

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score¹ Among California Children
(Diary Sample) - 2008 CORRECTED TABLE²**

	Average California Daily Food Guide Healthy Eating Practices Score
Total	2.6
Gender	
Males	2.6
Females	2.6
Ethnicity	
White	2.5 ^a *
African American	2.9 ^a
Latino	2.7 ^a
Asian/Other	2.4 ^a
Income	
≤\$19,999	2.6
\$20,000 - \$49,999	2.8
≥\$50,000	2.5
Federal Poverty Level	
≤ 185%	2.7
> 185%	2.6
Food Stamps	
Yes	3.1 *
No	2.6
Overweight Status	
Not at Risk	2.5
At Risk/Overweight	2.7
Physical Activity	
≥60 minutes	2.6
<60 minutes	2.6
School Breakfast	
Yes	2.9 *
No	2.6
School Lunch	
Yes	2.7
No	2.5
Nutrition Lesson	
Yes	2.6
No	2.6
Exercise Lesson	
Yes	2.7
No	2.5

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

² This table was corrected to address an error found in the programming of multiple milk products. It affected two of the seven points available. The error reduced the proportion of children obtaining points for consuming milk products. For example, the incorrect coding included children with > 0.5 servings of any of the individual milk products (milk, cheese, or yogurt OR 1% or nonfat milk), rather than taking those with > 0.5 servings of the combined milk products. The corrected coding adds together the milk products before testing for > 0.5 servings.

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

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Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

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

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	3.2	1.8	1.4
Gender			
Males	3.2	1.8	1.4
Females	3.2	1.8	1.4
Ethnicity			
White	2.8 ^a **	1.6 ^a ***	1.2
African American	4.0 ^c	2.5 ^c	1.4
Latino	3.3 ^{abc}	1.8 ^{ab}	1.5
Asian/Other	3.5 ^{bc}	2.2 ^{bc}	1.3
Income			
≤\$19,999	4.1 ^c ***	2.6 ^c ***	1.5
\$20,000 - \$49,999	3.4 ^b	1.9 ^b	1.4
≥\$50,000	2.9 ^a	1.6 ^a	1.3
Federal Poverty Level			
≤ 185%	3.6 **	2.1 **	1.4
> 185%	3.0	1.7	1.3
Food Stamps			
Yes	4.3 **	2.6 **	1.7 *
No	3.1	1.8	1.3
Overweight Status			
Not at Risk	3.0 ***	1.7 **	1.3 *
At Risk/Overweight	3.6	2.1	1.5
Physical Activity			
≥60 minutes	3.3	1.9	1.4
<60 minutes	3.1	1.7	1.3
School Breakfast			
Yes	4.0 ***	2.5 ***	1.5
No	3.0	1.7	1.3
School Lunch			
Yes	3.3 *	1.9	1.4
No	3.0	1.7	1.3
Nutrition Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.9	1.3
Exercise Lesson			
Yes	3.2	1.8	1.4
No	3.2	1.8	1.3

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 3: Breakdown of the Fruits and Vegetables Reported by California Children

Fruits and Vegetables	Mean Servings
Total	3.2
Fruits	1.2
Juices	0.6
Vegetables	1.1
Salads	0.3
Green salads ¹	0.3
All potatoes	0.3
All fried vegetables ²	0.2
Fried potatoes only	0.2

¹ This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

² Includes fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

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

	Reported Mean Servings		
	Fruits	Juices	Vegetables
Total	1.2	0.6	1.1
Gender			
Males	1.3	0.6	1.1
Females	1.2	0.7	1.1
Ethnicity			
White	1.1 ^a **	0.4 ^a ***	1.0 ^a *
African American	1.5 ^{ab}	1.0 ^c	1.1 ^a
Latino	1.1 ^a	0.7 ^{bc}	1.2 ^a
Asian/Other	1.6 ^b	0.6 ^{ab}	1.0 ^a
Income			
≤\$19,999	1.5	1.1 ^c ***	1.1
\$20,000 - \$49,999	1.2	0.7 ^b	1.2
≥\$50,000	1.1	0.5 ^a	1.0
Federal Poverty Level			
≤ 185%	1.3	0.8 ***	1.2
> 185%	1.2	0.5	1.0
Food Stamps			
Yes	1.2	1.4 ***	1.4 *
No	1.2	0.6	1.1
Overweight Status			
Not at Risk	1.1 **	0.6	1.0 **
At Risk/Overweight	1.4	0.6	1.2
Physical Activity			
≥60 minutes	1.3	0.7	1.1
<60 minutes	1.2	0.6	1.1
School Breakfast			
Yes	1.5 *	1.0 ***	1.2
No	1.2	0.5	1.1
School Lunch			
Yes	1.3	0.7	1.1
No	1.1	0.5	1.0
Nutrition Lesson			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0
Exercise Lesson			
Yes	1.2	0.6	1.1
No	1.2	0.7	1.0

