

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score<sup>1</sup> Among California Children  
(Diary Sample) - 2008 CORRECTED TABLE<sup>2</sup>**

|                              | Average California Daily Food Guide Healthy Eating Practices Score |
|------------------------------|--|
| <b>Total</b>                 | <b>2.5</b>   |
| <b>Gender</b>                |  |
| Males                        | 2.5  |
| Females                      | 2.6  |
| <b>Ethnicity</b>             |  |
| White                        | 2.6  |
| African American             | 2.5  |
| Latino                       | 2.5  |
| Asian/Other                  | 2.6  |
| <b>Income</b>                |  |
| <\$15,000                    | 2.4  |
| \$15,000 - \$24,999          | 2.8  |
| \$25,000 - \$34,999          | 2.3  |
| \$35,000 - \$49,999          | 2.5  |
| \$50,000 - \$74,999          | 2.6  |
| ≥\$75,000                    | 2.6  |
| <b>Food Stamps</b>           |  |
| Yes                          | 2.7  |
| No                           | 2.5  |
| <b>Food Stamp Eligible</b>   |  |
| FS and/or ≤130% FPL          | 2.7  |
| No FS or >130% FPL           | 2.5  |
| <b>Food Stamp/FPL</b>        |  |
| Food Stamp Participant       | 2.7 <sup>b</sup> ***   |
| No FS/ ≤130% FPL             | 2.6 <sup>b</sup>   |
| No FS/ >130%-≤185% FPL       | 2.1 <sup>a</sup>   |
| No FS/ >185% FPL             | 2.6 <sup>b</sup>   |
| <b>Federal Poverty Level</b> |  |
| ≤ 185% FPL                   | 2.4 *  |
| > 185% FPL                   | 2.6  |
| <b>Overweight Status</b>     |  |
| Not at Risk                  | 2.5  |
| At Risk/Overweight           | 2.5  |
| <b>Physical Activity</b>     |  |
| ≥ 60 minutes                 | 2.7 *  |
| < 60 minutes                 | 2.5  |
| <b>School Breakfast</b>      |  |
| Yes                          | 2.7  |
| No                           | 2.5  |
| <b>School Lunch</b>          |  |
| Yes                          | 2.5  |
| No                           | 2.6  |
| <b>Nutrition Lesson</b>      |  |
| Yes                          | 2.5  |
| No                           | 2.6  |
| <b>Exercise Lesson</b>       |  |
| Yes                          | 2.5  |
| No                           | 2.6  |

<sup>1</sup> 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.

<sup>2</sup> 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

\*\*\* p<.001

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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, high fat snacks) did your child eat/drink in this category?

|                              | Reported Mean Servings                             |                   |                                    |
|------------------------------|--|-------------------|------------------------------------|
|                              | Fruits, Juices, Vegetables and Salads <sup>1</sup> | Fruits and Juices | Vegetables and Salads <sup>1</sup> |
| <b>Total</b>                 | <b>3.0</b>   | <b>1.7</b>        | <b>1.3</b>                         |
| <b>Gender</b>                |  |                   |                                    |
| Males                        | 3.0  | 1.6               | 1.3                                |
| Females                      | 3.1  | 1.8               | 1.3                                |
| <b>Ethnicity</b>             |  |                   |                                    |
| White                        | 3.0  | 1.7               | 1.3                                |
| African American             | 3.1  | 1.7               | 1.3                                |
| Latino                       | 2.9  | 1.6               | 1.2                                |
| Asian/Other                  | 3.5  | 2.0               | 1.5                                |
| <b>Income</b>                |  |                   |                                    |
| <\$15,000                    | 3.6  | 1.9               | 1.7                                |
| \$15,000 - \$24,999          | 2.9  | 1.6               | 1.3                                |
| \$25,000 - \$34,999          | 2.9  | 1.6               | 1.3                                |
| \$35,000 - \$49,999          | 2.9  | 1.6               | 1.3                                |
| \$50,000 - \$74,999          | 3.2  | 1.9               | 1.2                                |
| ≥\$75,000                    | 2.9  | 1.6               | 1.2                                |
| <b>Food Stamps</b>           |  |                   |                                    |
| Yes                          | 3.2  | 1.9               | 1.2                                |
| No                           | 3.0  | 1.7               | 1.3                                |
| <b>Food Stamp Eligible</b>   |  |                   |                                    |
| FS and/or ≤130% FPL          | 3.3  | 1.8               | 1.5**                              |
| No FS or >130% FPL           | 2.9  | 1.7               | 1.2                                |
| <b>Food Stamp/FPL</b>        |  |                   |                                    |
| Food Stamp Participant       | 3.2  | 1.9               | 1.2 <sup>ab</sup> **               |
| No FS/ ≤130% FPL             | 3.1  | 1.5               | 1.6 <sup>b</sup>                   |
| No FS/ >130%-≤185% FPL       | 2.4  | 1.4               | 1.0 <sup>a</sup>                   |
| No FS/ >185% FPL             | 3.0  | 1.7               | 1.3 <sup>a</sup>                   |
| <b>Federal Poverty Level</b> |  |                   |                                    |
| ≤ 185% FPL                   | 3.0  | 1.6               | 1.3                                |
| > 185% FPL                   | 3.1  | 1.7               | 1.3                                |
| <b>Overweight Status</b>     |  |                   |                                    |
| Not at Risk                  | 3.0  | 1.7               | 1.3                                |
| At Risk/Overweight           | 3.0  | 1.6               | 1.3                                |
| <b>Physical Activity</b>     |  |                   |                                    |
| ≥ 60 minutes                 | 3.3**  | 1.9*              | 1.4*                               |
| < 60 minutes                 | 2.8  | 1.6               | 1.2                                |
| <b>School Breakfast</b>      |  |                   |                                    |
| Yes                          | 3.5*   | 2.0*              | 1.5                                |
| No                           | 2.9  | 1.6               | 1.3                                |
| <b>School Lunch</b>          |  |                   |                                    |
| Yes                          | 3.0  | 1.6               | 1.3                                |
| No                           | 3.1  | 1.9               | 1.2                                |
| <b>Nutrition Lesson</b>      |  |                   |                                    |
| Yes                          | 3.2*   | 1.8               | 1.4                                |
| No                           | 2.8  | 1.6               | 1.2                                |
| <b>Exercise Lesson</b>       |  |                   |                                    |
| Yes                          | 3.0  | 1.7               | 1.3                                |
| No                           | 3.0  | 1.6               | 1.3                                |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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

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**Table 2a: Total Cups 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, high fat snacks) did your child eat/drink in this category?

|                              | Reported Mean Cups                                 |                    |                                    |
|------------------------------|--|--------------------|------------------------------------|
|                              | Fruits, Juices, Vegetables and Salads <sup>1</sup> | Fruits and Juices  | Vegetables and Salads <sup>1</sup> |
| <b>Total</b>                 | <b>2.2</b>   | <b>1.1</b>         | <b>1.1</b>                         |
| <b>Gender</b>                |  |                    |                                    |
| Males                        | 2.2  | 1.1                | 1.1                                |
| Females                      | 2.2  | 1.1                | 1.1                                |
| <b>Ethnicity</b>             |  |                    |                                    |
| White                        | 2.1  | 1.1                | 1.0                                |
| African American             | 2.5  | 1.2                | 1.3                                |
| Latino                       | 2.2  | 1.1                | 1.1                                |
| Asian/Other                  | 2.4  | 1.3                | 1.2                                |
| <b>Income</b>                |  |                    |                                    |
| <\$15,000                    | 2.9 <sup>b</sup> *                                 | 1.4                | 1.5 <sup>b</sup> **                |
| \$15,000 - \$24,999          | 2.3 <sup>ab</sup>                                  | 1.1                | 1.2 <sup>ab</sup>                  |
| \$25,000 - \$34,999          | 2.2 <sup>ab</sup>                                  | 1.1                | 1.1 <sup>ab</sup>                  |
| \$35,000 - \$49,999          | 2.1 <sup>ab</sup>                                  | 1.0                | 1.1 <sup>ab</sup>                  |
| \$50,000 - \$74,999          | 2.2 <sup>ab</sup>                                  | 1.2                | 1.0 <sup>a</sup>                   |
| ≥\$75,000                    | 2.0 <sup>a</sup>                                   | 1.1                | 0.9 <sup>a</sup>                   |
| <b>Food Stamps</b>           |  |                    |                                    |
| Yes                          | 2.5 *  | 1.3 *              | 1.2                                |
| No                           | 2.1  | 1.1                | 1.1                                |
| <b>Food Stamp Eligible</b>   |  |                    |                                    |
| FS and/or ≤130% FPL          | 2.6 ***  | 1.3                | 1.3 ***                            |
| No FS or >130% FPL           | 2.1  | 1.1                | 1.0                                |
| <b>Food Stamp/FPL</b>        |  |                    |                                    |
| Food Stamp Participant       | 2.5 <sup>b</sup> **                                | 1.3 <sup>b</sup> * | 1.2 <sup>ab</sup> ***              |
| No FS/ ≤130% FPL             | 2.4 <sup>b</sup>                                   | 1.0 <sup>ab</sup>  | 1.4 <sup>b</sup>                   |
| No FS/ >130%-≤185% FPL       | 1.8 <sup>a</sup>                                   | 0.9 <sup>a</sup>   | 0.8 <sup>a</sup>                   |
| No FS/ >185% FPL             | 2.1 <sup>ab</sup>                                  | 1.1 <sup>ab</sup>  | 1.0 <sup>a</sup>                   |
| <b>Federal Poverty Level</b> |  |                    |                                    |
| ≤ 185% FPL                   | 2.3  | 1.1                | 1.2                                |
| > 185% FPL                   | 2.1  | 1.1                | 1.0                                |
| <b>Overweight Status</b>     |  |                    |                                    |
| Not at Risk                  | 2.1  | 1.1                | 1.0                                |
| At Risk/Overweight           | 2.2  | 1.1                | 1.1                                |
| <b>Physical Activity</b>     |  |                    |                                    |
| ≥ 60 minutes                 | 2.4 **   | 1.2 *              | 1.2 *                              |
| < 60 minutes                 | 2.0  | 1.0                | 1.0                                |
| <b>School Breakfast</b>      |  |                    |                                    |
| Yes                          | 2.8 ***  | 1.4 ***            | 1.4 ***                            |
| No                           | 2.1  | 1.0                | 1.0                                |
| <b>School Lunch</b>          |  |                    |                                    |
| Yes                          | 2.3  | 1.1                | 1.2 ***                            |
| No                           | 2.1  | 1.2                | 0.9                                |
| <b>Nutrition Lesson</b>      |  |                    |                                    |
| Yes                          | 2.3  | 1.2                | 1.1                                |
| No                           | 2.1  | 1.0                | 1.1                                |
| <b>Exercise Lesson</b>       |  |                    |                                    |
| Yes                          | 2.2  | 1.1                | 1.1                                |
| No                           | 2.2  | 1.1                | 1.1                                |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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**

| <b>Fruits and Vegetables</b>      | <b>Mean Servings</b> |
|-----------------------------------|----------------------|
| <b>Total</b>                      | <b>3.0</b>           |
| Fruits                            | 1.2                  |
| Juices                            | 0.5                  |
| Vegetables                        | 1.1                  |
| Salads                            | 0.2                  |
| Green salads <sup>1</sup>         | 0.2                  |
| All potatoes                      | 0.3                  |
| All fried vegetables <sup>2</sup> | 0.2                  |
| Fried potatoes only               | 0.2                  |

<sup>1</sup> This includes green salad, tossed salad, lettuce salad, and lettuce tomato salad.

<sup>2</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater 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, high fat snacks) did your child eat/drink in this category?

|                              | Reported Mean Servings |                     |                         |
|------------------------------|------------------------|---------------------|-------------------------|
|                              | Fruits                 | Juices              | Vegetables <sup>1</sup> |
| <b>Total</b>                 | <b>1.2</b>             | <b>0.5</b>          | <b>1.1</b>              |
| <b>Gender</b>                |                        |                     |                         |
| Males                        | 1.1                    | 0.5                 | 1.1                     |
| Females                      | 1.3                    | 0.5                 | 1.1                     |
| <b>Ethnicity</b>             |                        |                     |                         |
| White                        | 1.2                    | 0.5                 | 1.1                     |
| African American             | 0.9                    | 0.8                 | 1.1                     |
| Latino                       | 1.1                    | 0.5                 | 1.0                     |
| Asian/Other                  | 1.4                    | 0.6                 | 1.2                     |
| <b>Income</b>                |                        |                     |                         |
| <\$15,000                    | 1.1                    | 0.8 <sup>b</sup> *  | 1.4                     |
| \$15,000 - \$24,999          | 1.1                    | 0.6 <sup>ab</sup>   | 1.1                     |
| \$25,000 - \$34,999          | 1.1                    | 0.5 <sup>ab</sup>   | 1.0                     |
| \$35,000 - \$49,999          | 1.1                    | 0.5 <sup>a</sup>    | 1.1                     |
| \$50,000 - \$74,999          | 1.4                    | 0.5 <sup>a</sup>    | 1.1                     |
| ≥\$75,000                    | 1.2                    | 0.5 <sup>a</sup>    | 1.0                     |
| <b>Food Stamps</b>           |                        |                     |                         |
| Yes                          | 1.1                    | 0.8 ***             | 1.0                     |
| No                           | 1.2                    | 0.5                 | 1.1                     |
| <b>Food Stamp Eligible</b>   |                        |                     |                         |
| FS and/or ≤130% FPL          | 1.1                    | 0.7 ***             | 1.2 *                   |
| No FS or >130% FPL           | 1.2                    | 0.5                 | 1.0                     |
| <b>Food Stamp/FPL</b>        |                        |                     |                         |
| Food Stamp Participant       | 1.1                    | 0.8 <sup>b</sup> ** | 1.0 <sup>ab</sup> **    |
| No FS/ ≤130% FPL             | 1.0                    | 0.5 <sup>ab</sup>   | 1.3 <sup>b</sup>        |
| No FS/ >130%-≤185% FPL       | 1.0                    | 0.4 <sup>a</sup>    | 0.8 <sup>a</sup>        |
| No FS/ >185% FPL             | 1.3                    | 0.5 <sup>a</sup>    | 1.1 <sup>ab</sup>       |
| <b>Federal Poverty Level</b> |                        |                     |                         |
| ≤ 185% FPL                   | 1.0                    | 0.6                 | 1.1                     |
| > 185% FPL                   | 1.3                    | 0.5                 | 1.1                     |
| <b>Overweight Status</b>     |                        |                     |                         |
| Not at Risk                  | 1.2                    | 0.5                 | 1.1                     |
| At Risk/Overweight           | 1.1                    | 0.6                 | 1.1                     |
| <b>Physical Activity</b>     |                        |                     |                         |
| ≥ 60 minutes                 | 1.3 *                  | 0.6                 | 1.2 *                   |
| < 60 minutes                 | 1.1                    | 0.5                 | 1.0                     |
| <b>School Breakfast</b>      |                        |                     |                         |
| Yes                          | 1.2                    | 0.8 ***             | 1.2                     |
| No                           | 1.2                    | 0.5                 | 1.0                     |
| <b>School Lunch</b>          |                        |                     |                         |
| Yes                          | 1.1 *                  | 0.5                 | 1.1                     |
| No                           | 1.4                    | 0.5                 | 1.0                     |
| <b>Nutrition Lesson</b>      |                        |                     |                         |
| Yes                          | 1.3                    | 0.6                 | 1.1                     |
| No                           | 1.1                    | 0.5                 | 1.0                     |
| <b>Exercise Lesson</b>       |                        |                     |                         |
| Yes                          | 1.2                    | 0.5                 | 1.1                     |
| No                           | 1.1                    | 0.5                 | 1.1                     |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, 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 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 <sup>1</sup>              | 1+        |
| <b>Total</b>                 | <b>88</b>                   | <b>12</b> |
| <b>Gender</b>                |                             |           |
| Males                        | 91                          | 9         |
| Females                      | 86                          | 14        |
| <b>Ethnicity</b>             |                             |           |
| White                        | 90                          | 10        |
| African American             | 86                          | 14        |
| Latino                       | 90                          | 10        |
| Asian/Other                  | 81                          | 19        |
| <b>Income</b>                |                             |           |
| <\$15,000                    | 89                          | 11        |
| \$15,000 - \$24,999          | 94                          | 6         |
| \$25,000 - \$34,999          | 83                          | 17        |
| \$35,000 - \$49,999          | 90                          | 10        |
| \$50,000 - \$74,999          | 88                          | 12        |
| ≥\$75,000                    | 88                          | 12        |
| <b>Food Stamps</b>           |                             |           |
| Yes                          | 92                          | 8         |
| No                           | 88                          | 12        |
| <b>Food Stamp Eligible</b>   |                             |           |
| FS and/or ≤130% FPL          | 89                          | 11        |
| No FS or >130% FPL           | 89                          | 11        |
| <b>Food Stamp/FPL</b>        |                             |           |
| Food Stamp Participant       | 92                          | 8         |
| No FS/ ≤130% FPL             | 86                          | 14        |
| No FS/ >130%-≤185% FPL       | 92                          | 8         |
| No FS/ >185% FPL             | 88                          | 12        |
| <b>Federal Poverty Level</b> |                             |           |
| ≤ 185% FPL                   | 91                          | 9         |
| > 185% FPL                   | 87                          | 13        |
| <b>Overweight Status</b>     |                             |           |
| Not at Risk                  | 88                          | 12        |
| At Risk/Overweight           | 89                          | 11        |
| <b>Physical Activity</b>     |                             |           |
| ≥ 60 minutes                 | 88                          | 12        |
| < 60 minutes                 | 89                          | 11        |
| <b>School Breakfast</b>      |                             |           |
| Yes                          | 88                          | 12        |
| No                           | 88                          | 12        |
| <b>School Lunch</b>          |                             |           |
| Yes                          | 87                          | 13        |
| No                           | 91                          | 9         |
| <b>Nutrition Lesson</b>      |                             |           |
| Yes                          | 88                          | 12        |
| No                           | 89                          | 11        |
| <b>Exercise Lesson</b>       |                             |           |
| Yes                          | 89                          | 11        |
| No                           | 87                          | 13        |

