

2001 California Dietary Practices Survey

Table 69: Californians Living in Proximity to Exercise Locations and Heard of

*Question: Do you live near a school, park or other place where you can exercise or workout?
Have you heard of recommendations on amount of physical activity or exercise you should get for good health?*

	Percent	
	Living in Proximity to Exercise Locations	Heard Recommendations
Total	75	58
<i>Sex</i>		
Males	76	56
Females	73	60
<i>Males</i>		
18 - 24	84 ***	38 ***
25 - 34	85	50
35 - 50	80	64
51 - 64	60	60
65+	61	64
<i>Females</i>		
18 - 24	78 ***	34 ***
25 - 34	78	53
35 - 50	80	72
51 - 64	63	64
65+	58	64
<i>Ethnicity</i>		
White	74	64 ***
Hispanic	76	46
Black	80	49
Asian/ Pacific Islander	73	53
<i>Education</i>		
Less than high school	66 ***	39 ***
High school graduate	71	48
Some college	77	64
College graduate	79	70
<i>Income</i>		
Less than \$15,000	68 ***	48 ***
\$15,000 - 24,999	68	50
\$25,000 - 34,999	70	54
\$35,000 - 49,999	78	65
\$50,000+	86	70
<i>Physically Active</i>		
Did not meet recommendations	69 ***	56
Met recommendations	82	60
<i>Overweight Status</i>		
Overweight/Obese	74	58
Not overweight	76	59

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

*** p<.001

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Table 70: 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 Heard ¹				Mean Days Heard ²
	0-2 days	3-4 days	5-6 days	7+ days	
Total	7	53	20	21	4.3
<i>Sex</i>					
Males	8	54	17	20	4.2
Females	5	52	22	21	4.4
<i>Males</i>					
18 - 24	10	42	30	17	4.3
25 - 34	7	57	20	16	4.0
35 - 50	7	61	12	21	4.2
51 - 64	13	52	14	21	4.0
65+	6	44	20	30	4.5
<i>Females</i>					
18 - 24	3	65	27	5	3.9 ^{ab} **
25 - 34	6	66	15	12	4.0 ^a
35 - 50	6	49	25	20	4.3 ^{ab}
51 - 64	5	43	21	31	4.8 ^b
65+	3	46	19	32	4.7 ^{ab}
<i>Ethnicity</i>					
White	5	55	22	18	4.3
Hispanic	13	45	13	29	4.3
Black	12	54	18	16	3.9
Asian/ Pacific Islander	2	55	14	29	4.6
<i>Education</i>					
Less than high school	14	39	9	38	4.6 ^a **
High school graduate	9	41	19	30	4.6 ^b
Some college	5	58	19	19	4.2 ^{ab}
College graduate	5	60	23	13	4.1 ^a
<i>Income</i>					
Less than \$15,000	10	43	15	32	4.5
\$15,000 - 24,999	7	49	20	25	4.3
\$25,000 - 34,999	15	44	20	20	4.1
\$35,000 - 49,999	5	59	16	19	4.1
\$50,000+	3	60	24	14	4.1
<i>Physically Active</i>					
Did not meet recommendations					4.2
Met recommendations					4.3
<i>Overweight Status</i>					
Overweight/Obese	8	53	17	22	4.3
Not overweight	5	54	22	19	4.3

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A 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 and Chi Square Test:

* p<.05

** p<.01

*** p<.001

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Table 71: Range and Mean 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*

	Percent Heard ¹			Mean Minutes Heard ²
	0-29	30-59	60+	
Total	36	54	11	30.4
<i>Sex</i>				
Males	37	51	13	31.0
Females	35	56	9	29.7
<i>Males</i>				
18 - 24	24	52	24	40.6 ^c
25 - 34	28	57	15	34.7 ^{bc}
35 - 50	46	44	10	27.8 ^{ab}
51 - 64	47	47	6	26.0 ^a
65+	21	62	17	34.1 ^{abc}
<i>Females</i>				
18 - 24	35	60	5	27.6
25 - 34	32	59	9	30.6
35 - 50	35	55	9	29.1
51 - 64	23	64	13	33.3
65+	49	44	7	27.1
<i>Ethnicity</i>				
White	35	58	7	29.4
Hispanic	34	49	18	32.8
Black	41	45	14	29.4
Asian/ Pacific Islander	40	44	16	32.5
<i>Education</i>				
Less than high school	31	52	17	32.3
High school graduate	38	45	16	32.1
Some college	37	54	10	30.6
College graduate	35	59	6	28.5
<i>Income</i>				
Less than \$15,000	38	47	15	32.6
\$15,000 - 24,999	38	47	15	31.3
\$25,000 - 34,999	31	59	10	30.4
\$35,000 - 49,999	31	59	10	30.2
\$50,000+	36	57	7	29.2
<i>Physically Active</i>				
Did not meet recommendations				30.3
Met recommendations				30.4
<i>Overweight Status</i>				
Overweight/Obese	34	55	11	31.3
Not overweight	39	51	10	29.5