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 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

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

	Servings of Salads, Percent	
	0 ¹	1+
Total	86	14
Gender		
Males	88	12
Females	84	16
Ethnicity		
White	85	15
African American	77	23
Latino	88	12
Asian/Other	88	12
Income		
≤\$19,999	87	13
\$20,000 - \$49,999	87	13
≥\$50,000	85	15
Federal Poverty Level		
≤ 185%	87	13
> 185%	86	14
Food Stamps		
Yes	82	18
No	86	14
Overweight Status		
Not at Risk	86	14
At Risk/Overweight	86	14
Physical Activity		
≥60 minutes	88	12
<60 minutes	84	16
School Breakfast		
Yes	84	16
No	87	13
School Lunch		
Yes	86	14
No	86	14
Nutrition Lesson		
Yes	89	11
No	83	17
Exercise Lesson		
Yes	87	13
No	84	16

¹ Categorized as having 0.5 servings or less.

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 6: Range in Number of Servings of Fried Potatoes¹ Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

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

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	89	11
Gender		
Males	89	11
Females	90	10
Ethnicity		
White	90	10
African American	84	16
Latino	87	13
Asian/Other	96	4
Income		
≤\$19,999	88	12
\$20,000 - \$49,999	90	10
≥\$50,000	89	11
Federal Poverty Level		
≤ 185%	90	10
> 185%	89	11
Food Stamps		
Yes	79	21
No	90	10
Overweight Status		
Not at Risk	91	9
At Risk/Overweight	86	14
Physical Activity		
≥60 minutes	91	9
<60 minutes	88	12
School Breakfast		
Yes	84	16
No	90	10
School Lunch		
Yes	87	13
No	93	7
Nutrition Lesson		
Yes	89	11
No	90	10
Exercise Lesson		
Yes	88	12
No	92	8

¹ This includes french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

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 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample) - 2007 CORRECTED TABLE¹

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

	Servings of Fruits and Vegetables, Percent			
	0 ²	1-2	3-4	5+
Total	8	36	36	20
Gender				
Males	7	35	38	20
Females	8	38	34	20
Ethnicity				
White	6	47	32	15
African American	7	27	34	32
Latino	10	27	41	22
Asian/Other	3	45	32	20
Income				
≤\$19,999	8	14	50	28
\$20,000 - \$49,999	8	32	36	24
≥\$50,000	7	45	33	15
Federal Poverty Level				
≤ 185%	10	25	38	28
> 185%	6	42	35	16
Food Stamps				
Yes	Insufficient Sample Size for Analysis			
No	Insufficient Sample Size for Analysis			
Overweight Status				
Not at Risk	8	41	34	17
At Risk/Overweight	6	30	39	25
Physical Activity				
≥60 minutes	8	34	36	22
<60 minutes	7	40	36	18
School Breakfast				
Yes	4	22	42	32
No	8	40	35	17
School Lunch				
Yes	8	34	36	22
No	8	40	36	16
Nutrition Lesson				
Yes	9	38	34	20
No	6	35	38	20
Exercise Lesson				
Yes	10	35	35	20
No	3	39	38	20

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 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<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations
(Diary Sample) - 2007 CORRECTED TABLE¹**

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

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	46	12	6	20
Gender				
Males	46	13	6	20
Females	46	10	6	20
Ethnicity				
White	39*	9	Insufficient Sample Size for Analysis	15
African American	52	14		32
Latino	51	15		22
Asian/Other	47	9		19
Income				
≤\$19,999	64**	11	8	28**
\$20,000 - \$49,999	48	13	5	24
≥\$50,000	40	11	6	15
Federal Poverty Level				
≤ 185%	53*	13	6	28**
> 185%	43	11	6	16
Food Stamps				
Yes	74**	17	Insufficient Sample Size for Analysis	50***
No	44	12		19
Overweight Status				
Not at Risk	42*	11	5	17*
At Risk/Overweight	52	14	8	25
Physical Activity				
≥60 minutes	48	16***	8**	22
<60 minutes	43	7	3	18
School Breakfast				
Yes	62***	16	13**	32**
No	43	11	4	17
School Lunch				
Yes	47	13	6	22
No	45	10	5	17
Nutrition Lesson				
Yes	44	12	7	20
No	49	11	5	20
Exercise Lesson				
Yes	45	13	7	20
No	49	9	4	20

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).