<sup>1</sup> 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 Potatoes<sup>1</sup> Eaten per Typical Weekday for All Eating Occasions (Diary Sample)**

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

|                              | Servings of Fried Potatoes, Percent |    |
|------------------------------|-------------------------------------|----|
|                              | 0 <sup>2</sup>                      | 1+ |
| <b>Total</b>                 | 90                                  | 10 |
| <b>Gender</b>                |                                     |    |
| Males                        | 88                                  | 12 |
| Females                      | 91                                  | 9  |
| <b>Ethnicity</b>             |                                     |    |
| White                        | 91                                  | 9  |
| African American             | 86                                  | 14 |
| Latino                       | 89                                  | 11 |
| Asian/Other                  | 90                                  | 10 |
| <b>Income</b>                |                                     |    |
| <\$15,000                    | 81                                  | 19 |
| \$15,000 - \$24,999          | 91                                  | 9  |
| \$25,000 - \$34,999          | 92                                  | 8  |
| \$35,000 - \$49,999          | 88                                  | 12 |
| \$50,000 - \$74,999          | 90                                  | 10 |
| ≥\$75,000                    | 91                                  | 9  |
| <b>Food Stamps</b>           |                                     |    |
| Yes                          | 90                                  | 10 |
| No                           | 86                                  | 14 |
| <b>Food Stamp Eligible</b>   |                                     |    |
| FS and/or ≤130% FPL          | 86                                  | 14 |
| No FS or >130% FPL           | 91                                  | 9  |
| <b>Food Stamp/FPL</b>        |                                     |    |
| Food Stamp Participant       | 86                                  | 14 |
| No FS/ ≤130% FPL             | 85                                  | 15 |
| No FS/ >130%-≤185% FPL       | 94                                  | 6  |
| No FS/ >185% FPL             | 90                                  | 10 |
| <b>Federal Poverty Level</b> |                                     |    |
| ≤ 185% FPL                   | 89                                  | 11 |
| > 185% FPL                   | 90                                  | 10 |
| <b>Overweight Status</b>     |                                     |    |
| Not at Risk                  | 92                                  | 8  |
| At Risk/Overweight           | 86                                  | 14 |
| <b>Physical Activity</b>     |                                     |    |
| ≥ 60 minutes                 | 86                                  | 14 |
| < 60 minutes                 | 93                                  | 7  |
| <b>School Breakfast</b>      |                                     |    |
| Yes                          | 84                                  | 16 |
| No                           | 91                                  | 9  |
| <b>School Lunch</b>          |                                     |    |
| Yes                          | 88                                  | 12 |
| No                           | 93                                  | 7  |
| <b>Nutrition Lesson</b>      |                                     |    |
| Yes                          | 92                                  | 8  |
| No                           | 87                                  | 13 |
| <b>Exercise Lesson</b>       |                                     |    |
| Yes                          | 90                                  | 10 |
| No                           | 88                                  | 12 |

<sup>1</sup> This includes french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.

<sup>2</sup> 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.

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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)**

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

|                              | Servings of Fruits and Vegetables <sup>1</sup> , Percent |           |           |           |
|------------------------------|--|-----------|-----------|-----------|
|                              | 0 <sup>2</sup>   | 1-2       | 3-4       | 5+        |
| <b>Total</b>                 | <b>7</b>   | <b>42</b> | <b>36</b> | <b>14</b> |
| <b>Gender</b>                |  |           |           |           |
| Males                        | 7  | 45        | 33        | 14        |
| Females                      | 7  | 40        | 40        | 13        |
| <b>Ethnicity</b>             |  |           |           |           |
| White                        | 7  | 39        | 37        | 17        |
| African American             | 12   | 46        | 40        | 2         |
| Latino                       | 7  | 45        | 36        | 12        |
| Asian/Other                  | 6  | 41        | 35        | 18        |
| <b>Income</b>                |  |           |           |           |
| <\$15,000                    | 5  | 42        | 34        | 19        |
| \$15,000 - \$24,999          | 8  | 42        | 38        | 13        |
| \$25,000 - \$34,999          | 9  | 41        | 38        | 12        |
| \$35,000 - \$49,999          | 5  | 46        | 39        | 10        |
| \$50,000 - \$74,999          | 7  | 43        | 34        | 16        |
| ≥\$75,000                    | 9  | 40        | 36        | 15        |
| <b>Food Stamps</b>           |  |           |           |           |
| Yes                          | 4  | 40        | 34        | 22        |
| No                           | 8  | 43        | 36        | 13        |
| <b>Food Stamp Eligible</b>   |  |           |           |           |
| FS and/or ≤130% FPL          | 6  | 41        | 34        | 19        |
| No FS or >130% FPL           | 8  | 43        | 37        | 12        |
| <b>Food Stamp/FPL</b>        |  |           |           |           |
| Food Stamp Participant       | 4  | 40        | 34        | 22        |
| No FS/ ≤130% FPL             | 8  | 44        | 32        | 17        |
| No FS/ >130%-≤185% FPL       | 8  | 52        | 38        | 2         |
| No FS/ >185% FPL             | 8  | 41        | 37        | 14        |
| <b>Federal Poverty Level</b> |  |           |           |           |
| ≤ 185% FPL                   | 6  | 46        | 36        | 12        |
| > 185% FPL                   | 8  | 41        | 37        | 15        |
| <b>Overweight Status</b>     |  |           |           |           |
| Not at Risk                  | 7  | 42        | 36        | 14        |
| At Risk/Overweight           | 6  | 44        | 37        | 13        |
| <b>Physical Activity</b>     |  |           |           |           |
| ≥ 60 minutes                 | 5  | 41        | 37        | 17        |
| < 60 minutes                 | 9  | 44        | 36        | 12        |
| <b>School Breakfast</b>      |  |           |           |           |
| Yes                          | 7  | 34        | 42        | 18        |
| No                           | 8  | 45        | 35        | 13        |
| <b>School Lunch</b>          |  |           |           |           |
| Yes                          | 8  | 45        | 34        | 14        |
| No                           | 7  | 39        | 41        | 14        |
| <b>Nutrition Lesson</b>      |  |           |           |           |
| Yes                          | 8  | 40        | 35        | 17        |
| No                           | 7  | 46        | 38        | 10        |
| <b>Exercise Lesson</b>       |  |           |           |           |
| Yes                          | 8  | 41        | 36        | 14        |
| No                           | 6  | 45        | 37        | 13        |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

<sup>2</sup> 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

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

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

|                              | Children Meeting Fruit and Vegetable Recommendations <sup>1</sup> , 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 |
| <b>Total</b>                 | <b>40</b>   | <b>9</b>                             | <b>4</b>   | <b>14</b>                                |
| <b>Gender</b>                |   |                                      |  |  |
| Males                        | 38  | 9                                    | 5  | 14                                       |
| Females                      | 42  | 10                                   | 3  | 13                                       |
| <b>Ethnicity</b>             |   |                                      |  |  |
| White                        | 41  | 8                                    | Insufficient Sample Size for Analysis                    | 17 *                                     |
| African American             | 32  | 5                                    |  | 2  |
| Latino                       | 40  | 10                                   |  | 12                                       |
| Asian/Other                  | 41  | 16                                   |  | 17                                       |
| <b>Income</b>                |   |                                      |  |  |
| <\$15,000                    | 34  | 21 *                                 | Insufficient Sample Size for Analysis                    | 19                                       |
| \$15,000 - \$24,999          | 41  | 10                                   |  | 13                                       |
| \$25,000 - \$34,999          | 39  | 8                                    |  | 12                                       |
| \$35,000 - \$49,999          | 37  | 10                                   |  | 10                                       |
| \$50,000 - \$74,999          | 43  | 9                                    |  | 16                                       |
| ≥\$75,000                    | 42  | 6                                    |  | 15                                       |
| <b>Food Stamps</b>           |   |                                      |  |  |
| Yes                          | 40  | 11                                   | 7  | 22 *                                     |
| No                           | 40  | 9                                    | 4  | 13                                       |
| <b>Food Stamp Eligible</b>   |   |                                      |  |  |
| FS and/or ≤130% FPL          | 39  | 14 **                                | 8 *  | 19 *                                     |
| No FS or >130% FPL           | 41  | 7                                    | 3  | 12                                       |
| <b>Food Stamp/FPL</b>        |   |                                      |  |  |
| Food Stamp Participant       | 40  | 11 *                                 | Insufficient Sample Size for Analysis                    | 22 **                                    |
| No FS/ ≤130% FPL             | 36  | 17                                   |  | 17                                       |
| No FS/ >130%-≤185% FPL       | 38  | 6                                    |  | 2  |
| No FS/ >185% FPL             | 42  | 8                                    |  | 14                                       |
| <b>Federal Poverty Level</b> |   |                                      |  |  |
| ≤ 185% FPL                   | 38  | 11                                   | 5  | 12                                       |
| > 185% FPL                   | 41  | 9                                    | 4  | 15                                       |
| <b>Overweight Status</b>     |   |                                      |  |  |
| Not at Risk                  | 43  | 9                                    | 5  | 14                                       |
| At Risk/Overweight           | 37  | 10                                   | 4  | 13                                       |
| <b>Physical Activity</b>     |   |                                      |  |  |
| ≥ 60 minutes                 | 44 *  | 12                                   | 7 **   | 16                                       |
| < 60 minutes                 | 37  | 7                                    | 2  | 12                                       |
| <b>School Breakfast</b>      |   |                                      |  |  |
| Yes                          | 44  | 14 *                                 | 6  | 18                                       |
| No                           | 39  | 8                                    | 4  | 13                                       |
| <b>School Lunch</b>          |   |                                      |  |  |
| Yes                          | 35 ***  | 11                                   | 5  | 14                                       |
| No                           | 49  | 7                                    | 3  | 14                                       |
| <b>Nutrition Lesson</b>      |   |                                      |  |  |
| Yes                          | 42  | 11                                   | 5  | 17 **                                    |
| No                           | 37  | 8                                    | 4  | 10                                       |
| <b>Exercise Lesson</b>       |   |                                      |  |  |
| Yes                          | 41  | 10                                   | 5  | 14                                       |
| No                           | 39  | 9                                    | 4  | 13                                       |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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

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**Table 8a: Percent of Children Meeting My Pyramid Fruit and Vegetable Recommendations (Diary Sample)**

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

|                              | Children Meeting Fruit and Vegetable Recommendations, Percent |                                 |   |
|------------------------------|---|---------------------------------|---|
|                              | Cups of Fruit   | Cups of Vegetables <sup>1</sup> | Cups of Both Fruits and Vegetables <sup>1</sup> |
| <b>Total</b>                 | <b>26</b>   | <b>10</b>                       | <b>4</b>  |
| <b>Gender</b>                |   |                                 |   |
| Males                        | 25  | 8                               | 4   |
| Females                      | 28  | 12                              | 5   |
| <b>Ethnicity</b>             |   |                                 |   |
| White                        | 26  | 9                               | Insufficient Sample Size for Analysis           |
| African American             | 20  | 5                               |   |
| Latino                       | 26  | 12                              |   |
| Asian/Other                  | 30  | 12                              |   |
| <b>Income</b>                |   |                                 |   |
| <\$15,000                    | 33  | 20 *                            | Insufficient Sample Size for Analysis           |
| \$15,000 - \$24,999          | 20  | 11                              |   |
| \$25,000 - \$34,999          | 29  | 14                              |   |
| \$35,000 - \$49,999          | 20  | 10                              |   |
| \$50,000 - \$74,999          | 26  | 9                               |   |
| ≥\$75,000                    | 29  | 6                               |   |
| <b>Food Stamps</b>           |   |                                 |   |
| Yes                          | 39 **   | 12                              | 4   |
| No                           | 24  | 10                              | 4   |
| <b>Food Stamp Eligible</b>   |   |                                 |   |
| FS and/or ≤130% FPL          | 30  | 17 **                           | 7 *   |
| No FS or >130% FPL           | 25  | 8                               | 4   |
| <b>Food Stamp/FPL</b>        |   |                                 |   |
| Food Stamp Participant       | 39 *  | 12 **                           | 4   |
| No FS/ ≤130% FPL             | 21  | 19                              | 8   |
| No FS/ >130%-≤185% FPL       | 19  | 7                               | 0   |
| No FS/ >185% FPL             | 26  | 8                               | 4   |
| <b>Federal Poverty Level</b> |   |                                 |   |
| ≤ 185% FPL                   | 25  | 13                              | 4   |
| > 185% FPL                   | 27  | 9                               | 4   |
| <b>Overweight Status</b>     |   |                                 |   |
| Not at Risk                  | 24  | 9                               | 4   |
| At Risk/Overweight           | 28  | 11                              | 4   |
| <b>Physical Activity</b>     |   |                                 |   |
| ≥ 60 minutes                 | 22 *  | 8 *                             | 3   |
| < 60 minutes                 | 29  | 12                              | 5   |
| <b>School Breakfast</b>      |   |                                 |   |
| Yes                          | 34 *  | 18 **                           | 10 **   |
| No                           | 24  | 8                               | 3   |
| <b>School Lunch</b>          |   |                                 |   |
| Yes                          | 23 *  | 11                              | 5   |
| No                           | 32  | 8                               | 4   |
| <b>Nutrition Lesson</b>      |   |                                 |   |
| Yes                          | 28  | 11                              | 4   |
| No                           | 24  | 10                              | 4   |
| <b>Exercise Lesson</b>       |   |                                 |   |
| Yes                          | 27  | 10                              | 5   |
| No                           | 25  | 12                              | 4   |

<sup>1</sup> Includes fried potatoes (i.e. french fries, curly fries, hash browns, tater tots, fried potato wedges, etc.), deep fried vegetables (i.e. onion rings, etc.), and dry beans.

The following assumptions were used to calculate cups from servings: A fruit serving is 1/2 cup, a juice serving is 1 cup, a vegetable and fried serving is 1/2 cup, a salad serving is 1 cup, and a beans serving is 1/2 cup.

