

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 1: Source of Food Consumed During Weekday Meals and Snacks (Diary Sample)¹

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	81	44	85	73	78	92
School cafeteria	16	52	0	16	6	w
Day care provider or facility/friend's house	1	0	0	1	8	1
Fast food restaurant or food court	1	1	8	2	2	2
Served by fast food at school	0	1	0	0	0	w
Miscellaneous ²	1	2	6	8	7	6

¹ Reports the responses based on the average over two days.

² 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.

w No one represented.

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

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Table PP! 2: Who Most Often Makes Children's Meals and Snacks (Phone Sample)

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Who Makes Children's Meals and Snacks?				
	Mom/Dad/ Adult	Child Alone	Child and Adult	Child with Child	School
Meal Times					
Breakfast	51	33	5	0	11
Lunch	44	7	4	0	45
Dinner	92	1	5	0	1
Snack Times					
After-School Snack	36	54	5	0	5
Evening Snack	54	38	4	0	4

Excludes those reporting "other," "don't eat," and "don't know."

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

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

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Table PP! 3: Proportion of Children Who Reported Eating 1 or More Servings of Fruits and Vegetables by Meal Times and for Snacks (Diary Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

Meal Times	Percent of Children Eating 1 or More Servings of...			
	Fruits and Juices	Vegetables and Salads	Fruits and Vegetables	Fruits and Vegetables ¹
Breakfast	26	1	27	26
Lunch	38	20	58	54
Dinner	16	50	64	58
Snacks	16	4	21	20

¹ Excludes fried vegetables, which primarily consisted of fried potatoes.

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

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Table PP! 4: Proportion of Children Who Reported Eating Fruits and Vegetables¹ at Meal and Snack Times by Who Prepares the Meal or Snack (Phone Sample)

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

Meal Times	Children Eating 1 or More Servings of Fruits or Vegetables at Meals, Percent		
	Mom/Dad/Adult Makes Meal	Child Alone or with Child Makes Meal	School Makes Meal
Breakfast	29	12	54
Lunch	55	68	60
Dinner	61	80	N/A

Snack Times	Children Eating 1 or More Servings of Fruits or Vegetables at Snacks, Percent	
	Mom/Dad/Adult Makes Snack	Child Alone or with Child Makes Snack
Morning Snack	N/A	N/A
After-School Snack	11	9
Evening Snack	3	9

*

¹ Excludes fried vegetables, which primarily consisted of fried potatoes.

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

Chi Square Test

* p<.05

*** p<.001

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Table PP! 5: Percentage of California Children Reporting Awareness of the Campaign's Television Spots (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the Campaign's Television Spots, Percent of Children
Total	21
Gender	
Males	27 **
Females	14
Ethnicity	
White	16 *
African American	29
Latino	28
Asian/Other	13
Income	
≤\$19,999	26
\$20,000 - \$49,999	24
≥\$50,000	17
Federal Poverty Level	
≤ 185%	26
> 185%	18
Food Stamps	
Yes	15
No	22
Overweight Status	
Not at Risk	18 *
At Risk/Overweight	28
Physical Activity	
≥60 minutes	20
<60 minutes	22
School Breakfast	
Yes	16
No	22
School Lunch	
Yes	25 *
No	15
Nutrition Lesson	
Yes	18
No	24
Exercise Lesson	
Yes	18
No	26

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Chi Square Test

* p<.05

** p<.01

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Table PP! 5a: Percentage of California Children Reporting Awareness of the Campaign Other Than Television Spots (Phone Sample)

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the Campaign Other than Television Spots, Percent of Children
Total	14
Gender	
Males	16
Females	13
Ethnicity	
White	11
African American	21
Latino	18
Asian/Other	13
Income	
≤\$19,999	17
\$20,000 - \$49,999	14
≥\$50,000	14
Federal Poverty Level	
≤ 185%	16
> 185%	14
Food Stamps	
Yes	26 *
No	12
Overweight Status	
Not at Risk	14
At Risk/Overweight	14
Physical Activity	
≥60 minutes	14
<60 minutes	15
School Breakfast	
Yes	31 ***
No	12
School Lunch	
Yes	15
No	13
Nutrition Lesson	
Yes	15
No	13
Exercise Lesson	
Yes	15
No	12

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

Chi Square Test

* p<.05

*** p<.001

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Table PP! 5b: Percentage of California Children Reporting Awareness of the Campaign (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?
 Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the Campaign, Percent of Children
Total	30
Gender	
Males	37 **
Females	24
Ethnicity	
White	24 *
African American	29
Latino	40
Asian/Other	25
Income	
≤\$19,999	38
\$20,000 - \$49,999	31
≥\$50,000	29
Federal Poverty Level	
≤ 185%	37 *
> 185%	27
Food Stamps	
Yes	43
No	29
Overweight Status	
Not at Risk	28
At Risk/Overweight	38
Physical Activity	
≥60 minutes	28
<60 minutes	33
School Breakfast	
Yes	43 *
No	28
School Lunch	
Yes	34
No	25
Nutrition Lesson	
Yes	31
No	30
Exercise Lesson	
Yes	31
No	30

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Chi Square Test

* p<.05

** p<.01

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Table PP! 6: California Children Reporting Awareness of the *Campaign's* Television Spots¹ Associated with Fruit and Vegetable Intake (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called *5 a Day-Power Play!*?

