

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 2a: Trends in the Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	3.2	2.9	3.2	3.0	-0.3	0.3	-0.2	-0.2
Gender								
Males	3.2	2.9	3.2	3.0	-0.3	0.3	-0.2	-0.3
Females	3.1	2.9	3.2	3.1	-0.2	0.3	-0.1	0.0
Ethnicity								
White	3.2	2.8	2.8	3.0	-0.4	0.1	0.2	-0.1
African American	3.4	2.5	4.0	3.1	-0.9	1.5	-0.9	-0.3
Latino	3.3	3.1	3.3	2.9	-0.2	0.2	-0.4	-0.5
Asian/ Other	2.6	2.9	3.5	3.5	0.3	0.6	0.0	0.9
FSNE Eligibility								
≤130% FPL w/FS	3.5	3.5	4.3	3.2	0.0	0.8	-1.1	-0.3
≤130% FPL w/o FS	3.4	3.6	3.8	3.1	0.1	0.3	-0.7	-0.4
>130%-≤185% FPL	3.9	2.9	3.0	2.4	-1.0	0.1	-0.6	-1.5
>185% FPL	2.9	2.7	3.0	3.0	-0.2	0.3	0.0	0.1
Overweight Status								
Not at Risk	3.3	3.0	3.0	3.0	-0.2	-0.1	0.0	-0.3
At Risk/Overweight	3.0	2.8	3.6	3.0	-0.2	0.8	-0.6	0.0
Physical Activity								
≥60 minutes	3.6	2.9	3.3	3.3	-0.7	0.4	0.0	-0.3
<60 minutes	2.8	2.9	3.1	2.8	0.0	0.2	-0.3	0.0

T-test

* p<.05
** p<.01
*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 2b: Trends in the Total Servings of Fruits and 100% Fruit Juices Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	1.7	1.6	1.8	1.7	0.0	0.2	-0.1	0.0
Gender								
Males	1.7	1.6	1.8	1.6	-0.1	0.2	-0.2	-0.1
Females	1.6	1.7	1.8	1.8	0.1	0.1	0.0	0.2
Ethnicity								
White	1.6	1.5	1.6	1.7	-0.1	0.0	0.1	0.1
African American	1.9	1.3	2.5	1.7	-0.7	1.3	-0.8	-0.2
Latino	1.8	1.8	1.8	1.7	0.0	0.0	-0.2	-0.1
Asian/ Other	1.3	1.7	2.2	2.0	0.3	0.6	-0.3	0.6
FSNE Eligibility								
≤130% FPL w/FS	1.7	1.8	2.6	1.9	0.1	0.8	-0.7	0.2
≤130% FPL w/o FS	1.8	2.1	2.4	1.5	0.3	0.2	-0.9	-0.3
>130%-≤185% FPL	1.9	1.6	1.7	1.4	-0.3	0.0	-0.3	-0.5
>185% FPL	1.6	1.6	1.7	1.7	0.0	0.1	0.1	0.1
Overweight Status								
Not at Risk	1.7	1.8	1.7	1.7	0.0	-0.1	0.0	0.0
At Risk/Overweight	1.5	1.5	2.1	1.6	0.0	0.6	-0.5	0.1
Physical Activity								
≥60 minutes	2.0	1.7	1.9	1.9	-0.4	0.3	0.0	-0.1
<60 minutes	1.4	1.6	1.7	1.6	0.3	0.1	-0.2	0.2

T-test

* p<.05

** p<.01

*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 2c: Trends in the Total Servings of Vegetables, Fried Vegetables, and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	1.5	1.3	1.4	1.3	-0.2	0.1	-0.1	-0.2
Gender								
Males	1.5	1.3	1.4	1.3	-0.2	0.1	-0.1	-0.2
Females	1.5	1.2	1.4	1.3	-0.3	0.2	-0.1	-0.2
Ethnicity								
White	1.5	1.2	1.2	1.3	-0.3	0.0	0.1	-0.2
African American	1.4	1.3	1.4	1.3	-0.2	0.2	-0.1	-0.1
Latino	1.5	1.3	1.5	1.3	-0.2	0.2	-0.2	-0.3
Asian/ Other	1.3	1.3	1.3	1.5	0.0	0.0	0.2	0.2
FSNE Eligibility								
≤130% FPL w/FS	1.8	1.7	1.7	1.2	-0.1	0.0	-0.5	-0.5
≤130% FPL w/o FS	1.6	1.4	1.5	1.7	-0.2	0.0	0.2	0.0
>130%-≤185% FPL	2.0	1.2	1.3	1.0	-0.8	0.1	-0.3	-1.0
>185% FPL	1.3	1.2	1.3	1.3	-0.2	0.2	-0.1	-0.1
Overweight Status								
Not at Risk	1.5	1.3	1.3	1.3	-0.3	0.0	-0.1	-0.3
At Risk/Overweight	1.4	1.2	1.5	1.3	-0.2	0.3	-0.2	-0.1
Physical Activity								
≥60 minutes	1.6	1.3	1.4	1.4	-0.3	0.1	0.0	-0.2
<60 minutes	1.4	1.2	1.3	1.2	-0.2	0.1	-0.1	-0.2

