

CHIS 2007 Bay Area

2007 CHIS *Network* related Questions

A workbook has been created for each of the 11 Regions and for California as a whole. Each workbook contains the latest 2007 CHIS survey responses on Diet, Physical Activity (PA) and Body Mass Index (BMI).

Region Group

Bay Area-San Francisco, San Mateo, Santa Clara, Marin, Alameda, Contra Costa

DIET

F&V 5+ for children (no Teen or Adult),
times bought soda at school in past week
(Teens only)

times fast food eaten in past week (Child,
Teen, and Adult).

PA/EXERCISE

Visited a park, playground or open space in
the last month (Teens and Adults)

Member of sports team past year (Child and
Teens)

Number of days physically active at least one
hour (past week)(Child only)

Vigorous physical activity at least 3 days per

Number of days physically active at least one
hour (typical week)(Teens only)

BMI

Body Mass Index - 4 level (Adult only)

Body Mass Index - 4 level (Teen only)

Body Mass Index - 2 level (Teen and Adult)

Overweight for age (does not factor)

Child DIET

Eat five or more servings of fruits & vegetables

Eat five or more servings of fruits & vegetables

Eat five or more servings of fruits & vegetables has these restrictions: Asked of children age 2 or older

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Eat five or more servings of fruits & vegetables			
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	319,000	41.2	(37.2 - 45.1)
Eat less than 5 servings fruit/vegetables daily	456,000	58.8	(54.9 - 62.8)
TOTAL	775,000	100	n/a

Source: 2007 California Health Interview Survey

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older.

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Fast food eaten how many times in past week			
	Est. N	%	95% C.I.
No times	322,000	42.2	(38.2 - 46.1)
One time	258,000	33.8	(29.9 - 37.8)
Two times	112,000	14.7	(11.9 - 17.5)
Three times	53,000	7	(4.4 - 9.5)
Four or more times	18,000	2.4	(1.0 - 3.8)
TOTAL	764,000	100	n/a

Source: 2007 California Health Interview Survey

Child PA

Vigorous physical activity at least 3 days per week

Vigorous physical activity at least 3 days per week

Vigorous physical activity at least 3 days per week has these restrictions: Asked of children 5 and older.

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	367,000	67.7	(63.0 - 72.4)
Didn't engage in vigorous activity 3 or more days	175,000	32.3	(27.6 - 37.0)
TOTAL	542,000	100	n/a

Source: 2007 California Health Interview Survey

Number of days physically active at least one hour (past week)

Number of days physically active at least one hour (past week)

Number of days physically active at least one hour (past week) has these restrictions: Asked of children 5-11.

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	70,000	12.9	(9.2 - 16.5)
1 day	28,000	5.2	(3.5 - 6.9)
2 days	77,000	14.2	(10.5 - 17.9)
3 days	81,000	14.9	(11.6 - 18.2)
4 days	61,000	11.2	(8.3 - 14.1)
5 days	68,000	12.5	(9.6 - 15.5)
6 days	15,000	2.7	(1.4 - 4.1)
7 days	143,000	26.4	(22.0 - 30.8)
TOTAL	542,000	100	n/a

Source: 2007 California Health Interview Survey

Member of sports team past year

Member of sports team past year

Member of sports team past year has these restrictions: Asked of all adolescents and children age 3 years and older.

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	303,000	43.9	(39.7 - 48.0)
Not a member of sports team	388,000	56.1	(52.0 - 60.3)
TOTAL	691,000	100	n/a

Source: 2007 California Health Interview Survey

Child BMI

Overweight for age (does not factor height)

Overweight for age (does not factor height)

Subset(s): Age groups - 4 categorical levels: Child (0-11)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	78,000	8.7	(6.6 - 10.9)
Not overweight for age	815,000	91.3	(89.1 - 93.4)
TOTAL	893,000	100	n/a

Source: 2007 California Health Interview Survey

Teen DIET

Times bought soda at school during past week

Times bought soda at school during past week

Times bought soda at school during past week has these restrictions: Asked of adolescents who are not home-schooled.

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

*** = statistically unstable**

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	271,000	58.9	(52.5 - 65.2)
1 time	51,000	11.1	(7.1 - 15.1)
2 times	42,000	9.2	(5.9 - 12.5)
3 times	55,000	12	(7.1 - 17.0)
4 times	10,000	2.1*	(0.3 - 4.0)
5 or more times	31,000	6.7	(3.0 - 10.4)
TOTAL	460,000	100	n/a

Source: 2007 California Health Interview Survey

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older.

