

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 32: Total Servings of High Calorie, Low Nutrient Foods Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (soda/soft drink, sweets, high fat snacks) did you/your child eat/drink in this category:

	Reported Mean Servings			
	All High Calorie, Low Nutrient Foods	Soda/Sweetened Beverages ¹	Sweets ²	High-Fat Snacks ³
Total	3.9	1.0	1.9	0.9
Gender				
Males	4.0	1.1 **	1.9	1.0
Females	3.7	0.9	1.9	0.9
Ethnicity				
White	3.9	0.9 ^{ab} *	2.1 ^b **	0.9 ^a ***
African American	4.4	1.3 ^b	2.0 ^{ab}	1.1 ^{ab}
Latino	3.7	1.1 ^{ab}	1.8 ^a	0.8 ^a
Asian/Other	3.8	0.8 ^a	1.6 ^a	1.4 ^b
Income				
≤\$19,999	4.5 ^b *	1.5 ^b ***	1.9	1.1
\$20,000 - \$49,999	3.9 ^{ab}	1.1 ^a	1.8	1.0
≥\$50,000	3.7 ^a	0.9 ^a	2.0	0.9
Federal Poverty Level				
≤ 185%	4.1	1.3 ***	1.8	1.0
> 185%	3.8	0.9	1.9	0.9
Food Stamps				
Yes	4.0	1.1	2.0	0.9
No	3.8	1.0	1.9	0.9
Overweight Status				
Not at Risk	3.8	0.9 *	1.9	0.9
At Risk/Overweight	3.9	1.2	1.8	1.0
Physical Activity				
≥60 minutes	4.1 **	1.2 **	2.0 *	0.9
<60 minutes	3.6	0.9	1.8	0.9
School Breakfast				
Yes	4.2	1.3 **	1.9	1.0
No	3.8	1.0	1.9	0.9
School Lunch				
Yes	3.7	1.0	1.8 **	0.9
No	4.1	1.0	2.1	0.9
Nutrition Lesson				
Yes	4.0 *	1.0	2.0 *	1.0 **
No	3.6	1.1	1.8	0.8
Exercise Lesson				
Yes	4.0 **	1.1	2.0 **	1.0 *
No	3.5	1.0	1.7	0.8

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/ sweetened bottled water.

² This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

³ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 33: Breakdown of the Soda and Sweetened Beverages Reported by California Children (Diary Sample)

Soda and Sweetened Beverages	Mean Servings
Total	1.0
Regular soda	0.4
Drinkade (ex. Hi-C, Sunny Delight)	0.6
Flavored or sweetened bottled water (ex. Clearly Canadian)	<0.1
Diet soda	<0.1

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Table 34: Range in Number of Servings of Soda/Sweetened Beverages¹ Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (soda/soft drink) did you/your child eat/drink in this category?

	Servings of Sodas/Sweetened Beverages Reported, Percent of Children			
	0 ²	1	2	3+
Total	47	32	12	8
Gender				
Males	43	34	13	11
Females	53	31	11	6
Ethnicity				
White	49	34	12	5
African American	43	27	16	14
Latino	41	37	10	12
Asian/Other	62	16	17	4
Income				
≤\$19,999	38	31	11	20
\$20,000 - \$49,999	43	33	16	8
≥\$50,000	53	32	9	6
Federal Poverty Level				
≤ 185%	39	33	14	14
> 185%	51	32	11	6
Food Stamps				
Yes	Insufficient Sample Size for Analysis			
No	Insufficient Sample Size for Analysis			
Overweight Status				
Not at Risk	51	32	11	7
At Risk/Overweight	43	34	12	11
Physical Activity				
≥60 minutes	42	32	16	11
<60 minutes	54	33	7	6
School Breakfast				
Yes	37	37	13	14
No	50	31	12	7
School Lunch				
Yes	48	34	10	9
No	47	30	15	8
Nutrition Lesson				
Yes	48	33	13	6
No	47	31	11	11
Exercise Lesson				
Yes	47	31	14	8
No	48	36	8	8

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/ sweetened bottled water.

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 35: Breakdown of the Sweets Reported by California Children (Diary Sample)

Sweets	Mean Servings
Total	1.9
Candy	0.2
Baked goods	1.0
Dairy desserts ¹	0.4
Other sweets ²	0.3

¹ This includes sweets such as ice cream, frozen yogurt, fudgesicles and custard puddings.

² This includes sweets such as popsicles, sherbert, and other miscellaneous sweets such as gelatin, jelly, and syrup.

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Table 36: Range in the Number of Servings of Sweets¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (sweets) did you/your child eat/drink in this category?