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 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

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

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Orange Juice	Apples	Orange Juice	Apples	Orange Juice	Orange Juice	Bananas
2nd	Apples	Orange Juice	Apples	Orange Juice	Fruit Juices	Apples	Apples
3rd	Bananas	Bananas	Bananas	Bananas	Oranges	Apple Juice	Strawberries
4th	Apple Juice	Apple Juice	Strawberries	Fruit Juice	Apples	Bananas	Orange Juice
5th	Strawberries	Strawberries	Fruit Juices	Apple Juice	Strawberries	Fruit Juices	Grapes
6th	Fruit Juices ¹	Fruit Juices	Oranges	Applesauce	Bananas	Strawberries	Apple Juice
7th	Oranges	Oranges	Apple Juice	Strawberries	Apple Juice	Oranges	Fruit Juice
8th	Grapes	Grapes	Peaches	Oranges	Grape Juice	Peaches	Oranges
9th	Peaches	Peaches	Grapes	Peaches	Grapes	Grapes	Watermelon
10th	Applesauce	Applesauce	Applesauce	Grapes	Peaches	Pears	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce ³	Corn	Carrots	Tomato Sauce	Green Beans	Tomato Sauce	Tomatoes
3rd	Carrots	Tomato Sauce	Tomato Sauce	Carrots	Corn	Corn	Carrots
4th	Corn	Carrots	Corn	Corn	Tomato Sauce	Carrots	Bell Peppers
5th	Non-Fried Potatoes ⁴	Veggies on Sandwich/Taco	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Green Beans
6th	Veggies on Sandwich/Taco ⁵	Non-Fried Potatoes	Non-Fried Potatoes	Non-Fried Potatoes	Carrots	Non-Fried Potatoes	Potatoes
7th	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Non-Fried Potatoes	Green Beans	Broccoli
8th	Broccoli	Broccoli	Broccoli	Broccoli	Coleslaw	Broccoli	Mixed Vegetable Juice
9th	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Mixed Vegetables	Lettuce	Corn
10th	Green Peas	Lettuce Green Peas	Green Peas	Green Peas	Broccoli Vegetable Soup/Stew	Green Peas	Tomato Sauce Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoe:

⁵Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

Shaded boxes or a box around a group were tied for a ranking.

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Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

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

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	13	32	55
Gender			
Males	12	26	62
Females	15	38	47
Ethnicity			
White	15	36	49
African American	19	31	50
Latino	11	27	62
Asian/Other	13	36	51
Income			
≤\$19,999	14	35	51
\$20,000 - \$49,999	12	27	61
≥\$50,000	14	34	52
Federal Poverty Level			
≤ 185%	11	29	61
> 185%	14	33	52
Food Stamps			
Yes	4	39	56
No	14	31	55
Overweight Status			
Not at Risk	16	36	48
At Risk/Overweight	8	24	67
Physical Activity			
≥60 minutes	16	28	56
<60 minutes	11	36	53
School Breakfast			
Yes	13	17	70
No	14	34	52
School Lunch			
Yes	9	29	61
No	18	35	47
Nutrition Lesson			
Yes	12	33	54
No	15	29	56
Exercise Lesson			
Yes	12	26	62
No	16	44	39

¹ 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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample) - 2007 CORRECTED TABLE¹

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

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

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	13	51	35	14
3-4	32	42	39	19
5+	55	42	37	22

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). Excludes those reporting "don't know."

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

California Department of Public Health: Revised August 2007

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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				
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

2003 California Children's Healthy Eating and Exercise Practices Survey

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.

2003 California Children's Healthy Eating and Exercise Practices Survey

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

2003 California Children's Healthy Eating and Exercise Practices Survey

**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.

2003 California Children's Healthy Eating and Exercise Practices Survey

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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

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 (~~Kentucky Fried Chicken~~), Wendy's, and so on?

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

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.4 times.

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

* p<.05

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

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?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
Total	11	23	67
Gender			
Males	8	20	72
Females	13	27	60
Ethnicity			
White	13	22	65
African American	7	32	61
Latino	12	21	67
Asian/Other	3	25	72
Income			
≤\$19,999	12	19	69
\$20,000 - \$49,999	12	25	63
≥\$50,000	9	22	68
Federal Poverty Level			
≤ 185%	17	21	62
> 185%	8	24	69
Food Stamps			
Yes	11	14	74
No	11	23	66
Overweight Status			
Not at Risk	9	24	67
At Risk/Overweight	14	21	65
Physical Activity			
≥60 minutes	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A
School Breakfast			
Yes	10	15	75
No	11	24	65
School Lunch			
Yes	11	26	63
No	10	19	72
Nutrition Lesson			
Yes	8	24	69
No	15	22	63
Exercise Lesson			
Yes	9	22	68
No	13	24	62