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	143,000	30.7	(25.1 - 36.3)
One time	134,000	28.9	(23.3 - 34.6)
Two times	94,000	20.2	(15.1 - 25.4)
Three times	55,000	11.8	(7.1 - 16.5)
Four or more times	38,000	8.3	(4.6 - 11.9)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Teen PA

Number of days physically active at least one hour (typical week)

Number of days physically active at least one hour (typical week)

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin, Santa Cruz

Number of days physically active at least one hour (typical week)			
	Est. N	%	95% C.I.
0 day	43,000	9.3	(5.6 - 13.0)
1 day	37,000	7.9	(4.2 - 11.6)
2 days	59,000	12.7	(8.7 - 16.7)
3 days	80,000	17.3	(12.9 - 21.6)
4 days	72,000	15.5	(10.6 - 20.4)
5 days	70,000	15	(10.7 - 19.3)
6 days	38,000	8.1	(4.5 - 11.8)
7 days	66,000	14.2	(9.8 - 18.7)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Member of sports team past year

Member of sports team past year

Member of sports team past year has these restrictions: Asked of all adolescents and children age 3 years and older.

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Member of sports team past year			
	Est. N	%	95% C.I.
Member of sports team	279,000	60.1	(54.0 - 66.2)
Not a member of sports team	185,000	39.9	(33.8 - 46.0)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Visited a park, playground or open space in the last month

Visited a park, playground or open space in the last month

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Visited a park, playground or open space in the last month			
	Est. N	%	95% C.I.
Visited park or other open space in past month	379,000	81.7	(76.6 - 86.8)
Did not visit park or other open space	85,000	18.3	(13.2 - 23.4)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Teen BMI

Body Mass Index - 2 level

Body Mass Index - 2 level

Body Mass Index - 2 level has these restrictions: For adults, "Overweight or obese" include the respondents who have a BMI of 25 or greater.

For adolescents, "Overweight or obese" includes the respondents who have a BMI in the highest 95 percentile with respect to their age and gender.

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	392,000	84.4	(79.5 - 89.4)
Overweight or obese	72,000	15.6	(10.6 - 20.5)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Body Mass Index - 4 level (teen only)

Body Mass Index - 4 level (teen only)

Body Mass Index - 4 level (teen only) has these restrictions: Asked of respondents who are 12 to 17 years of age.

Subset(s): Age groups - 4 categorical levels: Adolescent (12-17)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

*** = statistically unstable**

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	9,000	2.0*	(0.5 - 3.4)
Normal weight (5th up to 85th percentile)	330,000	71.1	(64.9 - 77.2)
At risk of overweight (85th up to 95th percentile)	53,000	11.4	(7.0 - 15.9)
Overweight/obese (highest 5th percentile)	72,000	15.6	(10.6 - 20.5)
TOTAL	464,000	100	n/a

Source: 2007 California Health Interview Survey

Adult DIET

Fast food eaten how many times in past week

Fast food eaten how many times in past week

Fast food eaten how many times in past week has these restrictions: Asked of respondents 2 years or older

Subset(s): Age groups - 4 categorical levels: Adult (18-64), Senior (65+)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	2,307,000	49.6	(47.5 - 51.7)
One time	1,214,000	26.1	(24.3 - 27.9)
Two times	559,000		
Three times	248,000		
Four or more times	323,000	6.9	(5.7 - 8.2)
TOTAL	4,651,000	100	n/a

Source: 2007 California Health Interview Survey

Adult PA

Visited a park, playground or open space in the last month

Visited a park, playground or open space in the last month

Subset(s): Age groups - 4 categorical levels: Adult (18-64), Senior (65+)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

	Visited a park, playground or open space in the last month		
	Est. N	%	95% C.I.
Visited park or other open space in past month	3,444,000	74.1	(72.2 - 75.9)
Did not visit park or other open space	1,206,000	25.9	(24.1 - 27.8)
TOTAL	4,651,000	100	n/a

Source: 2007 California Health Interview Survey

Adult BMI

Body Mass Index - 2 level

Body Mass Index - 2 level has these restrictions: For adults, "Overweight or obese" include the respondents who have a BMI of 25 or greater.

For adolescents, "Overweight or obese" includes the respondents who have a BMI in the highest 95 percentile with respect to their age and gender.

Subset(s): Age groups - 4 categorical levels: Adult (18-64), Senior (65+)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Body Mass Index - 2 level			
	Est. N	%	95% C.I.
Not overweight or obese	2,280,000	49	(47.0 - 51.1)
Overweight or obese	2,371,000	51	(48.9 - 53.0)
TOTAL	4,651,000	100	n/a

Source: 2007 California Health Interview Survey

Body Mass Index - 4 level (adult only)

Body Mass Index - 4 level (adult only)

Body Mass Index - 4 level (adult only) has these restrictions: Asked of respondents who are 18 years or older

Subset(s): Age groups - 4 categorical levels: Adult (18-64), Senior (65+)

Geographic Selection: County or county group: Santa Clara, Alameda, Contra Costa, San Francisco, San Mateo, Marin

Body Mass Index - 4 level (adult only)			
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	106,000	2.3	(1.6 - 3.0)
18.5 - 24.99 (Normal)	2,174,000	46.7	(44.7 - 48.8)
25.0 - 29.99 (Overweight)	1,549,000	33.3	(31.4 - 35.3)
30.0 or higher (Obese)	821,000	17.7	(16.0 - 19.3)
TOTAL	4,651,000	100	n/a

Source: 2007 California Health Interview Survey