

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

North Coast-Humboldt, Mendicino, Lake, Sonoma, Napa (*Del Norte has to be grouped with Sierra Cascade)

Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra are all grouped together as a CHIS county strata grouping and cannot be broken apart for analysis 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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Eat five or more servings of fruits & vegetables		
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	70,000	59.9	(52.2 - 67.7)
Eat less than 5 servings fruit/vegetables daily	47,000	40.1	(32.3 - 47.8)
TOTAL	116,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

*** = statistically unstable**

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	57,000	50.1	(42.2 - 58.0)
One time	40,000	34.6	(26.7 - 42.6)
Two times	14,000	12.4	(6.4 - 18.4)
Three times	3,000	2.3*	(0.6 - 4.0)
Four or more times	1,000	0.6*	(0.0 - 1.1)
TOTAL	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 has these restrictions: Asked of children 5 and older.

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

Geographic Selection: County or county group: Humboldt, Mendocino, Lake, Sonoma, Napa

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	64,000	81.5	(74.2 - 88.8)
Didn't engage in vigorous activity 3 or more days	15,000	18.5	(11.2 - 25.8)
TOTAL	79,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

* = statistically unstable

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	4,000	4.9	(2.5 - 7.3)
1 day	4,000	5.4*	(0 - 11.1)
2 days	6,000	8.1	(3.4 - 12.9)
3 days	13,000	16.8	(9.1 - 24.4)
4 days	10,000	12.5	(5.3 - 19.8)
5 days	8,000	10.5	(5.9 - 15.1)
6 days	7,000	8.9	(4.3 - 13.5)
7 days	26,000	32.8	(23.7 - 41.9)
TOTAL	79,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	42,000	39.8	(31.8 - 47.8)
Not a member of sports team	64,000	60.2	(52.2 - 68.2)
TOTAL	106,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
Overweight for age	13,000	10.2	(6.4 - 13.9)
Not overweight for age	111,000	89.8	(86.1 - 93.6)
TOTAL	124,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

* = statistically unstable

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
None	48,000	64.3	(54.6 - 74.1)
1 time	10,000	14	(7.1 - 21.0)
2 times	6,000	7.6*	(3.1 - 12.0)
3 times	4,000	4.7*	(1.3 - 8.2)
4 times	4,000	4.9*	(0 - 10.9)
5 or more times	3,000	4.4*	(0.6 - 8.3)
TOTAL	74,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

* = statistically unstable

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	24,000	32	(22.2 - 41.8)
One time	29,000	38.7	(27.4 - 50.0)
Two times	11,000	14.4	(8.1 - 20.7)
Three times	4,000	5	(2.7 - 7.4)
Four or more times	7,000	9.8*	(1.6 - 18.1)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

* = statistically unstable

Number of days physically active at least one hour (typical week)			
	Est. N	%	95% C.I.
0 day	7,000	9.2*	(0.3 - 18.1)
1 day	7,000	9.5*	(2.5 - 16.6)
2 days	8,000	10.3*	(3.8 - 16.8)
3 days	10,000	13.7	(7.7 - 19.7)
4 days	8,000	11.4*	(3.9 - 18.8)
5 days	19,000	24.9	(14.4 - 35.4)
6 days	4,000	5.6*	(1.5 - 9.8)
7 days	11,000	15.3	(8.7 - 22.0)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

Member of sports team past year			
	Est. N	%	95% C.I.
Member of sports team	44,000	58.4	(47.1 - 69.7)
Not a member of sports team	31,000	41.6	(30.3 - 52.9)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

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	58,000	78.1	(68.1 - 88.2)
Did not visit park or other open space	16,000	21.9	(11.8 - 31.9)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	64,000	86.5	(80.1 - 93.0)
Overweight or obese	10,000	13.5	(7.0 - 19.9)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

*** = statistically unstable**

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	1,000	1.0*	(0 - 2.2)
Normal weight (5th up to 85th percentile)	54,000	72.4	(61.4 - 83.4)
At risk of overweight (85th up to 95th percentile)	10,000	13.2*	(2.7 - 23.6)
Overweight/obese (highest 5th percentile)	10,000	13.5	(7.0 - 19.9)
TOTAL	75,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
No times	336,000	50.2	(46.2 - 54.3)
One time	185,000	27.7	(23.9 - 31.4)
Two times	82,000	12.2	(9.1 - 15.3)
Three times	34,000	5.1	(3.0 - 7.2)
Four or more times	32,000	4.8	(2.7 - 6.9)
TOTAL	669,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	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	498,000	74.4	(71.3 - 77.5)
Did not visit park or other open space	171,000	25.6	(22.5 - 28.7)
TOTAL	669,000	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.

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

Geographic Selection: County or county group: Humboldt, Mendocino, Lake, Sonoma, Napa

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	260,000	38.8	(34.8 - 42.7)
Overweight or obese	410,000	61.2	(57.3 - 65.2)
TOTAL	669,000	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: Humboldt, Mendocino, Lake, Sonoma, Napa

	Body Mass Index - 4 level (adult only)		
	Est. N	%	95% C.I.
0 - 18.49 (Underweight)	9,000	1.3	(0.6 - 2.0)
18.5 - 24.99 (Normal)	251,000	37.5	(33.5 - 41.4)
25.0 - 29.99 (Overweight)	226,000	33.7	(30.0 - 37.3)
30.0 or higher (Obese)	184,000	27.5	(23.7 - 31.3)
TOTAL	669,000	100	n/a