

2003 California Dietary Practices Survey

Table 1: Proportion of California Adults Who Ate Foods Recommended for Good Health

Questions: Yesterday, did you eat 5 or more servings of fruits and vegetables? (Fruit and vegetable consumption based on 24-hour recall question module)
 Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?
 Was the milk you drank whole, 2%, 1%, or fat free?
 Yesterday, did you eat any yogurt?
 Yesterday, did you eat any cheese?
 Yesterday, did you eat any breakfast cereals? If yes, was it a high fiber cereal?
 Yesterday, did you eat any whole grain breads or corn tortillas?
 Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

	Percent Eating Each Item						
	5 or More Servings of Fruits & Vegetables	Any Fat Free Milk/1% Milk	Any Yogurt	Any Reduced Fat Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
Total	38	22	13	14	19	40	27
Sex							
Males	35	24	11*	15	18	40	31***
Females	41	21	15	14	20	40	23
Males							
18 - 24	35	22	15	18*	12***	24***	31
25 - 34	32	20	9	10	9	37	35
35 - 50	35	22	11	11	15	39	32
51 - 64	31	32	12	18	28	45	22
65+	44	28	11	28	39	62	35
Females							
18 - 24	34	15	9***	10	14***	32*	25
25 - 34	38	19	18	11	16	41	29
35 - 50	41	20	12	14	13	37	22
51 - 64	46	22	12	14	25	40	19
65+	44	30	27	26	39	54	21
Ethnicity							
White	39	28***	14	14	23***	43**	23***
Hispanic	38	10	14	17	12	37	46
Black	26	9	5	13	15	30	17
Asian/ Pacific Islander	44	19	15	8	10	31	17
Education							
Less than high school	31	10***	11	16	13	35*	45***
High school graduate	32	16	12	14	18	37	24
Some college	36	23	12	12	21	39	25
College graduate	46	31	16	16	21	45	24
Income							
Less than \$15,000	32	13***	10	13	14	36	30**
\$15,000 - 24,999	40	16	13	15	16	38	33
\$25,000 - 34,999	34	21	12	18	20	42	30
\$35,000 - 49,999	31	22	17	11	24	43	26
\$50,000+	42	29	14	14	21	43	22
Physically Active							
Did not meet recommendations	41	24	11*	11*	22	38*	27
Met recommendations	43	27	15	17	21	44	26
Overweight Status							
Overweight/ Obese	35	20**	12*	14	17*	40	29
Not overweight	42	26	16	15	22	41	25
Poverty Index							
Food Stamp users	29	11***	12	15	4	40*	29**
Non Food Stamp users/ <130% FPL	35	12	11	17	15	33	36
Non Food Stamp users/ >130% FPL	39	27	14	15	22	43	24

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 2: Proportion of California Adults Who Did Not Eat Selected Foods Recommended for Good Health

Questions: Yesterday, did you eat any fruits and vegetables?
 Yesterday, did you eat any whole grain breads, tortillas, or high fiber cereal?
 Yesterday, did you drink/eat any milk, yogurt, or cheese?

	Percent		
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads/Corn Tortillas or High Fiber Cereal	No Milk, Yogurt, or Cheese
Total	33	36	17
<i>Sex</i>			
Males	36 **	34 *	17
Females	29	39	17
<i>Males</i>			
18 - 24	41 ***	43 ***	7 *
25 - 34	40	36	20
35 - 50	39	35	19
51 - 64	37	33	17
65+	16	14	18
<i>Females</i>			
18 - 24	22	47 ***	9 **
25 - 34	36	38	15
35 - 50	29	45	22
51 - 64	26	40	24
65+	31	23	11
<i>Ethnicity</i>			
White	33 ***	35 ***	13 ***
Hispanic	35	28	20
Black	44	52	24
Asian/ Pacific Islander	12	56	31
<i>Education</i>			
Less than high school	44 ***	31 *	24 *
High school graduate	40	40	17
Some college	31	40	16
College graduate	25	34	15
<i>Income</i>			
Less than \$15,000	36 ***	37	23 **
\$15,000 - 24,999	34	36	18
\$25,000 - 34,999	49	29	20
\$35,000 - 49,999	35	34	14
\$50,000+	26	38	13
<i>Physically Active</i>			
Did not meet recommendations	41 ***	36	17
Met recommendations	26	35	16
<i>Overweight Status</i>			
Overweight/Obese	36 **	36	18
Not overweight	29	37	15
<i>Poverty Index</i>			
Food Stamp users	39	38	20 **
Non Food Stamp users/ <130% FPL	36	37	23
Non Food Stamp users/ >130% FPL	30	37	14

FPL=Federal Poverty Level

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Chi-Square Test:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 3: Healthy Eating Practices Score (HEP Score)¹

	Mean Healthy Eating Practices Score
Total	2.8
Sex	
Males	2.7
Females	2.9
Males	
18 - 24	2.3 ^a ***
25 - 34	2.5 ^{ab}
35 - 50	2.7 ^b
51 - 64	2.9 ^{bc}
65+	3.5 ^c
Females	
18 - 24	2.6 ^a ***
25 - 34	2.7 ^a
35 - 50	2.7 ^a
51 - 64	3.0 ^a
65+	3.6 ^b
Ethnicity	
White	2.9 ^b ***
Hispanic	2.8 ^b
Black	2.0 ^a
Asian/ Pacific Islander	2.5 ^{ab}
Education	
Less than high school	2.5 ^a ***
High school graduate	2.5 ^a
Some college	2.7 ^a
College graduate	3.1 ^b
Income	
Less than \$15,000	2.5 ^a **
\$15,000 - 24,999	2.8 ^{ab}
\$25,000 - 34,999	2.7 ^{ab}
\$35,000 - 49,999	2.8 ^{ab}
\$50,000+	3.0 ^b
Physically Active	
Did not meet recommendations	2.5 ***
Met recommendations	3.0
Overweight Status	
Overweight/Obese	2.7
Not overweight	2.9
Poverty Index	
Food Stamp users	2.3 ^a ***
Non Food Stamp users/ <130% FPL	2.5 ^a
Non Food Stamp users/ >130% FPL	2.9 ^b

FPL=Federal Poverty Level

¹ The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points were seven.

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

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<.01

*** p<.001

2003 California Dietary Practices Survey
Table 4: Consumption of at Least One Fruit and/or Vegetable

Question: Did you have any fruit, vegetables, salad, or juice yesterday?
 (Fruit and vegetable consumption based on 24-hour recall question module)

	Percent						
	1 Fruit or Juice	1 Vegetable or Salad	Vegetable or Fruit	1 Fruit (not juice)	Least 1 Juice	1 Vegetable (not salad)	Least 1 Salad
Total	75	75	93	62	40	60	32
Sex							
Males	70 ***	71 ***	90 ***	59 **	40	55 ***	30
Females	78	79	95	66	40	65	34
Males							
18 - 24	54 ***	74	88	42 ***	32 **	57	31
25 - 34	72	63	88	54	51	47	28
35 - 50	66	76	89	54	38	60	30
51 - 64	74	69	90	67	32	52	30
65+	93	71	99	89	45	57	31
Females							
18 - 24	75 **	82	95	57 ***	50	64	36 *
25 - 34	76	74	95	58	43	64	23
35 - 50	74	80	95	63	36	66	35
51 - 64	88	78	96	80	36	62	40
65+	84	84	95	74	43	70	37
Ethnicity							
White	72 ***	81 ***	94 **	60 ***	35 ***	66 ***	37 ***
Hispanic	84	58	91	70	53	43	24
Black	61	69	86	42	38	55	24
Asian/Pacific Islander	87	77	98	77	48	67	16
Education							
Less than high school	78 ***	54 ***	90 **	66 **	45	42 ***	20 ***
High school graduate	70	70	90	58	39	52	30
Some college	71	78	94	56	36	69	35
College graduate	80	84	95	67	42	69	36
Income							
Less than \$15,000	76	65 ***	91	61	47 *	52 ***	26 ***
\$15,000 - 24,999	73	68	90	61	44	54	25
\$25,000 - 34,999	71	72	94	57	38	57	28
\$35,000 - 49,999	69	76	95	56	38	62	30
\$50,000+	77	84	94	65	37	68	39
Physically Active							
Did not meet recommendations	73 *	68 ***	90 ***	60	38	53 ***	27 ***
Met recommendations	77	82	95	65	43	66	38
Overweight Status							
Overweight/Obese	73	71 ***	92	60	37 *	57 **	29 **
Not overweight	76	80	94	64	42	64	36
Poverty Index							
Food Stamp users	69	66 ***	89	55	43 ***	55 ***	17 ***
Non Food Stamp users/ <130% FPL	80	61	92	64	50	48	24
Non Food Stamp users/ >130% FPL	73	80	93	62	37	64	35

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Chi-Square Test:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 5: Average Number of Servings of Fruits and Vegetables Eaten by Adults

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

(Fruit and vegetable consumption based on 24-hour recall question module)

	Mean Servings Eaten		
	Fruits & Vegetables	Fruits & Juices	Vegetables & Salads
Total	4.1	2.0	2.1
<i>Sex</i>			
Males	3.9 **	1.9	1.9 ***
Females	4.4	2.1	2.3
<i>Males</i>			
18 - 24	3.8	1.5 ^a *	2.2
25 - 34	3.6	2.0 ^{ab}	1.6
35 - 50	4.0	1.9 ^{ab}	2.1
51 - 64	3.7	2.0 ^{ab}	1.7
65+	4.4	2.5 ^b	1.9
<i>Females</i>			
18 - 24	4.2	2.0	2.2
25 - 34	4.4	2.0	2.3
35 - 50	4.3	2.0	2.3
51 - 64	4.5	2.1	2.4
65+	4.6	2.3	2.3
<i>Ethnicity</i>			
White	4.2 ^b ***	1.8 ^a ***	2.3 ^b ***
Hispanic	4.1 ^b	2.5 ^b	1.6 ^a
Black	3.0 ^a	1.5 ^a	1.6 ^a
Asian/Pacific Islander	5.0 ^b	2.6 ^b	2.3 ^b
<i>Education</i>			
Less than high school	3.6 ^a ***	2.2	1.5 ^a ***
High school graduate	3.8 ^a	1.9	1.9 ^{ab}
Some college	4.2 ^{ab}	1.9	2.3 ^{bc}
College graduate	4.5 ^b	2.1	2.4 ^c
<i>Income</i>			
Less than \$15,000	3.8	2.1	1.7 ^a ***
\$15,000 - 24,999	4.2	2.2	2.0 ^{ab}
\$25,000 - 34,999	3.9	1.8	2.0 ^{ab}
\$35,000 - 49,999	3.9	1.7	2.1 ^{ab}
\$50,000+	4.4	2.0	2.4 ^b
<i>Physically Active</i>			
Did not meet recommendations	3.6 ***	1.9 **	1.8 ***
Met recommendations	4.6	2.1	2.4
<i>Overweight Status</i>			
Overweight/Obese	3.9 **	1.9	2.0 **
Not overweight	4.4	2.1	2.3
<i>Poverty Index</i>			
Food Stamp users	3.6	1.9	1.7 ^a ***
Non Food Stamp users/ <130% FPL	3.9	2.3	1.6 ^a
Non Food Stamp users/ >130% FPL	4.2	1.9	2.3 ^b

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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

2003 California Dietary Practices Survey
Table 6: Consumption of Meals and Snacks with Fruits and Vegetables

Questions: Did you eat (breakfast, lunch, dinner, snacks) yesterday?
Did you have any fruit, vegetables, salad, or juice for your meal?
(Fruit and vegetable consumption based on 24-hour recall question module)

Meal Time		
Breakfast	Ate Breakfast	75%
	Ate Fruits & Vegetables with Breakfast	49%
	Fruit & Vegetable Consumption at Breakfast	0.9 servings
	Fruit & Vegetable Consumption at Meal For Those Who Ate Breakfast	1.2 servings
	Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Breakfast	1.9 servings
Lunch	Ate Lunch	82%
	Ate Fruits & Vegetable with Lunch	58%
	Fruit & Vegetable Consumption at Lunch	1.3 servings
	Fruit & Vegetable Consumption at Meal For Those Who Ate Lunch	1.6 servings
	Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Lunch	2.3 servings
Dinner	Ate Dinner	91%
	Ate Fruits & Vegetables with Dinner	70%
	Fruit & Vegetable Consumption at Dinner	1.7 servings
	Fruit & Vegetable Consumption at Meal For Those Who Ate Dinner	1.9 servings
	Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables at Dinner	2.5 servings
Snack	Ate Snack	48%
	Ate Fruits & Vegetables with a Snack	21%
	Fruit & Vegetable Consumption as a Snack	0.3 servings
	Fruit & Vegetable Consumption at Meal For Those Who Ate a Snack	0.7 servings
	Fruit & Vegetable Consumption For Those Who Ate Fruit & Vegetables as a Snack	1.7 servings

2003 California Dietary Practices Survey
Table 7: Range of Fruit and Vegetable Servings

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

(Fruit and vegetable consumption based on 24-hour recall question module)

	Percent of Servings Eaten			
	0	1-2	3-4	5+
Total	7	26	29	38
<i>Sex</i>				
Males	10	26	29	35
Females	5	25	30	41
<i>Males</i>				
18 - 24	12	29	24	35
25 - 34	12	28	28	32
35 - 50	11	29	26	35
51 - 64	10	26	32	31
65+	1	14	40	44
<i>Females</i>				
18 - 24	5	18	43	34
25 - 34	5	31	26	38
35 - 50	5	24	30	41
51 - 64	4	22	28	46
65+	5	26	25	44
<i>Ethnicity</i>				
White	6	26	28	39
Hispanic	9	26	28	38
Black	14	30	29	26
Asian/Pacific Islander	2	10	43	44
<i>Education</i>				
Less than high school	10	34	26	31
High school graduate	10	29	29	32
Some college	6	25	33	36
College graduate	5	20	28	46
<i>Income</i>				
Less than \$15,000	9	26	33	32
\$15,000 - 24,999	10	24	27	40
\$25,000 - 34,999	6	43	17	34
\$35,000 - 49,999	5	30	34	31
\$50,000+	6	21	32	42
<i>Physically Active</i>				
Did not meet recommendations	10	31	27	32
Met recommendations	5	21	31	43
<i>Overweight Status</i>				
Overweight/Obese	8	28	29	35
Not overweight	6	22	30	42
<i>Poverty Index</i>				
Food Stamp users	11	28	31	30
Non Food Stamp users/ <130% FPL	8	28	29	35
Non Food Stamp users/ >130% FPL	7	24	31	39

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 8: Percent of Adults Eating 3 Vegetables and 2 Fruits

Question: Did you have any fruit, vegetables, salad, or juice yesterday?
(Fruit and vegetable consumption based on 24-hour recall question module)

	Percent
Total	18
<i>Sex</i>	
Males	16 *
Females	20
<i>Males</i>	
18 - 24	8 *
25 - 34	14
35 - 50	21
51 - 64	14
65+	18
<i>Females</i>	
18 - 24	12
25 - 34	20
35 - 50	18
51 - 64	25
65+	24
<i>Ethnicity</i>	
White	19
Hispanic	17
Black	10
Asian/Pacific Islander	20
<i>Education</i>	
Less than high school	14 ***
High school graduate	12
Some college	17
College graduate	24
<i>Income</i>	
Less than \$15,000	14 *
\$15,000 - 24,999	14
\$25,000 - 34,999	17
\$35,000 - 49,999	17
\$50,000+	21
<i>Physically Active</i>	
Did not meet recommendations	14 ***
Met recommendations	22
<i>Overweight Status</i>	
Overweight/Obese	16
Not overweight	20
<i>Poverty Index</i>	
Food Stamp users	8 ***
Non Food Stamp users/ <130% FPL	14
Non Food Stamp users/ >130% FPL	19

