity Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Social Norms					
	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met Mod/Vig PA Rec (60+ mins)	Percent Who Met Sedentary Rec (≤ 120 mins)
Your family exercises together or is active together by doing things like going to the park, playing sports, or riding bikes.					
Agree	68	102	82	60	83
Disagree	32	93	103	46	78
Your friends exercise or are active by doing things like going to the park, playing sports, or riding bikes.					
Agree a lot	77	105	92	59	82
All other responses	23	79	81	49	80
Availability/Environment					
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? (Diary Sample)					
Yes	91	92	81	52	79
No	9	85	92	61	77
School PE or gym classes meet California mandate of 200 minutes every 10 days. (Diary Sample)					
Yes	31	97	79	53	82
No	69	89	84	54	77
Your parents make you stay inside after school rather than letting you play outside.					
Agree	26	99	98	56	81
Disagree	74	99	86	56	82
Your parents limit the amount of time you spend watching TV or playing video games.					
Agree	71	102	86	58	80
Disagree	29	92	95	50	85

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 74: School Environment Factors Among California Children Associated with Behavioral Theories (Phone and Diary Samples)

Behavioral Capability					
During the most recent school year, worked in a garden at school to help grow fruits and vegetables?	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	26	2.1	1.2 *	3.3	2.6
No	74	1.8	1.5	3.3	2.7
During this school year, had lessons from a teacher, coach or other instructor about food, nutrition, and your health? (Diary Sample)	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	57	1.8	1.4	3.2	2.6
No	43	1.9	1.3	3.2	2.6
Modeling					
Your friends at school usually eat healthy foods.	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score		
Agree	59	3.4	2.6		
Disagree	41	3.2	2.7		
Availability/Environment					
School has vending machines stocked with candy, chips, and cookies that students can use.	Percent	Servings of High-Fat Snacks	Servings of Sweets	Servings of High Calorie, Low Nutrient Foods	
Yes	12	0.7	1.8	3.5	
No	88	1.0	2.0	4.0	
School has soda vending machines that students can use.	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods		
Yes	17	1.0	3.7		
No	83	1.0	4.0		
School cafeteria usually serves students fast food.	Percent	Servings of Soda and Sweetened Beverages	Servings of Sweets	Servings of High-Fat Snacks	Servings of High Calorie, Low Nutrient Foods
Yes	22	1.0	2.2	0.7 **	3.8
No	78	1.0	1.9	1.1	4.0
School cafeteria has a salad bar.	Percent	Servings of Fruits	Servings of Vegetables	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	42	1.6 *	1.3	2.9 **	2.4 **
No	58	2.1	1.5	3.5	2.8

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

ANOVA

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 80: Participation in Growing Fruits and Vegetables in a Garden (Phone Sample)

Thinking of the most recent school year, did you work in a garden at school to help grow fruits or vegetables?
Have you ever worked in a garden to grow fruits or vegetables?

	Percent of Children	
	Worked in a school garden to help grow fruits and vegetables in the most recent school year	Ever worked in a garden to grow fruits and vegetables
Total	26	78
Gender		
Males	32 *	78
Females	20	79
Ethnicity		
White	27	81 **
African American	30	72
Latino	28	71
Asian/Other	21	95
Income		
≤\$19,999	25	67 *
\$20,000 - \$49,999	24	75
≥\$50,000	28	83
Federal Poverty Level		
≤ 185%	23	71 *
> 185%	28	82
Food Stamps		
Yes	23	88
No	27	77
Overweight Status		
Not at Risk	26	76
At Risk/Overweight	29	82
Physical Activity		
≥60 minutes	32 *	80
<60 minutes	20	76
School Breakfast		
Yes	35	77
No	25	78
School Lunch		
Yes	27	77
No	26	80
Nutrition Lesson		
Yes	25	80
No	29	75
Exercise Lesson		
Yes	28	76
No	23	82

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

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 81: Social Norms for Eating Fruits and Vegetables (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement	
	Most people in your family think that eating five or more servings of fruits and vegetables each day is important ¹	Most kids your age think that eating five or more servings of fruits and vegetables each day is important
Total	79	75
Gender		
Males	82	74
Females	76	75
Ethnicity		
White	69 ***	68
African American	67	84
Latino	87	78
Asian/Other	86	77
Income		
≤\$19,999	98 ***	83 **
\$20,000 - \$49,999	83	82
≥\$50,000	71	68
Federal Poverty Level		
≤ 185%	87 *	80
> 185%	75	72
Food Stamps		
Yes	89	93 *
No	78	74
Overweight Status		
Not at Risk	78	74
At Risk/Overweight	83	79
Physical Activity		
≥60 minutes	82	82 ***
<60 minutes	75	66
School Breakfast		
Yes	88	86 *
No	77	72
School Lunch		
Yes	79	76
No	79	73
Nutrition Lesson		
Yes	78	75
No	81	75
Exercise Lesson		
Yes	78	72 *
No	81	83

¹ Percent of children who reported agreeing a lot.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 82: Fruit and Vegetable Outcome Expectations (Phone Sample)

Do you agree or disagree that this statement describes you? Do you [agree/disagree] a lot or a little?