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A 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 and Chi Square Test:

** p<.01

*** p<.001

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CrossTab 72: 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		
	1-29 minutes	30-59 minutes	60+ minutes
1-29 minutes	36	34	37
30-59 minutes	22	20	8
60+ minutes	42	46	54

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CrossTab 73: Days Heard Recommended by Days Active¹

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

Days Physically Active	Days Heard				
	0-2 days	3-4 days	5-6 days	7+ days	
0-2 days	58	33	28	40	***
3-4 days	5	21	17	8	
5-6 days	12	19	17	11	
7+ days	25	28	38	40	

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

Chi Square Test:

*** p<.001

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Table 74: Participation 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 Participating in Any Physical Activity
Total	72
<i>Sex</i>	
Males	74
Females	70
<i>Males</i>	
18 - 24	81 **
25 - 34	82
35 - 50	71
51 - 64	64
65+	70
<i>Females</i>	
18 - 24	68
25 - 34	75
35 - 50	71
51 - 64	67
65+	67
<i>Ethnicity</i>	
White	78 ***
Hispanic	60
Black	61
Asian/ Pacific Islander	68
<i>Education</i>	
Less than high school	52 ***
High school graduate	63
Some college	74
College graduate	84
<i>Income</i>	
Less than \$15,000	60 ***
\$15,000 - 24,999	63
\$25,000 - 34,999	74
\$35,000 - 49,999	81
\$50,000+	87
<i>Overweight Status</i>	
Overweight/Obese	71
Not overweight	74

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

Chi Square Test:

** p<.01

*** p<.001

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Table 75: Participation in Moderate, Vigorous, and Regular Activity

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?

	Participate in Recommended Moderate Activity ¹	Participate in Recommended Vigorous Activity ²	Met Recommendation for Being Regularly Physically Active ³
Total		25	43
Sex			
Males		29 ***	45
Females		21	41
Males			
18 - 24		48 ***	66 ***
25 - 34		30	49
35 - 50		27	40
51 - 64		23	34
65+		16	41
Females			
18 - 24		28 **	46
25 - 34		23	42
35 - 50		26	45
51 - 64		14	37
65+		13	35
Ethnicity			
White		27 *	48 ***
Hispanic		19	34
Black		27	38
Asian/ Pacific Islander		22	40
Education			
Less than high school		15 ***	28 ***
High school graduate		20	38
Some college		25	45
College graduate		31	51
Income			
Less than \$15,000		17 ***	36 ***
\$15,000 - 24,999		20	38
\$25,000 - 34,999		25	45
\$35,000 - 49,999		38	52
\$50,000+		33	51
Overweight Status			
Overweight/Obese		22 ***	40 **
Not overweight		30	49

¹ Those who engage in moderate physical activity for at least 30 minutes per day, at least 5 days per week (HP 2010)

² Those who engage in vigorous physical activity for at least 20 minutes a day, at least 3 days per week (HP 2010).

³ Those 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)

* p<.05

** p<.01

*** p<.001

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Table 76: Times Per Month Family Does Physical Activity Together (Out of Everyone)

Question: How many times per month does your family do some kind of physical activity together, such as gardening, cycling, going to the park, or swimming?

