

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**

**Sierra Cascade** - Del Norte\*, Siskiyou, Modoc, Lassen, Plumas, Sierra, Trinity, Tehema, Glenn, Colusa, Shasta, Butte, Nevada

\* Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, and Sierra are all grouped together 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

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

Eat five or more servings of fruits & vegetables			
	Est. N	%	95% C.I.
Eat 5 or more servings fruit/vegetables daily	47,000	54.5	(48.3 - 60.8)
Eat less than 5 servings fruit/vegetables daily	39,000	45.5	(39.2 - 51.7)
<b>TOTAL</b>	86,000	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: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

**\* = statistically unstable**

Fast food eaten how many times in past week			
	Est. N	%	95% C.I.
No times	29,000	34.3	(28.2 - 40.3)
One time	36,000	42.2	(35.7 - 48.6)
Two times	13,000	14.9	(9.8 - 20.0)
Three times	5,000	6.3	(3.5 - 9.0)
Four or more times	2,000	2.4*	(0.7 - 4.1)
<b>TOTAL</b>	86,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Vigorous physical activity at least 3 days per week		
	Est. N	%	95% C.I.
Engaged in vigorous activity 3 or more days	54,000	82.2	(76.1 - 88.4)
Didn't engage in vigorous activity 3 or more days	12,000	17.8	(11.6 - 23.9)
<b>TOTAL</b>	66,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

**\* = statistically unstable**

	Number of days physically active at least one hour (past week)		
	Est. N	%	95% C.I.
0 day	5,000	7.2*	(2.6 - 11.8)
1 day	4,000	5.7*	(1.9 - 9.6)
2 days	3,000	4.8	(2.2 - 7.4)
3 days	7,000	11.3	(6.9 - 15.8)
4 days	8,000	12.6	(7.6 - 17.6)
5 days	7,000	11.4	(7.2 - 15.5)
6 days	1,000	2.2*	(0.4 - 4.0)
7 days	29,000	44.7	(37.2 - 52.2)
<b>TOTAL</b>	66,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	34,000	42.2	(35.8 - 48.6)
Not a member of sports team	46,000	57.8	(51.4 - 64.2)
<b>TOTAL</b>	80,000	100	n/a

Child BMI

Overweight for age (does not factor height)

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

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Overweight for age (does not factor height)		
	Est. N	%	95% C.I.
<b>Overweight for age</b>	8,000	8.7	(5.6 - 11.8)
<b>Not overweight for age</b>	88,000	91.3	(88.2 - 94.4)
<b>TOTAL</b>	97,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

**\* = statistically unstable**

	Times bought soda at school during past week		
	Est. N	%	95% C.I.
<b>None</b>	41,000	63.5	(55.4 - 71.5)
<b>1 time</b>	9,000	14.1	(7.9 - 20.3)
<b>2 times</b>	8,000	12.2	(7.1 - 17.3)
<b>3 times</b>	2,000	<b>3.3*</b>	(1.2 - 5.3)
<b>4 times</b>	1,000	<b>1.3*</b>	(0.1 - 2.6)
<b>5 or more times</b>	4,000	<b>5.6*</b>	(2.2 - 9.1)
<b>TOTAL</b>	65,000	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: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
<b>No times</b>	22,000	32.3	(24.6 - 40.0)
<b>One time</b>	24,000	36.2	(27.8 - 44.6)
<b>Two times</b>	11,000	16.1	(10.3 - 21.9)
<b>Three times</b>	4,000	5.7	(2.4 - 9.0)
<b>Four or more times</b>	6,000	9.7	(4.1 - 15.3)
<b>TOTAL</b>	67,000	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)

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

\* = statistically unstable

	Number of days physically active at least one hour (typical week)		
	Est. N	%	95% C.I.
0 day	4,000	6.3*	(1.6 - 10.9)
1 day	5,000	7.4*	(2.5 - 12.2)
2 days	9,000	14	(7.7 - 20.3)
3 days	10,000	14.9	(8.8 - 21.0)
4 days	10,000	15.4	(8.7 - 22.0)
5 days	11,000	16	(10.3 - 21.8)
6 days	5,000	7.0*	(2.5 - 11.6)
7 days	13,000	19.1	(12.4 - 25.7)
<b>TOTAL</b>	67,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Member of sports team past year		
	Est. N	%	95% C.I.
Member of sports team	37,000	54.9	(46.3 - 63.5)
Not a member of sports team	30,000	45.1	(36.5 - 53.7)
<b>TOTAL</b>	67,000	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

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	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	54,000	81	(74.3 - 87.6)
Did not visit park or other open space	13,000	19	(12.4 - 25.7)
<b>TOTAL</b>	67,000	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. Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa,

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
Not overweight or obese	62,000	93	(88.9 - 97.0)
Overweight or obese	5,000	7	(3.0 - 11.1)
<b>TOTAL</b>	67,000	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. Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

**\* = statistically unstable**

	Body Mass Index - 4 level (teen only)		
	Est. N	%	95% C.I.
Underweight (within lowest 5th percentile)	3,000	3.9*	(0.5 - 7.3)
Normal weight (5th up to 85th percentile)	49,000	73.2	(65.9 - 80.5)
At risk of overweight (85th up to 95th percentile)	11,000	15.8	(9.9 - 21.8)
Overweight/obese (highest 5th percentile)	5,000	7	(3.0 - 11.1)
<b>TOTAL</b>	67,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Fast food eaten how many times in past week		
	Est. N	%	95% C.I.
<b>No times</b>	247,000	43	(40.1 - 46.0)
<b>One time</b>	153,000	26.7	(24.1 - 29.3)
<b>Two times</b>	88,000	15.3	(12.7 - 17.9)
<b>Three times</b>	38,000	6.7	(4.9 - 8.4)
<b>Four or more times</b>	48,000	8.3	(5.8 - 10.7)
<b>TOTAL</b>	574,000	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

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	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	389,000	67.8	(64.9 - 70.8)
Did not visit park or other open space	185,000	32.2	(29.2 - 35.1)
<b>TOTAL</b>	574,000	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.

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Body Mass Index - 2 level		
	Est. N	%	95% C.I.
<b>Not overweight or obese</b>	239,000	41.7	(38.6 - 44.8)
<b>Overweight or obese</b>	335,000	58.3	(55.2 - 61.4)
<b>TOTAL</b>	574,000	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

Geographic Selection: County or county group: Butte, Shasta, Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra, Tehama, Glenn, Colusa, Nevada

	Body Mass Index - 4 level (adult only)		
	Est. N	%	95% C.I.
<b>0 - 18.49 (Underweight)</b>	17,000	2.9	(1.2 - 4.7)
<b>18.5 - 24.99 (Normal)</b>	222,000	38.8	(35.8 - 41.7)
<b>25.0 - 29.99 (Overweight)</b>	202,000	35.2	(32.2 - 38.2)
<b>30.0 or higher (Obese)</b>	133,000	23.1	(20.7 - 25.5)
<b>TOTAL</b>	574,000	100	n/a