

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 67: Percentage of Children Receiving Nutrition or Exercise Lessons from a Teacher, Coach, or Other Instructor (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?

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

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 a school PE or gym class?

	Percent Participating in...	
	School Lessons on Food, Nutrition, and Health	Physical Education or Physical Activity Lessons, Classes, or Teams
<b>Total</b>	<b>58.2</b>	<b>93.8</b>
<b>Gender</b>		
Males	59.5	94.5
Females	57.0	93.1
<b>Ethnicity</b>		
White	62.6	95.9
African American	62.8	96.2
Latino	55.5	92.3
Asian/Other	55.2	92.9
<b>Food Stamp/FPL</b>		
Food Stamp Participant	57.7 ***	88.2
No FS/ ≤130% FPL	46.8	91.9
No FS/ >130%-≤185% FPL	46.9	92.8
No FS/ >185% FPL	63.7	95.2
<b>Overweight Status</b>		
Not Overweight	60.8 *	95.2 *
Overweight/Obese	53.4	91.9
<b>Physical Activity</b>		
≥ 60 minutes	63.0 **	97.7 ***
< 60 minutes	53.8	90.1
<b>School Breakfast</b>		
Yes	51.8	88.3 **
No	59.9	95.2
<b>School Lunch</b>		
Yes	55.2 *	92.0 **
No	63.4	96.7
<b>Nutrition Lesson</b>		
Yes	N/A	94.9
No	N/A	92.2
<b>Exercise Lesson</b>		
Yes	58.9	N/A
No	47.5	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