

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 18: Breakdown of the Milk Products Reported by California Children
(Diary Sample)**

Milk Products	Mean Servings
Total	3.4
Milk ¹	1.9
Cheese	1.0
Dairy Desserts ²	0.3
Yogurt	0.2

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 19: Total Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did you/your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk	Cheese
Total	3.4	1.9	1.0
Gender			
Males	3.7 ***	2.1 ***	1.1 ***
Females	3.1	1.7	0.9
Ethnicity			
White	3.4	1.9	0.9
African American	3.1	1.7	0.9
Latino	3.4	1.9	1.0
Asian/Other	3.5	2.0	1.0
Food Stamp/FPL			
Food Stamp Participant	3.9 ^b ***	2.4 ^c ***	1.0 ^{ab} **
No FS/ ≤130% FPL	3.8 ^b	2.1 ^{bc}	1.3 ^b
No FS/ >130%-≤185% FPL	3.3 ^{ab}	1.8 ^{ab}	1.0 ^{ab}
No FS/ >185% FPL	3.2 ^a	1.8 ^a	0.9 ^a
Overweight Status			
Not at Risk	3.2 **	1.8	0.9 **
At Risk/Overweight	3.6	2.0	1.1
Physical Activity			
≥60 minutes	3.7 ***	2.1 **	1.0
<60 minutes	3.2	1.8	0.9
School Breakfast			
Yes	4.2 ***	2.5 ***	1.1
No	3.2	1.8	0.9
School Lunch			
Yes	3.6 ***	2.2 ***	1.0
No	3.0	1.5	0.9
Nutrition Lesson			
Yes	3.5	1.9	1.0
No	3.3	1.9	1.0
Exercise Lesson			
Yes	3.5	1.9	1.0
No	3.3	1.9	0.9

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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<.01

*** p<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 20: Range in Number of Servings of Dairy Desserts¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of sweets did you/your child eat?

	Servings of Dairy Desserts Reported, Percent of Children	
	0 ²	0.5+
Total	61	39
Gender		
Males	58	42
Females	63	37
Ethnicity		
White	55	45
African American	69	31
Latino	65	35
Asian/Other	56	44
Food Stamp/FPL		
Food Stamp Participant	71	29
No FS/ ≤130% FPL	62	38
No FS/ >130%-≤185% FPL	53	47
No FS/ >185% FPL	59	41
Overweight Status		
Not at Risk	60	40
At Risk/Overweight	62	38
Physical Activity		
≥60 minutes	61	39
<60 minutes	60	40
School Breakfast		
Yes	67	33
No	59	41
School Lunch		
Yes	63	37
No	56	44
Nutrition Lesson		
Yes	57	43
No	64	36
Exercise Lesson		
Yes	56	44
No	69	31

¹ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

² Categorized as having less than 0.5 servings.

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<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 21: Range in Number of Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did you/your child eat/drink?

	Servings of Milk Products Reported, Percent of Children			
	0-1	2	3+	
Total	13	26	60	
Gender				
Males	12	21	67	**
Females	14	32	54	
Ethnicity				
White	12	28	59	*
African American	23	37	40	
Latino	14	22	64	
Asian/Other	6	32	62	
Food Stamp/FPL				
Food Stamp Participant	6	19	75	**
No FS/ ≤130% FPL	5	27	67	
No FS/ >130%-≤185% FPL	17	18	64	
No FS/ >185% FPL	15	30	55	
Overweight Status				
Not at Risk	14	30	55	*
At Risk/Overweight	11	23	66	
Physical Activity				
≥60 minutes	12	23	65	*
<60 minutes	15	29	56	
School Breakfast				
Yes	6	20	74	***
No	15	28	57	
School Lunch				
Yes	10	22	68	***
No	18	35	47	
Nutrition Lesson				
Yes	13	27	60	
No	13	26	61	
Exercise Lesson				
Yes	12	27	61	
No	15	25	60	

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 22: Range in the Number of Servings of Milk¹ Drank by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