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

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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 you/your child eat/drink in this category?

| Fruits |                          |                         |              |              |                  |              |              |
|--------|--------------------------|-------------------------|--------------|--------------|------------------|--------------|--------------|
| Rank   | State Total              | Boys                    | Girls        | White        | African-American | Latino       | Asian/Other  |
| 1st    | Apples                   | Apples                  | Apples       | Apples       | Orange Juice     | Apples       | Apples       |
| 2nd    | Orange Juice             | Orange Juice            | Orange Juice | Orange Juice | Apples           | Orange Juice | Orange Juice |
| 3rd    | Apple Juice              | Apple Juice             | Apple Juice  | Strawberries | Apple Juice      | Oranges      | Apple Juice  |
| 4th    | Bananas                  | Bananas                 | Strawberries | Bananas      | Strawberries     | Bananas      | Bananas      |
| 5th    | Strawberries             | Fruit Juice             | Bananas      | Apple Juice  | Oranges          | Apple Juice  | Peaches      |
| 6th    | Oranges                  | Oranges                 | Oranges      | Oranges      | Fruit Juice      | Fruit Juice  | Strawberries |
| 7th    | Fruit Juice <sup>1</sup> | Strawberries            | Peaches      | Fruit Juice  | Grapes           | Strawberries | Oranges      |
| 8th    | Peaches                  | Peaches                 | Fruit Juice  | Grapes       | Peaches          | Peaches      | Plums        |
| 9th    | Grapes                   | Grapes                  | Grapes       | Peaches      | Bananas          | Pears        | Fruit Juices |
| 10th   | Apple Sauce<br>Pears     | Watermelon<br>Pineapple | Pears        | Apple Sauce  | Pears            | Grapes       | Watermelon   |

  

| Vegetables |                                 |                    |                    |                    |                    |  |                  |
|------------|---------------------------------|--------------------|--------------------|--------------------|--------------------|--|------------------|
| Rank       | State Total                     | Boys               | Girls              | White              | African-American   | Latino                                   | Asian/Other      |
| 1st        | Green Salad <sup>2</sup>        | Green Salad                              | Green Salad      |
| 2nd        | Carrots                         | Carrots            | Carrots            | Carrots            | Non-Fried Potatoes | Corn                                     | Corn             |
| 3rd        | Tomato Sauce <sup>3</sup>       | Tomato Sauce       | Corn               | Tomato Sauce       | Tomato Sauce       | Tomato Sauce                             | Tomato Sauce     |
| 4th        | Corn                            | Corn               | Tomato Sauce       | Corn               | Carrots            | Carrots                                  | Carrots          |
| 5th        | Non-Fried Potatoes <sup>4</sup> | Non-Fried Potatoes | Broccoli           | Lettuce            | Celery             | Non-Fried Potatoes                       | Green Beans      |
| 6th        | Broccoli                        | Lettuce            | Non-Fried Potatoes | Non-Fried Potatoes | Broccoli           | Broccoli                                 | Lettuce          |
| 7th        | Lettuce                         | Broccoli           | Lettuce            | Broccoli           | Corn               | Lettuce                                  | Tomatoes         |
| 8th        | Green Beans <sup>5</sup>        | Green Beans        | Green Beans        | Tomatoes           | Lettuce            | Green Beans                              | Broccoli         |
| 9th        | Tomatoes                        | Tomatoes           | Tomatoes           | Green Beans        | Tomatoes           | Tomatoes                                 | Onions           |
| 10th       | Green Peas                      | Green Peas         | Green Peas         | Green Peas         | Green Beans        | Veggies on Sandwich or Taco <sup>6</sup> | N/A <sup>7</sup> |

<sup>1</sup>Fruit Juices include any unspecified fruit juice or any combination fruit juice, such as Juicy Juice

<sup>2</sup>Green Salad includes tossed salad, lettuce salad lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

<sup>3</sup>Tomato Sauce includes pizza sauce and spaghetti sauce

<sup>4</sup>Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes

<sup>5</sup>Green Beans includes green beans, string beans, beans unspecified, and all other beans

<sup>6</sup>Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc.

<sup>7</sup>N/A Reported due to 5 way tie between cucumbers, green peas, bell peppers, vegetable soup or stew, and cabbage

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 and vegetables do you think you should eat every day for good health?

|                              | Servings of Fruits and Vegetables Believed Needed,<br>Percent of Children <sup>1</sup> |           |
|------------------------------|--|-----------|
|                              | <5   | 5+        |
| <b>Total</b>                 | <b>44</b>  | <b>56</b> |
| <b>Gender</b>                |  |           |
| Males                        | 42   | 58        |
| Females                      | 48   | 52        |
| <b>Ethnicity</b>             |  |           |
| White                        | 51   | 49        |
| African American             | 30   | 70        |
| Latino                       | 39   | 61        |
| Asian/Other                  | 51   | 49        |
| <b>Income</b>                |  |           |
| <\$15,000                    | 50   | 50        |
| \$15,000 - \$24,999          | 31   | 69        |
| \$25,000 - \$34,999          | 40   | 60        |
| \$35,000 - \$49,999          | 39   | 61        |
| \$50,000 - \$74,999          | 46   | 54        |
| ≥\$75,000                    | 51   | 49        |
| <b>Food Stamps</b>           |  |           |
| Yes                          | 50   | 50        |
| No                           | 44   | 56        |
| <b>Food Stamp Eligible</b>   |  |           |
| FS and/or ≤130% FPL          | 40   | 60        |
| No FS or >130% FPL           | 46   | 54        |
| <b>Food Stamp/FPL</b>        |  |           |
| Food Stamp Participant       | 50   | 50        |
| No FS/ ≤130% FPL             | 37   | 63        |
| No FS/ >130%-≤185% FPL       | 46   | 54        |
| No FS/ >185% FPL             | 46   | 54        |
| <b>Federal Poverty Level</b> |  |           |
| ≤ 185% FPL                   | 41   | 59        |
| > 185% FPL                   | 46   | 54        |
| <b>Overweight Status</b>     |  |           |
| Not at Risk                  | 50   | 50        |
| At Risk/Overweight           | 36   | 64        |
| <b>Physical Activity</b>     |  |           |
| ≥ 60 minutes                 | 45   | 55        |
| < 60 minutes                 | 43   | 57        |
| <b>School Breakfast</b>      |  |           |
| Yes                          | 36   | 64        |
| No                           | 46   | 54        |
| <b>School Lunch</b>          |  |           |
| Yes                          | 43   | 57        |
| No                           | 46   | 54        |
| <b>Nutrition Lesson</b>      |  |           |
| Yes                          | 44   | 56        |
| No                           | 44   | 56        |
| <b>Exercise Lesson</b>       |  |           |
| Yes                          | 44   | 56        |
| No                           | 45   | 55        |

<sup>1</sup> 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

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**Table 10a: Belief about the Number of Cups of Fruits and Vegetables Needed for Good Health Based on MyPyramid Recommendations (Phone Sample)**

How many total servings of fruits and vegetables do you think you should eat every day for good health?

|                              | Believed Correct Number of Cups of Fruits and Vegetables,<br>Percent of Children <sup>1,2</sup> |           |
|------------------------------|---|-----------|
|                              | Yes   | No        |
| <b>Total</b>                 | <b>66</b>   | <b>34</b> |
| <b>Gender</b>                |   |           |
| Males                        | 63  | 37        |
| Females                      | 68  | 32        |
| <b>Ethnicity</b>             |   |           |
| White                        | 61  | 39        |
| African American             | 72  | 28        |
| Latino                       | 84  | 16        |
| Asian/Other                  | 42  | 58        |
| <b>Income</b>                |   |           |
| <\$15,000                    | 83  | 17        |
| \$15,000 - \$24,999          | 66  | 34        |
| \$25,000 - \$34,999          | 55  | 45        |
| \$35,000 - \$49,999          | 75  | 25        |
| \$50,000 - \$74,999          | 65  | 35        |
| ≥\$75,000                    | 60  | 40        |
| <b>Food Stamps</b>           |   |           |
| Yes                          | 85  | 15        |
| No                           | 63  | 37        |
| <b>Food Stamp Eligible</b>   |   |           |
| FS and/or ≤130% FPL          | 71  | 29        |
| No FS or >130% FPL           | 64  | 36        |
| <b>Food Stamp/FPL</b>        |   |           |
| Food Stamp Participant       | 85  | 15        |
| No FS/ ≤130% FPL             | 61  | 39        |
| No FS/ >130%-≤185% FPL       | 59  | 41        |
| No FS/ >185% FPL             | 65  | 35        |
| <b>Federal Poverty Level</b> |   |           |
| ≤ 185% FPL                   | 66  | 34        |
| > 185% FPL                   | 66  | 34        |
| <b>Overweight Status</b>     |   |           |
| Not at Risk                  | 63  | 37        |
| At Risk/Overweight           | 71  | 29        |
| <b>Physical Activity</b>     |   |           |
| ≥ 60 minutes                 | 51  | 49        |
| < 60 minutes                 | 77  | 23        |
| <b>School Breakfast</b>      |   |           |
| Yes                          | 64  | 36        |
| No                           | 66  | 34        |
| <b>School Lunch</b>          |   |           |
| Yes                          | 63  | 37        |
| No                           | 69  | 31        |
| <b>Nutrition Lesson</b>      |   |           |
| Yes                          | 66  | 34        |
| No                           | 65  | 35        |
| <b>Exercise Lesson</b>       |   |           |
| Yes                          | 67  | 33        |
| No                           | 63  | 37        |

<sup>1</sup> Excludes those reporting "don't know."

<sup>2</sup> Responses were limited to whole numbers making this estimate conservative.

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

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

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

How many total servings of fruits and vegetables 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 |         |  |     |    |
| 1-2                            | 12      | 58   | 29  | 12 |
| 3-4                            | 32      | 62   | 28  | 10 |
| 5+                             | 56      | 42   | 50  | 8  |

\*\*

Excludes those reporting "don't know."

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

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2005 California Children's Healthy Eating and Exercise Practices Survey

**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, fruit drinks, sports drinks and energy drinks, 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 <sup>1</sup> | Sweets <sup>2</sup> | High-Fat Snacks <sup>3</sup> |
| <b>Total</b>                 | <b>3.8</b>                           | <b>1.1</b>                            | <b>1.7</b>          | <b>0.9</b>                   |
| <b>Gender</b>                |                                      |                                       |                     |                              |
| Males                        | 4.0**                                | 1.3**                                 | 1.8                 | 0.9                          |
| Females                      | 3.5                                  | 1.0                                   | 1.7                 | 0.9                          |
| <b>Ethnicity</b>             |                                      |                                       |                     |                              |
| White                        | 3.9                                  | 1.1 <sup>ab</sup> **                  | 2.0 <sup>b</sup> ** | 0.9                          |
| African American             | 3.7                                  | 1.5 <sup>b</sup>                      | 1.4 <sup>ab</sup>   | 0.8                          |
| Latino                       | 3.8                                  | 1.2 <sup>b</sup>                      | 1.6 <sup>a</sup>    | 0.9                          |
| Asian/Other                  | 3.3                                  | 0.8 <sup>a</sup>                      | 1.6 <sup>ab</sup>   | 0.9                          |
| <b>Income</b>                |                                      |                                       |                     |                              |
| <\$15,000                    | 4.9 <sup>b</sup> **                  | 1.8 <sup>c</sup> ***                  | 2.0 <sup>a</sup> *  | 1.2 <sup>b</sup> *           |
| \$15,000 - \$24,999          | 3.5 <sup>a</sup>                     | 1.1 <sup>ab</sup>                     | 1.6 <sup>a</sup>    | 0.9 <sup>ab</sup>            |
| \$25,000 - \$34,999          | 3.8 <sup>ab</sup>                    | 1.4 <sup>bc</sup>                     | 1.6 <sup>a</sup>    | 0.8 <sup>ab</sup>            |
| \$35,000 - \$49,999          | 3.9 <sup>ab</sup>                    | 1.2 <sup>ab</sup>                     | 1.7 <sup>a</sup>    | 1.0 <sup>ab</sup>            |
| \$50,000 - \$74,999          | 3.6 <sup>a</sup>                     | 1.0 <sup>ab</sup>                     | 1.6 <sup>a</sup>    | 1.0 <sup>ab</sup>            |
| ≥\$75,000                    | 3.6 <sup>a</sup>                     | 0.9 <sup>a</sup>                      | 1.9 <sup>a</sup>    | 0.7 <sup>a</sup>             |
| <b>Food Stamps</b>           |                                      |                                       |                     |                              |
| Yes                          | 4.2                                  | 1.3                                   | 1.8                 | 1.1*                         |
| No                           | 3.7                                  | 1.1                                   | 1.8                 | 0.9                          |
| <b>Food Stamp Eligible</b>   |                                      |                                       |                     |                              |
| FS and/or ≤130% FPL          | 4.1*                                 | 1.4**                                 | 1.7                 | 1.0*                         |
| No FS or >130% FPL           | 3.6                                  | 1.0                                   | 1.8                 | 0.8                          |
| <b>Food Stamp/FPL</b>        |                                      |                                       |                     |                              |
| Food Stamp Participant       | 4.2                                  | 1.3 <sup>ab</sup> ***                 | 1.8                 | 1.1                          |
| No FS/ ≤130% FPL             | 4.2                                  | 1.4 <sup>b</sup>                      | 1.7                 | 1.0                          |
| No FS/ >130%-≤185% FPL       | 3.8                                  | 1.4 <sup>b</sup>                      | 1.7                 | 0.8                          |
| No FS/ >185% FPL             | 3.6                                  | 1.0 <sup>a</sup>                      | 1.8                 | 0.9                          |
| <b>Federal Poverty Level</b> |                                      |                                       |                     |                              |
| ≤ 185% FPL                   | 4.0*                                 | 1.4***                                | 1.7                 | 0.9                          |
| > 185% FPL                   | 3.6                                  | 1.0                                   | 1.8                 | 0.9                          |
| <b>Overweight Status</b>     |                                      |                                       |                     |                              |
| Not at Risk                  | 3.5***                               | 1.0***                                | 1.7                 | 0.8**                        |
| At Risk/Overweight           | 4.2                                  | 1.4                                   | 1.8                 | 1.1                          |
| <b>Physical Activity</b>     |                                      |                                       |                     |                              |
| ≥ 60 minutes                 | 3.9                                  | 1.2                                   | 1.8                 | 0.9                          |
| < 60 minutes                 | 3.6                                  | 1.1                                   | 1.7                 | 0.8                          |
| <b>School Breakfast</b>      |                                      |                                       |                     |                              |
| Yes                          | 4.4***                               | 1.5***                                | 1.8                 | 1.1**                        |
| No                           | 3.6                                  | 1.1                                   | 1.7                 | 0.8                          |
| <b>School Lunch</b>          |                                      |                                       |                     |                              |
| Yes                          | 3.7                                  | 1.2                                   | 1.7*                | 0.9                          |
| No                           | 3.8                                  | 1.0                                   | 1.9                 | 0.9                          |
| <b>Nutrition Lesson</b>      |                                      |                                       |                     |                              |
| Yes                          | 3.8                                  | 1.1                                   | 1.8                 | 0.9                          |
| No                           | 3.7                                  | 1.1                                   | 1.7                 | 0.9                          |
| <b>Exercise Lesson</b>       |                                      |                                       |                     |                              |
| Yes                          | 3.8                                  | 1.1                                   | 1.8                 | 0.9                          |
| No                           | 3.8                                  | 1.3                                   | 1.7                 | 0.8                          |

<sup>1</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/ sweetened bottled water.

