

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 52: Range of Exercise Minutes Reported by Children on a Typical Weekday (N=856)**

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

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

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

	Average Minutes of Physical Activity, Percent			
	<30	30-59	≥60	
<b>Total</b>	<b>15.2</b>	<b>23.7</b>	<b>61.1</b>	
<b>Gender</b>				
Males	10.6	20.8	68.6	***
Females	19.8	26.4	53.8	
<b>Ethnicity</b>				
White	11.8	20.7	67.5	**
African American	13.6	33.0	53.3	
Latino	17.5	21.2	61.3	
Asian/Other	16.1	37.2	46.8	
<b>Food Stamp Status, % FPL</b>				
Participant, ≤ 130%	15.4	21.8	62.9	*
Likely Eligible, ≤ 130%	22.2	15.1	62.7	
Potentially Eligible, 131-≤ 185%	17.1	24.9	58.0	
Not Eligible, >185%	12.9	26.1	61.0	
<b>Overweight Status</b>				
Not Overweight	12.8	23.2	64.0	*
Overweight/Obese	19.4	22.1	58.5	
<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	19.7	29.1	51.1	**
No	14.0	22.2	63.7	
<b>School Lunch</b>				
Yes	18.3	25.8	55.9	***
No	10.1	20.0	69.9	
<b>Nutrition Lesson</b>				
Yes	13.4	22.9	63.7	
No	17.8	24.7	57.5	
<b>Exercise Lesson</b>				
Yes	14.7	22.5	62.9	***
No	23.7	42.1	34.3	

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes Reported of Light, Moderate, Vigorous and Total Physical Activity on a Typical Weekday (N=856)**

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

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
<b>Total</b>	<b>14.6</b>	<b>31.0</b>	<b>34.4</b>	<b>81.9</b>
<b>Gender</b>				
Males	16.0	34.0 *	40.0 ***	92.6 ***
Females	13.3	28.1	28.9	71.4
<b>Ethnicity</b>				
White	14.6	32.3	37.9	87.4 <sup>b</sup> *
African American	10.4	22.9	38.4	73.1 <sup>ab</sup>
Latino	14.7	32.8	33.7	82.3 <sup>ab</sup>
Asian/Other	16.8	24.5	25.5	69.3 <sup>a</sup>
<b>Food Stamp Status, % FPL</b>				
Participant, ≤ 130%	19.2	24.0 <sup>a</sup> *	35.3	80.0
Likely Eligible, ≤ 130%	13.4	28.6 <sup>a</sup>	33.8	77.5
Potentially Eligible, 131-≤ 185%	12.4	23.6 <sup>a</sup>	38.5	76.4
Not Eligible, >185%	14.8	34.1 <sup>a</sup>	33.6	84.4
<b>Overweight Status</b>				
Not Overweight	14.5	32.0	35.9	84.2
Overweight/Obese	15.6	29.7	30.9	77.8
<b>Physical Activity</b>				
≥ 60 minutes	11.9 **	50.9 ***	57.5 ***	121.1 ***
< 60 minutes	17.2	12.6	12.9	45.3
<b>School Breakfast</b>				
Yes	15.6	25.8	27.9 *	71.8 **
No	14.4	32.4	36.1	84.5
<b>School Lunch</b>				
Yes	12.9 **	29.8	33.3	77.8 **
No	17.6	33.1	36.2	88.8
<b>Nutrition Lesson</b>				
Yes	14.6	33.9 *	36.6	86.7 **
No	14.6	27.1	31.3	75.0
<b>Exercise Lesson</b>				
Yes	14.6	31.8 *	35.7 ***	83.7 ***
No	15.8	19.9	14.0	53.6

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 54: Percentage of Children who Reported Meeting the Physical Activity Recommendation on a Typical Weekday (N=856)**