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
Total	16	30	45	91
Gender				
Males	13 **	31	58 ***	103 ***
Females	19	27	30	78
Ethnicity				
White	14	32	39 ^a *	87
African American	14	36	43 ^{ab}	87
Latino	18	27	46 ^{ab}	93
Asian/Other	15	27	58 ^b	102
Income				
≤\$19,999	16	25	60 ^b *	101
\$20,000 - \$49,999	15	31	44 ^{ab}	93
≥\$50,000	16	29	41 ^a	88
Federal Poverty Level				
≤ 185%	15	23 **	54 **	93
> 185%	16	32	41	91
Food Stamps				
Yes	17	25	74 **	114 *
No	16	30	42	89
Overweight Status				
Not at Risk	18 *	33 *	42	94
At Risk/Overweight	12	25	48	87
Physical Activity				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
School Breakfast				
Yes	19	32	59 **	111 ***
No	15	29	42	87
School Lunch				
Yes	15	27	47	90
No	17	33	41	93
Nutrition Lesson				
Yes	15	33 *	47	97 *
No	16	26	42	84
Exercise Lesson				
Yes	16	30	48 *	95 *
No	16	29	37	83

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 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
Total	47	53
Gender		
Males	38	62
Females	58	42
Ethnicity		
White	46	54
African American	48	52
Latino	48	52
Asian/Other	43	57
Income		
≤\$19,999	48	52
\$20,000 - \$49,999	47	53
≥\$50,000	47	53
Federal Poverty Level		
≤ 185%	49	51
> 185%	46	54
Food Stamps		
Yes	37	63
No	48	52
Overweight Status		
Not at Risk	47	53
At Risk/Overweight	48	52
Physical Activity		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
School Breakfast		
Yes	40	60
No	48	52
School Lunch		
Yes	49	51
No	43	57
Nutrition Lesson		
Yes	47	53
No	46	54
Exercise Lesson		
Yes	46	54
No	50	50

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<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 55: Mode of Transportation *to* and *from* School
on a Typical School Day (Diary Sample)**

What was the primary way your child got *to school* today?

What was the primary way your child got home *from school* today?

Transportation Mode <i>to</i> School	Average Percent
Car/carpool	71
School bus	11
Walk	18
Bicycle	1
Transportation Mode <i>from</i> School	Average Percent
Car/carpool	62
School bus	13
Walk	24
Bicycle	1

Excludes those reporting "other" and "home school."

Columns may not add up to 100% because a subset of the categories is presented.
Percents averaged over two days.

California Department of Health Services: September 2005

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Percentage of Children Who Reported Walking *to* School on a Typical Weekday (Diary Sample)

What was the primary way your child got *to school* today?

	Children Who Walked to School, Average Estimated Percent ¹	
Total	18	
Gender		
Males	20	
Females	15	
Ethnicity		
White	14	
African American	18	
Latino	22	
Asian/Other	14	
Income		
≤\$19,999	33 ^b	***
\$20,000 - \$49,999	19 ^a	
≥\$50,000	13 ^a	
Federal Poverty Level		
≤ 185%	26	***
> 185%	13	
Food Stamps		
Yes	38	**
No	16	
Overweight Status		
Not at Risk	16	
At Risk/Overweight	18	
Physical Activity		
≥60 minutes	17	
<60 minutes	18	
School Breakfast		
Yes	31	***
No	15	
School Lunch		
Yes	24	***
No	8	
Nutrition Lesson		
Yes	18	
No	17	
Exercise Lesson		
Yes	17	
No	18	

¹ Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1. Excludes those reporting "other" and "home school."

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 57: Percentage of Children Who Reported Walking Home from School on a Typical Weekday (Diary Sample)

What was the primary way your child got home from school today?

	Children Who Walked Home from School, Average Estimated Percent ¹
Total	24
Gender	
Males	25
Females	22
Ethnicity	
White	17 ^a *
African American	30 ^{ab}
Latino	29 ^b
Asian/Other	23 ^{ab}
Income	
≤\$19,999	37 ^b ***
\$20,000 - \$49,999	28 ^b
≥\$50,000	17 ^a
Federal Poverty Level	
≤ 185%	33 ***
> 185%	19
Food Stamps	
Yes	35
No	23
Overweight Status	
Not at Risk	23
At Risk/Overweight	24
Physical Activity	
≥60 minutes	23
<60 minutes	25
School Breakfast	
Yes	38 ***
No	20
School Lunch	
Yes	30 ***
No	14
Nutrition Lesson	
Yes	24
No	24
Exercise Lesson	
Yes	22
No	27

¹ Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

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<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 58: Percentage of Children Using a Physically Active Mode of Transportation¹ to and from School on a Typical Weekday (Diary Sample)

