

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 42: Source of Food Consumed During Weekday Meals/Snacks (Diary Sample)<sup>1</sup>**

Where did you get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food From Each Source by Meals and Snacks					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	82	43	83	80	78	93
School cafeteria	15	51	0	11	5	0
Day care provider or facility/friend's house	1	0	1	0	7	♦
Fast food restaurant or food court	1	2	9	0	1	2
Served by fast food at school	♦	1	0	0	1	0
Miscellaneous <sup>2</sup>	2	2	7	9	7	5

<sup>1</sup> Reports the responses based on the average over two days.

<sup>2</sup> Miscellaneous represents nine collapsed categories including school vending machine, convenience store, other type of restaurant, other, other family member's home, social event/party, concession stand/vending machine at sports event, other at school, and friend/trade with friend.

0% represents one-half of one percent or less.

♦ No one represented in cell.

Columns may add up to more than 100% due to multiple responses.

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 43: Frequency of Eating School Lunch Served by the Cafeteria During a Typical Week (Diary Sample)<sup>1</sup>**

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent of Children					
	None	Few Times a Month	1-2 Times/Week	3-4 Times/Week	5 Times/Week	
<b>Total</b>	<b>18</b>	<b>13</b>	<b>16</b>	<b>14</b>	<b>39</b>	
<b>Gender</b>						
Males	16	11	16	16	41	
Females	20	16	16	12	36	
<b>Ethnicity</b>						
White	20	19	20	12	30	***
African American	23	6	17	5	50	
Latino	11	11	14	16	47	
Asian/Other	27	12	13	19	30	
<b>Income</b>						
≤\$19,999	14	2	2	7	76	***
\$20,000 - \$49,999	13	13	11	14	49	
≥\$50,000	21	16	24	16	22	
<b>Federal Poverty Level</b>						
≤ 185%	12	6	6	10	67	***
> 185%	21	17	22	16	25	
<b>Food Stamps</b>						
Yes	5	4	4	7	81	***
No	18	14	17	15	36	
<b>Overweight Status</b>						
Not at Risk	17	15	20	15	33	**
At Risk/Overweight	17	12	10	14	47	
<b>Physical Activity</b>						
≥60 minutes	20	13	17	12	38	
<60 minutes	15	13	16	17	40	
<b>School Breakfast</b>						
Yes	1	4	6	10	80	***
No	21	15	19	15	30	
<b>School Lunch</b>						
Yes	1	4	15	21	59	***
No	42	27	18	4	9	
<b>Nutrition Lesson</b>						
Yes	16	14	18	17	34	**
No	19	12	14	10	45	
<b>Exercise Lesson</b>						
Yes	15	16	18	16	35	***
No	22	8	12	11	47	

<sup>1</sup> Excludes those reporting "no answer" and children attending home school. 0% represents one-half of one percent 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<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 44: Percentage of Children Who Reported that Their Schools Served Breakfast, Hot Lunch, and Snacks (Diary Sample)**

Does your school usually serve its students breakfast/hot lunches/after-school snacks?

	Percent of Children Reporting that Schools Served...		
	Breakfast	Hot Lunch <sup>1</sup>	After-School Snacks
<b>Total</b>	<b>64</b>	<b>94</b>	<b>20</b>
<b>Gender</b>			
Males	69 **	96 *	19
Females	58	92	22
<b>Ethnicity</b>			
White	57 ***	Insufficient sample size for analysis	16 **
African American	65		17
Latino	77		26
Asian/Other	41		11
<b>Income</b>			
≤\$19,999	89 ***	Insufficient sample size for analysis	27
\$20,000 - \$49,999	74		19
≥\$50,000	51		19
<b>Federal Poverty Level</b>			
≤ 185% FPL	83 ***	Insufficient sample size for analysis	21
> 185% FPL	55		19
<b>Food Stamps</b>			
Yes	97 ***	98	32
No	62	94	20
<b>Overweight Status</b>			
Not at Risk	59 **	93	17 **
At Risk/Overweight	70	96	26
<b>Physical Activity</b>			
≥60 minutes	63	92 **	21
<60 minutes	65	97	19
<b>School Breakfast</b>			
Yes	98 ***	93	26
No	57	95	19
<b>School Lunch</b>			
Yes	75 ***	98 ***	23 *
No	49	89	15
<b>Nutrition Lesson</b>			
Yes	59 **	96	19
No	70	92	21
<b>Exercise Lesson</b>			
Yes	60 **	96 **	20
No	73	90	19

<sup>1</sup> Due to the small number of cases reporting "no/not sure," the ability to have meaningful significance testing is limited. Use caution in interpretation.

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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2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 45: Children Reported Schools with Vending Machines, Fast Food Service, and Salad Bars (Phone Sample)**

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

Does your school have a soda vending machine that students can use?

Does your school cafeteria serve students fast food made by restaurants like McDonald's, Burger King, Taco Bell or Pizza Hut?

Does your school cafeteria have a salad bar?