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

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

For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

	Minutes of Moderate and Vigorous Physical Activity, Percent		
	<60	≥60	
<b>Total</b>	<b>51.8</b>	<b>48.2</b>	
<b>Gender</b>			
Males	45.5	54.5	***
Females	57.9	42.1	
<b>Ethnicity</b>			
White	44.1	55.9	***
African American	52.1	47.9	
Latino	52.8	47.2	
Asian/Other	68.7	31.3	
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	59.6	40.4	
Likely Eligible, ≤ 130%	53.8	46.2	
Potentially Eligible, 131-≤ 185%	57.7	42.3	
Not Eligible, >185%	49.1	50.9	
<b>Overweight Status</b>			
Not Overweight	47.9	52.1	*
Overweight/Obese	56.7	43.3	
<b>Physical Activity</b>			
≥ 60 minutes	N/A	N/A	
< 60 minutes	N/A	N/A	
<b>School Breakfast</b>			
Yes	62.8	37.2	***
No	48.9	51.1	
<b>School Lunch</b>			
Yes	57.2	42.8	***
No	42.7	57.3	
<b>Nutrition Lesson</b>			
Yes	47.9	52.1	**
No	57.3	42.7	
<b>Exercise Lesson</b>			
Yes	49.8	50.2	***
No	82.2	17.8	

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 55: Mode of Transportation *to* and *from* School on a Typical School Day  
(N=856)**

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?

Transportation Mode <i>to</i> School	Average Percent
Car/carpool	72.3
School bus	10.2
Walk	15.4
Bicycle	2.0

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Transportation Mode <i>from</i> School	Average Percent
Car/carpool	66.8
School bus	10.9
Walk	20.4
Bicycle	1.9

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

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

Percents averaged over two days.

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 56: Percentage of Children who Reported Walking *to* School, *from* School, and Using an Active Mode of Transportation on a Typical Weekday (N=856)**

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

	Average Estimated Percent <sup>1</sup>		
	Children who Walked <i>to</i> School	Children who Walked Home <i>from</i> School	Children Using a Physically Active Mode of Transportation <i>to and from</i> School <sup>2</sup>
<b>Total</b>	<b>15.5</b>	<b>20.7</b>	<b>14.1</b>
<b>Gender</b>			
Males	19.5 **	25.1 **	17.5 **
Females	11.7	16.4	10.9
<b>Ethnicity</b>			
White	15.4	19.2	16.7
African American	16.1	24.5	14.4
Latino	16.9	21.7	13.1
Asian/Other	10.3	18.7	11.0
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	22.7	30.6 <sup>ab</sup> **	23.8 <sup>b</sup> **
Likely Eligible, ≤ 130%	19.3	28.6 <sup>b</sup>	19.7 <sup>ab</sup>
Potentially Eligible, 131-≤ 185%	14.1	17.2 <sup>ab</sup>	11.2 <sup>ab</sup>
Not Eligible, >185%	13.8	17.8 <sup>a</sup>	11.9 <sup>a</sup>
<b>Overweight Status</b>			
Not Overweight	16.4	23.0 *	15.3
Overweight/Obese	14.3	16.2	11.6
<b>Physical Activity</b>			
≥ 60 minutes	15.9	21.7	17.3 **
< 60 minutes	15.2	19.8	11.2
<b>School Breakfast</b>			
Yes	21.9 **	26.4 *	21.3 **
No	13.8	19.1	12.2
<b>School Lunch</b>			
Yes	16.2	22.0	14.7
No	14.3	18.1	13.2
<b>Nutrition Lesson</b>			
Yes	13.6	18.1 *	11.8 *
No	18.3	24.2	17.4
<b>Exercise Lesson</b>			
Yes	14.9 *	20.4	14.0
No	26.0	25.0	16.5

<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 Source: California Department of Public Health, *Network for a Healthy California*: 2011.

2009 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 Physical Education and All Children (N=856)**

Not including recess or lunch, during the current school year, do you have any physical education (PE) 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 PE class?

