

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 <sup>1</sup>				Mean Days Heard <sup>2</sup>
	0-2	3-4	4-5	7+	
<b>Total</b>	<b>15</b>	<b>46</b>	<b>21</b>	<b>19</b>	<b>4.0</b>
<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 <sup>ab</sup>
25 - 34	21	46	17	16	3.7 <sup>ab</sup>
35 - 50	19	42	16	23	4.0 <sup>ab</sup>
51 - 64	16	36	23	24	4.3 <sup>b</sup>
65+	28	45	18	10	3.3 <sup>a</sup>
<i>Females</i>					
18 - 24	24	44	18	14	3.6 <sup>a</sup>
25 - 34	9	51	24	15	4.1 <sup>abc</sup>
35 - 50	11	51	21	17	4.0 <sup>ab</sup>
51 - 64	7	41	23	29	4.6 <sup>c</sup>
65+	10	36	30	24	4.4 <sup>bc</sup>
<i>Ethnicity</i>					
White	10	48	21	21	4.2 <sup>b</sup>
Hispanic	26	38	23	13	3.6 <sup>a</sup>
Black	18	43	24	15	3.8 <sup>ab</sup>
Asian/ Pacific Islander	15	46	18	21	4.0 <sup>ab</sup>
<i>Education</i>					
Less than high school	32	30	22	15	3.5 <sup>a</sup>
High school graduate	19	49	17	15	3.7 <sup>a</sup>
Some college	11	47	20	23	4.2 <sup>b</sup>
College graduate	8	48	24	20	4.3 <sup>b</sup>
<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 <sup>a</sup>
Non Food Stamp users/ <130% FPL	22	37	26	16	3.9 <sup>ab</sup>
Non Food Stamp users/ >130% FPL	11	49	20	20	4.1 <sup>b</sup>

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).

<sup>1</sup>Chi-Square Test: and <sup>2</sup>ANOVA:

\* 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 <sup>2</sup>
	Percent <sup>1</sup>			
	0-29	30-59	60+	
<b>Total</b>	<b>38</b>	<b>46</b>	<b>15</b>	<b>32.1</b>
<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 <sup>b</sup>
\$15,000 - 24,999	38	47	15	31.7 <sup>ab</sup>
\$25,000 - 34,999	28	50	22	39.3 <sup>b</sup>
\$35,000 - 49,999	42	47	10	26.9 <sup>a</sup>
\$50,000+	39	49	12	29.8 <sup>a</sup>
<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).

<sup>1</sup>Chi-Square Test and <sup>2</sup>ANOVA:

\* 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
<b>Total</b>	<b>77</b>
<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 <sup>1</sup>	Met Recommendation for Being Regularly Physically Active <sup>2</sup>
<b>Total</b>	<b>68</b>	<b>53</b>
<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

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

<sup>2</sup>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 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	
<b>Total</b>	<b>48</b>	<b>19</b>	<b>11</b>	<b>22</b>	
<b>Sex</b>					
Males	47	21	17	15	***
Females	48	17	6	28	
<b>Males</b>					
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	
<b>Females</b>					
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	
<b>Ethnicity</b>					
White	52	15	11	23	***
Hispanic	33	36	12	20	
Black	36	16	23	24	
Asian/ Pacific Islander	72	10	2	16	
<b>Education</b>					
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	
<b>Income</b>					
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	
<b>Physically Active</b>					
Did not meet recommendations	46	19	11	24	
Met recommendations	50	18	12	20	
<b>Overweight Status</b>					
Overweight/Obese	45	18	13	23	*
Not overweight	51	19	9	20	
<b>Poverty Index</b>					
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

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\* 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	
<b>Total</b>	<b>15</b>	<b>46</b>	<b>14</b>	<b>15</b>	<b>10</b>	
<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
<b>Total</b>	<b>2.2</b>
<i>Sex</i>	
Males	2.3
Females	2.1
<i>Males</i>	
18 - 24	2.4 <sup>ab</sup> *
25 - 34	2.1 <sup>a</sup>
35 - 50	2.0 <sup>a</sup>
51 - 64	2.4 <sup>ab</sup>
65+	3.2 <sup>b</sup>
<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 <sup>a</sup> ***
Hispanic	1.9 <sup>a</sup>
Black	3.6 <sup>b</sup>
Asian/ Pacific Islander	1.9 <sup>a</sup>
<i>Education</i>	
Less than high school	2.2 <sup>b</sup> ***
High school graduate	2.6 <sup>b</sup>
Some college	2.5 <sup>b</sup>
College graduate	1.7 <sup>a</sup>
<i>Income</i>	
Less than \$15,000	2.7 <sup>c</sup> ***
\$15,000 - 24,999	2.6 <sup>c</sup>
\$25,000 - 34,999	2.4 <sup>bc</sup>
\$35,000 - 49,999	1.8 <sup>ab</sup>
\$50,000+	1.8 <sup>a</sup>
<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 <sup>a</sup> ***
Non Food Stamp users/ <130% FPL	2.6 <sup>b</sup>
Non Food Stamp users/ >130% FPL	2.6 <sup>b</sup>

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