

2003 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	3.5
Milk ¹	2.0
Cheese	0.9
Dairy Desserts ²	0.4
Yogurt	0.2

¹ This includes milk and milkshakes.

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

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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	3.5	2.0	0.9
Gender			
Males	3.7 ***	2.2 ***	0.9
Females	3.2	1.8	0.9
Ethnicity			
White	3.5	2.0	0.9
African American	3.5	1.7	1.0
Latino	3.5	2.0	1.0
Asian/Other	3.5	2.1	0.8
Income			
≤\$19,999	4.3 ^b ***	2.5 ^b **	1.1
\$20,000 - \$49,999	3.5 ^a	2.0 ^a	0.9
≥\$50,000	3.3 ^a	1.9 ^a	0.9
Federal Poverty Level			
≤ 185%	3.9 ***	2.3 ***	1.0
> 185%	3.3	1.9	0.9
Food Stamps			
Yes	4.7 ***	2.5 *	1.6 ***
No	3.4	2.0	0.9
Overweight Status			
Not at Risk	3.4	2.0	0.9
At Risk/Overweight	3.6	2.1	0.9
Physical Activity			
≥60 minutes	3.8 ***	2.1 **	1.0 **
<60 minutes	3.2	1.9	0.8
School Breakfast			
Yes	4.3 ***	2.5 ***	1.2 ***
No	3.3	1.9	0.8
School Lunch			
Yes	3.8 ***	2.3 ***	1.0 *
No	3.0	1.5	0.8
Nutrition Lesson			
Yes	3.6 *	2.1	0.9
No	3.3	1.9	0.8
Exercise Lesson			
Yes	3.7 **	2.1 *	1.0 *
No	3.1	1.8	0.8

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<.05

** p<.01

*** p<.001

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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	58	42
Gender		
Males	56	44
Females	61	39
Ethnicity		
White	55	45
African American	51	49
Latino	64	36
Asian/Other	55	45
Income		
≤\$19,999	50	50
\$20,000 - \$49,999	62	38
≥\$50,000	58	42
Federal Poverty Level		
≤ 185%	55	45
> 185%	60	40
Food Stamps		
Yes	61	39
No	58	42
Overweight Status		
Not at Risk	61	39
At Risk/Overweight	54	46
Physical Activity		
≥60 minutes	54	46
<60 minutes	63	37
School Breakfast		
Yes	59	41
No	58	42
School Lunch		
Yes	62	38
No	53	47
Nutrition Lesson		
Yes	56	44
No	61	39
Exercise Lesson		
Yes	56	44
No	62	38

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

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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	15	22	63
Gender			
Males	13	17	69
Females	17	28	55
Ethnicity			
White	10	26	63
African American	8	22	70
Latino	15	21	64
Asian/Other	30	16	53
Income			
≤\$19,999	9	24	67
\$20,000 - \$49,999	16	22	62
≥\$50,000	16	22	62
Federal Poverty Level			
≤ 185%	11	23	66
> 185%	17	22	61
Food Stamps			
Yes	5	24	70
No	16	22	62
Overweight Status			
Not at Risk	16	22	62
At Risk/Overweight	14	24	62
Physical Activity			
≥60 minutes	14	18	68
<60 minutes	16	28	56
School Breakfast			
Yes	10	16	74
No	16	24	60
School Lunch			
Yes	11	17	72
No	21	29	49
Nutrition Lesson			
Yes	14	18	68
No	17	28	56
Exercise Lesson			
Yes	13	21	66
No	20	24	56

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

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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	60	24
Gender			
Males	12	59	30
Females	20	61	18
Ethnicity			
White	14	58	27
African American	24	63	14
Latino	13	64	23
Asian/Other	23	51	26
Income			
≤\$19,999	12	53	35
\$20,000 - \$49,999	16	61	23
≥\$50,000	16	61	23
Federal Poverty Level			
≤ 185%	12	58	30
> 185%	17	61	22
Food Stamps			
Yes	10	57	33
No	16	60	24
Overweight Status			
Not at Risk	20	56	24
At Risk/Overweight	9	65	26
Physical Activity			
≥60 minutes	17	55	28
<60 minutes	15	65	20
School Breakfast			
Yes	7	57	35
No	17	61	22
School Lunch			
Yes	8	62	31
No	27	57	16
Nutrition Lesson			
Yes	15	58	27
No	17	62	21
Exercise Lesson			
Yes	14	60	26
No	20	59	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

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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	12	15	50	23	25
Gender					
Males	9	17	52	22	25
Females	16	13	47	24	26
Ethnicity					
White	18	18	48	17	33
African American	4	9	28	59	14
Latino	5	15	57	23	18
Asian/Other	27	11	42	20	30
Income					
≤\$19,999	1	14	57	27	17
\$20,000 - \$49,999	12	14	49	26	23
≥\$50,000	16	16	48	20	28
Federal Poverty Level					
≤ 185%	4	15	53	28	18
> 185%	16	15	48	21	29
Food Stamps					
Yes	5	19	53	24	20
No	13	15	50	23	25
Overweight Status					
Not at Risk	12	14	50	24	22
At Risk/Overweight	13	15	51	21	27
Physical Activity					
≥60 minutes	11	16	52	21	24
<60 minutes	14	14	47	25	26
School Breakfast					
Yes	1	7	63	29	14
No	15	17	47	22	27
School Lunch					
Yes	7	14	54	25	24
No	20	17	43	19	26
Nutrition Lesson					
Yes	13	18	43	26	28
No	11	11	58	19	22
Exercise Lesson					
Yes	13	16	49	22	27
No	12	12	51	26	21

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

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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	38	62
Gender		
Males	38	62
Females	39	61
Ethnicity		
White	35	65
African American	56	44
Latino	35	65
Asian/Other	47	53
Income		
≤\$19,999	58	42
\$20,000 - \$49,999	39	61
≥\$50,000	33	67
Federal Poverty Level		
≤ 185%	46	54
> 185%	35	65
Food Stamps		
Yes	85	15
No	36	64
Overweight Status		
Not at Risk	36	64
At Risk/Overweight	41	59
Physical Activity		
≥60 minutes	42	58
<60 minutes	33	67
School Breakfast		
Yes	49	51
No	36	64
School Lunch		
Yes	40	60
No	36	64
Nutrition Lesson		
Yes	37	63
No	41	59
Exercise Lesson		
Yes	37	63
No	42	58

Excludes those reporting "don't know."

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 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	51	15	34
2	31	51	32	18
3+	62	53	23	24

¹ Excludes those reporting "milkshake."

² Excludes those reporting "don't know."

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