

2009 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 and Sweetened Beverages <sup>1</sup>	Sweets <sup>2</sup>	High-Fat Snacks <sup>3</sup>
<b>Total</b>	<b>3.6</b>	<b>1.0</b>	<b>1.7</b>	<b>0.9</b>
<b>Gender</b>				
Males	3.6	1.1	1.6	0.9
Females	3.7	1.0	1.8	0.8
<b>Ethnicity</b>				
White	3.7 <sup>ab</sup> *	0.9 <sup>a</sup> ***	1.9 <sup>b</sup> *	0.9
African American	4.5 <sup>b</sup>	1.8 <sup>b</sup>	1.7 <sup>ab</sup>	1.0
Latino	3.5 <sup>a</sup>	1.1 <sup>a</sup>	1.6 <sup>a</sup>	0.8
Asian/Other	3.4 <sup>a</sup>	0.9 <sup>a</sup>	1.7 <sup>ab</sup>	0.8
<b>Food Stamp/FPL</b>				
Food Stamp Participant	3.9 <sup>ab</sup> *	1.4	1.5 <sup>ab</sup> ***	1.0 <sup>b</sup> **
No FS/ ≤130% FPL	3.2 <sup>a</sup>	1.1	1.5 <sup>a</sup>	0.6 <sup>a</sup>
No FS/ >130%-≤185% FPL	3.3 <sup>ab</sup>	1.0	1.5 <sup>a</sup>	0.8 <sup>ab</sup>
No FS/ >185% FPL	3.8 <sup>b</sup>	1.0	1.9 <sup>b</sup>	0.9 <sup>b</sup>
<b>Overweight Status</b>				
Not Overweight	3.7	1.0 *	1.9 ***	0.9
Overweight/Obese	3.4	1.2	1.4	0.8
<b>Physical Activity</b>				
≥ 60 minutes	3.8 *	1.1	1.9 **	0.9
< 60 minutes	3.4	1.0	1.6	0.8
<b>School Breakfast</b>				
Yes	3.6	1.2 *	1.6	0.8
No	3.6	1.0	1.7	0.9
<b>School Lunch</b>				
Yes	3.4 **	1.1	1.6 ***	0.8 **
No	3.9	1.0	1.9	1.0
<b>Nutrition Lesson</b>				
Yes	3.8 *	1.1	1.8	0.9 **
No	3.4	1.0	1.6	0.8
<b>Exercise Lesson</b>				
Yes	3.6	1.0	1.7 *	0.9
No	3.3	1.2	1.4	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

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**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>1.0</b>
Regular soda	0.3
Drinkade (Hi-C, Sunny Delight)	0.5
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 and Sweetened Beverages<sup>1</sup> 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) did you/your child eat/drink in this category?

	Servings of Sodas and Sweetened Beverages Reported, Percent			
	0 <sup>2</sup>	1	2	3+
<b>Total</b>	<b>48.1</b>	<b>32.1</b>	<b>12.0</b>	<b>7.9</b>
<b>Gender</b>				
Males	46.8	33.8	12.5	6.9
Females	49.3	30.3	11.5	8.9
<b>Ethnicity</b>				
White	49.8	33.0	11.6	5.6
African American	26.0	37.1	18.7	18.2
Latino	48.1	31.2	11.7	9.0
Asian/Other	54.2	30.3	11.0	4.5
<b>Food Stamp/FPL</b>				
Food Stamp Participant	38.7	32.3	14.4	14.5
No FS/ ≤130% FPL	49.4	31.0	12.9	6.6
No FS/ >130%-≤185% FPL	45.3	34.1	10.1	10.5
No FS/ >185% FPL	49.4	32.0	11.7	6.9
<b>Overweight Status</b>				
Not Overweight	50.2	30.4	12.0	7.4
Overweight/Obese	44.7	34.9	11.3	9.0
<b>Physical Activity</b>				
≥ 60 minutes	45.7	32.6	13.1	8.7
< 60 minutes	50.3	31.6	11.0	7.2
<b>School Breakfast</b>				
Yes	44.2	33.2	10.5	12.1
No	49.1	31.8	12.3	6.8
<b>School Lunch</b>				
Yes	46.3	35.7	9.9	8.1
No	51.0	26.0	15.6	7.5
<b>Nutrition Lesson</b>				
Yes	45.9	33.9	11.4	8.8
No	51.0	29.6	12.8	6.6
<b>Exercise Lesson</b>				
Yes	48.3	32.6	11.2	7.9
No	44.2	24.4	23.1	8.2

<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

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Table 35: Breakdown of the Sweets Reported by California Children (Diary Sample)

Sweets	Mean Servings
<b>Total</b>	<b>1.7</b>
Candy	0.1
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 sweets did you/your child eat/drink in this category?

