

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

Desert Sierra -Riverside & San Bernardino (*Inyo has to be grouped with Gold Country)

* Inyo 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

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: San Bernardino, Riverside

	Eat five or more servings of fruits & vegetables		
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	305,000	49.4	(44.3 - 54.4)
Eat less than 5 servings fruit/vegetables daily	313,000	50.6	(45.6 - 55.7)
TOTAL	618,000	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: San Bernardino, Riverside

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	140,000	23.7	(19.2 - 28.1)
One time	223,000	37.8	(32.7 - 42.9)
Two times	129,000	21.9	(17.6 - 26.2)
Three times	66,000	11.1	(8.1 - 14.1)
Four or more times	33,000	5.5	(3.4 - 7.7)
TOTAL	591,000	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: San Bernardino, Riverside

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	316,000	72.7	(67.3 - 78.1)
Didn't engage in vigorous activity 3 or more days	118,000	27.3	(21.9 - 32.7)
TOTAL	434,000	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): Age in years: 0 - 11

Geographic Selection: County or county group: San Bernardino, Riverside

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	52,000	11.9	(7.8 - 16.0)
1 day	19,000	4.3	(2.1 - 6.6)
2 days	48,000	11	(7.3 - 14.8)
3 days	71,000	16.4	(12.0 - 20.8)
4 days	48,000	11	(7.4 - 14.6)
5 days	40,000	9.1	(6.0 - 12.3)
6 days	7,000	1.7	(0.7 - 2.7)
7 days	150,000	34.5	(28.4 - 40.6)
TOTAL	434,000	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: 0 - 11

Geographic Selection: County or county group: San Bernardino, Riverside

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	185,000	33.2	(28.5 - 38.0)
Not a member of sports team	372,000	66.8	(62.0 - 71.5)
TOTAL	557,000	100	n/a

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: San Bernardino, Riverside

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	80,000	11.5	(8.5 - 14.5)
Not overweight for age	613,000	88.5	(85.5 - 91.5)
TOTAL	693,000	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: San Bernardino, Riverside

* = statistically unstable

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	218,000	49.8	(42.9 - 56.8)
1 time	77,000	17.7	(11.9 - 23.4)
2 times	45,000	10.2	(6.4 - 14.0)
3 times	53,000	12.1	(7.5 - 16.8)
4 times	15,000	3.5*	(1.4 - 5.6)
5 or more times	29,000	6.7	(3.1 - 10.2)
TOTAL	438,000	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: 12 - 17

Geographic Selection: County or county group: San Bernardino, Riverside

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	68,000	15.5	(10.5 - 20.5)
One time	138,000	31.4	(24.9 - 37.9)
Two times	91,000	20.7	(15.7 - 25.7)
Three times	62,000	14.1	(8.7 - 19.5)
Four or more times	80,000	18.2	(12.7 - 23.8)
TOTAL	441,000	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: San Bernardino, Riverside

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	33,000	7.6	(4.2 - 10.9)
1 day	44,000	9.9	(5.9 - 14.0)
2 days	53,000	12	(7.5 - 16.5)
3 days	86,000	19.6	(13.7 - 25.5)
4 days	43,000	9.8	(6.3 - 13.2)
5 days	80,000	18.2	(12.6 - 23.8)
6 days	22,000	5	(2.8 - 7.3)
7 days	79,000	17.9	(12.4 - 23.4)
TOTAL	441,000	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: San Bernardino, Riverside

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	208,000	47.1	(40.3 - 53.9)
Not a member of sports team	233,000	52.9	(46.1 - 59.7)
TOTAL	441,000	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: San Bernardino, Riverside

	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	311,000	70.6	(64.4 - 76.9)
Did not visit park or other open space	129,000	29.4	(23.1 - 35.6)
TOTAL	441,000	100	n/a

Teen BMI

Body Mass Index - 2 level

Body Mass Index - 2 level

Body Mass Index - 2 level has these restrictions: For 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: San Bernardino, Riverside

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	394,000	89.4	(85.4 - 93.4)
Overweight or obese	47,000	10.6	(6.6 - 14.6)
TOTAL	441,000	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: San Bernardino, Riverside

*** = statistically unstable**

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	30,000	6.7*	(2.4 - 11.1)
Normal weight (5th up to 85th percentile)	289,000	65.7	(59.1 - 72.2)
At risk of overweight (85th up to 95th percentile)	75,000	17	(11.7 - 22.4)
Overweight/obese (highest 5th percentile)	47,000	10.6	(6.6 - 14.6)
TOTAL	441,000	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): Age in years: 18 - 106

Geographic Selection: County or county group: San Bernardino, Riverside

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	783,000	28.1	(25.9 - 30.4)
One time	843,000	30.3	(27.8 - 32.8)
Two times	482,000	17.3	(15.2 - 19.4)
Three times	270,000	9.7	(8.1 - 11.3)
Four or more times	406,000	14.6	(12.5 - 16.7)
TOTAL	2,785,000	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: San Bernardino, Riverside

	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	1,745,000	62.6	(60.0 - 65.2)
Did not visit park or other open space	1,041,000	37.4	(34.8 - 40.0)
TOTAL	2,785,000	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.

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: San Bernardino, Riverside

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	1,061,000	38.1	(35.4 - 40.8)
Overweight or obese	1,724,000	61.9	(59.2 - 64.6)
TOTAL	2,785,000	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: San Bernardino, Riverside

	Body Mass Index - 4 level (adult only)		
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	59,000	2.1	(1.1 - 3.1)
18.5 - 24.99 (Normal)	1,002,000	36	(33.4 - 38.6)
25.0 - 29.99 (Overweight)	1,008,000	36.2	(33.7 - 38.8)
30.0 or higher (Obese)	716,000	25.7	(23.4 - 28.0)
TOTAL	2,785,000	100	n/a