What was the primary way your child got to school today?
 What was the primary way your child got home from school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent ²
Total	17
Gender	
Males	20*
Females	14
Ethnicity	
White	14
African American	17
Latino	21
Asian/Other	14
Income	
≤\$19,999	32 ^b ***
\$20,000 - \$49,999	20 ^b
≥\$50,000	12 ^a
Federal Poverty Level	
≤ 185%	27***
> 185%	13
Food Stamps	
Yes	36**
No	16
Overweight Status	
Not at Risk	15
At Risk/Overweight	19
Physical Activity	
≥60 minutes	17
<60 minutes	18
School Breakfast	
Yes	30***
No	14
School Lunch	
Yes	23***
No	8
Nutrition Lesson	
Yes	17
No	17
Exercise Lesson	
Yes	16
No	19

¹ Physically active modes of transportation include walking and bicycling.

² Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

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 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?
 About how often did you have to attend a gym or physical education class?
 Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
Children Reporting Any PE Classes Only	9	56	22	13	2.3	40.3
Across All Children	18	50	20	12	2.1	36.6

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

California Department of Health Services: September 2005

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
Total	2.1	37
Gender		
Males	2.0	35 **
Females	2.2	39
Ethnicity		
White	2.1 ^{ab} **	37 ^{ab} **
African American	2.5 ^b	39 ^{ab}
Latino	1.8 ^a	34 ^a
Asian/Other	2.3 ^b	41 ^b
Income		
≤\$19,999	1.7 ^a *	28 ^a ***
\$20,000 - \$49,999	2.0 ^a	37 ^b
≥\$50,000	2.2 ^a	39 ^b
Federal Poverty Level		
≤ 185%	1.8 **	32 ***
> 185%	2.2	39
Food Stamps		
Yes	2.1	28 **
No	2.1	37
Overweight Status		
Not at Risk	2.1	37
At Risk/Overweight	2.0	36
Physical Activity		
≥60 minutes	2.1	36
<60 minutes	2.0	37
School Breakfast		
Yes	2.0	34
No	2.1	37
School Lunch		
Yes	2.0	35 *
No	2.1	39
Nutrition Lesson		
Yes	2.2 *	37
No	1.9	36
Exercise Lesson		
Yes	2.2 **	37
No	1.7	35

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday: Television, Video Games and Computer for Fun (Diary Sample)

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?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean ¹	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent ²
Total	90	79
Gender		
Males	93	75 **
Females	87	84
Ethnicity		
White	79 ^a *	80
African American	106 ^a	77
Latino	99 ^a	75
Asian/Other	84 ^a	89
Income		
≤\$19,999	128 ^b ***	66 **
\$20,000 - \$49,999	91 ^a	79
≥\$50,000	80 ^a	82
Federal Poverty Level		
≤ 185%	111 ***	73 **
> 185%	80	82
Food Stamps		
Yes	116	71
No	89	79
Overweight Status		
Not at Risk	87	78
At Risk/Overweight	98	79
Physical Activity		
≥60 minutes	90	78
<60 minutes	90	80
School Breakfast		
Yes	91	75
No	90	80
School Lunch		
Yes	100 **	76 *
No	77	84
Nutrition Lesson		
Yes	88	79
No	93	79
Exercise Lesson		
Yes	90	80
No	91	77

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).

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

*** p<.001

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?

	Physical Activity Believed Needed, Percent of Children
	≥60
Total	24
Gender	
Males	24
Females	23
Ethnicity	
White	22
African American	22
Latino	26
Asian/Other	23
Income	
≤\$19,999	4 **
\$20,000 - \$49,999	26
≥\$50,000	27
Federal Poverty Level	
≤ 185%	19
> 185%	25
Food Stamps	
Yes	18
No	24
Overweight Status	
Not at Risk	26
At Risk/Overweight	23
Physical Activity	
≥60 minutes	23
<60 minutes	24
School Breakfast	
Yes	18
No	25
School Lunch	
Yes	22
No	26
Nutrition Lesson	
Yes	24
No	23
Exercise Lesson	
Yes	26
No	17

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<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)

During the current school year, have you taken any type of sports lesson, sports class or played on a sports team that was not part of your school PE (Physical Education) or gym class?