FPL=Federal Poverty Level

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Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 9: Percent of Adults Eating 2 or Fewer Servings of Fruits and Vegetables

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

(Fruit and vegetable consumption based on 24-hour recall question module)

	Percent
Total	33
<i>Sex</i>	
Males	36 **
Females	29
<i>Males</i>	
18 - 24	41 ***
25 - 34	40
35 - 50	39
51 - 64	37
65+	16
<i>Females</i>	
18 - 24	22
25 - 34	36
35 - 50	29
51 - 64	26
65+	31
<i>Ethnicity</i>	
White	33 ***
Hispanic	35
Black	44
Asian/Pacific Islander	12
<i>Education</i>	
Less than high school	44 ***
High school graduate	40
Some college	31
College graduate	25
<i>Income</i>	
Less than \$15,000	36 ***
\$15,000 - 24,999	34
\$25,000 - 34,999	49
\$35,000 - 49,999	35
\$50,000+	26
<i>Physically Active</i>	
Did not meet recommendations	41 ***
Met recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	36 **
Not overweight	29
<i>Poverty Index</i>	
Food Stamp users	39
Non Food Stamp users/ <130% FPL	36
Non Food Stamp users/ >130% FPL	30

FPL=Federal Poverty Level

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Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 10: Belief That 5 Servings or More of Fruits and Vegetables Should Be Eaten Every Day For Good Health

Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

(Fruit and vegetable consumption based on 24-hour recall question module)

	Percent
Total	52
Sex	
Males	43 ***
Females	61
Males	
18 - 24	54 ***
25 - 34	50
35 - 50	44
51 - 64	34
65+	29
Females	
18 - 24	69
25 - 34	58
35 - 50	59
51 - 64	65
65+	56
Ethnicity	
White	59 ***
Hispanic	40
Black	42
Asian/Pacific Islander	39
Education	
Less than high school	28 ***
High school graduate	48
Some college	57
College graduate	61
Income	
Less than \$15,000	43 ***
\$15,000 - 24,999	47
\$25,000 - 34,999	44
\$35,000 - 49,999	58
\$50,000+	60
Physically Active	
Did not meet recommendations	44 ***
Met recommendations	60
Overweight Status	
Overweight/Obese	48 ***
Not overweight	57
Poverty Index	
Food Stamp users	37 ***
Non Food Stamp users/ <130% FPL	43
Non Food Stamp users/ >130% FPL	58

FPL=Federal Poverty Level

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Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 11: Total Servings of Fruits and Vegetables Heard for Good Health

health?

(Fruit and vegetable consumption based on 24-hour recall question module)

	Percent			
	0-2	3-4	5+	Don't Know
Total	8	18	67	7
<i>Sex</i>				
Males	11	22	58	9
Females	5	15	74	6
<i>Males</i>				
18 - 24	7	15	69	9
25 - 34	9	24	59	8
35 - 50	10	26	56	8
51 - 64	13	22	54	11
65+	21	18	53	8
<i>Females</i>				
18 - 24	6	22	68	4
25 - 34	4	15	75	6
35 - 50	4	13	76	7
51 - 64	4	11	78	6
65+	10	21	64	5
<i>Ethnicity</i>				
White	5	16	72	6
Hispanic	14	23	52	11
Black	10	29	56	5
Asian/Pacific Islander	22	24	44	10
<i>Education</i>				
Less than high school	20	26	39	15
High school graduate	9	22	64	5
Some college	6	20	66	8
College graduate	5	13	76	6
<i>Income</i>				
Less than \$15,000	16	21	52	10
\$15,000 - 24,999	7	22	60	11
\$25,000 - 34,999	6	22	62	10
\$35,000 - 49,999	8	20	68	4
\$50,000+	5	15	76	5
<i>Physically Active</i>				
Did not meet recommendations	10	22	59	9
Met recommendations	6	15	73	6
<i>Overweight Status</i>				
Overweight/Obese	10	19	64	8
Not overweight	6	18	70	6
<i>Poverty Index</i>				
Food Stamp users	10	32	49	10
Non Food Stamp users/ <130% FPL	16	22	52	11
Non Food Stamp users/ >130% FPL	6	16	72	6

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Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Table 12: Belief That They Should Eat More of Fruits and Vegetables Now

Question: Do you think you eat the right amount of fruits and vegetables on a daily basis?

	Percent
Total	71
<i>Sex</i>	
Males	70
Females	72
<i>Males</i>	
18 - 24	65 ***
25 - 34	76
35 - 50	77
51 - 64	66
65+	52
<i>Females</i>	
18 - 24	87 ***
25 - 34	78
35 - 50	74
51 - 64	70
65+	46
<i>Ethnicity</i>	
White	67 **
Hispanic	75
Black	83
Asian/Pacific Islander	70
<i>Education</i>	
Less than high school	74 *
High school graduate	75
Some college	72
College graduate	66
<i>Income</i>	
Less than \$15,000	72
\$15,000 - 24,999	75
\$25,000 - 34,999	68
\$35,000 - 49,999	75
\$50,000+	70
<i>Physically Active</i>	
Did not meet recommendations	76 ***
Met recommendations	65
<i>Overweight Status</i>	
Overweight/Obese	73 *
Not overweight	68
<i>Poverty Index</i>	
Food Stamp users	83 **
Non Food Stamp users/ <130% FPL	74
Non Food Stamp users/ >130% FPL	69

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Chi-Square Test:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 13: Barriers to Eating More Fruits and Vegetables

Question: What is the one main reason you don't eat more fruits and vegetables?

- Too expensive.
- Take too much time to prepare and cook.
- Don't like the taste.
- Not in the habit/ don't think about it/ not used to eating them.
- I believe I eat enough now.
- Other

Percent Agreeing

	Too Expensive	Take Too Much Time to Prepare	Don't Like the Taste	Not in the Habit	Not Available	Eat Enough Now	Other
Total	6	20	10	14	13	20	15
<i>Sex</i>							
Males	7	20	10	17	14	18	14
Females	6	21	11	12	12	23	16
<i>Males</i>							
18 - 24	0	32	10	17	13	12	15
25 - 34	8	20	8	21	18	10	15
35 - 50	7	22	12	18	12	15	14
51 - 64	7	12	10	14	18	21	17
65+	11	8	8	7	11	46	10
<i>Females</i>							
18 - 24	7	22	19	13	19	12	8
25 - 34	7	27	14	16	9	16	11
35 - 50	6	26	10	13	12	15	18
51 - 64	7	20	8	8	13	25	19
65+	4	5	5	6	7	54	19
<i>Ethnicity</i>							
White	5	22	8	11	14	23	17
Hispanic	8	15	16	25	10	14	12
Black	15	18	14	19	12	9	13
Asian/Pacific Islander	6	26	14	5	14	23	12
<i>Education</i>							
Less than high school	14	11	14	24	8	18	11
High school graduate	6	20	13	18	12	18	13
Some college	6	21	7	10	14	21	21
College graduate	4	24	10	10	15	23	14
<i>Income</i>							
Less than \$15,000	14	18	14	16	12	14	12
\$15,000 - 24,999	10	17	11	21	9	19	13
\$25,000 - 34,999	6	20	11	15	13	21	13
\$35,000 - 49,999	5	18	13	11	17	19	18
\$50,000+	2	25	8	10	15	22	17
<i>Physically Active</i>							
Did not meet recommendations	7	23	12	14	13	18	13
Met recommendations	6	19	9	13	13	24	16
<i>Overweight Status</i>							
Overweight/Obese	8	19	12	17	13	17	16
Not overweight	5	23	10	10	13	25	14
<i>Poverty Index</i>							
Food Stamp users	22	12	18	20	5	10	13
Non Food Stamp users/ <130% FPL	10	21	11	20	13	16	9
Non Food Stamp users/ >130% FPL	4	22	9	12	14	22	17

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 14: Why Californians Are Not Eating More Fruits and Vegetables (Out of Everyone)

Question: For yourself, do you agree or disagree...
 It's hard to get fruits and vegetables at restaurants.
 It's hard to get fruits and vegetables at fast food places.
 It's hard to get fruits and vegetables at work.
 I don't eat more fruits and vegetables because I'm worried about pesticides.
 Fruits and vegetables are too expensive.

	Percent			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
Total	37	81	60	28
Sex				
Males	37	81	60	24**
Females	37	81	61	32
Males				
18 - 24	53**	91*	76**	23
25 - 34	38	84	57	24
35 - 50	33	76	55	23
51 - 64	35	80	55	24
65+	28	77	61	33
Females				
18 - 24	50*	90***	63	33
25 - 34	40	90	60	35
35 - 50	34	78	61	32
51 - 64	32	82	64	28
65+	33	65	52	32
Ethnicity				
White	32***	86***	60	24***
Hispanic	54	70	64	41
Black	41	76	49	39
Asian/Pacific Islander	28	76	60	23
Education				
Less than high school	49***	64***	65	49***
High school graduate	42	77	62	33
Some college	39	87	62	30
College graduate	27	86	56	16
Income				
Less than \$15,000	49***	68***	64**	45***
\$15,000 - 24,999	40	82	63	36
\$25,000 - 34,999	39	86	73	29
\$35,000 - 49,999	31	89	60	30
\$50,000+	31	84	56	16
Physically Active				
Did not meet recommendations	39	75***	62	33***
Met recommendations	35	87	59	24
Overweight Status				
Overweight/Obese	37	79*	63*	32***
Not overweight	36	84	57	24
Poverty Index				
Food Stamp users	41***	69***	61	46***
Non Food Stamp users/ <130% FPL	50	74	66	40
Non Food Stamp users/ >130% FPL	32	85	59	22

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 15: Why Californians Are Not Eating More Fruits and Vegetables

Question: For yourself, do you agree or disagree...
 It's hard to get fruits and vegetables at restaurants.
 It's hard to get fruits and vegetables at fast food places.
 It's hard to get fruits and vegetables at work.
 I don't eat more fruits and vegetables because I'm worried about pesticides.
 Fruits and vegetables are too expensive.

Base: Out of Those Who Think They Should Eat More Fruits and Vegetables

	Percent			
	Hard to Buy in Restaurants	Hard to Buy in Fast Food Places	Hard to Get at Work	Too Expensive
Total	37	82	60	29
<i>Sex</i>				
Males	35	81	59	24**
Females	39	83	61	33
<i>Males</i>				
18 - 24	51*	98***	67	20
25 - 34	37	84	60	25
35 - 50	30	75	57	21
51 - 64	34	78	52	25
65+	26	71	68	39
<i>Females</i>				
18 - 24	53*	92***	65	30
25 - 34	38	90	55	36
35 - 50	34	80	63	34
51 - 64	36	86	70	32
65+	37	54	46	27
<i>Ethnicity</i>				
White	32***	86***	60	25***
Hispanic	51	73	65	37
Black	42	77	49	40
Asian/ Pacific Islander	27	80	57	22
<i>Education</i>				
Less than high school	51***	66***	68	45***
High school graduate	39	79	61	32
Some college	40	88	62	31
College graduate	27	86	55	17
<i>Income</i>				
Less than \$15,000	49***	69***	64	44***
\$15,000 - 24,999	39	84	63	36
\$25,000 - 34,999	39	85	72	30
\$35,000 - 49,999	30	88	58	30
\$50,000+	31	86	58	17
<i>Physically Active</i>				
Did not meet recommendations	38	77***	62	33**
Met recommendations	35	87	59	24
<i>Overweight Status</i>				
Overweight/Obese	36	80*	63*	31*
Not overweight	37	85	56	24
<i>Poverty Index</i>				
Food Stamp users	39***	71***	61	47***
Non Food Stamp users/ <130% FPL	54	76	66	38
Non Food Stamp users/ >130% FPL	31	85	59	23

FPL= Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 16: Number of Meals Eaten Out Compared to Fruit and Vegetable Consumption

Questions: Yesterday, how many of your meals or snacks were from a restaurant or cafeteria, either eaten there or carried out?
Did you have any fruit, vegetables, salad, or juice at your meal yesterday?

Base: Out of Those Eating at Least 1 Meal Out

	Mean Servings of Fruits & Vegetables
Total	3.8
<i>Sex</i>	
Males	3.5**
Females	4.1
<i>Males</i>	
18 - 24	3.7
25 - 34	3.4
35 - 50	3.6
51 - 64	3.0
65+	3.9
<i>Females</i>	
18 - 24	4.0
25 - 34	3.7
35 - 50	3.9
51 - 64	4.8
65+	4.8
<i>Ethnicity</i>	
White	3.9 ^a *
Hispanic	3.7 ^{ab}
Black	2.7 ^a
Asian/Pacific Islander	4.3 ^b
<i>Education</i>	
Less than high school	4.4
High school graduate	3.5
Some college	3.5
College graduate	4.2
<i>Income</i>	
Less than \$15,000	3.6
\$15,000 - 24,999	4.3
\$25,000 - 34,999	3.7
\$35,000 - 49,999	3.5
\$50,000+	3.8
<i>Physically Active</i>	
Did not meet recommendations	3.4**
Met recommendations	4.1
<i>Overweight Status</i>	
Overweight/Obese	3.6
Not overweight	3.9
<i>Poverty Index</i>	
Food Stamp users	3.9
Non Food Stamp users/ <130% FPL	2.4
Non Food Stamp users/ >130% FPL	2.8

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

** p<.01

2003 California Dietary Practices Survey
Table 17: Have You Ever Worked in a Garden

Question: Have you ever worked in a garden to grow fruits and vegetables?

	Percent
Total	48
<i>Sex</i>	
Males	51 *
Females	45
<i>Males</i>	
18 - 24	28 ***
25 - 34	41
35 - 50	57
51 - 64	68
65+	60
<i>Females</i>	
18 - 24	25 ***
25 - 34	34
35 - 50	46
51 - 64	57
65+	60
<i>Ethnicity</i>	
White	55 ***
Hispanic	32
Black	30
Asian/Pacific Islander	42
<i>Education</i>	
Less than high school	43 ***
High school graduate	43
Some college	43
College graduate	56
<i>Income</i>	
Less than \$15,000	39 ***
\$15,000 - 24,999	39
\$25,000 - 34,999	46
\$35,000 - 49,999	60
\$50,000+	55
<i>Physically Active</i>	
Did not meet recommendations	43 **
Met recommendations	52
<i>Overweight Status</i>	
Overweight/Obese	47
Not overweight	49
<i>Poverty Index</i>	
Food Stamp users	33 ***
Non Food Stamp users/ <130% FPL	34
Non Food Stamp users/ >130% FPL	53

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Cross Tab 18: Worked in Garden By Fruit and Vegetable Consumption

Questions: Have you ever worked in a garden to grow fruits and vegetables?
 Did you have any fruit, vegetables, salad, or juice yesterday?

Worked in Garden	Servings of Fruits & Vegetables, Percent ¹				Mean Servings Fruits & Vegetables ²
	0	1-2	3-4	5+	
Yes	6	25	28	41	4.3
No	9	26	30	35	4.0

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

¹Chi-Square Test and ²ANOVA:

* p<.05

2003 California Dietary Practices Survey

Cross Tab 19: Servings of Fruits and Vegetables Heard Recommended and Think Should Eat by Servings of Fruits and Vegetables Eaten

Questions: Did you have any fruit, vegetables, salad, or juice yesterday?

Have you heard of any recommendations on the total number of servings of fruits and vegetables you should eat every day for good health? What was the number of servings recommended?

How many total servings of fruits and vegetables do you think you should eat every day for good health? That's a combined total of both fruits and vegetables.