T-test

* p<.05
** p<.01
*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 4a: Trends in the Servings of Fruits Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	1.1	1.1	1.2	1.2	0.0	0.2	0.0	0.1
Gender								
Males	1.1	1.0	1.3	1.1	-0.1	0.3	-0.2	0.0
Females	1.1	1.2	1.2	1.3	0.1	0.0	0.1	0.2
Ethnicity								
White	1.1	1.0	1.1	1.2	-0.1	0.1	0.1	0.1
African American	1.1	0.7	1.5	0.9	-0.4	0.7	-0.6	-0.2
Latino	1.1	1.1	1.1	1.1	0.0	0.0	0.0	0.0
Asian/ Other	0.8	1.1	1.6	1.4	0.3	0.6	-0.3	0.6
FSNE Eligibility								
≤130% FPL w/FS	0.9	1.0	1.2	1.1	0.1	0.2	-0.1	0.2
≤130% FPL w/o FS	1.2	1.3	1.5	1.0	0.1	0.1	-0.5	-0.2
>130%-≤185% FPL	1.3	1.0	1.1	1.0	-0.4	0.2	-0.1	-0.3
>185% FPL	1.1	1.1	1.2	1.3	0.0	0.1	0.1	0.2
Overweight Status								
Not at Risk	1.1	1.1	1.1	1.2	0.0	-0.1	0.2	0.1
At Risk/Overweight	1.0	1.0	1.4	1.1	-0.1	0.5	-0.4	0.0
Physical Activity								
≥60 minutes	1.4	1.0	1.3	1.3	-0.3	0.2	0.0	-0.1
<60 minutes	0.9	1.1	1.2	1.1	0.2	0.1	-0.1	0.2

T-test

* p<.05

** p<.01

*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 4b: Trends in the Servings of Juices Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	0.6	0.6	0.6	0.5	0.0	0.0	-0.1	-0.1
Gender								
Males	0.6	0.6	0.6	0.5	0.0	-0.1	0.0	-0.1
Females	0.5	0.5	0.7	0.5	0.0	0.1	-0.1	0.0
Ethnicity								
White	0.5	0.5	0.4	0.5	0.0	0.0	0.0	-0.1
African American	0.8	0.5	1.0	0.8	-0.3	0.5	-0.2	0.0
Latino	0.6	0.7	0.7	0.5	0.1	0.0	-0.2	-0.1
Asian/ Other	0.5	0.6	0.6	0.6	0.1	0.0	0.0	0.1
FSNE Eligibility								
≤130% FPL w/FS	0.8	0.8	1.4	0.8	0.0	0.6	-0.6	0.0
≤130% FPL w/o FS	0.6	0.8	0.9	0.5	0.2	0.1	-0.4	-0.1
>130%-≤185% FPL	0.6	0.7	0.5	0.4	0.1	-0.1	-0.1	-0.2
>185% FPL	0.5	0.5	0.5	0.5	0.0	0.0	0.0	-0.1
Overweight Status								
Not at Risk	0.6	0.6	0.6	0.5	0.0	0.0	-0.1	-0.1
At Risk/Overweight	0.5	0.5	0.6	0.6	0.0	0.1	-0.1	0.1
Physical Activity								
≥60 minutes	0.5	0.6	0.7	0.6	0.1	0.0	-0.1	0.0
<60 minutes	0.7	0.6	0.6	0.5	-0.1	0.0	-0.1	-0.2

T-test

* p<.05

** p<.01

*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 4c: Trends in the Servings of Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

	Mean				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	1.2	1.0	1.1	1.1	-0.2	0.1	0.0	-0.2
Gender								
Males	1.3	1.1	1.1	1.1	-0.2	0.0	0.0	-0.2
Females	1.2	1.0	1.1	1.1	-0.2	0.1	0.0	-0.1
Ethnicity								
White	1.3	1.0	1.0	1.1	-0.2	0.0	0.1	-0.1
African American	1.3	1.0	1.1	1.1	-0.2	0.1	0.0	-0.1
Latino	1.3	1.0	1.2	1.0	-0.3	0.2	-0.2	-0.3
Asian/ Other	1.1	1.1	1.0	1.2	-0.1	-0.1	0.2	0.0
FSNE Eligibility								
≤130% FPL w/FS	1.5	1.4	1.4	1.0	-0.1	0.0	-0.5	-0.6
≤130% FPL w/o FS	1.3	1.2	1.1	1.3	-0.1	-0.1	0.3	0.0
>130%-≤185% FPL	1.7	0.9	1.2	0.8	-0.8	0.2	-0.4	-0.9
>185% FPL	1.1	0.9	1.0	1.1	-0.1	0.1	0.0	0.0
Overweight Status								
Not at Risk	1.3	1.0	1.0	1.1	-0.3	0.0	0.0	-0.2
At Risk/Overweight	1.2	1.0	1.2	1.1	-0.2	0.2	-0.2	-0.1
Physical Activity								
≥60 minutes	1.4	1.0	1.1	1.2	-0.3	0.1	0.1	-0.2
<60 minutes	1.2	1.0	1.1	1.0	-0.2	0.1	-0.1	-0.2