	Children Who Played Sports Outside of PE, Percent	
Total	64	
Gender		
Males	67	
Females	61	
Ethnicity		
White	64	**
African American	46	
Latino	62	
Asian/Other	81	
Income		
≤\$19,999	44	***
\$20,000 - \$49,999	65	
≥\$50,000	68	
Federal Poverty Level		
≤ 185%	53	***
> 185%	69	
Food Stamps		
Yes	47	*
No	65	
Overweight Status		
Not at Risk	68	*
At Risk/Overweight	59	
Physical Activity		
≥60 minutes	74	***
<60 minutes	53	
School Breakfast		
Yes	57	
No	66	
School Lunch		
Yes	60	**
No	70	
Nutrition Lesson		
Yes	66	
No	61	
Exercise Lesson		
Yes	68	**
No	55	

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Walking	Basketball	Walking
2nd	Basketball	Running/ Jogging	Running/ Jogging
3rd	Running/ Jogging	Walking	Playground Games
4th	General Recess	General Recess	General Recess
5th	Bicycling	Bicycling	Basketball
6th	General P.E.	Baseball	Playground Equipment ⁴
7th	General Play ¹	Soccer	General P.E.
8th	Baseball	General Play	Bicycling
9th	Playground Games ²	General P.E.	Rope Skipping
10th	Soccer	Tag ³	General Play

Rank	White	African-American	Latino	Asian/Other
1st	Running/ Jogging	Basketball	Walking	Walking
2nd	Walking	Running/ Jogging	Basketball	Basketball
3rd	Basketball	Walking	Running/ Jogging	Running/ Jogging
4th	General Recess	Dancing	General Recess	General Recess
5th	Playground Games	General Recess	Bicycling	Bicycling
6th	Bicycling	Kickball	General Play	Baseball
7th	Baseball	General Play	General P.E.	General P.E.
8th	General P.E.	General P.E.	Baseball	Soccer
9th	General Play	Playground Games	Soccer	General Play
10th	Playground Equipment	Bicycling	Playground Games	Playground Equipment

¹ General play includes tree climbing, playing with the dog, etc.

² Playground games include hopscotch, four-square, tetherball, etc.

³ Tag includes tag, capture the flag, hide and seek, etc.

⁴ Playground equipment includes swings, see-saw, bars, slide, etc.

Shaded boxes were tied for a ranking.

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Diary Sample)

About how often did you have to attend a gym or physical education class?
 Number of minutes your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	9	84.6 ^a ***
≤ 1	29	88 ^a
2	30	89.6 ^a
3-4	20	81.6 ^a
5	12	122.6 ^b

Excludes those reporting "don't know" how often.

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<.001

California Department of Health Services: September 2005

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
Total	20	24	34	22
Gender				
Males	13	22	36	28
Females	28	26	31	16
Ethnicity				
White	16	27	32	25
African American	20	27	34	18
Latino	25	19	33	23
Asian/Other	15	31	39	16
Income				
≤\$19,999	25	16	35	23
\$20,000 - \$49,999	20	23	34	22
≥\$50,000	18	26	33	22
Federal Poverty Level				
≤ 185%	21	21	35	23
> 185%	20	25	33	22
Food Stamps				
Yes	23	9	17	51
No	20	24	35	20
Overweight Status				
Not at Risk	17	22	35	26
At Risk/Overweight	23	27	34	16
Physical Activity				
≥60 minutes	5	23	37	34
<60 minutes	37	24	30	9
School Breakfast				
Yes	10	12	41	37
No	22	26	32	19
School Lunch				
Yes	20	21	34	25
No	19	28	34	19
Nutrition Lesson				
Yes	16	27	35	22
No	26	20	32	22
Exercise Lesson				
Yes	20	25	32	23
No	21	20	38	21

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)

About how many days each week do you think you should exercise or be physically active ~~by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?~~

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	7	11	30	48	11
3-4	25	25	26	33	16
5-6	31	20	32	29	20
7+	37	14	22	39	25

Excludes those reporting "don't know."

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

California Department of Health Services: September 2005

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children
Total	31
Gender	
Males	33
Females	27
Ethnicity	
White	27 ***
African American	50
Latino	26
Asian/Other	43
Income	
≤\$19,999	29
\$20,000 - \$49,999	32
≥\$50,000	30
Federal Poverty Level	
≤ 185%	25 *
> 185%	33
Food Stamps	
Yes	23
No	31
Overweight Status	
Not at Risk	34
At Risk/Overweight	28
Physical Activity	
≥60 minutes	34 *
<60 minutes	27
School Breakfast	
Yes	36
No	29
School Lunch	
Yes	30
No	31
Nutrition Lesson	
Yes	36 **
No	24
Exercise Lesson	
Yes	35 ***
No	21

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index^{1,2} (Diary Sample)

What is your child's current height in feet and inches?
 What is your child's current weight in pounds?