Servings of Fruits and Vegetables Eaten	Servings of Fruits and Vegetables Heard			Servings of Fruits and Vegetables Think Should Eat		
	0-2	3-4	5+	0-2	3-4	5+
0	6	9	6	14	7	6
1 to 2	32	36	18	39	36	16
3 to 4	33	26	29	26	30	30
5+	29	29	47	21	28	49

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Cross Tab 20: Ate Five or More Servings of Fruits and Vegetables by Obese and Overweight Status

Question: Did you have any fruit, vegetables, salad, or juice yesterday?
(Fruit and vegetable consumption based on 24-hour recall question module)

Weight Status	Ate Less Than 5 Servings of Fruits & Vegetables¹	Ate 5 or More Servings Fruits & Vegetables¹	Average Servings of Fruits & Vegetables²
Obese	66	34	3.8 ^a
Overweight	65	35	3.9 ^a
Not overweight	58	42	4.4 ^b

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).
¹Chi-Square Test and ²ANOVA:
 * p<.05
 ** p<.01

2003 California Dietary Practices Survey

Table 21: Consumption of Whole Grain Breads or Corn Tortillas

Question: Yesterday, did you eat any whole grain breads such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or corn tortillas?

	Percent
Total	40
<i>Sex</i>	
Males	40
Females	40
<i>Males</i>	
18 - 24	24 ***
25 - 34	37
35 - 50	39
51 - 64	45
65+	62
<i>Females</i>	
18 - 24	32 *
25 - 34	41
35 - 50	37
51 - 64	40
65+	54
<i>Ethnicity</i>	
White	43 **
Hispanic	37
Black	30
Asian/Pacific Islander	31
<i>Education</i>	
Less than high school	35 *
High school graduate	37
Some college	39
College graduate	45
<i>Income</i>	
Less than \$15,000	36
\$15,000 - 24,999	38
\$25,000 - 34,999	42
\$35,000 - 49,999	43
\$50,000+	43
<i>Physically Active</i>	
Did not meet recommendations	35 ***
Met recommendations	44
<i>Overweight Status</i>	
Overweight/Obese	40
Not overweight	41
<i>Poverty Index</i>	
Food Stamp users	40 *
Non Food Stamp users/ <130% FPL	33
Non Food Stamp users/ >130% FPL	43

FPL=Federal Poverty Level

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

**2003 California Dietary Practices Survey
Table 22: Consumption of Breakfast Cereals**

Question: Yesterday, did you eat any breakfast cereal?

	Percent
Total	34
<i>Sex</i>	
Males	35
Females	33
<i>Males</i>	
18 - 24	42 ***
25 - 34	29
35 - 50	28
51 - 64	41
65+	51
<i>Females</i>	
18 - 24	29 ***
25 - 34	29
35 - 50	25
51 - 64	34
65+	56
<i>Ethnicity</i>	
White	36
Hispanic	31
Black	29
Asian/Pacific Islander	32
<i>Education</i>	
Less than high school	31
High school graduate	35
Some college	32
College graduate	36
<i>Income</i>	
Less than \$15,000	34
\$15,000 - 24,999	36
\$25,000 - 34,999	27
\$35,000 - 49,999	33
\$50,000+	35
<i>Physically Active</i>	
Did not meet recommendations	32
Met recommendations	36
<i>Overweight Status</i>	
Overweight/Obese	31 *
Not overweight	37
<i>Poverty Index</i>	
Food Stamp users	24
Non Food Stamp users/ <130% FPL	36
Non Food Stamp users/ >130% FPL	35

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 23: Consumption of High Fiber Cereals¹

Questions: Yesterday, did you eat any breakfast cereal?
 If yes, what was it?

	Percent
Total	19
Sex	
Males	18
Females	20
Males	
18 - 24	12 ***
25 - 34	9
35 - 50	15
51 - 64	28
65+	39
Females	
18 - 24	14 ***
25 - 34	16
35 - 50	13
51 - 64	25
65+	39
Ethnicity	
White	23 ***
Hispanic	12
Black	15
Asian/Pacific Islander	10
Education	
Less than high school	13
High school graduate	18
Some college	21
College graduate	21
Income	
Less than \$15,000	14
\$15,000 - 24,999	16
\$25,000 - 34,999	20
\$35,000 - 49,999	24
\$50,000+	21
Physically Active	
Did not meet recommendations	18
Met recommendations	21
Overweight Status	
Overweight/Obese	17 *
Not overweight	22
Poverty Index	
Food Stamp users	4 ***
Non Food Stamp users/ <130% FPL	15
Non Food Stamp users/ >130% FPL	22

FPL=Federal Poverty Level

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving.

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 24: Consumption of Beans

Question: Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

	Percent
Total	27
<i>Sex</i>	
Males	31 ***
Females	23
<i>Males</i>	
18 - 24	31
25 - 34	35
35 - 50	32
51 - 64	22
65+	35
<i>Females</i>	
18 - 24	25
25 - 34	29
35 - 50	22
51 - 64	19
65+	21
<i>Ethnicity</i>	
White	23 ***
Hispanic	46
Black	17
Asian/Pacific Islander	17
<i>Education</i>	
Less than high school	45 ***
High school graduate	24
Some college	25
College graduate	24
<i>Income</i>	
Less than \$15,000	30 **
\$15,000 - 24,999	33
\$25,000 - 34,999	30
\$35,000 - 49,999	26
\$50,000+	22
<i>Physically Active</i>	
Did not meet recommendations	28
Met recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	29
Not overweight	25
<i>Poverty Index</i>	
Food Stamp users	29 **
Non Food Stamp users/ <130% FPL	36
Non Food Stamp users/ >130% FPL	24

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 25: Consumption of Both Whole Grain Breads/Corn Tortillas and High Fiber Cereal

Question: Yesterday, did you eat both whole grain breads/corn tortillas and high fiber cereal?

	Percent
Total	10
<i>Sex</i>	
Males	10
Females	10
<i>Males</i>	
18 - 24	3 ***
25 - 34	2
35 - 50	8
51 - 64	17
65+	29
<i>Females</i>	
18 - 24	5 ***
25 - 34	8
35 - 50	7
51 - 64	13
65+	22
<i>Ethnicity</i>	
White	12 **
Hispanic	7
Black	8
Asian/Pacific Islander	3
<i>Education</i>	
Less than high school	10
High school graduate	9
Some college	13
College graduate	9
<i>Income</i>	
Less than \$15,000	8
\$15,000 - 24,999	10
\$25,000 - 34,999	9
\$35,000 - 49,999	11
\$50,000+	11
<i>Physically Active</i>	
Did not meet recommendations	10
Met recommendations	10
<i>Overweight Status</i>	
Overweight/Obese	9
Not overweight	11
<i>Poverty Index</i>	
Food Stamp users	3 *
Non Food Stamp users/ <130% FPL	8
Non Food Stamp users/ >130% FPL	11

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 26: Consumption of No Whole Grain Breads/Corn Tortillas, High Fiber Cereal, or Beans

Question: Yesterday, did you eat any whole grain breads/corn tortillas, high fiber cereal, or beans?

	Percent
Total	36
<i>Sex</i>	
Males	34 *
Females	39
<i>Males</i>	
18 - 24	43 ***
25 - 34	36
35 - 50	35
51 - 64	33
65+	14
<i>Females</i>	
18 - 24	47 ***
25 - 34	38
35 - 50	45
51 - 64	40
65+	23
<i>Ethnicity</i>	
White	35 ***
Hispanic	28
Black	52
Asian/Pacific Islander	56
<i>Education</i>	
Less than high school	31 *
High school graduate	40
Some college	40
College graduate	34
<i>Income</i>	
Less than \$15,000	37
\$15,000 - 24,999	36
\$25,000 - 34,999	29
\$35,000 - 49,999	34
\$50,000+	38
<i>Physically Active</i>	
Did not meet recommendations	40 *
Met recommendations	35
<i>Overweight Status</i>	
Overweight/Obese	36
Not overweight	37
<i>Poverty Index</i>	
Food Stamp users	38
Non Food Stamp users/ <130% FPL	37
Non Food Stamp users/ >130% FPL	37

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 27: Consumption of Whole Grain Breads, High Fiber Cereal¹, or Both

Question: Yesterday, did you eat any whole grain breads/corn tortillas or high fiber cereal?

	Percent		
	Whole Grain Bread	High Fiber Cereal ¹	Both
Total	40	19	10
<i>Sex</i>			
Males	40	18	10
Females	40	20	10
<i>Males</i>			
18 - 24	24 ***	12 ***	3 ***
25 - 34	37	9	2
35 - 50	39	15	8
51 - 64	45	28	17
65+	62	39	29
<i>Females</i>			
18 - 24	32 *	14 ***	5 ***
25 - 34	41	16	8
35 - 50	37	13	7
51 - 64	40	25	13
65+	54	39	22
<i>Ethnicity</i>			
White	43 **	23 ***	12 **
Hispanic	37	12	7
Black	30	15	8
Asian/Pacific Islander	31	10	3
<i>Education</i>			
Less than high school	35 *	13	10
High school graduate	37	18	9
Some college	39	21	13
College graduate	45	21	9
<i>Income</i>			
Less than \$15,000	36	14	8
\$15,000 - 24,999	38	16	10
\$25,000 - 34,999	42	20	9
\$35,000 - 49,999	43	24	11
\$50,000+	43	21	11
<i>Physically Active</i>			
Did not meet recommendations	35 ***	18	10
Met recommendations	44	21	10
<i>Overweight Status</i>			
Overweight/Obese	40	17 *	9
Not overweight	41	22	11
<i>Poverty Index</i>			
Food Stamp users	40 *	4 ***	3 *
Non Food Stamp users/ <130% FPL	33	15	8
Non Food Stamp users/ >130% FPL	43	22	11

FPL=Federal Poverty Level

¹ High fiber cereals are defined as those having 2.5 or more grams of dietary fiber per serving

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

2003 California Dietary Practices Survey
Table 28: Consumption of Any Milk

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	Percent
Total	55
<i>Sex</i>	
Males	55
Females	54
<i>Males</i>	
18 - 24	53
25 - 34	51
35 - 50	52
51 - 64	62
65+	61
<i>Females</i>	
18 - 24	61
25 - 34	54
35 - 50	50
51 - 64	50
65+	63
<i>Ethnicity</i>	
White	56
Hispanic	60
Black	44
Asian/Pacific Islander	44
<i>Education</i>	
Less than high school	56
High school graduate	55
Some college	53
College graduate	55
<i>Income</i>	
Less than \$15,000	54
\$15,000 - 24,999	58
\$25,000 - 34,999	50
\$35,000 - 49,999	55
\$50,000+	54
<i>Physically Active</i>	
Did not meet recommendations	54
Met recommendations	56
<i>Overweight Status</i>	
Overweight/Obese	55
Not overweight	54
<i>Poverty Index</i>	
Food Stamp users	53
Non Food Stamp users/ <130% FPL	57
Non Food Stamp users/ >130% FPL	54

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

2003 California Dietary Practices Survey
Table 29: Milk Consumption by Type of Milk, Out of Milk Drinkers

Question: Yesterday, did you drink any milk, including chocolate milk, or a fast food milkshake or have milk on cereal?

	Percent			
	Whole	2%	1%	Nonfat
Total	29	30	19	22
<i>Sex</i>				
Males	31	26	21	23
Females	28	33	17	22
<i>Males</i>				
18 - 24	44	14	25	17
25 - 34	39	22	23	16
35 - 50	26	32	17	25
51 - 64	22	28	21	30
65+	27	28	19	27
<i>Females</i>				
18 - 24	43	32	16	10
25 - 34	36	28	16	20
35 - 50	25	36	13	27
51 - 64	17	39	24	20
65+	17	39	24	20
<i>Ethnicity</i>				
White	21	28	24	27
Hispanic	49	33	8	9
Black	53	26	14	6
Asian/Pacific Islander	14	42	12	31
<i>Education</i>				
Less than high school	57	26	5	12
High school graduate	37	33	18	13
Some college	24	32	23	20
College graduate	16	27	22	35
<i>Income</i>				
Less than \$15,000	47	28	13	12
\$15,000 - 24,999	42	30	12	16
\$25,000 - 34,999	20	36	27	16
\$35,000 - 49,999	24	36	20	20
\$50,000+	18	27	22	33
<i>Physically Active</i>				
Did not meet recommendations	37	28	17	18
Met recommendations	21	30	21	27
<i>Overweight Status</i>				
Overweight/Obese	30	34	16	20
Not overweight	27	26	22	25
<i>Poverty Index</i>				
Food Stamp users	52	27	9	13
Non Food Stamp users/ <130% FPL	52	27	12	9
Non Food Stamp users/ >130% FPL	21	30	22	28

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

**2003 California Dietary Practices Survey
Table 30: Consumption of Any Cheese**

Question: Yesterday, did you eat any cheese, like on a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Percent
Total	54
<i>Sex</i>	
Males	55
Females	52
<i>Males</i>	
18 - 24	70 ***
25 - 34	54
35 - 50	58
51 - 64	43
65+	48
<i>Females</i>	
18 - 24	62 **
25 - 34	54
35 - 50	56
51 - 64	44
65+	42
<i>Ethnicity</i>	
White	60 ***
Hispanic	43
Black	53
Asian/Pacific Islander	35
<i>Education</i>	
Less than high school	41 ***
High school graduate	54
Some college	58
College graduate	56
<i>Income</i>	
Less than \$15,000	46 **
\$15,000 - 24,999	52
\$25,000 - 34,999	53
\$35,000 - 49,999	57
\$50,000+	60
<i>Physically Active</i>	
Did not meet recommendations	53
Met recommendations	56
<i>Overweight Status</i>	
Overweight/Obese	53
Not overweight	55
<i>Poverty Index</i>	
Food Stamp users	56 ***
Non Food Stamp users/ <130% FPL	42
Non Food Stamp users/ >130% FPL	58

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 31: Consumption of Reduced Fat Cheese, Out of Those Who Consume Cheese

Question: Yesterday, did you have any cheese? If yes, was it reduced fat, lowfat, fat free, or regular?

Base: People who reported eating cheese.

	Percent
Total	14
<i>Sex</i>	
Males	15
Females	14
<i>Males</i>	
18 - 24	18 *
25 - 34	10
35 - 50	11
51 - 64	18
65+	28
<i>Females</i>	
18 - 24	10
25 - 34	11
35 - 50	14
51 - 64	14
65+	26
<i>Ethnicity</i>	
White	14
Hispanic	17
Black	13
Asian/Pacific Islander	8
<i>Education</i>	
Less than high school	16
High school graduate	14
Some college	12
College graduate	16
<i>Income</i>	
Less than \$15,000	13
\$15,000 - 24,999	15
\$25,000 - 34,999	18
\$35,000 - 49,999	11
\$50,000+	14
<i>Physically Active</i>	
Did not meet recommendations	11 *
Met recommendations	17
<i>Overweight Status</i>	
Overweight/Obese	14
Not overweight	15
<i>Poverty Index</i>	
Food Stamp users	15
Non Food Stamp users/ <130% FPL	17
Non Food Stamp users/ >130% FPL	15

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

**2003 California Dietary Practices Survey
Table 32: Consumption of Yogurt**

Question: Yesterday, did you eat any yogurt?

	Percent
Total	13
<i>Sex</i>	
Males	11 *
Females	15
<i>Males</i>	
18 - 24	15
25 - 34	9
35 - 50	11
51 - 64	12
65+	11
<i>Females</i>	
18 - 24	9 ***
25 - 34	18
35 - 50	12
51 - 64	12
65+	27
<i>Ethnicity</i>	
White	14
Hispanic	14
Black	5
Asian/Pacific Islander	15
<i>Education</i>	
Less than high school	11
High school graduate	12
Some college	12
College graduate	16
<i>Income</i>	
Less than \$15,000	10
\$15,000 - 24,999	13
\$25,000 - 34,999	12
\$35,000 - 49,999	17
\$50,000+	14
<i>Physically Active</i>	
Did not meet recommendations	11 *
Met recommendations	15
<i>Overweight Status</i>	
Overweight/Obese	12 *
Not overweight	16
<i>Poverty Index</i>	
Food Stamp users	12
Non Food Stamp users/ <130% FPL	11
Non Food Stamp users/ >130% FPL	14

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 33: Consumption of Any Soy Products

Question: Yesterday, how many times did you eat soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk?