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

	Times Per Week Children Reported Having Physical Education Classes, Percent				Physical Education Classes Per Week, Mean	Time Spent in Physical Education Class, Mean Minutes
	<1	1-2	3-4	5+		
<b>Only Children Reporting Any PE Classes</b>	8.3	56.1	19.0	16.6	2.3	40.8
<b>All Children</b>	18.4	49.9	16.9	14.7	2.1	36.2

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

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE at 3 times a week.

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

2009 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 (N=856)**

Not including recess or lunch, during the current school year, do you have any physical education (PE) 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 PE class?  
 Thinking of a typical gym or PE class, for about how many minutes does this class last when you have it?

	Physical Education Classes Per Week, Mean	Time Spent in Physical Education Class, Mean Minutes
<b>Total</b>	<b>2.1</b>	<b>36.2</b>
<b>Gender</b>		
Males	2.1	36.0
Females	2.1	36.3
<b>Ethnicity</b>		
White	2.2	36.4
African American	2.1	40.0
Latino	2.1	35.4
Asian/Other	1.9	36.5
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	2.2	32.7
Likely Eligible, ≤ 130%	2.0	35.0
Potentially Eligible, 131-≤ 185%	1.9	37.4
Not Eligible, >185%	2.1	36.7
<b>Overweight Status</b>		
Not Overweight	2.0	36.1
Overweight/Obese	2.1	36.8
<b>Physical Activity</b>		
≥ 60 minutes	2.3 ***	40.2 ***
< 60 minutes	1.8	32.3
<b>School Breakfast</b>		
Yes	2.1	32.3 **
No	2.1	37.2
<b>School Lunch</b>		
Yes	2.1	34.2 ***
No	2.0	39.3
<b>Nutrition Lesson</b>		
Yes	2.2	37.3
No	1.9	34.6
<b>Exercise Lesson</b>		
Yes	N/A	N/A
No	N/A	N/A

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

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE 3 times a week.

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

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\* p<.01

\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes of Screen Time Reported on a Typical Weekday: Television, Video Games, and Computer for Fun (N=856)**

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

	Minutes Spent Watching TV or Playing Video or Computer Games for Fun, Mean <sup>1</sup>	Met <i>Healthy People 2010</i> Guideline for 2 or Fewer Hours of Screen Time, Percent <sup>2</sup>
<b>Total</b>	<b>81.3</b>	<b>79.8</b>
<b>Gender</b>		
Males	79.9	82.1
Females	82.7	77.5
<b>Ethnicity</b>		
White	75.3	82.0
African American	91.2	79.6
Latino	82.6	79.5
Asian/Other	87.5	74.8
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	105.9 <sup>b</sup> **	71.9
Likely Eligible, ≤ 130%	83.5 <sup>ab</sup>	82.5
Potentially Eligible, 131-≤ 185%	86.8 <sup>ab</sup>	77.5
Not Eligible, >185%	76.4 <sup>a</sup>	80.5
<b>Overweight Status</b>		
Not Overweight	75.3 ***	80.2
Overweight/Obese	91.2	77.2
<b>Physical Activity</b>		
≥ 60 minutes	77.5	81.2
< 60 minutes	84.8	78.5
<b>School Breakfast</b>		
Yes	83.5	80.6
No	80.7	79.6
<b>School Lunch</b>		
Yes	85.9 **	77.7
No	73.5	83.4
<b>Nutrition Lesson</b>		
Yes	77.4 *	82.3 *
No	86.7	76.3
<b>Exercise Lesson</b>		
Yes	80.2	80.5
No	97.4	69.9

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (N=390)**

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?  
 For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