	Overweight Status, Percent of Children		
	Not at Risk	At Risk (85th Percentile) ³	Overweight (95th Percentile) ⁴
Total	62	20	18
Gender			
Males	59	21	20
Females	66	18	16
Ethnicity			
White	71	18	11
African American	58	20	22
Latino	56	21	23
Asian/Other	61	21	18
Income			
≤\$19,999	52	27	20
\$20,000 - \$49,999	61	22	17
≥\$50,000	66	17	17
Federal Poverty Level			
≤ 185%	55	26	19
> 185%	66	17	17
Food Stamps			
Yes	50	34	16
No	63	19	18
Overweight Status			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A
Physical Activity			
≥60 minutes	63	22	16
<60 minutes	62	18	20
School Breakfast			
Yes	54	28	18
No	64	18	18
School Lunch			
Yes	59	22	20
No	67	17	15
Nutrition Lesson			
Yes	66	20	14
No	58	20	22
Exercise Lesson			
Yes	64	21	15
No	60	17	23

¹ Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters².

² Calculated using the Reference Data for Obesity. CDC website, 2000.

³ BMI ≥ 85th <95th Percentile

⁴ BMI ≥ 95th Percentile

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

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
Total	57	68
Gender		
Males	59	71 *
Females	54	64
Ethnicity		
White	58 **	70
African American	64	68
Latino	51	65
Asian/Other	70	73
Income		
≤\$19,999	48 *	52 **
\$20,000 - \$49,999	53	68
≥\$50,000	62	72
Federal Poverty Level		
≤ 185%	47 ***	58 ***
> 185%	62	73
Food Stamps		
Yes	43	50 *
No	57	68
Overweight Status		
Not at Risk	60	69
At Risk/Overweight	52	65
Physical Activity		
≥60 minutes	56	70
<60 minutes	58	66
School Breakfast		
Yes	47 *	59 *
No	59	70
School Lunch		
Yes	58	70
No	56	65
Nutrition Lesson		
Yes	N/A	92 ***
No	N/A	35
Exercise Lesson		
Yes	78 ***	N/A
No	13	N/A

No lessons includes "no," "not sure," and "no answer."

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

2003 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	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 ²	2	2	7	9	7	5

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.

♦ No one represented.

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

2003 California Children's Healthy Eating and Exercise Practices Survey

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	29	1	31	30
Lunch	39	20	60	56
Dinner	18	55	70	65
Snacks	21	2	25	24

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

0% represents one-half of one percent or less

2003 California Children's Healthy Eating and Exercise Practices Survey

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

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

	Aware of the <i>Campaign's</i> Television Spots, Percent of Children
Total	40
Gender	
Males	44
Females	36
Ethnicity	
White	35
African American	35
Latino	43
Asian/Other	47
Income	
≤\$19,999	56 *
\$20,000 - \$49,999	40
≥\$50,000	36
Federal Poverty Level	
≤ 185%	51 **
> 185%	35
Food Stamps	
Yes	35
No	41
Overweight Status	
Not at Risk	37
At Risk/Overweight	46
Physical Activity	
≥60 minutes	38
<60 minutes	43
School Breakfast	
Yes	39
No	40
School Lunch	
Yes	41
No	39
Nutrition Lesson	
Yes	40
No	41
Exercise Lesson	
Yes	42
No	36

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

Chi Square Test

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

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 <i>Campaign Other than Television Spots, Percent of Children</i>
Total	24
Gender	
Males	26
Females	21
Ethnicity	
White	18 **
African American	37
Latino	30
Asian/Other	13
Income	
≤\$19,999	42 **
\$20,000 - \$49,999	19
≥\$50,000	22
Federal Poverty Level	
≤ 185%	30 *
> 185%	20
Food Stamps	
Yes	25
No	24
Overweight Status	
Not at Risk	26
At Risk/Overweight	20
Physical Activity	
≥60 minutes	24
<60 minutes	22
School Breakfast	
Yes	18
No	25
School Lunch	
Yes	24
No	24
Nutrition Lesson	
Yes	20 *
No	30
Exercise Lesson	
Yes	22
No	28

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

Chi Square Test

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

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

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ 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	48
Gender	
Males	50
Females	46
Ethnicity	
White	43
African American	54
Latino	52
Asian/Other	47
Income	
≤\$19,999	57
\$20,000 - \$49,999	45
≥\$50,000	48
Federal Poverty Level	
≤ 185%	56
> 185%	45
Food Stamps	
Yes	39
No	49
Overweight Status	
Not at Risk	47
At Risk/Overweight	52
Physical Activity	
≥60 minutes	46
<60 minutes	51
School Breakfast	
Yes	45
No	49
School Lunch	
Yes	48
No	49
Nutrition Lesson	
Yes	46
No	51
Exercise Lesson	
Yes	48
No	48

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

Chi Square Test

* p<.05

2003 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5c: Distribution of California Children Reporting Points of Contact with the Campaign (Phone Sample)