	Percent
Total	14
<i>Sex</i>	
Males	12 *
Females	15
<i>Males</i>	
18 - 24	6
25 - 34	13
35 - 50	12
51 - 64	14
65+	13
<i>Females</i>	
18 - 24	12
25 - 34	16
35 - 50	16
51 - 64	18
65+	11
<i>Ethnicity</i>	
White	15 ***
Hispanic	6
Black	7
Asian/Pacific Islander	29
<i>Education</i>	
Less than high school	8 ***
High school graduate	9
Some college	11
College graduate	21
<i>Income</i>	
Less than \$15,000	10 *
\$15,000 - 24,999	12
\$25,000 - 34,999	8
\$35,000 - 49,999	16
\$50,000+	16
<i>Physically Active</i>	
Did not meet recommendations	10 ***
Met recommendations	18
<i>Overweight Status</i>	
Overweight/Obese	10 ***
Not overweight	18
<i>Poverty Index</i>	
Food Stamp users	8
Non Food Stamp users/ <130% FPL	11
Non Food Stamp users/ >130% FPL	15

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey

Table 34: Consumption of Any Lowfat Frozen Dairy Desserts

Question: Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?

	Percent
Total	12
<i>Sex</i>	
Males	12
Females	13
<i>Males</i>	
18 - 24	15
25 - 34	7
35 - 50	11
51 - 64	12
65+	18
<i>Females</i>	
18 - 24	20 *
25 - 34	10
35 - 50	10
51 - 64	11
65+	19
<i>Ethnicity</i>	
White	11 **
Hispanic	19
Black	9
Asian/Pacific Islander	12
<i>Education</i>	
Less than high school	20 ***
High school graduate	15
Some college	12
College graduate	8
<i>Income</i>	
Less than \$15,000	18 ***
\$15,000 - 24,999	16
\$25,000 - 34,999	8
\$35,000 - 49,999	12
\$50,000+	9
<i>Physically Active</i>	
Did not meet recommendations	12
Met recommendations	13
<i>Overweight Status</i>	
Overweight/Obese	14
Not overweight	11
<i>Poverty Index</i>	
Food Stamp users	17 ***
Non Food Stamp users/ <130% FPL	20
Non Food Stamp users/ >130% FPL	10

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 35: Proportion of California Adults Who Ate High Fat Milk Products

Question: Yesterday, was the milk you drank whole milk?
 Yesterday, was the cheese you ate regular cheese?
Base: Out of Milk Drinkers and Cheese Eaters Respectively

	Percent	
	Whole Milk	Regular Cheese
Total	29	54
<i>Sex</i>		
Males	31	55
Females	28	52
<i>Males</i>		
18 - 24	44 *	70 ***
25 - 34	39	54
35 - 50	26	58
51 - 64	22	43
65+	27	48
<i>Females</i>		
18 - 24	43 **	62 **
25 - 34	36	54
35 - 50	25	56
51 - 64	17	44
65+	20	42
<i>Ethnicity</i>		
White	21 ***	60 ***
Hispanic	49	43
Black	53	53
Asian/Pacific Islander	14	35
<i>Education</i>		
Less than high school	57 ***	41 ***
High school graduate	37	54
Some college	24	58
College graduate	16	56
<i>Income</i>		
Less than \$15,000	47 ***	46 **
\$15,000 - 24,999	42	52
\$25,000 - 34,999	20	53
\$35,000 - 49,999	24	57
\$50,000+	18	60
<i>Physically Active</i>		
Did not meet recommendations	37 ***	53
Met recommendations	21	56
<i>Overweight Status</i>		
Overweight/Obese	30	53
Not overweight	27	55
<i>Poverty Index</i>		
Food Stamp users	52 ***	56 ***
Non Food Stamp users/ <130% FPL	52	42
Non Food Stamp users/ >130% FPL	21	58

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 36: Consumption of Milk, Yogurt, or Cheese (At least two different items)

Question: Yesterday, did you eat at least two items of milk, yogurt, or cheese?

	Percent
Total	35
<i>Sex</i>	
Males	36
Females	35
<i>Males</i>	
18 - 24	42
25 - 34	31
35 - 50	39
51 - 64	31
65+	35
<i>Females</i>	
18 - 24	38
25 - 34	33
35 - 50	36
51 - 64	27
65+	41
<i>Ethnicity</i>	
White	38 ***
Hispanic	35
Black	23
Asian/Pacific Islander	24
<i>Education</i>	
Less than high school	31
High school graduate	35
Some college	35
College graduate	37
<i>Income</i>	
Less than \$15,000	29
\$15,000 - 24,999	38
\$25,000 - 34,999	32
\$35,000 - 49,999	39
\$50,000+	37
<i>Physically Active</i>	
Did not meet recommendations	31 **
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	35
Not overweight	36
<i>Poverty Index</i>	
Food Stamp users	36
Non Food Stamp users/ <130% FPL	31
Non Food Stamp users/ >130% FPL	37

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 37: Consumption of No Milk, Yogurt, or Cheese

Question: Yesterday, did you eat any milk, yogurt, or cheese?

	Percent
Total	17
<i>Sex</i>	
Males	17
Females	17
<i>Males</i>	
18 - 24	7 *
25 - 34	20
35 - 50	19
51 - 64	17
65+	18
<i>Females</i>	
18 - 24	9 **
25 - 34	15
35 - 50	22
51 - 64	24
65+	11
<i>Ethnicity</i>	
White	13 ***
Hispanic	20
Black	24
Asian/Pacific Islander	31
<i>Education</i>	
Less than high school	24 *
High school graduate	17
Some college	16
College graduate	15
<i>Income</i>	
Less than \$15,000	23 **
\$15,000 - 24,999	18
\$25,000 - 34,999	20
\$35,000 - 49,999	14
\$50,000+	13
<i>Physically Active</i>	
Did not meet recommendations	17
Met recommendations	16
<i>Overweight Status</i>	
Overweight/Obese	18
Not overweight	15
<i>Poverty Index</i>	
Food Stamp users	20 **
Non Food Stamp users/ <130% FPL	23
Non Food Stamp users/ >130% FPL	14

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 38: Range in Servings of Milk Consumed

**Questions: Yesterday, did you drink any milk, including chocolate milk, or a fast-food milk shake, or have milk on cereal?
 How many glasses of milk did you have yesterday?**

	Percent			
	0	1	2	3+
Total	48	32	12	8
<i>Sex</i>				
Males	47	32	12	9
Females	48	32	13	6
<i>Males</i>				
18 - 24	47	28	7	18
25 - 34	51	27	10	12
35 - 50	50	28	14	8
51 - 64	40	43	13	4
65+	41	39	16	4
<i>Females</i>				
18 - 24	43	29	19	9
25 - 34	47	37	9	7
35 - 50	52	30	12	6
51 - 64	55	33	8	4
65+	41	34	19	6
<i>Ethnicity</i>				
White	47	30	14	10
Hispanic	41	43	12	4
Black	59	23	12	6
Asian/Pacific Islander	57	35	5	3
<i>Education</i>				
Less than high school	44	37	12	6
High school graduate	47	32	14	7
Some college	51	29	13	7
College graduate	48	32	11	9
<i>Income</i>				
Less than \$15,000	48	38	10	4
\$15,000 - 24,999	44	35	13	8
\$25,000 - 34,999	54	20	16	10
\$35,000 - 49,999	47	33	14	6
\$50,000+	49	30	12	9
<i>Physically Active</i>				
Did not meet recommendations	49	34	11	6
Met recommendations	47	31	13	9
<i>Overweight Status</i>				
Overweight/Obese	48	32	13	7
Not overweight	48	31	12	9
<i>Poverty Index</i>				
Food Stamp users	48	31	12	8
Non Food Stamp users/ <130% FPL	46	43	9	3
Non Food Stamp users/ >130% FPL	48	30	12	9

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Cross Tab 39: Milk Products by Recommendations Heard

Question: Have you heard of any recommendations on the total number of servings of milk products you SHOULD have every day for good health? What was the number of servings recommended?

Servings of Milk Products Heard	Consumption of Milk Products, Percent	
	0-2 servings	3+ servings
0-2 servings	96	76
3+ servings	4	24

A box around a group of numbers signifies that differences observed within this group are statistically significant.
 Chi-Square Test:
 *** p<.001

2003 California Dietary Practices Survey
Table 40: Consumption of Deep-Fried Foods and Fried Snack Foods

Question: Yesterday did you eat any deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds, or other fried snacks?

	Percent	
	Deep-Fried Foods	Fried Snack Foods
Total	19	20
<i>Sex</i>		
Males	19	20
Females	19	19
<i>Males</i>		
18 - 24	24	19
25 - 34	24	25
35 - 50	18	23
51 - 64	13	13
65+	14	17
<i>Females</i>		
18 - 24	27 ***	20 *
25 - 34	26	24
35 - 50	20	20
51 - 64	14	20
65+	8	9
<i>Ethnicity</i>		
White	16 ***	18 *
Hispanic	25	23
Black	27	22
Asian/ Pacific Islander	27	27
<i>Education</i>		
Less than high school	21 ***	16 ***
High school graduate	24	25
Some college	23	22
College graduate	13	15
<i>Income</i>		
Less than \$15,000	22 **	18
\$15,000 - 24,999	22	21
\$25,000 - 34,999	28	24
\$35,000 - 49,999	16	23
\$50,000+	15	18
<i>Physically Active</i>		
Did not meet recommendations	22 *	22
Met recommendations	17	18
<i>Overweight Status</i>		
Overweight/Obese	19	21
Not overweight	19	18
<i>Poverty Index</i>		
Food Stamp users	24 *	36 ***
Non Food Stamp users/ <130% FPL	24	15
Non Food Stamp users/ >130% FPL	17	19

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 41: Consumption of High Fat Sweets, Breakfast Pastries, and Frozen Dairy Desserts¹

Question: Yesterday, did you eat any desserts like cake, pie, cookies, brownies, or chocolate candy bars?

Yesterday, did you eat any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or pop tarts?

Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?

	Percent		
	High Fat Sweets	Breakfast Pastries	Lowfat Frozen Dairy Desserts ¹
Total	44	14	12
<i>Sex</i>			
Males	41 *	16 *	12
Females	46	12	13
<i>Males</i>			
18 - 24	40	14	15
25 - 34	34	16	7
35 - 50	43	15	11
51 - 64	45	18	12
65+	44	20	18
<i>Females</i>			
18 - 24	57	13	20 *
25 - 34	41	13	10
35 - 50	44	16	10
51 - 64	44	8	11
65+	52	9	19
<i>Ethnicity</i>			
White	46 **	12 ***	11 **
Hispanic	37	19	19
Black	35	21	9
Asian/ Pacific Islander	51	19	12
<i>Education</i>			
Less than high school	36	20	20 ***
High school graduate	42	13	15
Some college	48	14	12
College graduate	44	13	8
<i>Income</i>			
Less than \$15,000	40	19	18 ***
\$15,000 - 24,999	43	13	16
\$25,000 - 34,999	38	13	8
\$35,000 - 49,999	44	15	12
\$50,000+	45	14	9
<i>Physically Active</i>			
Did not meet recommendations	45	17 **	12
Met recommendations	43	12	13
<i>Overweight Status</i>			
Overweight/Obese	43	14	14
Not overweight	45	14	11
<i>Poverty Index</i>			
Food Stamp users	39	16	17 ***
Non Food Stamp users/ <130% FPL	38	18	20
Non Food Stamp users/ >130% FPL	44	14	10

FPL=Federal Poverty Level

¹ About 2/3 of frozen dairy desserts were regular varieties, not reduced in fat.

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

2003 California Dietary Practices Survey

Table 42: Consumption of Soda

Question: Yesterday, how many cans or glasses of regular carbonated soft drinks (such as cola, lemon lime) or sweetened non-carbonated beverages (such as Gatorade, Snapple, Sunny Delight, or Kool-Aid) did you drink?

	Percent Who Drank Any Soda ¹	Mean Servings of Soda ²
Total	52	1.1
<i>Sex</i>		
Males	58 ***	1.3 ***
Females	48	0.9
<i>Males</i>		
18 - 24	63 **	1.5 ^{bc} ***
25 - 34	67	1.7 ^c
35 - 50	58	1.2 ^{ab}
51 - 64	50	1.1 ^{ab}
65+	47	0.7 ^a
<i>Females</i>		
18 - 24	64 ***	1.1 ^b **
25 - 34	54	1.0 ^b
35 - 50	51	1.0 ^b
51 - 64	39	0.8 ^{ab}
65+	29	0.5 ^a
<i>Ethnicity</i>		
White	49 **	1.0
Hispanic	61	1.2
Black	61	1.3
Asian/ Pacific Islander	54	1.1
<i>Education</i>		
Less than high school	57 ***	1.1 ^{ab} ***
High school graduate	60	1.3 ^b
Some college	54	1.2 ^b
College graduate	44	0.8 ^a
<i>Income</i>		
Less than \$15,000	56	1.1
\$15,000 - 24,999	52	1.2
\$25,000 - 34,999	54	1.2
\$35,000 - 49,999	56	1.1
\$50,000+	50	1.0
<i>Physically Active</i>		
Did not meet recommendations	56 **	1.2 *
Met recommendations	48	1.0
<i>Overweight Status</i>		
Overweight/Obese	56 **	1.2 ***
Not overweight	48	0.9
<i>Poverty Index</i>		
Food Stamp users	68 **	1.4 ^b *
Non Food Stamp users/ <130% FPL	57	1.1 ^{ab}
Non Food Stamp users/ >130% FPL	50	1.0 ^a

FPL=Federal Poverty Level

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹Chi-Square Test and ²ANOVA:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 43: Consumption of High Calorie, Low Nutrient Foods

Question: Yesterday, did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or pop tarts? Do not include reduced fat or fat-free items.

Yesterday, did you eat any deep-fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?

Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items.

Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars? Do not include reduced fat, fat-free, or lower fat items.

	Mean Number of High Calorie, Low Nutrient Foods Reported
Total	1.0
<i>Sex</i>	
Males	1.0
Females	1.0
<i>Males</i>	
18 - 24	1.0
25 - 34	1.0
35 - 50	1.0
51 - 64	0.9
65+	0.9
<i>Females</i>	
18 - 24	1.2 ^b *
25 - 34	1.0 ^{ab}
35 - 50	1.0 ^{ab}
51 - 64	0.9 ^{ab}
65+	0.8 ^a
<i>Ethnicity</i>	
White	0.9 ^a ***
Hispanic	1.0 ^{ab}
Black	1.0 ^{ab}
Asian/ Pacific Islander	1.2 ^b
<i>Education</i>	
Less than high school	0.9 ^{ab} **
High school graduate	1.0 ^b
Some college	1.1 ^b
College graduate	0.9 ^a
<i>Income</i>	
Less than \$15,000	1.0
\$15,000 - 24,999	1.0
\$25,000 - 34,999	1.0
\$35,000 - 49,999	1.0
\$50,000+	0.9
<i>Physically Active</i>	
Did not meet recommendations	1.1 **
Met recommendations	0.9
<i>Overweight Status</i>	
Overweight/Obese	1.0
Not overweight	1.0
<i>Poverty Index</i>	
Food Stamp users	1.2
Non Food Stamp users/ <130% FPL	0.9
Non Food Stamp users/ >130% FPL	0.9

FPL=Federal Poverty Level

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 44: Range of High Calorie, Low Nutrient Food Items Eaten

Question: Yesterday did you eat any breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants or poparts? Do not include reduced fat or fat-free items.
 Yesterday did you eat any deep-fried foods like french fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings?
 Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items.
 Yesterday, did you eat any desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars? Do not include reduced fat, fat-free, or lower fat items.