	Percent of Children in Agreement: If You Eat Five Servings of Fruits and Vegetables Everyday...				
	Your friends will make fun of you ¹	Your friends will start eating them too	You will have more energy ²	You will become stronger ²	You will think better in class ²
Total	79	48	81	84	64
Gender					
Males	80	45	85 *	85	71 **
Females	76	52	75	81	56
Ethnicity					
White	82 **	46	80	82	62
African American	69	46	67	94	65
Latino	72	49	84	85	65
Asian/Other	95	52	77	78	69
Income					
≤\$19,999	55 ***	67 *	71 **	71 **	54
\$20,000 - \$49,999	81	44	88	90	70
≥\$50,000	83	46	78	83	64
Federal Poverty Level					
≤ 185%	70 **	55	85	81	66
> 185%	83	45	78	85	64
Food Stamps					
Yes	52 **	52	62 *	60 **	52
No	80	48	82	85	65
Overweight Status					
Not at Risk	79	50	83	87	69
At Risk/Overweight	78	50	80	82	59
Physical Activity					
≥60 minutes	80	51	81	84	70 *
<60 minutes	77	45	80	83	57
School Breakfast					
Yes	72	32 **	77	73 *	61
No	80	51	81	86	65
School Lunch					
Yes	76	45	77 *	82	59 *
No	82	52	86	86	72
Nutrition Lesson					
Yes	81	46	82	84	65
No	74	53	79	82	64
Exercise Lesson					
Yes	83 ***	45 *	83	86 *	64
No	67	57	75	76	65

¹ Percent of children who reported disagreeing a lot.

² Percent of children who reported agreeing a lot.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 83: Availability of Fruits and Vegetables in the Home (Phone Sample)

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

	Percent of Children in Agreement: Your Home Always Has...			
	Lots of fruit to eat that you like	Lots of vegetables to eat that you like	Fruits kept out where you can get them	Vegetables cut up and ready-to-eat where you can get them
Total	64	46	60	22
Gender				
Males	62	45	55 *	20
Females	68	48	66	25
Ethnicity				
White	59	49	61	24
African American	74	44	58	6
Latino	69	42	60	21
Asian/Other	56	52	60	30
Income				
≤\$19,999	67	33	64	26
\$20,000 - \$49,999	69	48	56	22
≥\$50,000	60	49	62	21
Federal Poverty Level				
≤ 185%	69	42	53	27
> 185%	62	48	63	20
Food Stamps				
Yes	56	26 *	65	15
No	65	48	60	23
Overweight Status				
Not at Risk	65	43	57 *	22
At Risk/Overweight	66	53	68	21
Physical Activity				
≥60 minutes	63	50	60	27 **
<60 minutes	66	42	60	16
School Breakfast				
Yes	69	48	63	32
No	63	46	60	20
School Lunch				
Yes	67	43	57	20
No	60	51	65	24
Nutrition Lesson				
Yes	64	51 *	63	21
No	66	38	55	24
Exercise Lesson				
Yes	64	50 *	60	22
No	65	36	61	22

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

Chi Square Test

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 84: Self-Efficacy for Meeting Fruit, Vegetable, and Physical Activity Recommendations (Phone Sample)

How confident are you that you can... Would you say not confident, confident, or very confident?

	Percent of Children Reporting They Are Very Confident that They Can...			
	Eat two or more servings of fruits each day	Eat three or more servings of vegetables each day	Eat five or more servings of fruits and vegetable each day	Exercise or be active for one hour each day
Total	58	40	40	60
Gender				
Males	49 ***	39	36 *	65 *
Females	70	40	46	54
Ethnicity				
White	54	40	37	61
African American	65	41	24	50
Latino	60	41	48	61
Asian/Other	62	34	34	60
Income				
≤\$19,999	54	42	68 ***	60
\$20,000 - \$49,999	59	42	39	61
≥\$50,000	59	38	34	60
Federal Poverty Level				
≤ 185%	55	35	54 ***	58
> 185%	60	42	34	61
Food Stamps				
Yes	70	80 ***	71 **	62
No	58	37	38	61
Overweight Status				
Not at Risk	58	39	38	58
At Risk/Overweight	58	39	39	66
Physical Activity				
≥60 minutes	56	39	40	66 **
<60 minutes	62	40	40	52
School Breakfast				
Yes	58	58 **	45	57
No	58	36	39	61
School Lunch				
Yes	49 ***	36	37	57
No	70	44	45	64
Nutrition Lesson				
Yes	61	39	41	58
No	54	40	40	63
Exercise Lesson				
Yes	58	38	39	57
No	60	43	43	68

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