<sup>2</sup> This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

<sup>3</sup> 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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 33: Breakdown of the Soda and Sweetened Beverages Reported by California Children (Diary Sample)**

| <b>Soda and Sweetened Beverages</b>                   | <b>Mean Servings</b> |
|---|----------------------|
| <b>Total</b>  | <b>1.1</b>           |
| Regular soda  | 0.3                  |
| Drinkade (Hi-C, Sunny Delight)                        | 0.6                  |
| Sports Drink (Gatorade, Powerade)                     | 0.1                  |
| Energy Drink (Red Bull, Amp)                          | <0.1                 |
| Flavored, sweetened, bottled water (Clearly Canadian) | 0.1                  |
| Diet soda   | 0.1                  |

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**Table 34: Range in Number of Servings of Soda/Sweetened Beverages<sup>1</sup> Drunk by California Children per Typical Weekday for All Eating Occasions (Diary Sample)**

How many servings of each (soda, fruit drinks, sports drinks and energy drinks) did you/your child eat/drink in this category?

|                              | Servings of Sodas/Sweetened Beverages Reported, Percent of Children |           |           |          |
|------------------------------|---|-----------|-----------|----------|
|                              | 0 <sup>2</sup>  | 1         | 2         | 3+       |
| <b>Total</b>                 | <b>44</b>   | <b>33</b> | <b>15</b> | <b>9</b> |
| <b>Gender</b>                |   |           |           |          |
| Males                        | 38  | 36        | 15        | 12       |
| Females                      | 50  | 30        | 15        | 5        |
| <b>Ethnicity</b>             |   |           |           |          |
| White                        | 50  | 30        | 13        | 8        |
| African American             | 33  | 26        | 28        | 14       |
| Latino                       | 38  | 37        | 15        | 10       |
| Asian/Other                  | 51  | 33        | 12        | 4        |
| <b>Income</b>                |   |           |           |          |
| <\$15,000                    | 33  | 21        | 21        | 25       |
| \$15,000 - \$24,999          | 45  | 37        | 17        | 1        |
| \$25,000 - \$34,999          | 26  | 42        | 21        | 10       |
| \$35,000 - \$49,999          | 42  | 32        | 11        | 15       |
| \$50,000 - \$74,999          | 47  | 35        | 12        | 6        |
| ≥\$75,000                    | 52  | 31        | 14        | 4        |
| <b>Food Stamps</b>           |   |           |           |          |
| Yes                          | 49  | 21        | 16        | 13       |
| No                           | 43  | 35        | 15        | 8        |
| <b>Food Stamp Eligible</b>   |   |           |           |          |
| FS and/or ≤130% FPL          | 40  | 31        | 16        | 13       |
| No FS or >130% FPL           | 45  | 34        | 14        | 7        |
| <b>Food Stamp/FPL</b>        |   |           |           |          |
| Food Stamp Participant       | 49  | 21        | 16        | 13       |
| No FS/ ≤130% FPL             | 34  | 37        | 17        | 12       |
| No FS/ >130%-≤185% FPL       | 30  | 37        | 20        | 13       |
| No FS/ >185% FPL             | 48  | 34        | 13        | 5        |
| <b>Federal Poverty Level</b> |   |           |           |          |
| ≤ 185% FPL                   | 36  | 33        | 18        | 13       |
| > 185% FPL                   | 48  | 33        | 13        | 6        |
| <b>Overweight Status</b>     |   |           |           |          |
| Not at Risk                  | 49  | 34        | 12        | 5        |
| At Risk/Overweight           | 36  | 32        | 18        | 14       |
| <b>Physical Activity</b>     |   |           |           |          |
| ≥ 60 minutes                 | 42  | 33        | 16        | 9        |
| < 60 minutes                 | 44  | 33        | 14        | 8        |
| <b>School Breakfast</b>      |   |           |           |          |
| Yes                          | 37  | 35        | 15        | 13       |
| No                           | 45  | 32        | 15        | 8        |
| <b>School Lunch</b>          |   |           |           |          |
| Yes                          | 45  | 32        | 12        | 10       |
| No                           | 42  | 34        | 19        | 5        |
| <b>Nutrition Lesson</b>      |   |           |           |          |
| Yes                          | 41  | 35        | 16        | 8        |
| No                           | 46  | 30        | 14        | 9        |
| <b>Exercise Lesson</b>       |   |           |           |          |
| Yes                          | 45  | 33        | 15        | 7        |
| No                           | 40  | 34        | 15        | 12       |

<sup>1</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/ sweetened bottled water.

<sup>2</sup> 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 35: Breakdown of the Sweets Reported by California Children (Diary Sample)**

| Sweets                      | Mean Servings |
|-----------------------------|---------------|
| <b>Total</b>                | <b>1.7</b>    |
| Candy                       | 0.2           |
| Baked goods                 | 1.0           |
| Dairy desserts <sup>1</sup> | 0.3           |
| Other sweets <sup>2</sup>   | 0.3           |

<sup>1</sup> This includes sweets such as ice cream, frozen yogurt, fudgesicles and custard puddings.

<sup>2</sup> This includes sweets such as popsicles, sherbert, and other miscellaneous sweets such as gelatin, jelly, and syrup.

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**Table 36: Range in the Number of Servings of Sweets<sup>1</sup> 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,<br>Percent of Children |           |           |           |
|------------------------------|---|-----------|-----------|-----------|
|                              | 0 <sup>2</sup>                                      | 1         | 2         | 3+        |
| <b>Total</b>                 | <b>21</b>   | <b>38</b> | <b>21</b> | <b>20</b> |
| <b>Gender</b>                |   |           |           |           |
| Males                        | 22  | 37        | 20        | 21        |
| Females                      | 20  | 38        | 22        | 20        |
| <b>Ethnicity</b>             |   |           |           |           |
| White                        | 17  | 34        | 24        | 24        |
| African American             | 21  | 49        | 16        | 14        |
| Latino                       | 24  | 37        | 20        | 19        |
| Asian/Other                  | 24  | 43        | 17        | 16        |
| <b>Income</b>                |   |           |           |           |
| <\$15,000                    | 25  | 30        | 19        | 25        |
| \$15,000 - \$24,999          | 23  | 45        | 22        | 10        |
| \$25,000 - \$34,999          | 21  | 41        | 16        | 22        |
| \$35,000 - \$49,999          | 21  | 38        | 23        | 18        |
| \$50,000 - \$74,999          | 24  | 38        | 22        | 16        |
| ≥\$75,000                    | 17  | 36        | 22        | 25        |
| <b>Food Stamps</b>           |   |           |           |           |
| Yes                          | 16  | 39        | 24        | 20        |
| No                           | 21  | 38        | 22        | 20        |
| <b>Food Stamp Eligible</b>   |   |           |           |           |
| FS and/or ≤130% FPL          | 24  | 38        | 21        | 18        |
| No FS or >130% FPL           | 20  | 38        | 22        | 21        |
| <b>Food Stamp/FPL</b>        |   |           |           |           |
| Food Stamp Participant       | 16  | 39        | 24        | 20        |
| No FS/ ≤130% FPL             | 27  | 38        | 20        | 16        |
| No FS/ >130%-≤185% FPL       | 18  | 47        | 16        | 20        |
| No FS/ >185% FPL             | 20  | 36        | 23        | 21        |
| <b>Federal Poverty Level</b> |   |           |           |           |
| ≤ 185% FPL                   | 22  | 40        | 20        | 18        |
| > 185% FPL                   | 20  | 36        | 22        | 22        |
| <b>Overweight Status</b>     |   |           |           |           |
| Not at Risk                  | 21  | 36        | 22        | 21        |
| At Risk/Overweight           | 19  | 41        | 20        | 19        |
| <b>Physical Activity</b>     |   |           |           |           |
| ≥ 60 minutes                 | 19  | 37        | 23        | 21        |
| < 60 minutes                 | 23  | 38        | 20        | 19        |
| <b>School Breakfast</b>      |   |           |           |           |
| Yes                          | 18  | 35        | 28        | 19        |
| No                           | 22  | 38        | 20        | 20        |
| <b>School Lunch</b>          |   |           |           |           |
| Yes                          | 24  | 39        | 18        | 19        |
| No                           | 15  | 36        | 27        | 23        |
| <b>Nutrition Lesson</b>      |   |           |           |           |
| Yes                          | 19  | 39        | 22        | 20        |
| No                           | 23  | 36        | 21        | 21        |
| <b>Exercise Lesson</b>       |   |           |           |           |
| Yes                          | 20  | 36        | 24        | 20        |
| No                           | 23  | 41        | 16        | 21        |

<sup>1</sup> This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

<sup>2</sup> 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<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 37: Breakdown of the High Fat Snacks Reported by California Children  
(Diary Sample)**

| <b>High Fat Snacks</b>              | <b>Mean Servings</b> |
|-------------------------------------|----------------------|
| <b>Total</b>                        | <b>0.9</b>           |
| Fried potatoes                      | 0.2                  |
| Other fried vegetables <sup>1</sup> | <0.1                 |
| Chips and crackers                  | 0.7                  |
| Other fried foods                   | <0.1                 |

<sup>1</sup> This excludes fried potatoes.

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**Table 38: Range in Number of Servings of High-Fat Snacks<sup>1</sup> 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,<br>Percent of Children |           |           |
|------------------------------|--|-----------|-----------|
|                              | 0 <sup>2</sup>   | 1         | 2+        |
| <b>Total</b>                 | <b>52</b>  | <b>32</b> | <b>16</b> |
| <b>Gender</b>                |  |           |           |
| Males                        | 51   | 32        | 17        |
| Females                      | 53   | 33        | 15        |
| <b>Ethnicity</b>             |  |           |           |
| White                        | 52   | 31        | 17        |
| African American             | 54   | 25        | 20        |
| Latino                       | 50   | 35        | 15        |
| Asian/Other                  | 56   | 32        | 12        |
| <b>Income</b>                |  |           |           |
| <\$15,000                    | 44   | 36        | 20        |
| \$15,000 - \$24,999          | 56   | 30        | 14        |
| \$25,000 - \$34,999          | 50   | 38        | 12        |
| \$35,000 - \$49,999          | 45   | 37        | 17        |
| \$50,000 - \$74,999          | 50   | 31        | 19        |
| ≥\$75,000                    | 58   | 29        | 14        |
| <b>Food Stamps</b>           |  |           |           |
| Yes                          | 38   | 39        | 23        |
| No                           | 53   | 32        | 15        |
| <b>Food Stamp Eligible</b>   |  |           |           |
| FS and/or ≤130% FPL          | 46   | 36        | 18        |
| No FS or >130% FPL           | 54   | 32        | 15        |
| <b>Food Stamp/FPL</b>        |  |           |           |
| Food Stamp Participant       | 38   | 39        | 23        |
| No FS/ ≤130% FPL             | 48   | 37        | 15        |
| No FS/ >130%-≤185% FPL       | 58   | 29        | 13        |
| No FS/ >185% FPL             | 53   | 32        | 15        |
| <b>Federal Poverty Level</b> |  |           |           |
| ≤ 185% FPL                   | 51   | 33        | 16        |
| > 185% FPL                   | 52   | 32        | 16        |
| <b>Overweight Status</b>     |  |           |           |
| Not at Risk                  | 54   | 32        | 15        |
| At Risk/Overweight           | 48   | 34        | 18        |
| <b>Physical Activity</b>     |  |           |           |
| ≥ 60 minutes                 | 52   | 33        | 16        |
| < 60 minutes                 | 52   | 32        | 16        |
| <b>School Breakfast</b>      |  |           |           |
| Yes                          | 46   | 36        | 18        |
| No                           | 53   | 32        | 15        |
| <b>School Lunch</b>          |  |           |           |
| Yes                          | 53   | 32        | 15        |
| No                           | 49   | 34        | 18        |
| <b>Nutrition Lesson</b>      |  |           |           |
| Yes                          | 53   | 31        | 17        |
| No                           | 51   | 34        | 15        |
| <b>Exercise Lesson</b>       |  |           |           |
| Yes                          | 52   | 32        | 17        |
| No                           | 52   | 34        | 14        |

<sup>1</sup> This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

<sup>2</sup> 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

2005 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, fruit drinks, sports drinks and energy drinks, 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+        |
| <b>Total</b>                 | <b>18</b>  | <b>38</b> | <b>28</b> | <b>17</b> |
| <b>Gender</b>                |  |           |           |           |
| Males                        | 16   | 37        | 29        | 18        |
| Females                      | 19   | 39        | 26        | 15        |
| <b>Ethnicity</b>             |  |           |           |           |
| White                        | 14   | 42        | 27        | 18        |
| African American             | 21   | 26        | 40        | 14        |
| Latino                       | 19   | 37        | 26        | 18        |
| Asian/Other                  | 22   | 40        | 32        | 6         |
| <b>Income</b>                |  |           |           |           |
| <\$15,000                    | 11   | 32        | 22        | 35        |
| \$15,000 - \$24,999          | 20   | 47        | 19        | 14        |
| \$25,000 - \$34,999          | 18   | 28        | 42        | 12        |
| \$35,000 - \$49,999          | 11   | 46        | 25        | 18        |
| \$50,000 - \$74,999          | 17   | 38        | 30        | 15        |
| ≥\$75,000                    | 21   | 37        | 27        | 15        |
| <b>Food Stamps</b>           |  |           |           |           |
| Yes                          | 18   | 34        | 26        | 22        |
| No                           | 17   | 39        | 28        | 16        |
| <b>Food Stamp Eligible</b>   |  |           |           |           |
| FS and/or ≤130% FPL          | 17   | 38        | 23        | 22        |
| No FS or >130% FPL           | 17   | 38        | 30        | 14        |
| <b>Food Stamp/FPL</b>        |  |           |           |           |
| Food Stamp Participant       | 18   | 34        | 26        | 22        |
| No FS/ ≤130% FPL             | 15   | 42        | 22        | 22        |
| No FS/ >130%-≤185% FPL       | 19   | 30        | 33        | 19        |
| No FS/ >185% FPL             | 17   | 40        | 29        | 14        |
| <b>Federal Poverty Level</b> |  |           |           |           |
| ≤ 185% FPL                   | 18   | 34        | 26        | 21        |
| > 185% FPL                   | 17   | 40        | 28        | 14        |
| <b>Overweight Status</b>     |  |           |           |           |
| Not at Risk                  | 20   | 39        | 28        | 13        |
| At Risk/Overweight           | 14   | 37        | 28        | 21        |
| <b>Physical Activity</b>     |  |           |           |           |
| ≥ 60 minutes                 | 15   | 38        | 31        | 16        |
| < 60 minutes                 | 19   | 38        | 25        | 17        |
| <b>School Breakfast</b>      |  |           |           |           |
| Yes                          | 16   | 34        | 27        | 23        |
| No                           | 18   | 39        | 28        | 15        |
| <b>School Lunch</b>          |  |           |           |           |
| Yes                          | 20   | 38        | 24        | 17        |
| No                           | 12   | 38        | 34        | 16        |
| <b>Nutrition Lesson</b>      |  |           |           |           |
| Yes                          | 15   | 40        | 30        | 16        |
| No                           | 20   | 37        | 25        | 18        |
| <b>Exercise Lesson</b>       |  |           |           |           |
| Yes                          | 16   | 40        | 28        | 16        |
| No                           | 19   | 35        | 28        | 17        |

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 40: Drinking Soda and Sweetened Beverages<sup>1</sup> 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<br>by Children |
|----------------------|---------|---------------------------------------|
|                      |         | Mean                                  |
| Any Servings of Soda |         |                                       |
| Yes                  | 56      | 1.8                                   |
| No                   | 44      | 2.0                                   |

<sup>1</sup>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  
 \* p<.05

2005 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, Taco Bell, Burger King, KFC, Wendy's, and so on?

|                              | Times Eating Fast Food in the Past Week,<br>Percent of Children |           |           |
|------------------------------|---|-----------|-----------|
|                              | 0   | 1         | 2+        |
| <b>Total</b>                 | <b>27</b>   | <b>31</b> | <b>42</b> |
| <b>Gender</b>                |   |           |           |
| Males                        | 29  | 30        | 42        |
| Females                      | 26  | 32        | 42        |
| <b>Ethnicity</b>             |   |           |           |
| White                        | 28  | 37        | 35        |
| African American             | 46  | 21        | 33        |
| Latino                       | 27  | 26        | 46        |
| Asian/Other                  | 13  | 36        | 51        |
| <b>Income</b>                |   |           |           |
| <\$15,000                    | 25  | 17        | 58        |
| \$15,000 - \$24,999          | 27  | 22        | 51        |
| \$25,000 - \$34,999          | 24  | 26        | 50        |
| \$35,000 - \$49,999          | 24  | 35        | 40        |
| \$50,000 - \$74,999          | 27  | 33        | 40        |
| ≥\$75,000                    | 30  | 35        | 35        |
| <b>Food Stamps</b>           |   |           |           |
| Yes                          | 27  | 27        | 46        |
| No                           | 27  | 32        | 41        |
| <b>Food Stamp Eligible</b>   |   |           |           |
| FS and/or ≤130% FPL          | 25  | 23        | 52        |
| No FS or >130% FPL           | 28  | 33        | 39        |
| <b>Food Stamp/FPL</b>        |   |           |           |
| Food Stamp Participant       | 27  | 27        | 46        |
| No FS/ ≤130% FPL             | 21  | 21        | 58        |
| No FS/ >130%-≤185% FPL       | 28  | 35        | 37        |
| No FS/ >185% FPL             | 28  | 33        | 39        |
| <b>Federal Poverty Level</b> |   |           |           |
| ≤ 185% FPL                   | 26  | 26        | 48        |
| > 185% FPL                   | 28  | 34        | 39        |
| <b>Overweight Status</b>     |   |           |           |
| Not at Risk                  | 28  | 30        | 42        |
| At Risk/Overweight           | 26  | 33        | 41        |
| <b>Physical Activity</b>     |   |           |           |
| ≥60 minutes                  | 27  | 34        | 39        |
| <60 minutes                  | 28  | 29        | 44        |
| <b>School Breakfast</b>      |   |           |           |
| Yes                          | 34  | 26        | 40        |
| No                           | 26  | 32        | 42        |
| <b>School Lunch</b>          |   |           |           |
| Yes                          | 25  | 28        | 47        |
| No                           | 30  | 36        | 33        |
| <b>Nutrition Lesson</b>      |   |           |           |
| Yes                          | 23  | 33        | 44        |
| No                           | 32  | 29        | 39        |
| <b>Exercise Lesson</b>       |   |           |           |
| Yes                          | 25  | 30        | 45        |
| No                           | 32  | 34        | 34        |

Excludes those reporting "don't know."