	Percent		
	0	1	2-4
Total	34	42	24
<i>Sex</i>			
Males	34	42	24
Females	34	43	24
<i>Males</i>			
18 - 24	37	42	21
25 - 34	36	37	27
35 - 50	31	44	25
51 - 64	33	46	21
65+	35	41	24
<i>Females</i>			
18 - 24	23	48	29
25 - 34	31	46	24
35 - 50	37	34	29
51 - 64	35	45	20
65+	38	50	12
<i>Ethnicity</i>			
White	35	44	21
Hispanic	33	39	28
Black	32	40	27
Asian/ Pacific Islander	23	46	31
<i>Education</i>			
Less than high school	36	40	24
High school graduate	33	42	26
Some college	28	43	29
College graduate	37	44	19
<i>Income</i>			
Less than \$15,000	32	47	21
\$15,000 - 24,999	34	39	27
\$25,000 - 34,999	29	46	25
\$35,000 - 49,999	37	40	24
\$50,000+	36	42	23
<i>Physically Active</i>			
Did not meet recommendations	31	42	27
Met recommendations	36	43	21
<i>Overweight Status</i>			
Overweight/Obese	34	42	24
Not overweight	33	44	23
<i>Poverty Index</i>			
Food Stamp users	31	37	32
Non Food Stamp users/ <130% FPL	31	49	20
Non Food Stamp users/ >130% FPL	35	41	23

FPL=Federal Poverty Level

Rows might add to over 100 percent 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

2003 California Dietary Practices Survey
Table 45: Percent of Eating Out that Was in Fast Food Restaurants

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?
Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a Food Court)?
Base: Of people eating out.

	Percent
Total	40
<i>Sex</i>	
Males	40
Females	41
<i>Males</i>	
18 - 24	40
25 - 34	42
35 - 50	40
51 - 64	38
65+	32
<i>Females</i>	
18 - 24	62 **
25 - 34	42
35 - 50	40
51 - 64	35
65+	16
<i>Ethnicity</i>	
White	33 ***
Hispanic	64
Black	61
Asian/Pacific Islander	35
<i>Education</i>	
Less than high school	60 ***
High school graduate	51
Some college	47
College graduate	25
<i>Income</i>	
Less than \$15,000	53 ***
\$15,000 - 24,999	66
\$25,000 - 34,999	39
\$35,000 - 49,999	41
\$50,000+	30
<i>Physically Active</i>	
Did not meet recommendations	43
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	45 *
Not overweight	35
<i>Poverty Index</i>	
Food Stamp users	65 ***
Non Food Stamp users/ <130% FPL	59
Non Food Stamp users/ >130% FPL	35

FPL=Federal Poverty Level
 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

2003 California Dietary Practices Survey

Cross Tab 46: Eating out Compared to Consumption of Fruits and Vegetables, Milk, High Fiber Foods, and High Fat and High Sugar Foods

Base: Out of everyone, unless indicated

Out of Home Eating	
	Mean Servings of Fruits & Vegetables Eaten¹
No meals eaten out	4.3 ^b ***
Yes, not fast food	4.1 ^b
Yes, fast food	3.3 ^a
	Percent Having no Whole Grain Bread, Beans, or High Fiber
No meals eaten out	57 **
Yes, not fast food	62
Yes, fast food	68
	Percent Having Whole/ 2% Milk (Out of Milk Drinkers)²
No meals eaten out	59 **
Yes, not fast food	51
Yes, fast food	70
	Percent Having Any Milk²
No meals eaten out	57 *
Yes, not fast food	48
Yes, fast food	55
	Percent Having Any Cheese²
No meals eaten out	48 ***
Yes, not fast food	60
Yes, fast food	66
	Fried Chicken, Chicken Nuggets, Fried Shrimp, or Onion Rings²
No meals eaten out	11 ***
Yes, not fast food	21
Yes, fast food	47
	Percent Having Any Fried Snack Foods, Like Potato Chips, Corn Chips, Cheese Puffs, Pork Rinds, or Other Fried Snack Foods²
No meals eaten out	18 ***
Yes, not fast food	20
Yes, fast food	28
	Percent Having High Fat Sweets/ Desserts, Like Cake, Pie, Cookies, Brownies, or Chocolate Candy Bars²
No meals eaten out	44
Yes, not fast food	43
Yes, fast food	44
	Percent Having Any Breakfast Pastries Like Doughnuts, Danish, Sweet Rolls, Muffins, Croissants, or Poptarts²
No meals eaten out	12 ***
Yes, not fast food	15
Yes, fast food	22

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 (Bonferroni technique at a procedure-wise error rate=.05)

ANOVA¹ and Chi-Square Test²:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 47: Percent of Californians Who Ate At Least One Meal Out

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?

	Percent
Total	40
<i>Sex</i>	
Males	40
Females	39
<i>Males</i>	
18 - 24	45 **
25 - 34	47
35 - 50	45
51 - 64	30
65+	22
<i>Females</i>	
18 - 24	53 **
25 - 34	42
35 - 50	36
51 - 64	41
65+	27
<i>Ethnicity</i>	
White	42 ***
Hispanic	29
Black	43
Asian/Pacific Islander	47
<i>Education</i>	
Less than high school	19 ***
High school graduate	43
Some college	44
College graduate	43
<i>Income</i>	
Less than \$15,000	27 ***
\$15,000 - 24,999	30
\$25,000 - 34,999	35
\$35,000 - 49,999	49
\$50,000+	49
<i>Physically Active</i>	
Did not meet recommendations	41
Met recommendations	38
<i>Overweight Status</i>	
Overweight/Obese	38
Not overweight	42
<i>Poverty Index</i>	
Food Stamp users	27 ***
Non Food Stamp users/ <130% FPL	28
Non Food Stamp users/ >130% FPL	46

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 48: Consumption of Fast Food

Question: Yesterday, how many of your meals or snacks were from a restaurant, cafeteria, or fast food establishment, either eaten there or carried out?
 Were any of these meals or snacks from a fast-food restaurant (such as McDonalds, Carl's Jr, Taco Bell, Burger King, KFC, Pizza Hut, or a Food Court)?

Percent Who Ate Fast Food

	Out of Everyone	Out of Those Who Eat Out
Total	16	40
<i>Sex</i>		
Males	16	40
Females	16	41
<i>Males</i>		
18 - 24	18 *	40
25 - 34	20	42
35 - 50	18	40
51 - 64	12	38
65+	7	32
<i>Females</i>		
18 - 24	32 ***	62 **
25 - 34	18	42
35 - 50	14	40
51 - 64	14	35
65+	4	16
<i>Ethnicity</i>		
White	14 **	33 ***
Hispanic	19	64
Black	26	61
Asian/ Pacific Islander	16	35
<i>Education</i>		
Less than high school	12 ***	60 ***
High school graduate	22	51
Some college	21	47
College graduate	11	25
<i>Income</i>		
Less than \$15,000	14	53 ***
\$15,000 - 24,999	20	66
\$25,000 - 34,999	14	39
\$35,000 - 49,999	20	41
\$50,000+	14	30
<i>Physically Active</i>		
Did not meet recommendations	18	43
Met recommendations	14	38
<i>Overweight Status</i>		
Overweight/Obese	17	45 *
Not overweight	14	35
<i>Food Stamp</i>		
Food stamp users	18	65 ***
Non food stamp users/ <130% FPL	17	59
Non food stamp users/ >130% FPL	16	35

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 49: Types of Restaurants Where Californians Eat

Question: Other than fast food, in which of the following types of restaurants did you eat?

	Percent	
	Family Style	Fine Dining, Buffet, Cafeteria, Other
Total	36	62
<i>Sex</i>		
Males	30*	66
Females	42	58
<i>Males</i>		
18 - 24	4***	87*
25 - 34	35	64
35 - 50	28	66
51 - 64	48	52
65+	64	45
<i>Females</i>		
18 - 24	45	59
25 - 34	35	62
35 - 50	38	62
51 - 64	49	51
65+	50	46
<i>Ethnicity</i>		
White	39	60
Hispanic	25	66
Black	23	73
Asian/ Pacific Islander	27	80
<i>Education</i>		
Less than high school	41	50
High school graduate	32	65
Some college	41	53
College graduate	34	67
<i>Income</i>		
Less than \$15,000	26	65
\$15,000 - 24,999	26	70
\$25,000 - 34,999	46	54
\$35,000 - 49,999	27	69
\$50,000+	41	60
<i>Physically Active</i>		
Did not meet recommendations	40	63
Met recommendations	34	62
<i>Overweight Status</i>		
Overweight/Obese	38	58
Not overweight	34	67
<i>Poverty Index</i>		
Food Stamp users	16	78
Non Food Stamp users/ <130% FPL	33	70
Non Food Stamp users/ >130% FPL	38	61

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 50: Meals Eaten at Fast Food Restaurants

Question: What meal or meals yesterday did you eat at a fast food restaurant? (Check all that apply)

Base: Out of those who ate fast food

	Percent	
	Lunch	Dinner
Total	62	37
<i>Sex</i>		
Males	60	37
Females	65	36
<i>Males</i>		
18 - 24	60	51
25 - 34	64	42
35 - 50	62	27
51 - 64	53	47
65+	46	19
<i>Females</i>		
18 - 24	78 *	26
25 - 34	50	50
35 - 50	55	41
51 - 64	82	17
65+	62	59
<i>Ethnicity</i>		
White	69 **	36
Hispanic	43	37
Black	78	34
Asian/ Pacific Islander	56	55
<i>Education</i>		
Less than high school	36	51
High school graduate	64	26
Some college	66	40
College graduate	66	40
<i>Income</i>		
Less than \$15,000	51	35
\$15,000 - 24,999	66	36
\$25,000 - 34,999	60	34
\$35,000 - 49,999	62	38
\$50,000+	68	36
<i>Physically Active</i>		
Did not meet recommendations	62	32
Met recommendations	62	43
<i>Overweight Status</i>		
Overweight/Obese	58	40
Not overweight	70	32
<i>Poverty Index</i>		
Food Stamp users	54	33
Non Food Stamp users/ <130% FPL	54	35
Non Food Stamp users/ >130% FPL	67	39

FPL=Federal Poverty Level

Due to small sample size data for breakfast and snack are not displayed here.

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

Chi-Square Test:

* p<.05

** p<.01

2003 California Dietary Practices Survey

Table 51: Range in Times Californians Ate Fast Food in the Past Week

Question: In the last week, how many times did you eat a meal or snack from a fast food restaurant?

Base: Out of those who ate out

	Times Ate Fast Food, Percent		
	0	1	2+
Total	60	32	8
<i>Sex</i>			
Males	61	32	7
Females	60	32	8
<i>Males</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Females</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Ethnicity</i>			
White	67	26	7
Hispanic	37	56	8
Black	39	44	17
Asian/ Pacific Islander	70	22	8
<i>Education</i>			
Less than high school	40	53	7
High school graduate	51	41	8
Some college	54	34	12
College graduate	75	20	5
<i>Income</i>			
Less than \$15,000	50	46	4
\$15,000 - 24,999	35	48	16
\$25,000 - 34,999	61	39	0
\$35,000 - 49,999	60	26	14
\$50,000+	70	24	6
<i>Physically Active</i>			
Did not meet recommendations	58	34	9
Met recommendations	63	30	7
<i>Overweight Status</i>			
Overweight/Obese	56	35	8
Not overweight	65	27	8
<i>Poverty Index</i>			
Food Stamp users	35	52	13
Non Food Stamp users/ <130% FPL	44	50	6
Non Food Stamp users/ >130% FPL	65	27	8

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 52: Mean and Range of Days Heard Recommended for Physical Activity

Question: How many days per week should you be active?

Base: Out of those who heard recommendations for physical activity

	Percent ¹				Mean Days Heard ²
	0-2	3-4	4-5	7+	
Total	15	46	21	19	4.0
<i>Sex</i>					
Males	18	45	19	19	3.9
Females	12	46	23	19	4.1
<i>Males</i>					
18 - 24	4	62	23	12	4.2 ^{ab}
25 - 34	21	46	17	16	3.7 ^{ab}
35 - 50	19	42	16	23	4.0 ^{ab}
51 - 64	16	36	23	24	4.3 ^b
65+	28	45	18	10	3.3 ^a
<i>Females</i>					
18 - 24	24	44	18	14	3.6 ^a
25 - 34	9	51	24	15	4.1 ^{abc}
35 - 50	11	51	21	17	4.0 ^{ab}
51 - 64	7	41	23	29	4.6 ^c
65+	10	36	30	24	4.4 ^{bc}
<i>Ethnicity</i>					
White	10	48	21	21	4.2 ^b
Hispanic	26	38	23	13	3.6 ^a
Black	18	43	24	15	3.8 ^{ab}
Asian/ Pacific Islander	15	46	18	21	4.0 ^{ab}
<i>Education</i>					
Less than high school	32	30	22	15	3.5 ^a
High school graduate	19	49	17	15	3.7 ^a
Some college	11	47	20	23	4.2 ^b
College graduate	8	48	24	20	4.3 ^b
<i>Income</i>					
Less than \$15,000	20	39	21	20	4.0
\$15,000 - 24,999	18	39	21	21	4.1
\$25,000 - 34,999	16	47	21	16	4.0
\$35,000 - 49,999	12	44	26	18	4.1
\$50,000+	10	52	19	19	4.1
<i>Physically Active</i>					
Did not meet recommendations	20	47	17	16	3.7
Met recommendations	10	45	24	21	4.3
<i>Overweight Status</i>					
Overweight/Obese	16	46	19	19	3.9
Not overweight	12	45	24	19	4.2
<i>Poverty Index</i>					
Food Stamp users	29	40	12	19	3.5 ^a
Non Food Stamp users/ <130% FPL	22	37	26	16	3.9 ^{ab}
Non Food Stamp users/ >130% FPL	11	49	20	20	4.1 ^b

FPL=Federal Poverty Level

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹Chi-Square Test: and ²ANOVA:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 53: Mean and Range of Minutes Heard Recommended for Physical Activity

Question: How many minutes have you heard recommended?

How many days per week should you be active?

Base: Out of those who heard recommendations for physical activity

	Minutes Heard Recommended			Mean ²
	Percent ¹			
	0-29	30-59	60+	
Total	38	46	15	32.1
<i>Sex</i>				
Males	44	41	14	31.1
Females	33	51	16	33.0
<i>Males</i>				
18 - 24	40	35	25	39.8
25 - 34	41	46	12	28.6
35 - 50	48	42	10	27.9
51 - 64	41	43	16	34.1
65+	52	30	18	29.9
<i>Females</i>				
18 - 24	27	50	23	37.1
25 - 34	34	50	16	34.0
35 - 50	38	48	14	30.5
51 - 64	30	56	13	31.1
65+	28	55	18	36.1
<i>Ethnicity</i>				
White	37	48	15	31.8
Hispanic	40	44	16	31.8
Black	40	46	14	31.3
Asian/ Pacific Islander	39	46	15	32.9
<i>Education</i>				
Less than high school	44	40	16	32.0
High school graduate	38	43	20	35.5
Some college	37	45	18	33.0
College graduate	38	52	11	29.4
<i>Income</i>				
Less than \$15,000	41	36	23	37.0 ^b
\$15,000 - 24,999	38	47	15	31.7 ^{ab}
\$25,000 - 34,999	28	50	22	39.3 ^b
\$35,000 - 49,999	42	47	10	26.9 ^a
\$50,000+	39	49	12	29.8 ^a
<i>Physically Active</i>				
Did not meet recommendations	37	45	17	31.9
Met recommendations	39	48	14	32.8
<i>Overweight Status</i>				
Overweight/Obese	39	48	14	30.3
Not overweight	38	45	17	34.3
<i>Poverty Index</i>				
Food Stamp users	52	32	16	29.9
Non Food Stamp users/ <130% FPL	38	42	20	34.1
Non Food Stamp users/ >130% FPL	38	49	13	31.0

FPL=Federal Poverty Level

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

¹Chi-Square Test and ²ANOVA:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
CrossTab 54: Minutes Heard Recommended by Minutes Active

Question: How many minutes have you heard recommended?
How many minutes or hours did you usually keep at your activity?