	Percent of Children Reporting that Schools Have...			
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Vending Machines with Soda	School Cafeteria with Salad Bar
<b>Total</b>	<b>12</b>	<b>22</b>	<b>17</b>	<b>42</b>
<b>Gender</b>				
Males	15 *	24	19	41
Females	8	19	14	42
<b>Ethnicity</b>				
White	10	26	12	47
African American	11	20	20	50
Latino	11	19	18	35
Asian/Other	22	19	25	45
<b>Income</b>				
≤\$19,999	12	7 *	7 **	6 ***
\$20,000 - \$49,999	14	26	26	46
≥\$50,000	11	23	14	48
<b>Federal Poverty Level</b>				
≤ 185% FPL	17	18	15	24 ***
> 185% FPL	10	23	18	50
<b>Food Stamps</b>				
Yes	Insufficient sample size for analysis	29	6	30
No		22	17	42
<b>Overweight Status</b>				
Not at Risk	11	20	17	42
At Risk/Overweight	12	23	17	42
<b>Physical Activity</b>				
≥60 minutes	10	24	20	41
<60 minutes	15	19	13	42
<b>School Breakfast</b>				
Yes	15	20	20	42
No	11	22	17	41
<b>School Lunch</b>				
Yes	13	21	15	42
No	10	23	20	41
<b>Nutrition Lesson</b>				
Yes	11	21	19	40
No	14	23	15	44
<b>Exercise Lesson</b>				
Yes	12	21	18	41
No	13	22	15	42

Excludes those reporting "don't know."

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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2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 46: Frequency of Eating in a Fast Food Restaurant During the Past Week (Phone Sample)**

In the past week, about how many times did you eat a meal or snack from a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC, Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children		
	0	1	2+
<b>Total</b>	<b>24</b>	<b>38</b>	<b>38</b>
<b>Gender</b>			
Males	26	33	41
Females	22	43	35
<b>Ethnicity</b>			
White	23	36	41
African American	38	46	15
Latino	22	38	40
Asian/Other	24	36	40
<b>Income</b>			
≤\$19,999	21	25	54
\$20,000 - \$49,999	28	39	33
≥\$50,000	22	40	38
<b>Federal Poverty Level</b>			
≤ 185%	24	38	39
> 185%	24	38	38
<b>Food Stamps</b>			
Yes	23	4	73
No	25	40	35
<b>Overweight Status</b>			
Not at Risk	26	38	36
At Risk/Overweight	21	39	40
<b>Physical Activity</b>			
≥60 minutes	28	30	43
<60 minutes	20	47	33
<b>School Breakfast</b>			
Yes	16	30	54
No	26	39	36
<b>School Lunch</b>			
Yes	20	33	48
No	30	44	27
<b>Nutrition Lesson</b>			
Yes	22	36	41
No	27	40	33
<b>Exercise Lesson</b>			
Yes	22	38	40
No	28	37	34

Excludes those reporting "don't know."

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

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Chi Square

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 47: Effect of School Breakfast, School Lunch, and Fast Food on Average Servings of Food Types on a Typical Weekday (Diary Sample)**

	Percent	Reported Mean Servings				
		Fruits and Vegetables	Protein	Fluid Milk	Cheese	High Fiber Foods <sup>1</sup>
<b>Fast Food<sup>2</sup></b>						
Yes	23	3.1	2.6	1.8	1.1 ***	0.5 **
No	77	3.2	2.4	2.1	0.8	0.7
<b>School Lunch</b>						
Yes	59	3.3 *	2.5	2.3 ***	1.0 *	0.6 *
No	41	3.0	2.4	1.5	0.8	0.7
<b>School Breakfast</b>						
Yes	17	4.0 ***	2.9 ***	2.5 ***	1.2 ***	0.7
No	83	3.0	2.4	1.9	0.8	0.6

  

	Percent	Reported Mean Servings		
		Soda and Sweetened Beverages	Sweets	High-Fat Snacks
<b>Fast Food<sup>2</sup></b>				
Yes	23	1.6 ***	2.0	1.4 ***
No	77	0.9	1.9	0.8
<b>School Lunch</b>				
Yes	59	1.0	1.8 **	0.9
No	41	1.0	2.1	0.9
<b>School Breakfast</b>				
Yes	17	1.3 **	1.9	1.0
No	83	1.0	1.9	0.9

<sup>1</sup> High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

<sup>2</sup> Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 48: Effect of School Breakfast, School Lunch, and Fast Food on Eating Recommended Foods on a Typical Weekday (Diary Sample)**

	Children Who Ate, Percent							
	Percent	5+ Servings of Fruits and Vegetables	3+ Servings of Milk Products	2+ Servings of Protein	Any High Fiber Foods <sup>1</sup>	Ate Recommended Cups of Fruit <sup>2</sup>	Ate Recommended Cups of Veggies <sup>2</sup>	Ate Recommended Cups of Fruits and Veggies <sup>2</sup>
<b>Fast Food<sup>3</sup></b>								
Yes	23	18	55 *	77	23 **	26	14	7
No	77	21	65	74	36	29	13	6
<b>School Lunch</b>								
Yes	59	22	72 ***	76	32	29	14	6
No	41	17	49	73	34	27	12	6
<b>School Breakfast</b>								
Yes	17	32 **	74 **	80	37	48 ***	16	8
No	83	18	60	73	32	24	13	6

	Children Who Ate, Percent			
	Percent	Any Soda and Sweetened Beverages	Any Sweets	Any High-Fat Snacks
<b>Fast Food<sup>3</sup></b>				
Yes	23	68 ***	85	68 ***
No	77	48	81	46
<b>School Lunch</b>				
Yes	59	52	78 **	49
No	41	53	88	56
<b>School Breakfast</b>				
Yes	17	63 *	83	45
No	83	50	82	53

<sup>1</sup> High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

<sup>2</sup> Based on the 2005 *Dietary Guidelines for Americans*; Recommendations vary by age, gender, and level of physical activity.

<sup>3</sup> Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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