

2007 CHIS California Total

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

Total **California**

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
week (Child only)

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
height)(Child only)

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
 Geographic Selection: Entire State of California

	Eat five or more servings of fruits & vegetables		
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	2,571,000	48.2	(46.5 - 49.8)
Eat less than 5 servings fruit/vegetables daily	2,767,000	51.8	(50.2 - 53.5)
TOTAL	5,338,000	100	n/a

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.

Geographic Selection: Entire State of California

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	12,751,000	35.8	(35.2 - 36.5)
One time	10,310,000	29	(28.3 - 29.6)
Two times	5,857,000	16.5	(15.9 - 17.0)
Three times	3,014,000	8.5	(8.1 - 8.9)
Four or more times	3,663,000	10.3	(9.8 - 10.8)
TOTAL	35,596,000	100	n/a

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): Child (0-11)

Geographic Selection: Entire State of California

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	2,614,000	70.1	(68.3 - 71.9)
Didn't engage in vigorous activity 3 or more days	1,116,000	29.9	(28.1 - 31.7)
TOTAL	3,730,000	100	n/a

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): Child (0-11)

Geographic Selection: Entire State of California

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	471,000	12.6	(11.2 - 14.1)
1 day	175,000	4.7	(3.9 - 5.5)
2 days	469,000	12.6	(11.3 - 13.9)
3 days	576,000	15.4	(14.0 - 16.9)
4 days	390,000	10.5	(9.3 - 11.7)
5 days	436,000	11.7	(10.5 - 12.9)
6 days	133,000	3.6	(2.9 - 4.2)
7 days	1,080,000	28.9	(27.2 - 30.7)
TOTAL	3,730,000	100	n/a

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): Child (0-11)

Geographic Selection: Entire State of California

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	1,798,000	37.8	(36.2 - 39.4)
Not a member of sports team	2,961,000	62.2	(60.6 - 63.8)
TOTAL	4,758,000	100	n/a

Child BMI

Overweight for age (does not factor height)

Overweight for age (does not factor height)

Subset(s): Child (0-11)

Geographic Selection: Entire State of California

Overweight for age (does not factor height)			
	Est. N	%	95% C.I.
Overweight for age	669,000	11.2	(10.2 - 12.2)
Not overweight for age	5,287,000	88.8	(87.8 - 89.8)
TOTAL	5,955,000	100	n/a

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	1,970,000	56.5	(54.1 - 58.9)
1 time	480,000	13.8	(12.1 - 15.4)
2 times	362,000	10.4	(8.9 - 11.9)
3 times	299,000	8.6	(7.1 - 10.0)
4 times	104,000	3	(2.2 - 3.7)
5 or more times	271,000	7.8	(6.4 - 9.1)
TOTAL	3,486,000	100	n/a

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	822,000	23.4	(21.5 - 25.3)
One time	1,082,000	30.8	(28.6 - 33.0)
Two times	750,000	21.4	(19.4 - 23.3)
Three times	409,000	11.6	(10.1 - 13.2)
Four or more times	448,000	12.8	(11.1 - 14.4)
TOTAL	3,511,000	100	n/a

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	306,000	8.7	(7.4 - 10.0)
1 day	276,000	7.9	(6.6 - 9.2)
2 days	475,000	13.5	(11.9 - 15.2)
3 days	626,000	17.8	(16.0 - 19.7)
4 days	410,000	11.7	(10.2 - 13.2)
5 days	652,000	18.6	(16.7 - 20.4)
6 days	243,000	6.9	(5.8 - 8.0)
7 days	523,000	14.9	(13.2 - 16.6)
TOTAL	3,511,000	100	n/a

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	1,819,000	51.8	(49.4 - 54.2)
Not a member of sports team	1,692,000	48.2	(45.8 - 50.6)
TOTAL	3,511,000	100	n/a

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

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

Subset(s): Adolescent (12-17)

Geographic Selection: Entire State of California

	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	2,727,000	77.7	(75.7 - 79.6)
Did not visit park or other open space	784,000	22.3	(20.4 - 24.3)
TOTAL	3,511,000	100	n/a

Teen BMI

Body Mass Index - 2 level

Body Mass Index - 2 level

Body Mass Index -

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	3,044,000	86.7	(85.1 - 88.4)
Overweight or obese	467,000	13.3	(11.6 - 14.9)
TOTAL	3,511,000	100	n/a

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): Adolescent (12-17)

Geographic Selection: Entire State of California

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	142,000	4.1	(3.1 - 5.0)
Normal weight (5th up to 85th percentile)	2,396,000	68.3	(66.0 - 70.5)
At risk of overweight (85th up to 95th percentile)	506,000	14.4	(12.7 - 16.1)
Overweight/obese (highest 5th percentile)	467,000	13.3	(11.6 - 14.9)
TOTAL	3,511,000	100	n/a

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): Adult (18-64), Senior (65+)

Geographic Selection: Entire State of California

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	10,286,000	38.3	(37.5 - 39.0)
One time	7,344,000	27.3	(26.6 - 28.0)
Two times	4,106,000	15.3	(14.7 - 15.9)
Three times	2,140,000	8	(7.5 - 8.4)
Four or more times	2,998,000	11.2	(10.6 - 11.7)
TOTAL	26,874,000	100	n/a

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): Adult (18-64), Senior (65+)

Geographic Selection: Entire State of California

	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	18,183,000	67.7	(66.9 - 68.4)
Did not visit park or other open space	8,691,000	32.3	(31.6 - 33.1)
TOTAL	26,874,000	100	n/a

Adult 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.

Subset(s): Adult (18-64), Senior (65+)

Geographic Selection: Entire State of California

Body Mass Index - 2 level			
	Est. N	%	95% C.I.
Not overweight or obese	11,533,000	42.9	(42.1 - 43.7)
Overweight or obese	15,340,000	57.1	(56.3 - 57.9)
TOTAL	26,874,000	100	n/a

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): Adult (18-64), Senior (65+)

Geographic Selection: Entire State of California

Body Mass Index - 4 level (adult only)			
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	584,000	2.2	(1.9 - 2.4)
18.5 - 24.99 (Normal)	10,949,000	40.7	(39.9 - 41.5)
25.0 - 29.99 (Overweight)	9,251,000	34.4	(33.7 - 35.2)
30.0 or higher (Obese)	6,090,000	22.7	(22.0 - 23.3)
TOTAL	26,874,000	100	n/a