	Mean		Percent
	Minutes of Physical Activity Believed Needed	Days of Physical Activity Believed Needed	Believed >60 Minutes of Physical Activity Needed 7 Days a Week
<b>Total</b>	<b>56.5</b>	<b>5.2</b>	<b>25.8</b>
<b>Gender</b>			
Males	62.8**	5.4*	31.8**
Females	50.1	5.1	19.5
<b>Ethnicity</b>			
White	65.6 <sup>b</sup> *	5.3	32.3
African American	54.2 <sup>ab</sup>	5.3	23.5
Latino	51.5 <sup>a</sup>	5.2	20.4
Asian/Other	53.2 <sup>ab</sup>	5.2	30.8
<b>Food Stamp Status, % FPL</b>			
Participant, ≤ 130%	45.0 <sup>a</sup> *	4.9 <sup>ab</sup> *	19.4
Likely Eligible, ≤ 130%	56.0 <sup>a</sup>	5.7 <sup>b</sup>	25.4
Potentially Eligible, 131-≤ 185%	48.0 <sup>a</sup>	4.8 <sup>a</sup>	15.8
Not Eligible, >185%	61.2 <sup>a</sup>	5.3 <sup>ab</sup>	29.9
<b>Overweight Status</b>			
Not Overweight	59.9	5.2	27.0
Overweight/Obese	52.7	5.1	24.6
<b>Physical Activity</b>			
≥ 60 minutes	60.3	5.4	25.3
< 60 minutes	53.2	5.1	26.2
<b>School Breakfast</b>			
Yes	46.6**	4.6***	10.6***
No	59.5	5.4	30.0
<b>School Lunch</b>			
Yes	52.2**	5.1	23.7
No	65.1	5.4	29.7
<b>Nutrition Lesson</b>			
Yes	55.8	5.4	29.4*
No	57.6	5.1	20.1
<b>Exercise Lesson</b>			
Yes	57.8*	5.3	27.2*
No	43.7	4.7	11.3

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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). When no pairwise statistical significance exists, the same superscript is used for all categories.

ANOVA

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 63: Percentage of Children who Played Sports Outside of Physical Education Classes (N=856)**

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 physical education (PE) or gym class?

	Children who Played Sports Outside of Physical Education, Percent	
<b>Total</b>	<b>61.0</b>	
<b>Gender</b>		
Males	63.1	
Females	59.0	
<b>Ethnicity</b>		
White	63.6	
African American	66.0	
Latino	58.8	
Asian/Other	60.6	
<b>Food Stamp Status, % FPL</b>		
Participant, ≤ 130%	36.2	***
Likely Eligible, ≤ 130%	48.3	
Potentially Eligible, 131-≤ 185%	50.7	
Not Eligible, >185%	69.9	
<b>Overweight Status</b>		
Not Overweight	64.6	**
Overweight/Obese	54.9	
<b>Physical Activity</b>		
≥ 60 minutes	74.2	***
< 60 minutes	48.7	
<b>School Breakfast</b>		
Yes	49.5	***
No	64.1	
<b>School Lunch</b>		
Yes	55.1	***
No	71.2	
<b>Nutrition Lesson</b>		
Yes	65.0	**
No	55.6	
<b>Exercise Lesson<sup>1</sup></b>		
Yes	N/A	
No	N/A	

<sup>1</sup> Exercise lesson is defined using this question, so the results are not presented here (N/A).

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2009 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 (N=856)**

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

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

Rank	White	African-American	Latino	Asian/Other
1st	Running/Jogging	Running/Jogging	Running/Jogging	Running/Jogging
2nd	Walking	Basketball	Walking	Walking
3rd	General Recess	Walking	Basketball	Basketball
4th	Basketball	General PE	General Recess	General Recess
5th	General Play	General Play	Bicycling	Bicycling
6th	General PE	General Recess	Playground Games	Handball
7th	Bicycling	Soccer	General PE	Playground Games
8th	Baseball	Baseball	Baseball	Playground Equipment
9th	Soccer	Calisthenics <sup>6</sup>	General Play	General PE
10th	Playground Games	Playground Games	Soccer	Swimming Laps

<sup>1</sup> Physical Education Time

<sup>2</sup> General play includes tree climbing, playing with the dog, etc.

<sup>3</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>4</sup> Baseball includes catch and playing ball

<sup>5</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

<sup>6</sup> Calisthenics includes jumping jacks, push-ups, stretching, etc.

Shaded boxes were tied for a ranking.