	Mean Number of Times Per Month
Total	5.1
<i>Sex</i>	
Males	5.0
Females	5.1
<i>Males</i>	
18 - 24	3.3
25 - 34	5.0
35 - 50	5.8
51 - 64	4.8
65+	5.8
<i>Females</i>	
18 - 24	3.7
25 - 34	4.9
35 - 50	6.1
51 - 64	4.4
65+	5.6
<i>Ethnicity</i>	
White	5.5 ^b **
Hispanic	4.0 ^a
Black	3.5 ^{ab}
Asian/ Pacific Islander	4.2 ^{ab}
<i>Education</i>	
Less than high school	3.5 ^a ***
High school graduate	4.9 ^{ab}
Some college	4.6 ^a
College graduate	6.1 ^b
<i>Income</i>	
Less than \$15,000	4 ^a ***
\$15,000 - 24,999	4.5 ^a
\$25,000 - 34,999	4.4 ^a
\$35,000 - 49,999	5.4 ^{ab}
\$50,000+	6.4 ^b
<i>Physically Active</i>	
Did not meet recommendations	3.6 ***
Met recommendations	7.0
<i>Overweight Status</i>	
Overweight/Obese	5.4
Not overweight	4.9

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

Chi Square Test

** p<.01

*** p<.001

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Table 77: 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	44	22	11	23
<i>Sex</i>				
Males	44	23	16	17
Females	45	21	6	29
<i>Males</i>				
18 - 24	43	26	28	3
25 - 34	51	28	17	4
35 - 50	50	26	19	6
51 - 64	52	18	8	22
65+	9	8	3	80
<i>Females</i>				
18 - 24	47	28	11	14
25 - 34	54	25	6	15
35 - 50	53	24	7	16
51 - 64	47	13	4	35
65+	17	9	1	72
<i>Ethnicity</i>				
White	46	18	10	25
Hispanic	40	30	12	18
Black	40	28	11	21
Asian/ Pacific Islander	55	24	4	17
<i>Education</i>				
Less than high school	23	33	14	29
High school graduate	38	20	15	27
Some college	46	22	11	21
College graduate	57	19	6	18
<i>Income</i>				
Less than \$15,000	32	23	11	34
\$15,000 - 24,999	38	24	14	24
\$25,000 - 34,999	36	31	14	19
\$35,000 - 49,999	50	18	14	17
\$50,000+	63	16	8	14
<i>Physically Active</i>				
Did not meet recommendations	43	22	10	25
Met recommendations	46	22	12	20
<i>Overweight Status</i>				
Overweight/Obese	46	20	11	23
Not overweight	45	23	11	22

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

*** p<.001

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Table 78: 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	Other	
Total	19	42	12	27	
<i>Sex</i>					
Males	22	43	11	24	**
Females	16	41	12	31	
<i>Males</i>					
18 - 24	19	61	10	9	***
25 - 34	18	57	16	10	
35 - 50	21	47	11	21	
51 - 64	24	28	10	38	
65+	27	11	7	55	
<i>Females</i>					
18 - 24	16	54	14	16	***
25 - 34	10	64	9	17	
35 - 50	17	46	13	24	
51 - 64	18	28	16	38	
65+	23	7	10	60	
<i>Ethnicity</i>					
White	18	40	13	28	*
Hispanic	21	47	7	24	
Black	19	38	14	28	
Asian/ Pacific Islander	19	43	20	18	
<i>Education</i>					
Less than high school	14	40	9	37	***
High school graduate	21	35	12	31	
Some college	19	42	12	27	
College graduate	18	49	12	20	
<i>Income</i>					
Less than \$15,000	14	30	10	46	***
\$15,000 - 24,999	21	37	10	32	
\$25,000 - 34,999	22	49	9	20	
\$35,000 - 49,999	23	45	14	18	
\$50,000+	16	54	13	17	
<i>Physically Active</i>					
Did not meet recommendations	13	40	14	34	***
Met recommendations	27	45	9	19	
<i>Overweight Status</i>					
Overweight/Obese	16	43	12	30	**
Not overweight	22	42	12	24	

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

Chi Square test

* p<.05

** p<.01

*** p<.001

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Cross Tab 79: Californians Who Participated in 30 or More Minutes 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 ¹ , Percent	
	Overweight/Obese	Not Overweight
Yes	40	49
No	60	51

¹A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

*** p<.01

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Cross Tab 80: Californians Who Participated in 30 or More Minutes 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 ¹ , Percent	
	Overweight/Obese	Not Overweight
Yes	34	42
No	66	58

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¹A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

** p<.01