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

	Points of Contact with the Campaign, Percent of Children		
	0	1	2+
Total	54	31	15
Gender			
Males	51	31	17
Females	58	30	12
Ethnicity			
White	59	31	10
African American	65	15	19
Latino	49	32	19
Asian/Other	53	34	13
Income			
≤\$19,999	44	17	38
\$20,000 - \$49,999	55	33	11
≥\$50,000	56	33	11
Federal Poverty Level			
≤ 185%	45	32	23
> 185%	59	31	11
Food Stamps			
Yes	62	17	21
No	53	32	15
Overweight Status			
Not at Risk	55	28	17
At Risk/Overweight	51	38	11
Physical Activity			
≥60 minutes	57	27	16
<60 minutes	51	36	13
School Breakfast			
Yes	57	33	10
No	54	30	16
School Lunch			
Yes	55	31	14
No	53	31	15
Nutrition Lesson			
Yes	56	31	13
No	52	30	17
Exercise Lesson			
Yes	53	31	16
No	57	31	13

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

Do you remember seeing or hearing any TV commercials about 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?

	Aware of the <i>Campaign's</i> Television Spots, Percent	
	Yes	No
2 or More Servings of Fruits and Juices		
Yes	50	42
No	50	58
3 or More Servings of Vegetables and Salads		
Yes	15	14
No	85	86
Both 2 or More Servings of Fruits/Juices and 3 or More Servings of Vegetables/Salads		
Yes	8	5
No	92	95
5 or More Servings of Any Fruits and Vegetables		
Yes	20	20
No	80	80
	Aware of the <i>Campaign's</i> Television Spots, Mean	
	Yes	No
Servings of Fruits and Vegetables	3.4	3.2
Servings of Fruits and Juices	2.1	1.7
Servings of Vegetables and Salads	1.3	1.5
Servings of Fruits	1.5	1.1
Servings of Juices	0.6	0.6
Servings of Vegetables	1.1	1.2
Servings of Salads	0.2	0.3

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

2003 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~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about~~ *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0 ²	1-2	3-4	5+
Total	Percent	6	37	37	20
Aware of the Campaign's Television Spots					
Yes	40	5	29	44	22
No	60	7	42	32	19

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<.05

2003 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~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called~~ about *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	6	37	36	20
Aware of the Campaign					
Yes	48	5	34	41	20
No	52	7	40	32	20

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.

2003 California Children's Healthy Eating and Exercise Practices Survey

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 juice, and~~ vegetables ~~or salads~~ do you think you should eat every day for good health?

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

		Servings of Fruits and Vegetables Believed Needed ² , Percent of Children		
		1-2	3-4	5+
Total	Percent	13	32	55
Aware of the Campaign's Television Spots				
Yes	40	7	29	64
No	60	18	34	49

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.

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

Chi Square Test

** p<.01

2003 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 juice, and~~ vegetables ~~or salads~~ do you think you should eat every day for good health?

Do you ~~recall~~ remember seeing or hearing any TV commercials ~~that promoted an educational program called about 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		
		1-2	3-4	5+
Total	Percent	13	32	55
Aware of the Campaign				
Yes	48	7	30	63
No	52	19	34	48

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.

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

Chi Square Test

** p<.01

2003 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, and Self-Efficacy (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>		
Like to Try New Kinds of Vegetables		
Agree	76	66
Disagree	24	34
Like Most Kinds of Fruits		
Agree	96	88
Disagree	4	12
Like Most Kinds of Vegetables		
Agree	77	66
Disagree	23	34
<u>Behavioral Capacity</u>		
Worked in a School Garden to Grow Fruits and Vegetables		
Yes	33	20
No	67	80
<u>Self-Efficacy</u>		
Confidence in Eating 5 or More Servings of Fruit and Vegetables Each Day		
Not Confident	11	15
Confident	41	52
Very Confident	48	33

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.

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

Chi Square Test

* p<.05

** p<.01

2003 California Children's Healthy Eating and Exercise Practices Survey

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

Do you remember seeing or hearing any TV commercials about *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?

About how many minutes do you think you should exercise or be physically active each day for good health?

	Aware of the <i>Campaign's</i> Television Spots, Mean	
	Yes	No
Minutes Exercised by Intensity		
Light Exercise	13	16
Moderate Exercise	29	31
Vigorous Exercise	56	48
Total Minutes Exercised	100	97
Minutes Watched Television and Played Video Games	101	78 *
	Aware of the <i>Campaign's</i>	
	Yes	No
Sedentary Activity		
≤2 Hours	80	84
>2 Hours	20	16
Total Minutes Exercised		
<30 Minutes	7	7
30-59 Minutes	25	22
60+ Minutes	68	72
Physical Activity Believed Needed		
<7 Days/<60 Minutes	80	73
7 Days/60+ Minutes	20	27

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 significant.

ANOVA

Chi Square Test

* p<.05