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (N=856)**

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

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per Week		
None	11.1	64.5 <sup>a</sup> **
≤ 1	30.2	79.0 <sup>ab</sup>
2	27.1	83.2 <sup>ab</sup>
3-4	16.9	86.2 <sup>b</sup>
5	14.7	94.7 <sup>b</sup>

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

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 75: Range in Days per Week that Children Reported Meeting the Physical Activity Guideline of 60 or More Minutes per Day (N=856)**

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?

For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous Physical Activity, Percent				
	0-2	3-4	5-6	7	
<b>Total</b>	<b>19.2</b>	<b>26.1</b>	<b>31.5</b>	<b>23.2</b>	
<b>Gender</b>					
Males	16.9	20.4	34.2	28.5	***
Females	21.4	31.7	28.9	18.1	
<b>Ethnicity</b>					
White	14.1	23.9	32.0	30.0	**
African American	12.3	31.9	40.9	14.9	
Latino	21.7	25.1	32.5	20.7	
Asian/Other	25.9	32.9	21.8	19.4	
<b>Food Stamp Status, % FPL</b>					
Participant, ≤ 130%	21.8	26.3	30.4	21.5	
Likely Eligible, ≤ 130%	21.6	19.0	34.3	25.2	
Potentially Eligible, 131-≤ 185%	22.0	21.8	33.9	22.4	
Not Eligible, >185%	17.6	28.8	30.5	23.1	
<b>Overweight Status</b>					
Not Overweight	15.2	27.2	29.4	28.1	***
Overweight/Obese	26.1	24.6	34.9	14.4	
<b>Physical Activity</b>					
≥ 60 minutes	5.0	23.2	39.4	32.4	***
< 60 minutes	32.5	28.7	24.2	14.6	
<b>School Breakfast</b>					
Yes	18.8	26.5	34.8	19.8	
No	19.2	26.0	30.7	24.1	
<b>School Lunch</b>					
Yes	21.1	26.9	31.0	21.0	
No	15.8	24.7	32.5	27.0	
<b>Nutrition Lesson</b>					
Yes	14.7	24.5	34.7	26.0	***
No	25.4	28.3	27.0	19.3	
<b>Exercise Lesson</b>					
Yes	18.7	25.7	31.9	23.7	
No	26.5	31.3	26.0	16.2	

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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

\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed Needed Compared with Actual Activity Level (N=390)**

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?

For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous Physical Activity, Percent			
		0-2	3-4	5-6	7+
Days Believed Needed					
0-2	5.8	28.8	26.0	33.0	12.2
3-4	24.1	22.9	21.4	30.0	25.7
5-6	32.8	18.1	17.2	47.8	16.9
7+	37.3	12.0	25.3	23.7	39.0

\*\*\*

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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

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

Chi Square Test

\*\*\* p<.001

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 79: Percentage of Children who Reported Having a Television in Their Bedroom (N=390)**

Do you have a television in your bedroom?

	Television in Bedroom, Percent
<b>Total</b>	<b>57.3</b>
<b>Gender</b>	
Males	60.1
Females	54.6
<b>Ethnicity</b>	
White	41.3 ***
African American	81.5
Latino	65.5
Asian/Other	55.9
<b>Food Stamp Status, % FPL</b>	
Participant, ≤ 130%	69.5 ***
Likely Eligible, ≤ 130%	67.0
Potentially Eligible, 131-≤ 185%	73.4
Not Eligible, >185%	49.9
<b>Overweight Status</b>	
Not Overweight	50.4 ***
Overweight/Obese	67.1
<b>Physical Activity</b>	
≥ 60 minutes	55.5
< 60 minutes	58.9
<b>School Breakfast</b>	
Yes	72.8 ***
No	53.2
<b>School Lunch</b>	
Yes	67.1 ***
No	40.6
<b>Nutrition Lesson</b>	
Yes	57.1
No	57.5
<b>Exercise Lesson</b>	
Yes	57.2
No	58.9

Includes television in the child's bedroom or the room where they sleep.

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

Chi Square Test

\*\*\* p<.001