

## CHIS 2007 Central Coast

### 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**

**Central Coast**-San Benito, Monterey, and Santa Cruz

#### **DIET**

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

**Eat five or more servings of fruits & vegetables**

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

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

<b>Eat five or more servings of fruits &amp; vegetables</b>			
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>Eat 5 or more servings fruit/vegetables daily</b>	56,000	47.8	(37.9 - 57.7)
<b>Eat less than 5 servings fruit/vegetables daily</b>	61,000	52.2	(42.3 - 62.1)
<b>TOTAL</b>	116,000	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): Age in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

**\* = statistically unstable**

<b>Fast food eaten how many times in past week</b>			
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>No times</b>	46,000	39.8	(30.3 - 49.2)
<b>One time</b>	34,000	29.7	(21.9 - 37.6)
<b>Two times</b>	19,000	16.2	(9.6 - 22.8)
<b>Three times</b>	9,000	7.7	(3.4 - 12.0)
<b>Four or more times</b>	8,000	6.6*	(0 - 13.3)
<b>TOTAL</b>	115,000	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): Age in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	60,000	76.1	(66.8 - 85.4)
Didn't engage in vigorous activity 3 or more days	19,000	23.9	(14.6 - 33.2)
<b>TOTAL</b>	<b>79,000</b>	<b>100</b>	<b>n/a</b>

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 in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

**\* = statistically unstable**

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	9,000	10.8*	(2.6 - 19.0)
1 day	2,000	2.6*	(0.3 - 4.9)
2 days	8,000	10.5	(5.1 - 16.0)
3 days	16,000	20.7	(11.0 - 30.5)
4 days	11,000	13.9*	(5.5 - 22.3)
5 days	11,000	13.4	(6.7 - 20.2)
6 days	4,000	4.5*	(-0.0 - 9.1)
7 days	19,000	23.5	(15.3 - 31.7)
<b>TOTAL</b>	<b>79,000</b>	<b>100</b>	<b>n/a</b>

**Member of sports team past year**

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	38,000	36.6	(27.5 - 45.8)
Not a member of sports team	66,000	63.4	(54.2 - 72.5)
<b>TOTAL</b>	<b>104,000</b>	<b>100</b>	<b>n/a</b>

Child BMI

Overweight for age (does not factor height)

**Overweight for age (does not factor height)**

Subset(s): Age in years: 0 - 11

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	<b>Overweight for age (does not factor height)</b>		
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>Overweight for age</b>	12,000	10	(5.1 - 14.9)
<b>Not overweight for age</b>	112,000	90	(85.1 - 94.9)
<b>TOTAL</b>	124,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

**\* = statistically unstable**

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	35,000	57.4	(43.8 - 71.0)
1 time	11,000	17.9*	(7.3 - 28.5)
2 times	7,000	11.5*	(3.5 - 19.4)
3 times	5,000	7.8*	(0 - 17.6)
4 times	1,000	1.0*	(0.0 - 1.9)
5 or more times	3,000	4.4*	(1.8 - 7.1)
TOTAL	61,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

**\* = statistically unstable**

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	16,000	25.6	(13.5 - 37.7)
One time	21,000	34.5	(21.8 - 47.2)
Two times	13,000	21.6*	(8.9 - 34.4)
Three times	4,000	7.2*	(2.9 - 11.5)
Four or more times	7,000	11.1*	(2.9 - 19.3)
TOTAL	62,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

\* = statistically unstable

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	5,000	8.5*	(2.6 - 14.4)
1 day	7,000	11.3	(5.7 - 16.9)
2 days	11,000	17.0*	(5.2 - 28.8)
3 days	7,000	11.0*	(1.8 - 20.3)
4 days	3,000	4.4*	(1.6 - 7.3)
5 days	16,000	26.5	(14.8 - 38.3)
6 days	2,000	3.5*	(0 - 7.4)
7 days	11,000	17.8	(7.8 - 27.8)
TOTAL	62,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	27,000	44.5	(32.3 - 56.7)
Not a member of sports team	34,000	55.5	(43.3 - 67.7)
TOTAL	62,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

\* = statistically unstable

	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	47,000	75.4	(63.8 - 87.1)
Did not visit park or other open space	15,000	24.6	(12.9 - 36.2)
TOTAL	62,000	100	n/a

## Teen BMI

## Body Mass Index - 2 level

**Body Mass Index - 2 level**

Body Mass Index - 2 level has these restrictions: 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 in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa

**\* = statistically unstable**

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
<b>Not overweight or obese</b>	52,000	83.7	(72.2 - 95.2)
<b>Overweight or obese</b>	10,000	16.3*	(4.8 - 27.8)
<b>TOTAL</b>	62,000	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): Age in years: 12 - 17

Geographic Selection: County or county group: Monterey, San Benito, Santa

**\* = statistically unstable**

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
<b>Underweight (within lowest 5th percentile)</b>	3,000	4.5*	(1.4 - 7.7)
<b>Normal weight (5th up to 85th percentile)</b>	38,000	62.2	(47.9 - 76.5)
<b>At risk of overweight (85th up to 95th percentile)</b>	10,000	17.0*	(5.7 - 28.3)
<b>Overweight/obese (highest 5th percentile)</b>	10,000	16.3*	(4.8 - 27.8)
<b>TOTAL</b>	62,000	100	n/a

Adult DIET

Fast food eaten how many times in past week

**Fast food eaten how many times in past week**

Subset(s): Age in years: 18 - 106

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	<b>Fast food eaten how many times in past week</b>		
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>No times</b>	285,000	53.8	(49.2 - 58.5)
<b>One time</b>	116,000	21.9	(18.6 - 25.2)
<b>Two times</b>	69,000	13	(9.2 - 16.7)
<b>Three times</b>	28,000	5.3	(3.0 - 7.6)
<b>Four or more times</b>	32,000	6	(3.7 - 8.4)
<b>TOTAL</b>	529,000	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): Age in years: 18 - 106

Geographic Selection: County or county group: Monterey, San Benito, Santa Cruz

	Visited a park, playground or open space in the last month		
	Est. N	%	95% C.I.
<b>Visited park or other open space in past month</b>	376,000	71.1	(66.5 - 75.6)
<b>Did not visit park or other open space</b>	153,000	28.9	(24.4 - 33.5)
<b>TOTAL</b>	529,000	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): Age in years: 18 - 106

Geographic Selection: County or county group: Monterey, San Benito, Santa

	<b>Body Mass Index - 2 level</b>		
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>Not overweight or obese</b>	207,000	39.2	(34.8 - 43.7)
<b>Overweight or obese</b>	321,000	60.8	(56.3 - 65.2)
<b>TOTAL</b>	529,000	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): Age in years: 18 - 106

Geographic Selection: County or county group: Monterey, San Benito, Santa

**\* = statistically unstable**

	<b>Body Mass Index - 4 level (adult only)</b>		
	<b>Est. N</b>	<b>%</b>	<b>95% C.I.</b>
<b>0 - 18.49 (Underweight)</b>	8,000	1.5*	(0.4 - 2.7)
<b>18.5 - 24.99 (Normal)</b>	199,000	37.7	(33.3 - 42.1)
<b>25.0 - 29.99 (Overweight)</b>	199,000	37.6	(33.0 - 42.2)
<b>30.0 or higher (Obese)</b>	122,000	23.2	(19.2 - 27.1)
<b>TOTAL</b>	529,000	100	n/a