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

	Servings of Milk Reported, Percent of Children		
	0 ²	1-2	3+
Total	16	62	22
Gender			
Males	12	63	25
Females	21	61	18
Ethnicity			
White	19	58	24
African American	23	74	3
Latino	14	65	21
Asian/Other	13	59	29
Food Stamp/FPL			
Food Stamp Participant	6	67	27
No FS/ ≤130% FPL	9	69	23
No FS/ >130%-≤185% FPL	13	70	16
No FS/ >185% FPL	20	60	21
Overweight Status			
Not at Risk	18	61	21
At Risk/Overweight	12	66	21
Physical Activity			
≥60 minutes	17	54	29
<60 minutes	16	69	16
School Breakfast			
Yes	5	64	31
No	19	61	19
School Lunch			
Yes	9	64	26
No	29	58	13
Nutrition Lesson			
Yes	18	58	23
No	14	66	20
Exercise Lesson			
Yes	17	61	22
No	15	63	21

¹ This includes milk and milkshakes.

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 23: Type of Milk Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

What types of milk did you/your child drink?

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent of Children				Out of All Children, Percent who Drank Low Fat Milk ³
	Nonfat	1%	2%	Whole	
Total	10	17	44	29	25
Gender					
Males	11	14	44	31	23
Females	10	20	43	27	26
Ethnicity					
White	15	23	43	19	30
African American	0	14	45	42	14
Latino	8	15	41	36	22
Asian/Other	9	9	57	26	21
Food Stamp/FPL					
Food Stamp Participant	2	10	41	47	15
No FS/ ≤130% FPL	7	18	40	36	23
No FS/ >130%-≤185% FPL	3	9	50	39	13
No FS/ >185% FPL	14	21	43	21	29
Overweight Status					
Not at Risk	11	19	43	27	26
At Risk/Overweight	8	15	46	31	21
Physical Activity					
≥60 minutes	11	18	42	29	24
<60 minutes	10	17	45	29	25
School Breakfast					
Yes	4	11	45	40	17
No	12	19	43	26	26
School Lunch					
Yes	6	13	47	33	22
No	18	25	37	20	30
Nutrition Lesson					
Yes	11	18	45	26	25
No	10	17	42	32	25
Exercise Lesson					
Yes	12	17	45	25	24
No	8	17	40	36	25

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting more than 0.5 servings of nonfat and/or 1 percent milk only.

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 24: Belief About the Number of Servings of Milk Needed for Good Health (Phone Sample)

About how many glasses or servings of milk do you think you should drink each day for good health?

	Servings of Milk Believed Needed, Percent of Children	
	0-2	3+
Total	36	64
Gender		
Males	37	63
Females	34	66
Ethnicity		
White	34	66
African American	26	74
Latino	36	64
Asian/Other	46	54
Food Stamp/FPL		
Food Stamp Participant	35	65
No FS/ ≤130% FPL	37	63
No FS/ >130%-≤185% FPL	48	52
No FS/ >185% FPL	34	66
Overweight Status		
Not at Risk	35	65
At Risk/Overweight	35	65
Physical Activity		
≥60 minutes	35	65
<60 minutes	36	64
School Breakfast		
Yes	42	58
No	34	66
School Lunch		
Yes	36	64
No	36	64
Nutrition Lesson		
Yes	32	68
No	40	60
Exercise Lesson		
Yes	35	65
No	37	63

Excludes those reporting "don't know."

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

2005 California Children's Healthy Eating and Exercise Practices Survey

Table 25: Glasses of Milk Believed to Be Needed Compared with Actual Milk Consumption (Phone Sample)

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

About how many glasses or servings of milk do you think you should drink each day for good health?

Milk Belief²	Percent	Servings of Milk¹ Drunk by Children, Percent		
		0-1	2	3+
Servings believed to be needed				
0-1	7	61	29	10
2	28	58	23	19
3+	64	48	35	17

¹ Excludes those reporting "milkshake."

² Excludes those reporting "don't know."

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