Minutes Physically Active	Minutes Heard Recommended		
	0-29	30-59	60+
0-29	41	51	8
30-59	41	49	10
60+	39	46	15

2003 California Dietary Practices Survey
CrossTab 55: Days Heard Recommended by Days Active

Question: How many times per week or month did you take part in this activity in the past month?

Days Physically Active	Days Heard Recommended, Percent				
	0-2	3-4	5-6	7+	
0-2	13	44	15	27	***
3-4	17	56	18	9	
5-6	10	48	30	12	
7+	10	43	21	26	

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

*** p<.001

2003 California Dietary Practices Survey

Table 56: Participation in Any Physical Activity in the Past Month

Question: During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

	Percent
Total	77
<i>Sex</i>	
Males	79
Females	75
<i>Males</i>	
18 - 24	77
25 - 34	79
35 - 50	78
51 - 64	76
65+	84
<i>Females</i>	
18 - 24	72
25 - 34	73
35 - 50	77
51 - 64	75
65+	78
<i>Ethnicity</i>	
White	82 ***
Hispanic	63
Black	71
Asian/ Pacific Islander	78
<i>Education</i>	
Less than high school	58 ***
High school graduate	71
Some college	77
College graduate	88
<i>Income</i>	
Less than \$15,000	67 ***
\$15,000 - 24,999	67
\$25,000 - 34,999	70
\$35,000 - 49,999	84
\$50,000+	87
<i>Overweight Status</i>	
Overweight/Obese	73 ***
Not overweight	82
<i>Poverty Index</i>	
Food Stamp users	63 ***
Non Food Stamp users/ <130% FPL	63
Non Food Stamp users/ >130% FPL	84

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 57: Participation in Vigorous and Regular Activity in the Past Month

Question: During the past 30 days, other than your regular job, did you participate in any PHYSICAL ACTIVITY or EXERCISE such as running, callisthenics, golf, gardening or walking for exercise?

	Participated in Recommended Vigorous Activity ¹	Met Recommendation for Being Regularly Physically Active ²
Total	68	53
<i>Sex</i>		
Males	70	55
Females	67	52
<i>Males</i>		
18 - 24	64	68
25 - 34	72	64
35 - 50	71	67
51 - 64	68	66
65+	73	73
<i>Females</i>		
18 - 24	60 *	59
25 - 34	63	48
35 - 50	54	53
51 - 64	52	47
65+	44	55
<i>Ethnicity</i>		
White	74 ***	59 ***
Hispanic	50	35
Black	62	48
Asian/ Pacific Islander	70	57
<i>Education</i>		
Less than high school	43 ***	31 ***
High school graduate	60	46
Some college	71	57
College graduate	82	64
<i>Income</i>		
Less than \$15,000	55 ***	41 ***
\$15,000 - 24,999	56	44
\$25,000 - 34,999	67	46
\$35,000 - 49,999	81	62
\$50,000+	79	63
<i>Overweight Status</i>		
Overweight/Obese	64 ***	46 ***
Not overweight	75	63
<i>Poverty Index</i>		
Food Stamp users	46 ***	36 ***
Non Food Stamp users/ <130% FPL	50	39
Non Food Stamp users/ >130% FPL	77	61

FPL=Federal Poverty Level

¹Those who engage in vigorous physical activity for at least 20 minutes a day, at least 3 days per week (Healthy People 2010).

²Those who engage in any combination of moderate or vigorous activities for at least 30 minutes per day, at least 5 days per week.

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 58: Level of Activity At Work

Question: When you are at work, which of the following best describes what you do?
 Would you say mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work?

	Percent				
	Mostly Sitting or Standing	Mostly Walking	Mostly Heavy Labor	Not Working	
Total	48	19	11	22	
<i>Sex</i>					
Males	47	21	17	15	***
Females	48	17	6	28	
<i>Males</i>					
18 - 24	47	31	19	3	***
25 - 34	51	21	24	4	
35 - 50	54	23	18	4	
51 - 64	48	16	11	24	
65+	19	8	5	69	
<i>Females</i>					
18 - 24	58	20	4	18	***
25 - 34	49	25	10	16	
35 - 50	56	19	8	18	
51 - 64	56	13	4	26	
65+	16	4	2	78	
<i>Ethnicity</i>					
White	52	15	11	23	***
Hispanic	33	36	12	20	
Black	36	16	23	24	
Asian/ Pacific Islander	72	10	2	16	
<i>Education</i>					
Less than high school	23	31	16	31	***
High school graduate	38	21	18	23	
Some college	51	15	12	22	
College graduate	62	15	5	18	
<i>Income</i>					
Less than \$15,000	33	22	13	33	***
\$15,000 - 24,999	37	25	14	24	
\$25,000 - 34,999	40	20	17	23	
\$35,000 - 49,999	52	24	8	16	
\$50,000+	63	13	9	15	
<i>Physically Active</i>					
Did not meet recommendations	46	19	11	24	
Met recommendations	50	18	12	20	
<i>Overweight Status</i>					
Overweight/Obese	45	18	13	23	*
Not overweight	51	19	9	20	
<i>Poverty Index</i>					
Food Stamp users	35	27	18	20	***
Non Food Stamp users/ <130% FPL	29	30	12	30	
Non Food Stamp users/ >130% FPL	55	15	11	18	

FPL=Federal Poverty Level

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

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 59: Main Reasons For Not Being More Physically Active

Question: What is the main reason that you are not more physically active (choose one)?

	Percent					
	Exercise Enough	Too Busy	Lack Self-Motivation	Health Reasons	Other	
Total	15	46	14	15	10	
<i>Sex</i>						
Males	17	48	14	12	10	**
Females	14	44	14	18	10	
<i>Males</i>						
18 - 24	14	58	9	5	13	***
25 - 34	13	54	14	4	14	
35 - 50	13	57	15	7	8	
51 - 64	20	41	9	24	6	
65+	32	13	19	28	8	
<i>Females</i>						
18 - 24	10	51	13	9	16	***
25 - 34	11	56	15	8	11	
35 - 50	12	51	15	13	9	
51 - 64	10	38	17	25	10	
65+	28	12	6	45	8	
<i>Ethnicity</i>						
White	16	44	13	16	10	
Hispanic	11	52	14	13	10	
Black	15	36	20	20	8	
Asian/ Pacific Islander	13	52	16	10	9	
<i>Education</i>						
Less than high school	13	38	15	22	12	**
High school graduate	14	44	15	17	10	
Some college	12	47	14	16	10	
College graduate	18	50	12	11	9	
<i>Income</i>						
Less than \$15,000	12	34	16	25	12	***
\$15,000 - 24,999	11	40	19	19	12	
\$25,000 - 34,999	18	36	14	18	15	
\$35,000 - 49,999	17	52	16	8	7	
\$50,000+	16	56	10	10	8	
<i>Physically Active</i>						
Did not meet recommendations	6	44	17	20	12	***
Met recommendations	22	49	11	10	9	
<i>Overweight Status</i>						
Overweight/Obese	13	43	16	18	9	***
Not overweight	18	48	11	12	11	
<i>Poverty Index</i>						
Food Stamp users	10	37	15	21	17	**
Non Food Stamp users/ <130% FPL	10	46	17	17	9	
Non Food Stamp users/ >130% FPL	16	49	13	12	9	

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Cross Tab 60: Californians Who Participated in 30 Minutes or More of Moderate or Vigorous Physical Activity at Least 5 Days a Week by Overweight Status

Question: How many days per week do you do these moderate activities for at least 10 minutes at a time?
On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?
How many days per week do you do these vigorous activities for at least 10 minutes at a time?
On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?

Physically Active for 30 Minutes or More, 5 Days a Week	Overweight Status, Percent		
	Overweight/ Obese	Not Overweight	
Yes	64	77	***
No	36	23	

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

*** p<.001

2003 California Dietary Practices Survey

Cross Tab 61: Californians Who Participated in 30 Minutes or More of Moderate or Vigorous Physical Activity at Least 6 Days a Week by Overweight Status

**Question: How many days per week do you do these moderate activities for at least 10 minutes at a time?
 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?
 How many days per week do you do these vigorous activities for at least 10 minutes at a time?
 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?**

Physically Active for 30 Minutes or More, 6 Days a Week	Overweight Status, Percent	
	Overweight/ Obese	Not Overweight
Yes	51	64
No	49	36

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

*** p<.001

2003 California Dietary Practices Survey
Table 62: Time Spent Watching TV

Question: How much time did you spend watching TV yesterday?

	Mean Hours
Total	2.2
<i>Sex</i>	
Males	2.3
Females	2.1
<i>Males</i>	
18 - 24	2.4 ^{ab} *
25 - 34	2.1 ^a
35 - 50	2.0 ^a
51 - 64	2.4 ^{ab}
65+	3.2 ^b
<i>Females</i>	
18 - 24	2.4
25 - 34	1.8
35 - 50	1.9
51 - 64	2.0
65+	2.7
<i>Ethnicity</i>	
White	2.1 ^a ***
Hispanic	1.9 ^a
Black	3.6 ^b
Asian/ Pacific Islander	1.9 ^a
<i>Education</i>	
Less than high school	2.2 ^b ***
High school graduate	2.6 ^b
Some college	2.5 ^b
College graduate	1.7 ^a
<i>Income</i>	
Less than \$15,000	2.7 ^c ***
\$15,000 - 24,999	2.6 ^c
\$25,000 - 34,999	2.4 ^{bc}
\$35,000 - 49,999	1.8 ^{ab}
\$50,000+	1.8 ^a
<i>Physically Active</i>	
Did not meet recommendations	2.5 ***
Met recommendations	1.9
<i>Overweight Status</i>	
Overweight/Obese	2.5 ***
Not overweight	1.9
<i>Poverty Index</i>	
Food Stamp users	2.0 ^a ***
Non Food Stamp users/ <130% FPL	2.6 ^b
Non Food Stamp users/ >130% FPL	2.6 ^b

FPL=Federal Poverty Level

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

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 63: Weight Status (by BMI) and Mean BMI

Question: How much do you weigh? How tall are you without shoes?

	Percent ¹			Mean BMI ²
	Not Overweight	Overweight	Obese	
Total	48	32	19	26.2
<i>Sex</i>				
Males	42	39	19	26.5*
Females	54	26	20	25.8
<i>Males</i>				
18 - 24	71	15	14	24.5 ^a ***
25 - 34	38	38	24	27.0 ^a
35 - 50	35	45	20	26.9 ^a
51 - 64	37	45	18	27.0 ^a
65+	38	49	13	26.3 ^a
<i>Females</i>				
18 - 24	74	18	8	23.5 ^a ***
25 - 34	51	22	27	26.5 ^{bc}
35 - 50	53	25	22	26.0 ^{bc}
51 - 64	43	32	25	27.3 ^c
65+	58	32	10	25.0 ^{ab}
<i>Ethnicity</i>				
White	52	32	16	25.6 ^b ***
Hispanic	33	36	30	27.7 ^c
Black	43	28	28	27.9 ^c
Asian/ Pacific Islander	71	24	5	23.8 ^a
<i>Education</i>				
Less than high school	32	38	31	27.9 ^c ***
High school graduate	40	34	26	27.3 ^c
Some college	50	30	21	26.3 ^b
College graduate	58	32	10	24.7 ^a
<i>Income</i>				
Less than \$15,000	43	32	25	26.9 ^b ***
\$15,000 - 24,999	43	32	25	26.8 ^b
\$25,000 - 34,999	48	32	25	26.3 ^{ab}
\$35,000 - 49,999	52	28	19	26.3 ^{ab}
\$50,000+	53	32	15	25.4 ^a
<i>Physically Active</i>				
Did not meet recommendations	40	33	27	27.3***
Met recommendations	56	32	12	25.1
<i>Poverty Index</i>				
Food Stamp users	36	26	38	27.9 ^b **
Non Food Stamp users/ <130% FPL	43	35	22	26.7 ^a
Non Food Stamp users/ >130% FPL	51	32	17	25.8 ^a

FPL=Federal Poverty Level

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).

¹Chi-Square Test and ²ANOVA:

* p<.05

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 64: Opinion of Weight Status

Question: Do you consider yourself to be overweight, underweight, or about average for your height?

	Percent			
	Overweight	Underweight	About Average	
Total	45	6	49	
<i>Sex</i>				
Males	40	8	52	***
Females	49	3	47	
<i>Males</i>				
18 - 24	16	20	64	***
25 - 34	34	6	60	
35 - 50	47	6	47	
51 - 64	52	7	41	
65+	48	5	47	
<i>Females</i>				
18 - 24	33	8	60	***
25 - 34	46	4	50	
35 - 50	54	2	44	
51 - 64	64	3	34	
65+	44	2	53	
<i>Ethnicity</i>				
White	43	6	51	***
Hispanic	55	3	42	
Black	46	11	43	
Asian/ Pacific Islander	28	9	64	
<i>Education</i>				
Less than high school	56	5	38	***
High school graduate	50	7	43	
Some college	45	6	49	
College graduate	38	5	58	
<i>Income</i>				
Less than \$15,000	46	8	46	
\$15,000 - 24,999	47	5	48	
\$25,000 - 34,999	47	6	47	
\$35,000 - 49,999	46	3	51	
\$50,000+	42	7	51	
<i>Physically Active</i>				
Did not meet recommendations	54	6	40	***
Met recommendations	37	6	57	
<i>Poverty Index</i>				
Food Stamp users	52	8	40	
Non Food Stamp users/ <130% FPL	47	7	45	
Non Food Stamp users/ >130% FPL	43	6	51	

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Cross Tab 65: Actual Weight Status by Opinion of Weight Status

Question: How much do you weigh? How tall are you without shoes?
Do you consider yourself to be overweight, underweight, or about average for your height?

Think Weight	Weight Status, Percent			
	Not Overweight	Overweight	Obese	
Underweight	12	0	0	***
About Average	74	38	8	
Overweight	14	62	92	

A box around a group of numbers signifies that differences observed within this group are statistically significant.
 Chi-Square Test:
 *** p<.001

2003 California Dietary Practices Survey

Table 66: Percent Trying to Lose Weight and Method Used

Question: Do you consider yourself to be overweight, underweight, or about average for your height?
 Are you presently trying to lose weight?
 What have you done to lose weight?