Reported mean times eating fast food in the past week was 1.5 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

2005 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 you/your child spent doing each exercise or activity.  
 How vigorously did you/your child participate in this exercise or activity?

|                              | Average Minutes of Light, Moderate,<br>and Vigorous Physical Activity,<br>Percent of Children |           |           |
|------------------------------|---|-----------|-----------|
|                              | <30   | 30-59     | ≥60       |
| <b>Total</b>                 | <b>16</b>   | <b>26</b> | <b>58</b> |
| <b>Gender</b>                |   |           |           |
| Males                        | 14  | 24        | 61        |
| Females                      | 18  | 28        | 55        |
| <b>Ethnicity</b>             |   |           |           |
| White                        | 13  | 23        | 64        |
| African American             | 14  | 20        | 66        |
| Latino                       | 18  | 28        | 54        |
| Asian/Other                  | 17  | 32        | 51        |
| <b>Income</b>                |   |           |           |
| <\$15,000                    | 17  | 34        | 48        |
| \$15,000 - \$24,999          | 18  | 23        | 60        |
| \$25,000 - \$34,999          | 24  | 21        | 55        |
| \$35,000 - \$49,999          | 19  | 26        | 55        |
| \$50,000 - \$74,999          | 14  | 30        | 56        |
| ≥\$75,000                    | 11  | 24        | 65        |
| <b>Food Stamps</b>           |   |           |           |
| Yes                          | 18  | 31        | 51        |
| No                           | 16  | 25        | 59        |
| <b>Food Stamp Eligible</b>   |   |           |           |
| FS and/or ≤130% FPL          | 18  | 26        | 56        |
| No FS or >130% FPL           | 15  | 26        | 59        |
| <b>Food Stamp/FPL</b>        |   |           |           |
| Food Stamp Participant       | 18  | 31        | 51        |
| No FS/ ≤130% FPL             | 19  | 23        | 58        |
| No FS/ >130%-≤185% FPL       | 23  | 23        | 54        |
| No FS/ >185% FPL             | 14  | 26        | 60        |
| <b>Federal Poverty Level</b> |   |           |           |
| ≤ 185% FPL                   | 19  | 26        | 54        |
| > 185% FPL                   | 14  | 26        | 60        |
| <b>Overweight Status</b>     |   |           |           |
| Not at Risk                  | 16  | 27        | 57        |
| At Risk/Overweight           | 15  | 25        | 60        |
| <b>Physical Activity</b>     |   |           |           |
| ≥ 60 minutes                 | N/A   | N/A       | N/A       |
| < 60 minutes                 | N/A   | N/A       | N/A       |
| <b>School Breakfast</b>      |   |           |           |
| Yes                          | 16  | 23        | 61        |
| No                           | 16  | 27        | 57        |
| <b>School Lunch</b>          |   |           |           |
| Yes                          | 17  | 27        | 56        |
| No                           | 14  | 25        | 61        |
| <b>Nutrition Lesson</b>      |   |           |           |
| Yes                          | 14  | 29        | 57        |
| No                           | 17  | 23        | 59        |
| <b>Exercise Lesson</b>       |   |           |           |
| Yes                          | 15  | 27        | 58        |
| No                           | 19  | 24        | 58        |

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

2005 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 you/your child spent doing each exercise or activity.  
How vigorously did you/your child participate in this exercise or activity?

|                              | Level of Physical Activity in Minutes, Mean |                   |           | Total Minutes, Mean |
|------------------------------|---|-------------------|-----------|---------------------|
|                              | Light                                       | Moderate          | Hard      |                     |
| <b>Total</b>                 | <b>15</b>                                   | <b>27</b>         | <b>34</b> | <b>76</b>           |
| <b>Gender</b>                |   |                   |           |                     |
| Males                        | 14  | 29                | 39 ***    | 81 *                |
| Females                      | 15  | 26                | 29        | 71                  |
| <b>Ethnicity</b>             |   |                   |           |                     |
| White                        | 17 <sup>b</sup> *                           | 32 <sup>b</sup> * | 35        | 83 <sup>a</sup> *   |
| African American             | 13 <sup>ab</sup>                            | 29 <sup>ab</sup>  | 26        | 69 <sup>a</sup>     |
| Latino                       | 15 <sup>ab</sup>                            | 24 <sup>a</sup>   | 33        | 73 <sup>a</sup>     |
| Asian/Other                  | 8 <sup>a</sup>                              | 25 <sup>ab</sup>  | 37        | 71 <sup>a</sup>     |
| <b>Income</b>                |   |                   |           |                     |
| <\$15,000                    | 13  | 27                | 27        | 68                  |
| \$15,000 - \$24,999          | 17  | 24                | 37        | 77                  |
| \$25,000 - \$34,999          | 12  | 26                | 26        | 67                  |
| \$35,000 - \$49,999          | 16  | 21                | 34        | 72                  |
| \$50,000 - \$74,999          | 13  | 28                | 39        | 80                  |
| ≥\$75,000                    | 16  | 32                | 35        | 82                  |
| <b>Food Stamps</b>           |   |                   |           |                     |
| Yes                          | 17  | 30                | 27        | 74                  |
| No                           | 14  | 26                | 35        | 77                  |
| <b>Food Stamp Eligible</b>   |   |                   |           |                     |
| FS and/or ≤130% FPL          | 15  | 27                | 32        | 74                  |
| No FS or >130% FPL           | 15  | 27                | 35        | 77                  |
| <b>Food Stamp/FPL</b>        |   |                   |           |                     |
| Food Stamp Participant       | 17  | 30                | 27        | 74                  |
| No FS/ ≤130% FPL             | 13  | 23                | 37        | 74                  |
| No FS/ >130%-≤185% FPL       | 11  | 21                | 34        | 67                  |
| No FS/ >185% FPL             | 15  | 28                | 35        | 79                  |
| <b>Federal Poverty Level</b> |   |                   |           |                     |
| ≤ 185% FPL                   | 14  | 24                | 32        | 71 *                |
| > 185% FPL                   | 15  | 29                | 35        | 79                  |
| <b>Overweight Status</b>     |   |                   |           |                     |
| Not at Risk                  | 14  | 28                | 34        | 77                  |
| At Risk/Overweight           | 16  | 25                | 35        | 77                  |
| <b>Physical Activity</b>     |   |                   |           |                     |
| ≥ 60 minutes                 | N/A   | N/A               | N/A       | N/A                 |
| < 60 minutes                 | N/A   | N/A               | N/A       | N/A                 |
| <b>School Breakfast</b>      |   |                   |           |                     |
| Yes                          | 15  | 30                | 34        | 80                  |
| No                           | 14  | 27                | 34        | 76                  |
| <b>School Lunch</b>          |   |                   |           |                     |
| Yes                          | 14  | 26                | 34        | 74                  |
| No                           | 16  | 30                | 34        | 80                  |
| <b>Nutrition Lesson</b>      |   |                   |           |                     |
| Yes                          | 14  | 29                | 34        | 77                  |
| No                           | 15  | 25                | 34        | 76                  |
| <b>Exercise Lesson</b>       |   |                   |           |                     |
| Yes                          | 14  | 28                | 35        | 78                  |
| No                           | 15  | 26                | 32        | 74                  |

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

2005 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 you/your child spent doing each exercise or activity.  
How vigorously did you/your child participate in this exercise or activity?

|                              | Minutes of Moderate and Vigorous Physical Activity, Percent of Children |     |
|------------------------------|---|-----|
|                              | <60   | >60 |
| <b>Total</b>                 | 55  | 45  |
| <b>Gender</b>                |   |     |
| Males                        | 49  | 51  |
| Females                      | 61  | 39  |
| <b>Ethnicity</b>             |   |     |
| White                        | 49  | 51  |
| African American             | 54  | 46  |
| Latino                       | 60  | 40  |
| Asian/Other                  | 56  | 44  |
| <b>Income</b>                |   |     |
| <\$15,000                    | 64  | 36  |
| \$15,000 - \$24,999          | 52  | 48  |
| \$25,000 - \$34,999          | 61  | 39  |
| \$35,000 - \$49,999          | 59  | 41  |
| \$50,000 - \$74,999          | 54  | 46  |
| ≥\$75,000                    | 49  | 51  |
| <b>Food Stamps</b>           |   |     |
| Yes                          | 61  | 39  |
| No                           | 54  | 46  |
| <b>Food Stamp Eligible</b>   |   |     |
| FS and/or ≤130% FPL          | 56  | 44  |
| No FS or >130% FPL           | 54  | 46  |
| <b>Food Stamp/FPL</b>        |   |     |
| Food Stamp Participant       | 61  | 39  |
| No FS/ ≤130% FPL             | 55  | 45  |
| No FS/ >130%-≤185% FPL       | 59  | 41  |
| No FS/ >185% FPL             | 53  | 47  |
| <b>Federal Poverty Level</b> |   |     |
| ≤ 185% FPL                   | 58  | 42  |
| > 185% FPL                   | 53  | 47  |
| <b>Overweight Status</b>     |   |     |
| Not at Risk                  | 55  | 45  |
| At Risk/Overweight           | 55  | 45  |
| <b>Physical Activity</b>     |   |     |
| ≥ 60 minutes                 | N/A   | N/A |
| < 60 minutes                 | N/A   | N/A |
| <b>School Breakfast</b>      |   |     |
| Yes                          | 48  | 52  |
| No                           | 56  | 44  |
| <b>School Lunch</b>          |   |     |
| Yes                          | 55  | 45  |
| No                           | 54  | 46  |
| <b>Nutrition Lesson</b>      |   |     |
| Yes                          | 56  | 44  |
| No                           | 53  | 47  |
| <b>Exercise Lesson</b>       |   |     |
| Yes                          | 55  | 45  |
| No                           | 54  | 46  |

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

2005 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 you/your child got *to school* today?

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

| <b>Transportation Mode <i>to</i> School</b>   | <b>Average Percent</b> |
|---|------------------------|
| Car/carpool                                   | 70                     |
| School bus                                    | 12                     |
| Walk  | 15                     |
| Bicycle                                       | 4                      |
| <b>Transportation Mode <i>from</i> School</b> | <b>Average Percent</b> |
| Car/carpool                                   | 63                     |
| School bus                                    | 13                     |
| Walk  | 21                     |
| Bicycle                                       | 4                      |

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.

2005 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 you/your child got *to school* today?  
 What was the primary way you/your child got home *from school* today?

|                              | Average Estimated Percent <sup>1</sup> |                                      |   |
|------------------------------|--|--------------------------------------|---|
|                              | Children Who Walked to School          | Children Who Walked Home from School | Children Using a Physically Active Mode of Transportation to and from School <sup>2</sup> |
| <b>Total</b>                 | 15                                     | 21                                   | 16  |
| <b>Gender</b>                |  |                                      |   |
| Males                        | 16                                     | 24 *                                 | 20 **   |
| Females                      | 13                                     | 17                                   | 13  |
| <b>Ethnicity</b>             |  |                                      |   |
| White                        | 14                                     | 17                                   | 14 <sup>a</sup> *   |
| African American             | 10                                     | 22                                   | 10 <sup>ab</sup>  |
| Latino                       | 14                                     | 21                                   | 16 <sup>ab</sup>  |
| Asian/Other                  | 23                                     | 30                                   | 28 <sup>b</sup>   |
| <b>Income</b>                |  |                                      |   |
| <\$15,000                    | 16                                     | 34 <sup>b</sup> **                   | 18  |
| \$15,000 - \$24,999          | 25                                     | 31 <sup>ab</sup>                     | 22  |
| \$25,000 - \$34,999          | 11                                     | 17 <sup>ab</sup>                     | 13  |
| \$35,000 - \$49,999          | 12                                     | 18 <sup>ab</sup>                     | 13  |
| \$50,000 - \$74,999          | 16                                     | 19 <sup>ab</sup>                     | 22  |
| ≥\$75,000                    | 13                                     | 16 <sup>a</sup>                      | 13  |
| <b>Food Stamps</b>           |  |                                      |   |
| Yes                          | 20                                     | 28                                   | 19  |
| No                           | 14                                     | 19                                   | 16  |
| <b>Food Stamp Eligible</b>   |  |                                      |   |
| FS and/or ≤130% FPL          | 21 **                                  | 33 ***                               | 20  |
| No FS or >130% FPL           | 13                                     | 16                                   | 15  |
| <b>Food Stamp/FPL</b>        |  |                                      |   |
| Food Stamp Participant       | 20                                     | 28 <sup>ab</sup> ***                 | 19  |
| No FS/ ≤130% FPL             | 21                                     | 37 <sup>b</sup>                      | 21  |
| No FS/ >130%-≤185% FPL       | 12                                     | 14 <sup>a</sup>                      | 15  |
| No FS/ >185% FPL             | 13                                     | 16 <sup>a</sup>                      | 15  |
| <b>Federal Poverty Level</b> |  |                                      |   |
| ≤ 185% FPL                   | 17                                     | 27 **                                | 18  |
| > 185% FPL                   | 14                                     | 17                                   | 16  |
| <b>Overweight Status</b>     |  |                                      |   |
| Not at Risk                  | 16                                     | 22                                   | 18  |
| At Risk/Overweight           | 13                                     | 17                                   | 13  |
| <b>Physical Activity</b>     |  |                                      |   |
| ≥ 60 minutes                 | 16                                     | 22                                   | 20 *  |
| < 60 minutes                 | 14                                     | 20                                   | 14  |
| <b>School Breakfast</b>      |  |                                      |   |
| Yes                          | 18                                     | 26                                   | 21  |
| No                           | 14                                     | 19                                   | 15  |
| <b>School Lunch</b>          |  |                                      |   |
| Yes                          | 17                                     | 24 ***                               | 18  |
| No                           | 11                                     | 13                                   | 14  |
| <b>Nutrition Lesson</b>      |  |                                      |   |
| Yes                          | 16                                     | 23                                   | 18  |
| No                           | 13                                     | 18                                   | 15  |
| <b>Exercise Lesson</b>       |  |                                      |   |
| Yes                          | 16                                     | 21                                   | 17  |
| No                           | 13                                     | 20                                   | 15  |

<sup>1</sup> 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.