	Servings of Sweets Reported, Percent of Children			
	0 ²	1	2	3+
Total	18	34	25	24
Gender				
Males	19	33	25	23
Females	17	35	24	24
Ethnicity				
White	12	31	27	29
African American	14	30	32	25
Latino	22	36	24	17
Asian/Other	23	34	15	28
Income				
≤\$19,999	25	36	12	26
\$20,000 - \$49,999	19	34	28	19
≥\$50,000	16	33	26	26
Federal Poverty Level				
≤ 185%	23	32	23	22
> 185%	15	35	25	24
Food Stamps				
Yes	15	44	18	24
No	18	33	24	24
Overweight Status				
Not at Risk	18	33	24	25
At Risk/Overweight	18	35	25	22
Physical Activity				
≥60 minutes	17	33	22	28
<60 minutes	19	34	28	19
School Breakfast				
Yes	16	33	28	23
No	18	34	24	24
School Lunch				
Yes	22	35	24	19
No	12	32	26	30
Nutrition Lesson				
Yes	14	34	27	25
No	24	33	22	21
Exercise Lesson				
Yes	13	35	27	25
No	29	32	20	20

¹ This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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**Table 37: Breakdown of the High Fat Snacks Reported by California Children
(Diary Sample)**

High Fat Snacks	Mean Servings
Total	0.9
Fried potatoes	0.2
Other fried vegetables ¹	<0.1
Chips and crackers	0.7
Other fried foods	<0.1

¹ This excludes fried potatoes.

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Table 38: Range in Number of Servings of High-Fat Snacks¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (high fat snacks) did you/your child eat/drink in this category?

	Servings of High-Fat Snacks Reported, Percent of Children		
	0 ²	1	2+
Total	49	36	16
Gender			
Males	52	33	15
Females	45	39	16
Ethnicity			
White	48	38	14
African American	36	41	23
Latino	55	32	14
Asian/Other	36	42	22
Income			
≤\$19,999	58	29	13
\$20,000 - \$49,999	44	37	20
≥\$50,000	49	37	14
Federal Poverty Level			
≤ 185%	52	31	16
> 185%	47	38	15
Food Stamps			
Yes	53	29	18
No	48	36	15
Overweight Status			
Not at Risk	46	39	15
At Risk/Overweight	53	31	16
Physical Activity			
≥60 minutes	50	35	16
<60 minutes	47	37	16
School Breakfast			
Yes	55	25	20
No	47	38	14
School Lunch			
Yes	51	33	16
No	45	40	15
Nutrition Lesson			
Yes	45	37	18
No	53	35	12
Exercise Lesson			
Yes	46	39	16
No	55	30	15

¹ This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns

² Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant Chi Square Test

* p<.05

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Table 39: Range in Number of Servings of High Calorie, Low Nutrient Foods Eaten/Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (soda/soft drink, sweets, high fat snacks) did you/your child eat/drink in this category?

	Servings of High Calorie, Low Nutrient Foods Reported, Percent of Children			
	0-1	2-3	4-5	6+
Total	17	38	28	18
Gender				
Males	15	38	26	22
Females	18	38	30	14
Ethnicity				
White	11	39	31	19
African American	18	31	27	24
Latino	18	40	25	17
Asian/Other	26	31	28	15
Income				
≤\$19,999	14	41	21	24
\$20,000 - \$49,999	16	40	26	18
≥\$50,000	18	36	30	17
Federal Poverty Level				
≤ 185%	16	40	26	18
> 185%	17	37	28	18
Food Stamps				
Yes	6	63	9	23
No	18	37	28	17
Overweight Status				
Not at Risk	17	38	26	19
At Risk/Overweight	17	39	28	16
Physical Activity				
≥60 minutes	14	36	27	23
<60 minutes	19	40	28	12
School Breakfast				
Yes	16	34	24	26
No	17	38	28	16
School Lunch				
Yes	18	38	27	17
No	14	38	28	20
Nutrition Lesson				
Yes	13	37	30	20
No	21	39	24	16
Exercise Lesson				
Yes	13	38	30	19
No	25	36	22	16

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

* p<.05

** p<.01

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Table 40: Drinking Soda and Sweetened Beverages¹ Associated with Milk Consumption among California Children (Diary Sample)

How many servings of soda/soft drinks did you/your child drink?
How many servings of milk did you/your child drink?

Soda Consumption	Percent	Servings of Milk Drunk by Children
		Mean
Any Servings of Soda		
Yes	53	1.9
No	47	2.1

¹ This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

A box around a group of numbers signifies that differences observed within this group are statistically significant.
ANOVA