

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 Valley-Kern, Tulare, Kings, Fresno, Madera, Merced *(Mariposa has to be grouped with Gold Country)

* Mariposa (Central Valley) is grouped with the "Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono, Alpine" county strata and cannot be broken out for data analysis purposes using AskCHIS.

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 has these restrictions: Asked of children age 2 or older

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

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings,

	Eat five or more servings of fruits & vegetables		
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	219,000	51.6	(46.1 - 57.2)
Eat less than 5 servings fruit/vegetables daily	205,000	48.4	(42.8 - 53.9)
TOTAL	424,000	100	n/a

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: Fresno, Kern, Tulare, Merced, Kings,

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	116,000	28.1	(23.0 - 33.2)
One time	165,000	40	(34.4 - 45.6)
Two times	69,000	16.7	(12.9 - 20.5)
Three times	35,000	8.5	(5.3 - 11.7)
Four or more times	27,000	6.6	(3.7 - 9.5)
TOTAL	413,000	100	n/a

Child PA

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: Fresno, Kern, Tulare, Merced, Kings, Madera

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	212,000	71.7	(65.3 - 78.0)
Didn't engage in vigorous activity 3 or more days	84,000	28.3	(22.0 - 34.7)
TOTAL	296,000	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) has these restrictions: Asked of children 5-11.

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

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

* = statistically unstable

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	41,000	13.7	(8.7 - 18.6)
1 day	9,000	3.1*	(0.7 - 5.4)
2 days	34,000	11.6	(6.9 - 16.2)
3 days	46,000	15.4	(10.7 - 20.0)
4 days	35,000	11.8	(7.1 - 16.5)
5 days	40,000	13.4	(8.5 - 18.4)
6 days	8,000	2.8*	(0.5 - 5.1)
7 days	84,000	28.2	(22.3 - 34.2)
TOTAL	296,000	100	n/a

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: 0 - 11

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	139,000	35.6	(30.0 - 41.2)
Not a member of sports team	252,000	64.4	(58.8 - 70.0)
TOTAL	391,000	100	n/a

Child BMI

Overweight for age (does not factor height)

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

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	75,000	15.3	(11.4 - 19.2)
Not overweight for age	413,000	84.7	(80.8 - 88.6)
TOTAL	488,000	100	n/a

Teen DIET

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: Fresno, Kern, Tulare, Merced, Kings, Madera

*** = statistically unstable**

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	140,000	49.8	(42.1 - 57.5)
1 time	31,000	11	(5.5 - 16.6)
2 times	43,000	15.4	(9.6 - 21.2)
3 times	23,000	8.1	(3.6 - 12.5)
4 times	11,000	3.9*	(0.6 - 7.1)
5 or more times	33,000	11.9	(6.9 - 16.8)
TOTAL	280,000	100	n/a

Teen PA

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

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	14,000	5	(2.3 - 7.7)
1 day	23,000	8	(3.5 - 12.5)
2 days	45,000	15.7	(9.9 - 21.6)
3 days	52,000	18.4	(12.2 - 24.5)
4 days	25,000	9	(5.1 - 12.8)
5 days	58,000	20.4	(14.4 - 26.4)
6 days	22,000	7.9	(3.6 - 12.2)
7 days	44,000	15.7	(10.1 - 21.3)
TOTAL	283,000	100	n/a

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: Fresno, Kern, Tulare, Merced, Kings, Madera

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	133,000	47	(39.3 - 54.6)
Not a member of sports team	150,000	53	(45.4 - 60.7)
TOTAL	283,000	100	n/a

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

Subset(s): Age in years: 12 - 17

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	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	207,000	73.1	(66.3 - 79.9)
Did not visit park or other open space	76,000	26.9	(20.1 - 33.7)
TOTAL	283,000	100	n/a

Teen 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 in years: 12 - 17

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	233,000	82.3	(76.1 - 88.4)
Overweight or obese	50,000	17.7	(11.6 - 23.9)
TOTAL	283,000	100	n/a

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: Fresno, Kern, Tulare, Merced, Kings, Madera

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	19,000	6.6	(3.0 - 10.2)
Normal weight (5th up to 85th percentile)	175,000	61.9	(54.2 - 69.7)
At risk of overweight (85th up to 95th percentile)	39,000	13.8	(8.5 - 19.1)
Overweight/obese (highest 5th percentile)	50,000	17.7	(11.6 - 23.9)
TOTAL	283,000	100	n/a

Adult DIET

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: 18 - 106

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	569,000	31.4	(28.7 - 34.1)
One time	491,000	27.1	(24.5 - 29.8)
Two times	328,000	18.1	(15.7 - 20.5)
Three times	174,000	9.6	(7.8 - 11.4)
Four or more times	250,000	13.8	(11.5 - 16.1)
TOTAL	1,811,000	100	n/a

Adult PA

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

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

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

	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	1,086,000	60	(57.1 - 62.9)
Did not visit park or other open space	725,000	40	(37.1 - 42.9)
TOTAL	1,811,000	100	n/a

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 in years: 18 - 106

Geographic Selection: County or county group: Fresno, Kern, Tulare, Merced, Kings, Madera

Body Mass Index - 2 level			
	Est. N	%	95% C.I.
Not overweight or obese	651,000	35.9	(32.9 - 39.0)
Overweight or obese	1,160,000	64.1	(61.0 - 67.1)
TOTAL	1,811,000	100	n/a

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: Fresno, Kern, Tulare, Merced, Kings, Madera

Body Mass Index - 4 level (adult only)			
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	21,000	1.2	(0.6 - 1.7)
18.5 - 24.99 (Normal)	629,000	34.7	(31.7 - 37.8)
25.0 - 29.99 (Overweight)	619,000	34.2	(31.4 - 36.9)
30.0 or higher (Obese)	541,000	29.9	(27.1 - 32.7)
TOTAL	1,811,000	100	n/a