<sup>2</sup> Physically active modes of transportation include walking and bicycling.

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<.01

\*\*\* p<.001

2005 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+ |                           |                                      |
| <b>Children Reporting Any PE Classes Only</b> | 8   | 55  | 22  | 15 | 2.3                       | 41                                   |
| <b>Across All Children</b>                    | 7   | 49  | 20  | 13 | 2.1                       | 37                                   |

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.

2005 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,<br>Mean | Time Spent in PE Class,<br>Mean Minutes |
|------------------------------|------------------------------|---|
| <b>Total</b>                 | <b>2.1</b>                   | <b>37</b>                               |
| <b>Gender</b>                |                              |   |
| Males                        | 2.1                          | 36                                      |
| Females                      | 2.0                          | 38                                      |
| <b>Ethnicity</b>             |                              |   |
| White                        | 2.0                          | 38                                      |
| African American             | 1.9                          | 32                                      |
| Latino                       | 2.1                          | 37                                      |
| Asian/Other                  | 2.1                          | 37                                      |
| <b>Income</b>                |                              |   |
| <\$15,000                    | 2.3                          | 33 <sup>a</sup>                         |
| \$15,000 - \$24,999          | 2.1                          | 41 <sup>a</sup>                         |
| \$25,000 - \$34,999          | 1.9                          | 33 <sup>a</sup>                         |
| \$35,000 - \$49,999          | 2.3                          | 35 <sup>a</sup>                         |
| \$50,000 - \$74,999          | 2.0                          | 35 <sup>a</sup>                         |
| ≥\$75,000                    | 1.9                          | 40 <sup>a</sup>                         |
| <b>Food Stamps</b>           |                              |   |
| Yes                          | 2.3                          | 33                                      |
| No                           | 2.0                          | 37                                      |
| <b>Food Stamp Eligible</b>   |                              |   |
| FS and/or ≤130% FPL          | 2.2                          | 34                                      |
| No FS or >130% FPL           | 2.0                          | 38                                      |
| <b>Food Stamp/FPL</b>        |                              |   |
| Food Stamp Participant       | 2.3                          | 33                                      |
| No FS/ ≤130% FPL             | 2.1                          | 35                                      |
| No FS/ >130%-≤185% FPL       | 2.0                          | 37                                      |
| No FS/ >185% FPL             | 2.0                          | 38                                      |
| <b>Federal Poverty Level</b> |                              |   |
| ≤ 185% FPL                   | 2.1                          | 35                                      |
| > 185% FPL                   | 2.0                          | 38                                      |
| <b>Overweight Status</b>     |                              |   |
| Not at Risk                  | 2.0                          | 36                                      |
| At Risk/Overweight           | 2.1                          | 38                                      |
| <b>Physical Activity</b>     |                              |   |
| ≥ 60 minutes                 | 2.2**                        | 40**                                    |
| < 60 minutes                 | 1.9                          | 34                                      |
| <b>School Breakfast</b>      |                              |   |
| Yes                          | 2.1                          | 36                                      |
| No                           | 2.0                          | 37                                      |
| <b>School Lunch</b>          |                              |   |
| Yes                          | 2.1                          | 36                                      |
| No                           | 2.0                          | 38                                      |
| <b>Nutrition Lesson</b>      |                              |   |
| Yes                          | 2.2**                        | 38                                      |
| No                           | 1.9                          | 36                                      |
| <b>Exercise Lesson</b>       |                              |   |
| Yes                          | 2.2**                        | 39**                                    |
| No                           | 1.8                          | 33                                      |

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

2005 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 you/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 <sup>1</sup> | Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent <sup>2</sup> |
|------------------------------|--|--|
| <b>Total</b>                 | <b>82</b>  | <b>81</b>  |
| <b>Gender</b>                |  |  |
| Males                        | 87   | 79   |
| Females                      | 77   | 84   |
| <b>Ethnicity</b>             |  |  |
| White                        | 76   | 84   |
| African American             | 88   | 80   |
| Latino                       | 88   | 79   |
| Asian/Other                  | 71   | 85   |
| <b>Income</b>                |  |  |
| <\$15,000                    | 95 <sup>ab</sup> ***   | 80 ***   |
| \$15,000 - \$24,999          | 124 <sup>b</sup>   | 60   |
| \$25,000 - \$34,999          | 77 <sup>a</sup>  | 80   |
| \$35,000 - \$49,999          | 80 <sup>a</sup>  | 82   |
| \$50,000 - \$74,999          | 81 <sup>a</sup>  | 85   |
| ≥\$75,000                    | 67 <sup>a</sup>  | 87   |
| <b>Food Stamps</b>           |  |  |
| Yes                          | 103 *  | 76   |
| No                           | 80   | 82   |
| <b>Food Stamp Eligible</b>   |  |  |
| FS and/or ≤130% FPL          | 96 **  | 72 **  |
| No FS or >130% FPL           | 78   | 84   |
| <b>Food Stamp/FPL</b>        |  |  |
| Food Stamp Participant       | 103 <sup>b</sup> **  | 76 **  |
| No FS/ ≤130% FPL             | 92 <sup>ab</sup>   | 70   |
| No FS/ >130%-≤185% FPL       | 94 <sup>ab</sup>   | 77   |
| No FS/ >185% FPL             | 74 <sup>a</sup>  | 86   |
| <b>Federal Poverty Level</b> |  |  |
| ≤ 185% FPL                   | 97 ***   | 73 ***   |
| > 185% FPL                   | 73   | 86   |
| <b>Overweight Status</b>     |  |  |
| Not at Risk                  | 75 **  | 85 **  |
| At Risk/Overweight           | 93   | 77   |
| <b>Physical Activity</b>     |  |  |
| ≥ 60 minutes                 | 80   | 82   |
| < 60 minutes                 | 84   | 81   |
| <b>School Breakfast</b>      |  |  |
| Yes                          | 98 **  | 78   |
| No                           | 78   | 82   |
| <b>School Lunch</b>          |  |  |
| Yes                          | 89 **  | 80   |
| No                           | 70   | 84   |
| <b>Nutrition Lesson</b>      |  |  |
| Yes                          | 77   | 83   |
| No                           | 87   | 79   |
| <b>Exercise Lesson</b>       |  |  |
| Yes                          | 81   | 82   |
| No                           | 83   | 81   |

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).

<sup>1</sup> ANOVA

<sup>2</sup> Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**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 active?

|                              | Mean <sup>1</sup>                                  |   | Percent of Children <sup>2</sup>                               |
|------------------------------|--|---|--|
|                              | Minutes of Physical Activity Believed to be Needed | Days of Physical Activity Believed to be Needed | Believed >60 Minutes of Physical Activity Needed 7 Days a Week |
| <b>Total</b>                 | <b>62</b>  | <b>5.5</b>                                      | <b>30</b>  |
| <b>Gender</b>                |  |   |  |
| Males                        | 67**   | 5.7*  | 32   |
| Females                      | 55   | 5.3   | 27   |
| <b>Ethnicity</b>             |  |   |  |
| White                        | 68   | 5.6 <sup>b</sup> **                             | 31   |
| African American             | 51   | 4.4 <sup>a</sup>                                | 16   |
| Latino                       | 58   | 5.5 <sup>b</sup>                                | 30   |
| Asian/Other                  | 59   | 5.8 <sup>b</sup>                                | 34   |
| <b>Income</b>                |  |   |  |
| <\$15,000                    | 55   | 5.3   | 33   |
| \$15,000 - \$24,999          | 48   | 5.2   | 14   |
| \$25,000 - \$34,999          | 58   | 5.5   | 25   |
| \$35,000 - \$49,999          | 59   | 5.5   | 28   |
| \$50,000 - \$74,999          | 65   | 5.5   | 29   |
| ≥\$75,000                    | 69   | 5.6   | 36   |
| <b>Food Stamps</b>           |  |   |  |
| Yes                          | 63   | 5.4   | 28   |
| No                           | 61   | 5.5   | 30   |
| <b>Food Stamp Eligible</b>   |  |   |  |
| FS and/or ≤130% FPL          | 56   | 5.4   | 24   |
| No FS or >130% FPL           | 62   | 5.5   | 31   |
| <b>Food Stamp/FPL</b>        |  |   |  |
| Food Stamp Participant       | 63   | 5.4   | 28   |
| No FS/ ≤130% FPL             | 52   | 5.4   | 21   |
| No FS/ >130%-≤185% FPL       | 53   | 5.1   | 25   |
| No FS/ >185% FPL             | 64   | 5.6   | 33   |
| <b>Federal Poverty Level</b> |  |   |  |
| ≤ 185% FPL                   | 55*  | 5.3   | 24   |
| > 185% FPL                   | 65   | 5.6   | 32   |
| <b>Overweight Status</b>     |  |   |  |
| Not at Risk                  | 61   | 5.4   | 27   |
| At Risk/Overweight           | 60   | 5.6   | 32   |
| <b>Physical Activity</b>     |  |   |  |
| ≥ 60 minutes                 | 65   | 5.8**   | 36**   |
| < 60 minutes                 | 59   | 5.3   | 24   |
| <b>School Breakfast</b>      |  |   |  |
| Yes                          | 60   | 4.8***  | 23   |
| No                           | 62   | 5.6   | 31   |
| <b>School Lunch</b>          |  |   |  |
| Yes                          | 60   | 5.4   | 27   |
| No                           | 64   | 5.6   | 33   |
| <b>Nutrition Lesson</b>      |  |   |  |
| Yes                          | 63   | 5.6   | 29   |
| No                           | 60   | 5.4   | 30   |
| <b>Exercise Lesson</b>       |  |   |  |
| Yes                          | 66**   | 5.6   | 33*  |
| No                           | 51   | 5.3   | 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.

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).

<sup>1</sup> ANOVA

<sup>2</sup> Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**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 or 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 |     |
|------------------------------|---|-----|
| <b>Total</b>                 | <b>58</b>   |     |
| <b>Gender</b>                |   |     |
| Males                        | 60  |     |
| Females                      | 56  |     |
| <b>Ethnicity</b>             |   |     |
| White                        | 65  | **  |
| African American             | 46  |     |
| Latino                       | 53  |     |
| Asian/Other                  | 59  |     |
| <b>Income</b>                |   |     |
| <\$15,000                    | 40  | *** |
| \$15,000 - \$24,999          | 32  |     |
| \$25,000 - \$34,999          | 50  |     |
| \$35,000 - \$49,999          | 59  |     |
| \$50,000 - \$74,999          | 64  |     |
| ≥\$75,000                    | 71  |     |
| <b>Food Stamps</b>           |   |     |
| Yes                          | 36  | *** |
| No                           | 60  |     |
| <b>Food Stamp Eligible</b>   |   |     |
| FS and/or ≤130% FPL          | 40  | *** |
| No FS or >130% FPL           | 63  |     |
| <b>Food Stamp/FPL</b>        |   |     |
| Food Stamp Participant       | 36  | *** |
| No FS/ ≤130% FPL             | 44  |     |
| No FS/ >130%-≤185% FPL       | 52  |     |
| No FS/ >185% FPL             | 66  |     |
| <b>Federal Poverty Level</b> |   |     |
| ≤ 185% FPL                   | 43  | *** |
| > 185% FPL                   | 67  |     |
| <b>Overweight Status</b>     |   |     |
| Not at Risk                  | 60  |     |
| At Risk/Overweight           | 53  |     |
| <b>Physical Activity</b>     |   |     |
| ≥ 60 minutes                 | 70  | *** |
| < 60 minutes                 | 48  |     |
| <b>School Breakfast</b>      |   |     |
| Yes                          | 45  | **  |
| No                           | 61  |     |
| <b>School Lunch</b>          |   |     |
| Yes                          | 56  |     |
| No                           | 62  |     |
| <b>Nutrition Lesson</b>      |   |     |
| Yes                          | 61  |     |
| No                           | 55  |     |
| <b>Exercise Lesson</b>       |   |     |
| Yes                          | 62  | **  |
| No                           | 49  |     |

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2005 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 you/your child participated during this part of the day (morning, afternoon, evening).

| Rank | State Total                       | Boys            | Girls                             |
|------|-----------------------------------|-----------------|-----------------------------------|
| 1st  | Running/Jogging                   | Walking         | Running/Jogging                   |
| 2nd  | Walking                           | Basketball      | Walking                           |
| 3rd  | Basketball                        | Running/Jogging | General Recess                    |
| 4th  | General Recess                    | General Recess  | Bicycling                         |
| 5th  | Bicycling                         | Bicycling       | General Play                      |
| 6th  | General Play <sup>1</sup>         | General Play    | General PE                        |
| 7th  | General PE <sup>2</sup>           | Baseball        | Playground Games <sup>5</sup>     |
| 8th  | Soccer                            | Soccer          | Basketball                        |
| 9th  | Baseball <sup>3</sup>             | General PE      | Playground Equipment <sup>6</sup> |
| 10th | Tag/Capture the Flag <sup>4</sup> | Kickball        | Tag/Capture the Flag              |

| Rank | White                | African-American          | Latino               | Asian/Other      |
|------|----------------------|---------------------------|----------------------|------------------|
| 1st  | Walking              | Walking                   | Running/Jogging      | Running/Jogging  |
| 2nd  | Running/Jogging      | Basketball                | Walking              | Basketball       |
| 3rd  | General Recess       | Calisthenics <sup>7</sup> | General Recess       | Walking          |
| 4th  | Basketball           | Running/Jogging           | Basketball           | Bicycling        |
| 5th  | Bicycling            | General Play              | Bicycling            | General Recess   |
| 6th  | General PE           | General PE                | General Play         | General PE       |
| 7th  | General Play         | Bicycling                 | General PE           | Soccer           |
| 8th  | Baseball             | General Recess            | Soccer               | General Play     |
| 9th  | Playground Games     | Rope Skipping/Jump Rope   | Tag/Capture the Flag | Baseball         |
| 10th | Soccer               | Playground Equipment      | Playground Equipment | Playground Games |
|      | Tag/Capture the Flag |                           | Kickball             |                  |

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Physical Education Time

<sup>3</sup> Baseball includes catch and playing ball

<sup>4</sup> Tag includes tag, capture the flag, hide and seek, etc.

<sup>5</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>6</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

<sup>7</sup> Calisthenics includes jumping jacks, push-ups, stretching, etc.

Shaded boxes were tied for a ranking.