How many servings of each (Fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

	Aware of the <i>Campaign's</i> Television Spots, Percent	
	Yes	No
2 or More Servings of Fruits and Juices		
Yes	52	41
No	48	59
3 or More Servings of Vegetables and Salads		
Yes	17	10
No	83	90
Both 2 or More Servings of Fruits/Juices and 3 or More Servings of Vegetables/Salads		
Yes	10	6
No	90	94
5 or More Servings of Any Fruits and Vegetables		
Yes	18	16
No	82	84

	Aware of the <i>Campaign's</i> Television Spots, Mean	
	Yes	No
Servings of Fruits and Vegetables	3.2	2.8
Servings of Fruits and Juices	1.9	1.6
Servings of Vegetables and Salads	1.3	1.2
Servings of Fruits	1.2	1.1
Servings of Juices	0.7	0.5
Servings of Vegetables	1.1	1.0
Servings of Salads	0.2	0.2

¹ Not aware includes those reporting "no" and "don't know."

Column percents 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

ANOVA

* p<.05

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the Campaign's Television Spots¹ (Phone Sample) - 2007 CORRECTED TABLE²

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ³	1-2	3-4	5+
Total	Percent	8	41	35	16
Aware of the Campaign's Television Spots					
Yes	21	14	33	45	8 **
No	79	6	43	32	18

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

² Not aware includes those reporting "no" and "don't know."

³ Categorized as having 0.5 servings or less.

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

Chi Square Test

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7a: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the Campaign¹ (Phone Sample) - 2007 CORRECTED TABLE²

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ³	1-2	3-4	5+
Total	Percent	8	41	35	16
Aware of the Campaign					
Yes	30	11	32	40	18
No	70	7	44	33	16

¹ This table was corrected to address a coding error found in the categorization of servings. The error artificially inflated the higher serving categories. For example, when categorizing <5 vs. 5+ servings of fruits and vegetables consumed, the measure placed more children into the 5+ servings category (i.e., those with a mean consumption of 4.5+ versus those with a mean consumption of 4.4999+ over the two survey days). This may appear to be small but because a usual serving size is 1 serving when averaged over two days many children have mean servings ending in (.5).

² Not aware includes those reporting "no" and "don't know."

³ Categorized as having 0.5 servings or less.

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

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Table PP! 8: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign's* Television Spots¹ (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children		
		0-2	3-4	5+
Total	Percent	18	41	41
Aware of the <i>Campaign's</i> Television Spots				
Yes	21	13	36	51
No	79	19	42	39

¹ Not aware includes those reporting "no" and "don't know."

² Excludes those reporting "don't know."

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

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 8a: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the Campaign¹ (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children		
		0-2	3-4	5+
Total	Percent	18	41	41
Aware of the Campaign				
Yes	30	11	39	50
No	70	21	42	37

¹ Not aware includes those reporting "no" and "don't know."

² Excludes those reporting "don't know."

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

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Chi Square Test

* p < .05

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 10: California Children Reporting Awareness of the *Campaign's* Television Spots¹ Associated with Food Preference, Behavioral Capacity, Reinforcement, and Social Norms (Phone Sample)

Do you recall seeing or hearing any commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the <i>Campaign's</i> Television Spots, Percent	
	Yes	No
<u>Food Preference</u>		
Want Fruit for Afternoon Snack		
Agree	93	82
Disagree	7	18
<u>Behavioral Capacity</u>		
Help Fix Fruits, Vegetables, or Salads for Dinner		
Agree	76	62
Disagree	24	38
Worked in a School Garden to Grow Fruits and Vegetables		
Yes	35	20
No	65	80
<u>Reinforcement</u>		
Rewarded at School for Completing Activities About Nutrition		
Agree	55	41
Disagree	45	59
<u>Social Norms</u>		
Cafeteria Workers Want You to Eat Fruits and Vegetables		
Agree	90	81
Disagree	10	19

¹ Not aware includes those reporting "no" and "don't know."

Only statistically significant findings reported.

Column percents may not add up to 100% due to rounding.

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Chi Square Test

* p < .05

** p < .01

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Table PP! 11: California Children Reporting Awareness of the Campaign's Television Spots¹ Associated with Physical and Sedentary Activities² (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day Power Play!*?

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?

Number of minutes your child spent doing each exercise or activity.

How vigorously did your child participate in this exercise or activity?

How many minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Aware of the Campaign's Television Spots, Mean	
	Yes	No
Minutes Exercised by Intensity		
Light Exercise	15	14
Moderate Exercise	24	32
Vigorous Exercise	45	40
Total Minutes Exercised	84	88
Minutes Watched Television and Played Video Games	78	70
	Aware of the Campaign's Television Spots, Percent	
	Yes	No
Sedentary Activity		
≤ 2 Hours	85	84
> 2 Hours	15	16
Total Minutes Exercised		
<30 Minutes	6	10
30-59 Minutes	26	21
60+ Minutes	68	68

¹ Not aware includes those reporting "no" and "don't know."

² This includes time spent watching television/videos and playing video/computer games for fun.

Column percents 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 ANOVA

Chi Square Test

* p < .05