	Percent Trying to Lose Weight ¹	Method, Percent ²	
		Diet or Exercise	Other Methods
Total	45	82	18
<i>Sex</i>			
Males	37 ***	87	13 **
Females	52	78	22
<i>Males</i>			
18 - 24	17 ***	100	0 *
25 - 34	40	96	4
35 - 50	41	88	12
51 - 64	41	76	24
65+	40	81	19
<i>Females</i>			
18 - 24	42 *	76	24
25 - 34	58	89	11
35 - 50	54	73	27
51 - 64	54	74	26
65+	45	79	21
<i>Ethnicity</i>			
White	42	81	19 *
Hispanic	50	85	15
Black	47	83	17
Asian/ Pacific Islander	42	58	42
<i>Education</i>			
Less than high school	48	88	12
High school graduate	46	77	23
Some college	44	86	14
College graduate	44	79	21
<i>Income</i>			
Less than \$15,000	45	83	17
\$15,000 - 24,999	46	82	18
\$25,000 - 34,999	42	86	14
\$35,000 - 49,999	55	86	14
\$50,000+	42	79	21
<i>Physically Active</i>			
Did not meet recommendations	46	79	21
Met recommendations	44	85	15
<i>Poverty Index</i>			
Food Stamp users	48	87	13
Non Food Stamp users/ <130% FPL	46	81	19
Non Food Stamp users/ >130% FPL	44	82	18

FPL=Federal Poverty Level

¹Out of those who consider themselves overweight

²Out of those who consider themselves overweight and are trying to lose weight

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

2003 California Dietary Practices Survey
Table 67: Percent Who Lost Weight and Maintained Weight Loss

**Question: Do you consider yourself to be overweight, underweight, or about average for your age?
 Have you ever lost weight and kept it off for one year?
 What did you do to lose weight and maintain your weight loss?**

	Percent Who Lost and Maintained ¹	Method, Percent ²	
		Diet or Exercise	Other
Total	63	71	29
<i>Sex</i>			
Males	58**	81	19***
Females	68	65	35
<i>Males</i>			
18 - 24	75*	89	11*
25 - 34	43	97	3
35 - 50	62	85	15
51 - 64	65	68	32
65+	49	68	32
<i>Females</i>			
18 - 24	51***	79	21
25 - 34	49	78	22
35 - 50	76	62	38
51 - 64	70	61	39
65+	82	62	38
<i>Ethnicity</i>			
White	69***	68	32*
Hispanic	51	78	22
Black	61	79	21
Asian/ Pacific Islander	49	100	0
<i>Education</i>			
Less than high school	56*	69	31
High school graduate	58	72	28
Some college	65	67	33
College graduate	71	76	24
<i>Income</i>			
Less than \$15,000	55***	70	30
\$15,000 - 24,999	59	76	24
\$25,000 - 34,999	43	70	30
\$35,000 - 49,999	61	75	25
\$50,000+	76	70	30
<i>Physically Active</i>			
Did not meet recommendations	59*	70	30
Met recommendations	69	74	26
<i>Overweight Status</i>			
Overweight/Obese	64	73	27
Not overweight	66	68	32
<i>Poverty Index</i>			
Food Stamp users	45***	64	36
Non Food Stamp users/ <130% FPL	48	79	21
Non Food Stamp users/ >130% FPL	70	71	29

FPL= Federal Poverty Level

¹Out of those who consider themselves about average in weight.

²Out of those who consider themselves about average and maintained weight loss.

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

2003 California Dietary Practices Survey
Table 68: Frequency of Grocery Shopping by California Adults

Question: How many times per week or month do you shop in a grocery store or supermarket?

	Shopping Habits, Percent				
	3-4 Times a Month	>1 Time a Week	2 Times a Month	<2 Times a Month	
Total	41	38	13	8	
<i>Sex</i>					
Males	39	36	13	11	***
Females	43	39	12	6	
<i>Males</i>					
18 - 24	36	21	26	17	***
25 - 34	50	28	14	8	
35 - 50	40	41	11	8	
51 - 64	34	45	7	14	
65+	29	48	8	14	
<i>Females</i>					
18 - 24	53	20	23	3	***
25 - 34	52	30	11	7	
35 - 50	35	48	12	4	
51 - 64	40	46	11	4	
65+	38	44	8	11	
<i>Ethnicity</i>					
White	38	43	11	9	***
Hispanic	55	24	16	5	
Black	35	27	25	14	
Asian/Pacific Islander	48	44	5	2	
<i>Education</i>					
Less than high school	49	27	17	7	***
High school graduate	42	27	18	12	
Some college	39	41	10	10	
College graduate	39	46	9	5	
<i>Income</i>					
Less than \$15,000	40	33	16	11	***
\$15,000 - 24,999	48	29	17	6	
\$25,000 - 34,999	37	36	19	9	
\$35,000 - 49,999	41	41	13	5	
\$50,000+	38	45	8	9	
<i>Physically Active</i>					
Did not meet recommendations	44	33	14	10	***
Met recommendations	38	43	12	7	
<i>Overweight</i>					
Overweight/Obese	42	36	12	10	
Not Overweight	40	41	13	7	
<i>Poverty Index</i>					
Food Stamp users	36	32	24	9	***
Non Food Stamp users/ <130% FPL	46	29	15	10	
Non Food Stamp users/ >130% FPL	40	42	11	8	

FPL=Federal Poverty Level

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 69: Where Californians Buy Fresh Fruits and Vegetables

Question: Where do you get most of your fresh fruits and vegetables?

Where Fruits and Vegetables Are Purchased	Percent
Grocery Store	84
Farmer's Market	8
Other	8

2003 California Dietary Practices Survey

Table 70: Message Exposure Through TV Advertisements About 5 a Day and Healthy Eating Behaviors

Question: Are you aware of advertisements currently on television about eating fruits and vegetables?

Base: Out of those who are aware of advertisements currently on television.

	Aware of TV Ads	Message of the Ads, Percent ¹			
		Eat 5 a Day	and Vegetables	Healthy Habits	Other
Total	62	22	51	15	12
<i>Sex</i>					
Males	56 ***	17	58	13	12 ***
Females	67	27	45	16	12
<i>Males</i>					
18 - 24	55	15	65	0	20 **
25 - 34	50	11	59	19	11
35 - 50	55		52	12	13
51 - 64	62	19	62	16	4
65+	67	12	58	18	12
<i>Females</i>					
18 - 24	64	23	36	21	19 **
25 - 34	71	39	36	15	10
35 - 50	65	28	44	19	10
51 - 64	63	19	54	18	8
65+	70	19	58	7	16
<i>Ethnicity</i>					
White	59 **	26	51	12	11 ***
Hispanic	69	13	53	23	11
Black	72	27	47	19	7
Asian/ Pacific Islander	60	11	52	8	28
<i>Education</i>					
Less than high school	71 ***	11	51	21	16 ***
High school graduate	66	17	53	17	12
Some college	65	31	47	12	10
College graduate	53	26	52	12	9
<i>Income</i>					
Less than \$15,000	63 ***	18	55	19	9 *
\$15,000 - 24,999	69	19	47	19	14
\$25,000 - 34,999	68	21	57	14	9
\$35,000 - 49,999	68	33	39	16	12
\$50,000+	54	26	52	10	11
<i>Physically Active</i>					
Did not meet recommendations	64	23	52	15	11
Met recommendations	60	24	51	14	12
<i>Overweight Status</i>					
Overweight/Obese	66 **	24	50	16	9 *
Not overweight	57	20	52	13	15
<i>Poverty Index</i>					
Food Stamp users	76 **	14	46	26	14 **
Non Food Stamp users/ <130% FPL	64	16	56	17	11
Non Food Stamp users/ >130% FPL	58	27	49	13	10

FPL=Federal Poverty Level

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

¹Out of those who reported being aware of ads on TV about eating fruits and vegetables.

Chi-Square Test:

* p<.05

** p<.01

***p<.001

2003 California Dietary Practices Survey

Cross Tab 71: Awareness of TV Advertisements by Fruit and Vegetable Consumption

**Question: Are you aware of advertisements currently on television about eating fruits and vegetables?
Did you have any fruit, vegetables, salad, or juice yesterday?**

Awareness of TV Ads	Servings of Fruits & Vegetables, Percent			
	0	1-2	3-4	5+
Yes	8	27	30	35
No	6	23	28	42

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

* p<.05

2003 California Dietary Practices Survey
Table 72: Heard of the 5 a Day Program

Question: Have you heard of the 5 a Day Program?

	Percent
Total	33
<i>Sex</i>	
Males	27 ***
Females	39
<i>Males</i>	
18 - 24	32
25 - 34	30
35 - 50	26
51 - 64	26
65+	18
<i>Females</i>	
18 - 24	36
25 - 34	44
35 - 50	42
51 - 64	35
65+	32
<i>Ethnicity</i>	
White	37 ***
Hispanic	22
Black	38
Asian/ Pacific Islander	23
<i>Education</i>	
Less than high school	16 ***
High school graduate	33
Some college	37
College graduate	37
<i>Income</i>	
Less than \$15,000	24 **
\$15,000 - 24,999	30
\$25,000 - 34,999	31
\$35,000 - 49,999	42
\$50,000+	37
<i>Physically Active</i>	
Did not meet recommendations	31
Met recommendations	35
<i>Overweight Status</i>	
Overweight/Obese	33
Not overweight	34
<i>Poverty Index</i>	
Food Stamp users	27 ***
Non Food Stamp users/ <130% FPL	24
Non Food Stamp users/ >130% FPL	36

FPL= Federal Poverty Level

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

Chi-Square Test:

**p<.01

***p<.001

2003 California Dietary Practices Survey
CrossTab 73: Heard of 5 a Day Program by Fruit and Vegetable Consumption

Question: Have you heard of the 5 a Day Program?
 Did you have any fruit, vegetables, salad, or juice yesterday?

Heard of the 5 a Day Program	Servings of Fruits & Vegetables, Percent			
	0	1-2	3-4	5+
Yes	7	21	28	45
No	8	28	30	34

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey
Table 74: Californians Who Used Food Stamps

Question: In the last 12 months, have you or anyone in your household used food stamps to buy food?

	Used Food Stamps in Last 12 Months, Percent¹
Total	7
<i>Sex</i>	
Males	5 *
Females	8
<i>Males</i>	
18 - 24	7 *
25 - 34	8
35 - 50	7
51 - 64	2
65+	0
<i>Females</i>	
18 - 24	10 ***
25 - 34	10
35 - 50	13
51 - 64	3
65+	1
<i>Ethnicity</i>	
White	3 ***
Hispanic	15
Black	21
Asian/ Pacific Islander	4
<i>Education</i>	
Less than high school	21 ***
High school graduate	10
Some college	4
College graduate	1
<i>Income</i>	
Less than \$15,000	20 ***
\$15,000 - 24,999	12
\$25,000 - 34,999	3
<i>Physically Active</i>	
Did not meet recommendations	9 ***
Met recommendations	4
<i>Overweight Status</i>	
Overweight/Obese	8 *
Not overweight	5

¹ Out of individuals with a household income < \$35,000.

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

Chi-Square Test:

* p<.05

*** p<.001

2003 California Dietary Practices Survey
Table 75: Food Bought Didn't Last

Question: The food that I bought just didn't last, and I didn't have money to get more.
Was that often, sometimes, rarely, or never true for you in the last 12 months?

	Percent ¹				
	Often	Sometimes	Rarely	Never	
Total	6	12	16	66	
<i>Sex</i>					
Males	4	10	18	68	**
Females	7	14	15	63	
<i>Males</i>					
18 - 24	0	16	22	62	**
25 - 34	6	12	22	60	
35 - 50	3	8	18	71	
51 - 64	7	7	7	79	
65+	3	10	18	69	
<i>Females</i>					
18 - 24	7	20	25	49	***
25 - 34	8	19	18	55	
35 - 50	10	14	15	61	
51 - 64	6	12	10	72	
65+	0	8	12	80	
<i>Ethnicity</i>					
White	4	7	13	76	***
Hispanic	10	24	27	39	
Black	9	21	17	52	
Asian/ Pacific Islander	2	20	16	63	
<i>Education</i>					
Less than high school	13	33	24	30	***
High school graduate	7	14	19	60	
Some college	6	12	18	64	
College graduate	2	4	11	83	
<i>Income</i>					
Less than \$15,000	14	27	22	36	***
\$15,000 - 24,999	8	22	23	47	
\$25,000 - 34,999	6	13	17	64	
<i>Physically Active</i>					
Did not meet recommendations	7	16	19	59	***
Met recommendations	4	9	14	72	
<i>Overweight Status</i>					
Overweight/Obese	7	14	16	63	**
Not overweight	4	10	16	70	
<i>Poverty Index</i>					
Food Stamp users	24	35	20	21	***
Non Food Stamp users/ <130% FPL	13	24	24	39	
Non Food Stamp users/ >130% FPL	2	5	13	79	

FPL=Federal Poverty Level

¹ Out of individuals with a household income < \$35,000

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey
Table 76: Californians Who Couldn't Afford Balanced Meals

Question: I couldn't afford to eat balanced meals.
 Was that often, sometimes, rarely, or never for you in the last 12 months?

	Percent ¹			
	Often	Sometimes	Rarely	Never
Total	5	12	15	68
<i>Sex</i>				
Males	4	11	14	70
Females	6	12	15	66
<i>Males</i>				
18 - 24	1	12	16	70
25 - 34	6	12	16	66
35 - 50	5	9	15	70
51 - 64	3	12	8	77
65+	6	9	16	69
<i>Females</i>				
18 - 24	7	22	22	50
25 - 34	5	14	19	62
35 - 50	7	12	15	66
51 - 64	8	9	12	71
65+	1	6	11	82
<i>Ethnicity</i>				
White	3	7	11	80
Hispanic	11	25	28	36
Black	5	16	17	62
Asian/ Pacific Islander	4	14	11	71
<i>Education</i>				
Less than high school	14	32	27	28
High school graduate	7	11	15	67
Some college	4	11	18	68
College graduate	2	5	9	84
<i>Income</i>				
Less than \$15,000	14	26	20	40
\$15,000 - 24,999	8	20	26	46
\$25,000 - 34,999	7	13	14	66
<i>Physically Active</i>				
Did not meet recommendations	8	14	18	60
Met recommendations	2	9	12	76
<i>Overweight Status</i>				
Overweight/Obese	7	13	16	64
Not overweight	4	9	14	74
<i>Poverty Index</i>				
Food Stamp users	19	35	16	30
Non Food Stamp users/ <130% FPL	14	23	20	44
Non Food Stamp users/ >130% FPL	2	5	12	81

FPL=Federal Poverty Level

¹ Out of individuals with a household income < \$35,000.

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

Chi-Square Test:

*** p<.001

2003 California Dietary Practices Survey

Table 77: Californians Who Skipped Meals and How Often

Question: In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? How often did this happen in the past 12 months? Was it almost every month, most months, some months but not every month, or only one or two months in the last 12 months?

	Percent		
	Skipped/Cut Meals	Almost Every Month or Most Months ¹	Some Months but Not Every Month or Only 1-2 Months ¹
Total	10	31	69
<i>Sex</i>			
Males	10	33	67
Females	10	29	71
<i>Males</i>			
18 - 24	1 **	0	100
25 - 34	15	26	74
35 - 50	9	38	62
51 - 64	10	43	57
65+	9	32	68
<i>Females</i>			
18 - 24	15 *	11	89
25 - 34	9	18	82
35 - 50	13	36	64
51 - 64	11	48	52
65+	4	22	78
<i>Ethnicity</i>			
White	6 ***	41	59 *
Hispanic	20	20	80
Black	16	22	78
Asian/ Pacific Islander	5	59	41
<i>Education</i>			
Less than high school	26 ***	24	76 ***
High school graduate	10	35	65
Some college	10	36	64
College graduate	4	32	68
<i>Income</i>			
Less than \$15,000	24 ***	33	67
\$15,000 - 24,999	17	29	71
\$25,000 - 34,999	11	38	62
<i>Physically Active</i>			
Did not meet recommendations	12 **	34	66
Met recommendations	8	30	70
<i>Overweight Status</i>			
Overweight/Obese	12 **	33	67
Not overweight	7	33	67
<i>Poverty Index</i>			
Food Stamp users	31 ***	40	60
Non Food Stamp users/ <130% FPL	24	25	75
Non Food Stamp users/ >130% FPL	5	29	71

FPL=Federal Poverty Level

¹ Out of those who skipped meals and with a household income < \$35,000.