2005 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 you/your child spent doing each exercise or activity.

| Physical Education Classes | Percent | Mean Minutes of Physical Activity |
|----------------------------|---------|-----------------------------------|
| Times per week             |         |                                   |
| None                       | 10      | 57 **                             |
| ≤ 1                        | 33      | 74                                |
| 2                          | 24      | 77                                |
| 3-4                        | 20      | 81                                |
| 5                          | 14      | 86                                |

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<.01

2005 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         |
| <b>Total</b>                 | <b>22</b>   | <b>27</b> | <b>28</b> | <b>23</b> |
| <b>Gender</b>                |   |           |           |           |
| Males                        | 20  | 25        | 31        | 24        |
| Females                      | 24  | 29        | 25        | 22        |
| <b>Ethnicity</b>             |   |           |           |           |
| White                        | 18  | 25        | 30        | 27        |
| African American             | 21  | 46        | 16        | 16        |
| Latino                       | 24  | 29        | 26        | 21        |
| Asian/Other                  | 29  | 16        | 37        | 18        |
| <b>Income</b>                |   |           |           |           |
| <\$15,000                    | 33  | 23        | 22        | 22        |
| \$15,000 - \$24,999          | 24  | 14        | 40        | 22        |
| \$25,000 - \$34,999          | 23  | 28        | 22        | 27        |
| \$35,000 - \$49,999          | 23  | 36        | 24        | 17        |
| \$50,000 - \$74,999          | 18  | 28        | 26        | 28        |
| ≥\$75,000                    | 19  | 28        | 32        | 22        |
| <b>Food Stamps</b>           |   |           |           |           |
| Yes                          | 25  | 20        | 16        | 38        |
| No                           | 22  | 28        | 29        | 21        |
| <b>Food Stamp Eligible</b>   |   |           |           |           |
| FS and/or ≤130% FPL          | 26  | 20        | 29        | 25        |
| No FS or >130% FPL           | 21  | 30        | 28        | 22        |
| <b>Food Stamp/FPL</b>        |   |           |           |           |
| Food Stamp Participant       | 25  | 20        | 16        | 38        |
| No FS/ ≤130% FPL             | 28  | 19        | 38        | 15        |
| No FS/ >130%-≤185% FPL       | 22  | 31        | 26        | 21        |
| No FS/ >185% FPL             | 20  | 29        | 28        | 22        |
| <b>Federal Poverty Level</b> |   |           |           |           |
| ≤ 185% FPL                   | 25  | 24        | 29        | 22        |
| > 185% FPL                   | 20  | 29        | 28        | 23        |
| <b>Overweight Status</b>     |   |           |           |           |
| Not at Risk                  | 20  | 26        | 30        | 24        |
| At Risk/Overweight           | 26  | 28        | 25        | 21        |
| <b>Physical Activity</b>     |   |           |           |           |
| ≥ 60 minutes                 | 7   | 22        | 36        | 35        |
| < 60 minutes                 | 34  | 32        | 21        | 13        |
| <b>School Breakfast</b>      |   |           |           |           |
| Yes                          | 20  | 27        | 27        | 26        |
| No                           | 22  | 27        | 28        | 22        |
| <b>School Lunch</b>          |   |           |           |           |
| Yes                          | 23  | 26        | 27        | 24        |
| No                           | 20  | 28        | 30        | 21        |
| <b>Nutrition Lesson</b>      |   |           |           |           |
| Yes                          | 21  | 25        | 30        | 24        |
| No                           | 23  | 29        | 26        | 21        |
| <b>Exercise Lesson</b>       |   |           |           |           |
| Yes                          | 21  | 26        | 30        | 24        |
| No                           | 24  | 30        | 25        | 20        |

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

2005 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 active?

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                        | 6       | 13  | 30  | 30  | 26 |
| 3-4                        | 21      | 21  | 32  | 34  | 12 |
| 5-6                        | 26      | 19  | 34  | 26  | 22 |
| 7+                         | 47      | 21  | 24  | 35  | 20 |

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 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,<br>Percent of Children |
|------------------------------|---|
| <b>Total</b>                 | <b>30</b>   |
| <b>Gender</b>                |   |
| Males                        | 33  |
| Females                      | 27  |
| <b>Ethnicity</b>             |   |
| White                        | 27  |
| African American             | 40  |
| Latino                       | 31  |
| Asian/Other                  | 34  |
| <b>Income</b>                |   |
| <\$15,000                    | 30  |
| \$15,000 - \$24,999          | 28  |
| \$25,000 - \$34,999          | 29  |
| \$35,000 - \$49,999          | 31  |
| \$50,000 - \$74,999          | 30  |
| ≥\$75,000                    | 32  |
| <b>Food Stamps</b>           |   |
| Yes                          | 22  |
| No                           | 31  |
| <b>Food Stamp Eligible</b>   |   |
| FS and/or ≤130% FPL          | 30  |
| No FS or >130% FPL           | 30  |
| <b>Food Stamp/FPL</b>        |   |
| Food Stamp Participant       | 22  |
| No FS/ ≤130% FPL             | 37  |
| No FS/ >130%-≤185% FPL       | 27  |
| No FS/ >185% FPL             | 31  |
| <b>Federal Poverty Level</b> |   |
| ≤ 185% FPL                   | 28  |
| > 185% FPL                   | 32  |
| <b>Overweight Status</b>     |   |
| Not at Risk                  | 28  |
| At Risk/Overweight           | 34  |
| <b>Physical Activity</b>     |   |
| ≥ 60 minutes                 | 33  |
| < 60 minutes                 | 28  |
| <b>School Breakfast</b>      |   |
| Yes                          | 25  |
| No                           | 32  |
| <b>School Lunch</b>          |   |
| Yes                          | 30  |
| No                           | 31  |
| <b>Nutrition Lesson</b>      |   |
| Yes                          | 34  |
| No                           | 26  |
| <b>Exercise Lesson</b>       |   |
| Yes                          | 32  |
| No                           | 28  |

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

\* p<.05

**Table 79: Percentage of Children Who Reported Having a Television in Their Bedroom (Phone Sample)**

Do you have a television in your bedroom?

|                              | Television in Bedroom,<br>Percent of Children |     |
|------------------------------|---|-----|
| <b>Total</b>                 | <b>54</b>                                     |     |
| <b>Gender</b>                |   |     |
| Males                        | 61  | **  |
| Females                      | 46  |     |
| <b>Ethnicity</b>             |   |     |
| White                        | 45  | **  |
| African American             | 75  |     |
| Latino                       | 62  |     |
| Asian/Other                  | 42  |     |
| <b>Income</b>                |   |     |
| <\$15,000                    | 83  | *** |
| \$15,000 - \$24,999          | 71  |     |
| \$25,000 - \$34,999          | 64  |     |
| \$35,000 - \$49,999          | 54  |     |
| \$50,000 - \$74,999          | 49  |     |
| ≥\$75,000                    | 41  |     |
| <b>Food Stamps</b>           |   |     |
| Yes                          | 73  | *   |
| No                           | 51  |     |
| <b>Food Stamp Eligible</b>   |   |     |
| FS and/or ≤130% FPL          | 71  | *** |
| No FS or >130% FPL           | 48  |     |
| <b>Food Stamp/FPL</b>        |   |     |
| Food Stamp Participant       | 73  | *** |
| No FS/ ≤130% FPL             | 69  |     |
| No FS/ >130%-≤185% FPL       | 64  |     |
| No FS/ >185% FPL             | 45  |     |
| <b>Federal Poverty Level</b> |   |     |
| ≤ 185% FPL                   | 69  | *** |
| > 185% FPL                   | 46  |     |
| <b>Overweight Status</b>     |   |     |
| Not at Risk                  | 46  | **  |
| At Risk/Overweight           | 63  |     |
| <b>Physical Activity</b>     |   |     |
| ≥ 60 minutes                 | 53  |     |
| < 60 minutes                 | 54  |     |
| <b>School Breakfast</b>      |   |     |
| Yes                          | 69  | **  |
| No                           | 51  |     |
| <b>School Lunch</b>          |   |     |
| Yes                          | 64  | *** |
| No                           | 37  |     |
| <b>Nutrition Lesson</b>      |   |     |
| Yes                          | 53  |     |
| No                           | 54  |     |
| <b>Exercise Lesson</b>       |   |     |
| Yes                          | 52  |     |
| No                           | 59  |     |

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 66: Distribution of Overweight Status of California Children Based on Body Mass Index<sup>1,2</sup> (Diary Sample)**

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

|                              | Overweight Status, Percent of Children |  |   |     |
|------------------------------|--|--|---|-----|
|                              | Not at Risk                            | At Risk (85th Percentile) <sup>3</sup> | Overweight (95th Percentile) <sup>4</sup> |     |
| <b>Total</b>                 | <b>60</b>                              | <b>19</b>                              | <b>22</b>                                 |     |
| <b>Gender</b>                |  |  |   |     |
| Males                        | 55                                     | 18                                     | 27  | **  |
| Females                      | 65                                     | 19                                     | 16  |     |
| <b>Ethnicity</b>             |  |  |   |     |
| White                        | 68                                     | 16                                     | 16  | **  |
| African American             | 55                                     | 15                                     | 30  |     |
| Latino                       | 52                                     | 22                                     | 26  |     |
| Asian/Other                  | 67                                     | 13                                     | 20  |     |
| <b>Income</b>                |  |  |   |     |
| <\$15,000                    | 39                                     | 14                                     | 47  | *** |
| \$15,000 - \$24,999          | 47                                     | 33                                     | 20  |     |
| \$25,000 - \$34,999          | 58                                     | 13                                     | 29  |     |
| \$35,000 - \$49,999          | 63                                     | 19                                     | 18  |     |
| \$50,000 - \$74,999          | 64                                     | 18                                     | 19  |     |
| ≥\$75,000                    | 67                                     | 17                                     | 16  |     |
| <b>Food Stamps</b>           |  |  |   |     |
| Yes                          | 49                                     | 16                                     | 34  | *   |
| No                           | 61                                     | 19                                     | 20  |     |
| <b>Food Stamp Eligible</b>   |  |  |   |     |
| FS and/or ≤130% FPL          | 47                                     | 21                                     | 32  | *** |
| No FS or >130% FPL           | 64                                     | 18                                     | 18  |     |
| <b>Food Stamp/FPL</b>        |  |  |   |     |
| Food Stamp Participant       | 49                                     | 16                                     | 34  | **  |
| No FS/ ≤130% FPL             | 46                                     | 24                                     | 30  |     |
| No FS/ >130%-≤185% FPL       | 61                                     | 12                                     | 26  |     |
| No FS/ >185% FPL             | 65                                     | 19                                     | 17  |     |
| <b>Federal Poverty Level</b> |  |  |   |     |
| ≤ 185% FPL                   | 51                                     | 18                                     | 30  | *** |
| > 185% FPL                   | 65                                     | 19                                     | 17  |     |
| <b>Overweight Status</b>     |  |  |   |     |
| Not at Risk                  | N/A                                    | N/A                                    | N/A                                       |     |
| At Risk/Overweight           | N/A                                    | N/A                                    | N/A                                       |     |
| <b>Physical Activity</b>     |  |  |   |     |
| ≥ 60 minutes                 | 60                                     | 15                                     | 25  | *   |
| < 60 minutes                 | 60                                     | 22                                     | 19  |     |
| <b>School Breakfast</b>      |  |  |   |     |
| Yes                          | 53                                     | 20                                     | 27  |     |
| No                           | 61                                     | 18                                     | 20  |     |
| <b>School Lunch</b>          |  |  |   |     |
| Yes                          | 57                                     | 17                                     | 26  | **  |
| No                           | 65                                     | 21                                     | 14  |     |
| <b>Nutrition Lesson</b>      |  |  |   |     |
| Yes                          | 59                                     | 19                                     | 22  |     |
| No                           | 60                                     | 18                                     | 22  |     |
| <b>Exercise Lesson</b>       |  |  |   |     |
| Yes                          | 60                                     | 18                                     | 21  |     |
| No                           | 59                                     | 19                                     | 22  |     |

<sup>1</sup> Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters<sup>2</sup>.

<sup>2</sup> Calculated using the Reference Data for Obesity. CDC website, 2000.

<sup>3</sup> BMI ≥ 85th <95th Percentile

<sup>4</sup> 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

\*\* p<.01

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2005 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, physical activity, and your health?

|                              | Percent of Children Receiving          |                                |
|------------------------------|--|--------------------------------|
|                              | Lessons on Food, Nutrition, and Health | Lessons on Exercise and Health |
| <b>Total</b>                 | <b>52</b>                              | <b>67</b>                      |
| <b>Gender</b>                |  |                                |
| Males                        | 53                                     | 70                             |
| Females                      | 50                                     | 65                             |
| <b>Ethnicity</b>             |  |                                |
| White                        | 55 *                                   | 73 **                          |
| African American             | 51                                     | 60                             |
| Latino                       | 46                                     | 62                             |
| Asian/Other                  | 64                                     | 75                             |
| <b>Income</b>                |  |                                |
| <\$15,000                    | 46 *                                   | 62 ***                         |
| \$15,000 - \$24,999          | 48                                     | 57                             |
| \$25,000 - \$34,999          | 47                                     | 54                             |
| \$35,000 - \$49,999          | 40                                     | 61                             |
| \$50,000 - \$74,999          | 61                                     | 79                             |
| ≥\$75,000                    | 56                                     | 73                             |
| <b>Food Stamps</b>           |  |                                |
| Yes                          | 39 *                                   | 57 *                           |
| No                           | 52                                     | 69                             |
| <b>Food Stamp Eligible</b>   |  |                                |
| FS and/or ≤130% FPL          | 49                                     | 61 *                           |
| No FS or >130% FPL           | 52                                     | 70                             |
| <b>Food Stamp/FPL</b>        |  |                                |
| Food Stamp Participant       | 39 **                                  | 57 **                          |
| No FS/ ≤130% FPL             | 54                                     | 64                             |
| No FS/ >130%-≤185% FPL       | 37                                     | 58                             |
| No FS/ >185% FPL             | 55                                     | 72                             |
| <b>Federal Poverty Level</b> |  |                                |
| ≤ 185% FPL                   | 45 *                                   | 60 **                          |
| > 185% FPL                   | 55                                     | 72                             |
| <b>Overweight Status</b>     |  |                                |
| Not at Risk                  | 51                                     | 68                             |
| At Risk/Overweight           | 52                                     | 67                             |
| <b>Physical Activity</b>     |  |                                |
| ≥60 minutes                  | 50                                     | 67                             |
| <60 minutes                  | 53                                     | 68                             |
| <b>School Breakfast</b>      |  |                                |
| Yes                          | 41 **                                  | 56 **                          |
| No                           | 54                                     | 70                             |
| <b>School Lunch</b>          |  |                                |
| Yes                          | 49                                     | 66                             |
| No                           | 56                                     | 70                             |
| <b>Nutrition Lesson</b>      |  |                                |
| Yes                          | N/A                                    | N/A                            |
| No                           | N/A                                    | N/A                            |
| <b>Exercise Lesson</b>       |  |                                |
| Yes                          | N/A                                    | N/A                            |
| No                           | N/A                                    | 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

**2005 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 each (fruits, vegetables, 100% juices (vegetable or fruit), salads, high fat snacks) did your child eat/drink in this category?

| Meal Times | Percent of Children Eating 1 or More Servings of... |                       |                                    |                       |                                    |
|------------|---|-----------------------|------------------------------------|-----------------------|------------------------------------|
|            | Fruits and Juices                                   | Vegetables and Salads | Vegetables and Salads <sup>1</sup> | Fruits and Vegetables | Fruits and Vegetables <sup>1</sup> |
| Breakfast  | 24  | 2                     | 1                                  | 25                    | 25                                 |
| Lunch      | 38  | 19                    | 15                                 | 60                    | 56                                 |
| Dinner     | 17  | 52                    | 45                                 | 66                    | 61                                 |
| Snacks     | 20  | 2                     | 1                                  | 24                    | 23                                 |

<sup>1</sup> Excludes fried vegetables, which primarily consisted of fried potatoes.