T-test

* p<.05
** p<.01
*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 8: Trends in the Proportion of Children Meeting the Five-Serving Fruit and Vegetable Recommendation on a Typical Weekday (Diary Sample)

	Percentage				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	20.1%	16.0%	20.1%	13.8%	-4.0%	4.0%	-6.3%	-6.3%
Gender								
Males	20.5%	16.4%	20.1%	14.4%	-4.0%	3.6%	-5.7%	-6.1%
Females	19.7%	15.6%	20.1%	13.1%	-4.1%	4.5%	-7.0%	-6.6%
Ethnicity								
White	20.0%	13.8%	15.4%	16.9%	-6.2%	1.6%	1.5%	-3.1%
African American	26.2%	8.2%	31.8%	2.3%	-18.0%	23.7%	-29.5%	-23.8%
Latino	21.7%	18.8%	22.1%	11.6%	-3.0%	3.3%	-10.5%	-10.2%
Asian/ Other	11.1%	20.9%	19.3%	17.3%	9.8%	-1.6%	-2.0%	6.2%
FSNE Eligibility								
≤130% FPL w/FS	24.9%	35.1%	50.0%	21.6%	10.3%	14.9%	-28.4%	-3.2%
≤130% FPL w/o FS	22.5%	22.5%	28.1%	16.8%	0.0%	5.6%	-11.3%	-5.7%
>130%-≤185% FPL	29.0%	12.4%	19.3%	2.2%	-16.6%	6.9%	-17.1%	-26.8%
>185% FPL	16.9%	13.1%	16.4%	14.3%	-3.8%	3.2%	-2.1%	-2.6%
Overweight Status								
Not at Risk	19.5%	18.8%	17.4%	14.1%	-0.6%	-1.5%	-3.3%	-5.3%
At Risk/Overweight	20.2%	12.5%	25.1%	12.8%	-7.7%	12.6%	-12.3%	-7.4%
Physical Activity								
≥60 minutes	26.8%	18.3%	22.3%	16.5%	-8.6%	4.1%	-5.8%	-10.3%
<60 minutes	14.3%	13.8%	17.5%	11.5%	-0.5%	3.7%	-6.0%	-2.8%

Z-test

* p<.05
** p<.01
*** p<.001

1999-2005 California Children's Healthy Eating and Exercise Practices Survey

Table 10: Trends in the Proportion of Children Believing the Fruit and Vegetable Recommendation: Five Servings Needed Daily for Good Health (Phone Sample)

	Percentage				Trend Analysis			
	1999	2001	2003	2005	99-01	01-03	03-05	99-05
Total	34.4%	41.3%	55.1%	55.6%	6.8%	13.9%	0.5%	21.2%
Gender								
Males	38.3%	41.2%	61.7%	58.3%	2.9%	20.5%	-3.4%	20.0%
Females	30.8%	41.3%	46.6%	52.5%	10.5%	5.3%	5.9%	21.7%
Ethnicity								
White	43.5%	43.9%	48.9%	49.3%	0.5%	4.9%	0.5%	5.8%
African American	30.6%	52.2%	50.0%	69.6%	21.5%	-2.2%	19.6%	38.9%
Latino	26.0%	37.8%	62.3%	60.8%	11.8%	24.5%	-1.4%	34.8%
Asian/ Other	27.4%	37.8%	50.9%	48.9%	10.4%	13.2%	-2.1%	21.5%
FSNE Eligibility								
≤130% FPL w/FS	32.6%	47.2%	57.5%	50.0%	14.6%	10.3%	-7.5%	17.4%
≤130% FPL w/o FS	42.1%	25.5%	55.5%	63.0%	-16.7%	30.0%	7.5%	20.9%
>130%-≤185% FPL	18.5%	55.7%	66.4%	54.5%	37.2%	10.6%	-11.8%	36.0%
>185% FPL	38.4%	40.4%	52.8%	54.5%	2.0%	12.4%	1.7%	16.2%
Overweight Status								
Not at Risk	36.6%	46.3%	48.4%	50.2%	9.7%	2.1%	1.9%	13.6%
At Risk/Overweight	30.3%	33.3%	67.4%	63.6%	3.0%	34.0%	-3.7%	33.3%
Physical Activity								
≥60 minutes	37.4%	40.7%	56.5%	54.6%	3.3%	15.8%	-1.9%	17.2%
<60 minutes	31.9%	41.9%	52.8%	56.7%	10.0%	10.9%	4.0%	24.8%

Z-test

- * p<.05
- ** p<.01
- *** p<.001