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

2003 California Dietary Practices Survey
Table 78: Frequency of Buying Fruit At or Near Worksite

Question: When you are at work, how often do you buy fruit either at or near your worksite?

	Percent			
	Most Days	Some Days	Rarely	Never
Total	11	13	30	46
<i>Sex</i>				
Males	11	12	33	44
Females	12	15	27	47
<i>Males</i>				
18 - 24	16	9	30	45
25 - 34	12	10	40	37
35 - 50	8	14	27	51
51 - 64	7	14	31	48
65+	24	24	53	0
<i>Females</i>				
18 - 24	13	11	30	46
25 - 34	5	13	37	45
35 - 50	9	18	26	46
51 - 64	8	14	30	49
65+	35	12	17	35
<i>Ethnicity</i>				
White	12	12	28	48
Hispanic	8	12	37	44
Black	14	24	30	32
Asian/ Pacific Islander	7	18	28	47
<i>Education</i>				
Less than high school	9	17	33	41
High school graduate	11	11	33	46
Some college	12	16	27	45
College graduate	11	12	29	48
<i>Income</i>				
Less than \$15,000	7	19	35	40
\$15,000 - 24,999	13	16	27	44
\$25,000 - 34,999	18	15	15	51
\$35,000 - 49,999	10	7	31	52
\$50,000+	10	12	33	46
<i>Physically Active</i>				
Did not meet recommendations	9	12	31	47
Met recommendations	13	14	29	44
<i>Overweight Status</i>				
Overweight/Obese	10	12	32	45
Not overweight	11	14	28	47
<i>Povert Index</i>				
Food Stamp user	15	21	16	48
Non Food Stamp users/ <130% FPL	9	20	29	43
Non Food Stamp users/ >130% FPL	11	12	30	47

FPL=Federal Poverty Level

2003 California Dietary Practices Survey
Table 79: Frequency of Buying Vegetables At or Near Worksite

Question: When you are at work, how often do you buy vegetables either at or near your worksite?

	Percent			
	Most Days	Some Days	Rarely	Never
Total	9	18	28	45
<i>Sex</i>				
Males	9	15	30	46
Females	8	22	26	44
<i>Males</i>				
18 - 24	13	11	30	46
25 - 34	5	13	37	45
35 - 50	9	18	26	46
51 - 64	8	14	30	49
65+	35	12	17	35
<i>Females</i>				
18 - 24	10	22	34	35
25 - 34	6	21	22	50
35 - 50	10	29	22	39
51 - 64	6	15	36	42
65+	12	0	12	76
<i>Ethnicity</i>				
White	11	17	27	44
Hispanic	3	16	32	48
Black	9	22	31	38
Asian/ Pacific Islander	2	29	23	45
<i>Education</i>				
Less than high school	3	22	30	45
High school graduate	7	13	28	52
Some college	10	15	32	43
College graduate	11	22	26	42
<i>Income</i>				
Less than \$15,000	4	13	39	44
\$15,000 - 24,999	7	19	25	50
\$25,000 - 34,999	11	13	32	43
\$35,000 - 49,999	4	20	19	57
\$50,000+	12	19	28	41
<i>Physically Active</i>				
Did not meet recommendations	5	19	31	46
Met recommendations	12	18	26	44
<i>Overweight Status</i>				
Overweight/Obese	8	16	32	44
Not overweight	10	19	24	46
<i>Povert Index</i>				
Food Stamp user	7	14	18	61
Non Food Stamp users/ <130% FPL	3	16	35	46
Non Food Stamp users/ >130% FPL	11	17	27	44

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

** p<.01

2003 California Dietary Practices Survey

Table 80: Access to Fresh Fruits and Vegetables at the Worksite

Question: Does your worksite have a cafeteria, snack bar, or food service for employees (do not include catering trucks)?
 Does the cafeteria, snack bar, or food service provide affordable fresh fruits and vegetables on a daily basis?
 Are there restaurants, fast food places, delis, catering trucks or markets within walking distance of your worksite?
 Do these restaurants, fast food places, delis, catering trucks or markets provide affordable fresh fruits and vegetables on a daily basis?
 Does your worksite have vending machines for employees to access food or beverages?
 Are affordable vegetables, fresh fruits, or dried fruits usually available in these vending machines?
 Base: Out of those who had cafeteria, snack bar, or food service

	Percent		
	Cafeteria	Restaurant	Vending Machine
Total	71	64	22
<i>Sex</i>			
Males	70	65	27**
Females	72	62	15
<i>Males</i>			
18 - 24	57	66	46**
25 - 34	70	56	36
35 - 50	75	65	17
51 - 64	73	81	22
65+	67	69	37
<i>Females</i>			
18 - 24	72	59	27
25 - 34	68	62	17
35 - 50	78	65	15
51 - 64	70	53	8
65+	100	100	0
<i>Ethnicity</i>			
White	75	64	17*
Hispanic	62	55	26
Black	56	67	35
Asian/ Pacific Islander	79	74	32
<i>Education</i>			
Less than high school	53***	59*	24
High school graduate	63	54	26
Some college	64	67	21
College graduate	82	70	19
<i>Income</i>			
Less than \$15,000	65*	65	26
\$15,000 - 24,999	67	62	18
\$25,000 - 34,999	54	62	26
\$35,000 - 49,999	65	60	16
\$50,000+	80	64	22
<i>Physically Active</i>			
Did not meet recommendations	67	66	22
Met recommendations	74	62	22
<i>Overweight Status</i>			
Overweight/Obese	64*	58**	15**
Not Overweight/Obese	77	70	29
<i>Povert Index</i>			
Food Stamp user	47	53	30
Non Food Stamp users/ <130% FPL	62	58	21
Non Food Stamp users/ >130% FPL	76	62	21

FPL=Federal Poverty Level

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

Chi-Square Test:

*p<.05

***p<.001

2003 California Dietary Practices Survey
Table 81: Availability of Worksite Exercise Facilities

Question: Are indoor or outdoor facilities available at your worksite that make it easier for you to be physically active during your work hours?

	Percent
Total	35
<i>Sex</i>	
Males	35
Females	35
<i>Males</i>	
18 - 24	34
25 - 34	34
35 - 50	40
51 - 64	25
65+	27
<i>Females</i>	
18 - 24	26 *
25 - 34	38
35 - 50	42
51 - 64	24
65+	7
<i>Ethnicity</i>	
White	34 **
Hispanic	33
Black	37
Asian/ Pacific Islander	57
<i>Education</i>	
Less than high school	24 ***
High school graduate	34
Some college	26
College graduate	44
<i>Income</i>	
Less than \$15,000	33
\$15,000 - 24,999	29
\$25,000 - 34,999	32
\$35,000 - 49,999	34
\$50,000+	39
<i>Physically Active</i>	
Did not meet recommendations	27 ***
Met recommendations	42
<i>Overweight Status</i>	
Overweight/Obese	32
Not Overweight/Obese	38
<i>Povert Index</i>	
Food Stamp user	46
Non Food Stamp users/ <130% FPL	31
Non Food Stamp users/ >130% FPL	36

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey

Table 82: Availability of Employer Provided Physical Activity Benefits

Question: Does your employer provide any physical activity benefits such as a health club membership, exercise classes, release time for physical activity, or sports teams?

	Percent
Total	22
<i>Sex</i>	
Males	23
Females	20
<i>Males</i>	
18 - 24	20
25 - 34	24
35 - 50	26
51 - 64	16
65+	12
<i>Females</i>	
18 - 24	16
25 - 34	20
35 - 50	24
51 - 64	18
65+	0
<i>Ethnicity</i>	
White	22 **
Hispanic	16
Black	16
Asian/ Pacific Islander	39
<i>Education</i>	
Less than high school	15 ***
High school graduate	16
Some college	17
College graduate	31
<i>Income</i>	
Less than \$15,000	11 ***
\$15,000 - 24,999	12
\$25,000 - 34,999	27
\$35,000 - 49,999	23
\$50,000+	28
<i>Physically Active</i>	
Did not meet recommendations	18 *
Met recommendations	26
<i>Overweight Status</i>	
Overweight/Obese	20
Not Overweight/Obese	25
<i>Povert Index</i>	
Food Stamp user	6 ***
Non Food Stamp users/ <130% FPL	11
Non Food Stamp users/ >130% FPL	26

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 83: Access to Safe Walkways in Home Neighborhood

Question: In your home neighborhood, do you have access to any sidewalks, shoulders of the road, trails, or parks where you can safely walk, run, or bike?

	Percent
Total	86
<i>Sex</i>	
Males	87
Females	86
<i>Males</i>	
18 - 24	88
25 - 34	88
35 - 50	90
51 - 64	82
65+	85
<i>Females</i>	
18 - 24	89
25 - 34	85
35 - 50	86
51 - 64	87
65+	83
<i>Ethnicity</i>	
White	89 ***
Hispanic	74
Black	88
Asian/ Pacific Islander	97
<i>Education</i>	
Less than high school	75 ***
High school graduate	83
Some college	89
College graduate	92
<i>Income</i>	
Less than \$15,000	78 ***
\$15,000 - 24,999	84
\$25,000 - 34,999	82
\$35,000 - 49,999	92
\$50,000+	92
<i>Physically Active</i>	
Did not meet recommendation	82 ***
Met recommendations	91
<i>Overweight Status</i>	
Overweight/Obese	84 **
Not Overweight/Obese	89
<i>Poverty Index</i>	
Food Stamp users	76 ***
Non Food Stamp users/ <130% FPL	79
Non Food Stamp users/ >130% FPL	90

FPL=Federal Poverty Level

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

Chi-Square Test:

**p<.01

***p<.001

2003 California Dietary Practices Survey
Table 84: Pleasantness of Walkways in Home Neighborhood

Question: How pleasant are the sidewalks, shoulders of the road, trails, or parks in your home neighborhood?

	Percent		
	Very Pleasant	Somewhat Pleasant	Unpleasant
Total	59	31	10
<i>Sex</i>			
Males	60	32	9
Females	58	31	11
<i>Males</i>			
18 - 24	59	29	12
25 - 34	51	39	10
35 - 50	65	29	6
51 - 64	60	28	12
65+	62	33	6
<i>Females</i>			
18 - 24	51	39	10
25 - 34	48	32	20
35 - 50	58	33	10
51 - 64	64	28	8
65+	73	21	6
<i>Ethnicity</i>			
White	62	29	8
Hispanic	51	31	18
Black	40	48	11
Asian/ Pacific Islander	57	38	5
<i>Education</i>			
Less than high school	47	39	14
High school graduate	56	30	14
Some college	57	31	12
College graduate	66	30	4
<i>Income</i>			
Less than \$15,000	48	37	16
\$15,000 - 24,999	51	37	12
\$25,000 - 34,999	51	30	19
\$35,000 - 49,999	55	36	9
\$50,000+	70	24	5
<i>Physically Active</i>			
Did not meet recommendations	50	36	14
Met recommendations	65	28	7
<i>Overweight Status</i>			
Overweight/Obese	55	31	13
Not overweight	62	31	7
<i>Poverty Index</i>			
Food Stamp users	38	51	11
Non Food Stamp users/ <130% FPL	50	33	17
Non Food Stamp users/ >130% FPL	64	28	7

FPL=Federal Poverty Level

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

Chi-Square Test:

** p<.01

*** p<.001

2003 California Dietary Practices Survey

Table 85: Access to Safe Exercise Facilities in Home Neighborhood

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

	Percent
Total	65
<i>Sex</i>	
Males	71 ***
Females	60
<i>Males</i>	
18 - 24	80 *
25 - 34	74
35 - 50	71
51 - 64	62
65+	64
<i>Females</i>	
18 - 24	63
25 - 34	63
35 - 50	64
51 - 64	51
65+	59
<i>Ethnicity</i>	
White	69 ***
Hispanic	55
Black	63
Asian/ Pacific Islander	66
<i>Education</i>	
Less than high school	46 ***
High school graduate	62
Some college	66
College graduate	76
<i>Income</i>	
Less than \$15,000	53 ***
\$15,000 - 24,999	60
\$25,000 - 34,999	62
\$35,000 - 49,999	68
\$50,000+	75
<i>Physically Active</i>	
Did not meet recommendations	60 ***
Met recommendations	71
<i>Overweight Status</i>	
Overweight/Obese	60 ***
Not overweight	71
<i>Poverty Index</i>	
Food Stamp users	57 ***
Non Food Stamp users/ <130% FPL	52
Non Food Stamp users/ >130% FPL	72

FPL=Federal Poverty Level

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

Chi-Square Test:

*p<.05

***p<.001

2003 California Dietary Practices Survey

Table 86: Convenience of Exercise Facility's Operation Hours in Home Neighborhood

Question: How convenient are the hours during which these facilities are available for you to use?

	Percent		
	Very Convenient	Somewhat Convenient	Inconvenient
Total	53	35	12
<i>Sex</i>			
Males	52	34	14
Females	53	36	11
<i>Males</i>			
18 - 24	50	35	16
25 - 34	50	33	17
35 - 50	56	30	13
51 - 64	46	41	12
65+	58	34	8
<i>Females</i>			
18 - 24	40	55	6
25 - 34	48	40	11
35 - 50	50	37	13
51 - 64	60	27	14
65+	73	21	6
<i>Ethnicity</i>			
White	57	34	9
Hispanic	47	34	18
Black	34	48	19
Asian/ Pacific Islander	44	40	16
<i>Education</i>			
Less than high school	50	30	20
High school graduate	49	39	12
Some college	56	31	13
College graduate	54	36	10
<i>Income</i>			
Less than \$15,000	57	29	15
\$15,000 - 24,999	43	36	21
\$25,000 - 34,999	61	29	9
\$35,000 - 49,999	51	42	7
\$50,000+	55	36	9
<i>Physically Active</i>			
Did not meet recommendations	50	35	15
Met recommendations	55	35	10
<i>Overweight Status</i>			
Overweight/Obese	52	34	14
Not overweight	53	37	10
<i>Poverty Index</i>			
Food Stamp users	38	35	26
Non Food Stamp users/ <130% FPL	53	34	13
Non Food Stamp users/ >130% FPL	54	35	11

FPL=Federal Poverty Level

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

2003 California Dietary Practices Survey
Table 87: Condition of Exercise Facilities in Home Neighborhood

Question: In what kind of condition are these facilities (clean, well-maintained, proper lighting, etc.)?

	Percent		
	Very Good Conditions	Somewhat Good Conditions	Poor Conditions
Total	59	36	5
<i>Sex</i>			
Males	55	40	5
Females	63	32	5
<i>Males</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Females</i>			
18 - 24	insufficient sample size for analysis		
25 - 34			
35 - 50			
51 - 64			
65+			
<i>Ethnicity</i>			
White	62	34	3
Hispanic	58	33	9
Black	30	55	15
Asian/ Pacific Islander	49	47	4
<i>Education</i>			
Less than high school	69	23	8
High school graduate	52	41	7
Some college	58	38	4
College graduate	61	36	4
<i>Income</i>			
Less than \$15,000	58	39	3
\$15,000 - 24,999	50	37	12
\$25,000 - 34,999	55	39	6
\$35,000 - 49,999	51	47	2
\$50,000+	63	34	3
<i>Physically Active</i>			
Did not meet recommendations	57	37	6
Met recommendations	59	36	4
<i>Overweight Status</i>			
Overweight/Obese	58	37	5
Not overweight	59	36	5
<i>Poverty Index</i>			
Food Stamp users	53	45	2
Non Food Stamp users/ <130% FPL	55	34	11
Non Food Stamp users/ >130% FPL	59	37	4

FPL=Federal Poverty Level

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

Chi-Square Test:

* p<.05

*** p<.001