2005 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 remember seeing or hearing any TV commercials about *5 a Day-Power Play!*?

|                              | Aware of the <i>Campaign's</i> Television Spots,<br>Percent of Children |
|------------------------------|---|
| <b>Total</b>                 | <b>46</b>   |
| <b>Gender</b>                |   |
| Males                        | 48  |
| Females                      | 43  |
| <b>Ethnicity</b>             |   |
| White                        | 43  |
| African American             | 53  |
| Latino                       | 46  |
| Asian/Other                  | 58  |
| <b>Income</b>                |   |
| <\$15,000                    | 50  |
| \$15,000 - \$24,999          | 62  |
| \$25,000 - \$34,999          | 52  |
| \$35,000 - \$49,999          | 50  |
| \$50,000 - \$74,999          | 43  |
| ≥\$75,000                    | 40  |
| <b>Food Stamps</b>           |   |
| Yes                          | 50  |
| No                           | 45  |
| <b>Food Stamp Eligible</b>   |   |
| FS and/or ≤130% FPL          | 53  |
| No FS or >130% FPL           | 44  |
| <b>Food Stamp/FPL</b>        |   |
| Food Stamp Participant       | 50  |
| No FS/ ≤130% FPL             | 54  |
| No FS/ >130%-≤185% FPL       | 40  |
| No FS/ >185% FPL             | 45  |
| <b>Federal Poverty Level</b> |   |
| ≤ 185% FPL                   | 48  |
| > 185% FPL                   | 45  |
| <b>Overweight Status</b>     |   |
| Not at Risk                  | 45  |
| At Risk/Overweight           | 46  |
| <b>Physical Activity</b>     |   |
| ≥60 minutes                  | 46  |
| <60 minutes                  | 46  |
| <b>School Breakfast</b>      |   |
| Yes                          | 50  |
| No                           | 45  |
| <b>School Lunch</b>          |   |
| Yes                          | 50  |
| No                           | 39  |
| <b>Nutrition Lesson</b>      |   |
| Yes                          | 44  |
| No                           | 47  |
| <b>Exercise Lesson</b>       |   |
| Yes                          | 46  |
| No                           | 46  |

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

Chi Square Test

\* p<.05

2005 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</i> Other than<br>Television Spots, Percent of Children |
|------------------------------|--|
| <b>Total</b>                 | <b>29</b>  |
| <b>Gender</b>                |  |
| Males                        | 32   |
| Females                      | 25   |
| <b>Ethnicity</b>             |  |
| White                        | 24   |
| African American             | 48   |
| Latino                       | 31   |
| Asian/Other                  | 27   |
| <b>Income</b>                |  |
| <\$15,000                    | 21   |
| \$15,000 - \$24,999          | 35   |
| \$25,000 - \$34,999          | 32   |
| \$35,000 - \$49,999          | 34   |
| \$50,000 - \$74,999          | 24   |
| ≥\$75,000                    | 26   |
| <b>Food Stamps</b>           |  |
| Yes                          | 31   |
| No                           | 28   |
| <b>Food Stamp Eligible</b>   |  |
| FS and/or ≤130% FPL          | 31   |
| No FS or >130% FPL           | 28   |
| <b>Food Stamp/FPL</b>        |  |
| Food Stamp Participant       | 31   |
| No FS/ ≤130% FPL             | 33   |
| No FS/ >130%-≤185% FPL       | 28   |
| No FS/ >185% FPL             | 28   |
| <b>Federal Poverty Level</b> |  |
| ≤ 185% FPL                   | 29   |
| > 185% FPL                   | 28   |
| <b>Overweight Status</b>     |  |
| Not at Risk                  | 28   |
| At Risk/Overweight           | 30   |
| <b>Physical Activity</b>     |  |
| ≥60 minutes                  | 31   |
| <60 minutes                  | 27   |
| <b>School Breakfast</b>      |  |
| Yes                          | 40*  |
| No                           | 26   |
| <b>School Lunch</b>          |  |
| Yes                          | 29   |
| No                           | 28   |
| <b>Nutrition Lesson</b>      |  |
| Yes                          | 29   |
| No                           | 28   |
| <b>Exercise Lesson</b>       |  |
| Yes                          | 30   |
| No                           | 26   |

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

Chi Square Test

\* p<.05

2005 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 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?

|                              | <b>Aware of the Campaign,<br/>Percent of Children</b> |
|------------------------------|---|
| <b>Total</b>                 | <b>58</b>   |
| <b>Gender</b>                |   |
| Males                        | 64  |
| Females                      | 51  |
| <b>Ethnicity</b>             |   |
| White                        | 52  |
| African American             | 72  |
| Latino                       | 61  |
| Asian/Other                  | 58  |
| <b>Income</b>                |   |
| <\$15,000                    | 62  |
| \$15,000 - \$24,999          | 63  |
| \$25,000 - \$34,999          | 70  |
| \$35,000 - \$49,999          | 61  |
| \$50,000 - \$74,999          | 54  |
| ≥\$75,000                    | 51  |
| <b>Food Stamps</b>           |   |
| Yes                          | 58  |
| No                           | 58  |
| <b>Food Stamp Eligible</b>   |   |
| FS and/or ≤130% FPL          | 64  |
| No FS or >130% FPL           | 56  |
| <b>Food Stamp/FPL</b>        |   |
| Food Stamp Participant       | 58  |
| No FS/ ≤130% FPL             | 67  |
| No FS/ >130%-≤185% FPL       | 54  |
| No FS/ >185% FPL             | 57  |
| <b>Federal Poverty Level</b> |   |
| ≤ 185% FPL                   | 61  |
| > 185% FPL                   | 56  |
| <b>Overweight Status</b>     |   |
| Not at Risk                  | 56  |
| At Risk/Overweight           | 60  |
| <b>Physical Activity</b>     |   |
| ≥60 minutes                  | 61  |
| <60 minutes                  | 55  |
| <b>School Breakfast</b>      |   |
| Yes                          | 72  |
| No                           | 55  |
| <b>School Lunch</b>          |   |
| Yes                          | 62  |
| No                           | 52  |
| <b>Nutrition Lesson</b>      |   |
| Yes                          | 57  |
| No                           | 59  |
| <b>Exercise Lesson</b>       |   |
| Yes                          | 56  |
| No                           | 61  |

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

\* p<.05

\*\* p<.01

2005 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,<br>Percent of Children |           |           |
|------------------------------|---|-----------|-----------|
|                              | 0   | 1         | 2+        |
| <b>Total</b>                 | <b>45</b>   | <b>38</b> | <b>18</b> |
| <b>Gender</b>                |   |           |           |
| Males                        | 38  | 41        | 20        |
| Females                      | 52  | 34        | 15        |
| <b>Ethnicity</b>             |   |           |           |
| White                        | 49  | 36        | 15        |
| African American             | 36  | 44        | 20        |
| Latino                       | 43  | 40        | 17        |
| Asian/Other                  | 42  | 31        | 27        |
| <b>Income</b>                |   |           |           |
| <\$15,000                    | 48  | 52        | 0         |
| \$15,000 - \$24,999          | 43  | 30        | 27        |
| \$25,000 - \$34,999          | 30  | 43        | 28        |
| \$35,000 - \$49,999          | 42  | 42        | 17        |
| \$50,000 - \$74,999          | 46  | 37        | 16        |
| ≥\$75,000                    | 52  | 33        | 15        |
| <b>Food Stamps</b>           |   |           |           |
| Yes                          | 50  | 34        | 16        |
| No                           | 44  | 38        | 18        |
| <b>Food Stamp Eligible</b>   |   |           |           |
| FS and/or ≤130% FPL          | 41  | 41        | 18        |
| No FS or >130% FPL           | 45  | 37        | 18        |
| <b>Food Stamp/FPL</b>        |   |           |           |
| Food Stamp Participant       | 50  | 34        | 16        |
| No FS/ ≤130% FPL             | 37  | 45        | 18        |
| No FS/ >130%-≤185% FPL       | 45  | 40        | 16        |
| No FS/ >185% FPL             | 45  | 37        | 18        |
| <b>Federal Poverty Level</b> |   |           |           |
| ≤ 185% FPL                   | 43  | 40        | 17        |
| > 185% FPL                   | 46  | 36        | 18        |
| <b>Overweight Status</b>     |   |           |           |
| Not at Risk                  | 45  | 36        | 19        |
| At Risk/Overweight           | 44  | 42        | 14        |
| <b>Physical Activity</b>     |   |           |           |
| ≥60 minutes                  | 41  | 39        | 20        |
| <60 minutes                  | 48  | 36        | 16        |
| <b>School Breakfast</b>      |   |           |           |
| Yes                          | 31  | 47        | 22        |
| No                           | 47  | 36        | 17        |
| <b>School Lunch</b>          |   |           |           |
| Yes                          | 42  | 41        | 17        |
| No                           | 49  | 32        | 18        |
| <b>Nutrition Lesson</b>      |   |           |           |
| Yes                          | 47  | 35        | 18        |
| No                           | 42  | 41        | 16        |
| <b>Exercise Lesson</b>       |   |           |           |
| Yes                          | 46  | 34        | 20        |
| No                           | 42  | 46        | 12        |

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

Chi Square Test

\* p<.05

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 6: California Children Reporting Awareness of the *Campaign's* Television Spots<sup>1</sup> 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, high fat snacks) did your child eat/drink in this category?

|   | Aware of the <i>Campaign's</i> Television Spots, Percent |    |
|---|--|----|
|   | Yes  | No |
| <b>2 or More Servings of Fruits and Juices</b>  |  |    |
| Yes   | 39   | 40 |
| No  | 61   | 60 |
| <b>3 or More Servings of Vegetables and Salads</b>  |  |    |
| Yes   | 8  | 5  |
| No  | 92   | 95 |
| <b>Both 2 or More Servings of Fruits/Juices and 3 or More Servings of Vegetables/Salads</b> |  |    |
| Yes   | 5  | 2  |
| No  | 95   | 98 |
| <b>5 or More Servings of Any Fruits and Vegetables</b>                                      |  |    |
| Yes   | 11   | 7  |
| No  | 89   | 93 |

|  | Aware of the <i>Campaign's</i> Television Spots, Mean |       |
|--|---|-------|
|  | Yes   | No    |
| <b>Servings of Fruits and Vegetables</b> | 2.9   | 2.6   |
| <b>Servings of Fruits and Juices</b>     | 1.6   | 1.6   |
| <b>Servings of Vegetables and Salads</b> | 1.3   | 1.0** |
| <b>Servings of Fruits</b>                | 1.1   | 1.1   |
| <b>Servings of Juices</b>                | 0.5   | 0.5   |
| <b>Servings of Vegetables</b>            | 1.0   | 0.9   |
| <b>Servings of Salads</b>                | 0.2   | 0.2   |

<sup>1</sup> 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<.01

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 6a: California Children Reporting Awareness of the *Campaign's* Television Spots<sup>1</sup> Associated with Fruit and Vegetable Consumption Based on the MyPyramid Recommendations (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, high fat snacks) did your child eat/drink in this category?

|   | Aware of the <i>Campaign's</i> Television Spots, Percent |      |
|---|--|------|
|   | Yes  | No   |
| <b>Met Recommendation for Cups of Fruit</b>                 |  |      |
| Yes   | 26   | 23   |
| No  | 74   | 77   |
| <b>Met Recommendation for Cups of Vegetables</b>            |  |      |
| Yes   | 12   | 3 ** |
| No  | 88   | 97   |
| <b>Met Recommendation for Cups of Fruits and Vegetables</b> |  |      |
| Yes   | 6  | 1 *  |
| No  | 94   | 99   |

<sup>1</sup> 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

\*\* p<.01

2005 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 Spots<sup>1</sup> (Phone Sample)**

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

Do you remember seeing or hearing any TV commercials about *5 a Day-Power Play!*?

|   |                | Servings of Fruits and Vegetables,<br>Percent of Children |           |           |          |
|---|----------------|---|-----------|-----------|----------|
|   |                | 0 <sup>2</sup>  | 1-2       | 3-4       | 5+       |
| <b>Total</b>                                    | <b>Percent</b> | <b>7</b>  | <b>43</b> | <b>40</b> | <b>9</b> |
| <b>Aware of the Campaign's Television Spots</b> |                |   |           |           |          |
| Yes   | 47             | 6   | 42        | 41        | 11       |
| No  | 53             | 8   | 44        | 39        | 8        |

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> 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

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

**2005 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 Campaign<sup>1</sup> (Phone Sample)**

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

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?

|                              |                | Servings of Fruits and Vegetables,<br>Percent of Children |           |           |          |
|------------------------------|----------------|---|-----------|-----------|----------|
|                              |                | 0 <sup>2</sup>  | 1-2       | 3-4       | 5+       |
| <b>Total</b>                 | <b>Percent</b> | <b>7</b>  | <b>43</b> | <b>40</b> | <b>9</b> |
| <b>Aware of the Campaign</b> |                |   |           |           |          |
| Yes                          | 58             | 6   | 42        | 41        | 11       |
| No                           | 42             | 8   | 46        | 39        | 7        |

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> 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

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

**2005 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 Spots<sup>1</sup> (Phone Sample)**

How many total servings of fruits and vegetables do you think you should eat every day for good health?  
Do you remember seeing or hearing any TV commercials about *5 a Day-Power Play!*?

|   |                | Servings of Fruits and Vegetables Believed Needed <sup>2</sup> , Percent of Children |           |           |
|---|----------------|--|-----------|-----------|
|   |                | 1-2  | 3-4       | 5+        |
| <b>Total</b>                                    | <b>Percent</b> | <b>13</b>  | <b>35</b> | <b>52</b> |
| <b>Aware of the Campaign's Television Spots</b> |                |  |           |           |
| Yes   | 46             | 9  | 32        | 59 *      |
| No  | 54             | 16   | 37        | 47        |

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> 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

**2005 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 *Campaign*<sup>1</sup> (Phone Sample)**

How many total servings of fruits, and vegetables do you think you should eat every day for good health?  
 Do you remember seeing or hearing any TV commercials *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<br>Believed Needed <sup>2</sup> , Percent of Children |           |           |
|-------------------------------------|----------------|---|-----------|-----------|
|                                     |                | 1-2   | 3-4       | 5+        |
| <b>Total</b>                        | <b>Percent</b> | <b>13</b>   | <b>35</b> | <b>52</b> |
| <b>Aware of the <i>Campaign</i></b> |                |   |           |           |
| Yes                                 | 58             | 10  | 34        | 56        |
| No                                  | 42             | 17  | 36        | 48        |

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> 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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 10: California Children Reporting Awareness of the *Campaign's* Television Spots<sup>1</sup> Associated with Food Preference, Peer Norms, Outcome Expectations, 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 |
| <b><u>Food Preference</u></b>   |  |    |
| <b>Want Fruit for Afternoon Snack</b>   |  |    |
| Agree   | 93   | 86 |
| Disagree  | 7  | 14 |
| <b>Like to Try New Kinds of Vegetables</b>  |  |    |
| Agree   | 81   | 69 |
| Disagree  | 19   | 31 |
| <b>Like Most Kinds of Vegetables</b>  |  |    |
| Agree   | 78   | 67 |
| Disagree  | 22   | 33 |
| <b><u>Peer Norms</u></b>  |  |    |
| <b>Friends Exercise or Are Active</b>   |  |    |
| Agree   | 95   | 88 |
| Disagree  | 5  | 12 |
| <b><u>Outcome Expectations</u></b>  |  |    |
| <b>If You Eat 5 Servings of Fruits and Vegetables, You Will Think Better in Class</b> |  |    |
| Agree   | 93   | 82 |
| Disagree  | 7  | 18 |
| <b><u>Self-Efficacy</u></b>   |  |    |
| <b>Confidence in Eating 2 or More Servings of Fruit Each Day</b>                      |  |    |
| Not Confident   | 2  | 4  |
| Confident   | 34   | 46 |
| Very Confident  | 64   | 50 |
| <b>Confidence in Eating 5 or More Servings of Fruit and Vegetables Each Day</b>       |  |    |
| Not Confident   | 5  | 15 |
| Confident   | 56   | 54 |
| Very Confident  | 38   | 31 |

<sup>1</sup> 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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 11: California Children Reporting Awareness of the Campaign's Television Spots<sup>1</sup> Associated with Physical and Sedentary Activities<sup>2</sup> (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 you/your child spent doing each exercise or activity.  
 How vigorously did you/your child participate in this exercise or activity?  
 How many minutes did you/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 active each day for good health?  
 About how many days each week do you think you should exercise or be active?

|  | Aware of the Campaign's Television Spots, Mean |    |
|--|--|----|
|  | Yes  | No |
| <b>Minutes Exercised by Intensity</b>                    |  |    |
| Light Exercise   | 13   | 14 |
| Moderate Exercise  | 26   | 28 |
| Vigorous Exercise  | 38   | 31 |
| <b>Total Minutes Exercised</b>                           | 78   | 74 |
| <b>Minutes Watched Television and Played Video Games</b> | 88   | 77 |

|  | Aware of the Campaign's Television Spots, Percent |    |
|--|---|----|
|  | Yes   | No |
| <b>Sedentary Activity</b>                |   |    |
| <2 Hours                                 | 77  | 82 |
| >2 Hours                                 | 23  | 18 |
| <b>Total Minutes Exercised</b>           |   |    |
| <30 Minutes                              | 13  | 16 |
| 30-59 Minutes                            | 28  | 24 |
| 60+ Minutes                              | 59  | 60 |
| <b>Physical Activity Believed Needed</b> |   |    |
| <7 Days/<60 Minutes                      | 71  | 70 |
| 7 Days/60+ Minutes                       | 29  | 30 |

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> 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