	Servings of Sweets Reported, Percent			
	0 <sup>2</sup>	1	2	3+
<b>Total</b>	<b>24.2</b>	<b>32.5</b>	<b>23.1</b>	<b>20.2</b>
<b>Gender</b>				
Males	28.3	32.3	21.1	18.3
Females	20.2	32.7	25.2	21.9
<b>Ethnicity</b>				
White	21.7	27.1	26.8	24.5
African American	23.1	41.3	16.4	19.2
Latino	26.3	36.1	20.9	16.7
Asian/Other	22.9	28.7	25.8	22.6
<b>Food Stamp/FPL</b>				
Food Stamp Participant	27.4	42.3	17.0	13.3
No FS/ ≤130% FPL	33.8	31.4	19.9	14.9
No FS/ >130%-≤185% FPL	31.2	36.8	15.4	16.6
No FS/ >185% FPL	19.7	30.8	26.3	23.2
<b>Overweight Status</b>				
Not Overweight	21.7	29.6	23.5	25.2
Overweight/Obese	28.7	39.1	19.4	12.8
<b>Physical Activity</b>				
≥ 60 minutes	24.4	29.6	20.0	26.0
< 60 minutes	23.9	35.3	26.1	14.7
<b>School Breakfast</b>				
Yes	19.2	46.3	19.9	14.6
No	25.5	28.9	24.0	21.6
<b>School Lunch</b>				
Yes	25.6	37.1	20.8	16.4
No	21.7	24.8	27.0	26.5
<b>Nutrition Lesson</b>				
Yes	23.1	32.1	25.0	19.7
No	25.6	33.1	20.5	20.7
<b>Exercise Lesson</b>				
Yes	23.8	32.4	23.1	20.7
No	29.8	34.0	23.7	12.4

<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<.05

\*\* p<.01

\*\*\* p<.001

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**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 high-fat snacks did you/your child eat in this category?

	Servings of High-Fat Snacks Reported, Percent		
	0 <sup>2</sup>	1	2+
<b>Total</b>	<b>53.0</b>	<b>30.5</b>	<b>16.5</b>
<b>Gender</b>			
Males	53.7	26.7	19.6
Females	52.3	34.3	13.5
<b>Ethnicity</b>			
White	52.3	30.9	16.7
African American	44.6	37.7	17.6
Latino	52.3	31.8	15.9
Asian/Other	61.6	20.6	17.7
<b>Food Stamp/FPL</b>			
Food Stamp Participant	44.7	34.0	21.3
No FS/ ≤130% FPL	62.3	27.8	9.9
No FS/ >130%-≤185% FPL	57.3	31.0	11.6
No FS/ >185% FPL	50.7	30.7	18.6
<b>Overweight Status</b>			
Not Overweight	50.8	31.2	18.0
Overweight/Obese	57.6	27.5	14.9
<b>Physical Activity</b>			
≥ 60 minutes	52.2	30.7	17.1
< 60 minutes	53.8	30.3	15.9
<b>School Breakfast</b>			
Yes	56.8	31.9	11.3
No	52.0	30.1	17.9
<b>School Lunch</b>			
Yes	55.9	30.5	13.6
No	48.0	30.5	21.4
<b>Nutrition Lesson</b>			
Yes	49.2	31.1	19.6
No	58.2	29.7	12.1
<b>Exercise Lesson</b>			
Yes	52.9	30.3	16.8
No	54.7	33.1	12.1

<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

\*\* p<.01

2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 39: Range in Number of 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?

	Servings of High Calorie, Low Nutrient Foods Reported, Percent			
	0-1	2-3	4-5	6+
<b>Total</b>	<b>20.1</b>	<b>38.0</b>	<b>24.6</b>	<b>17.3</b>
<b>Gender</b>				
Males	21.8	37.3	23.3	17.6
Females	18.5	38.6	25.9	17.0
<b>Ethnicity</b>				
White	16.4	38.5	28.6	16.5
African American	15.3	34.4	22.0	28.3
Latino	22.8	37.6	23.0	16.7
Asian/Other	22.3	40.0	21.3	16.4
<b>Food Stamp/FPL</b>				
Food Stamp Participant	21.9	36.7	18.1	23.3
No FS/ ≤130% FPL	24.2	44.2	18.0	13.5
No FS/ >130%-≤185% FPL	27.5	34.5	23.1	15.0
No FS/ >185% FPL	17.4	37.1	27.6	18.0
<b>Overweight Status</b>				
Not Overweight	18.2	34.9	29.2	17.7
Overweight/Obese	24.7	42.0	17.4	15.9
<b>Physical Activity</b>				
≥ 60 minutes	20.2	31.3	27.9	20.6
< 60 minutes	20.1	44.2	21.6	14.2
<b>School Breakfast</b>				
Yes	21.6	42.6	19.9	15.9
No	19.7	36.8	25.8	17.7
<b>School Lunch</b>				
Yes	21.2	42.8	21.7	14.2
No	18.3	29.8	29.4	22.5
<b>Nutrition Lesson</b>				
Yes	17.9	38.5	24.4	19.2
No	23.3	37.3	24.9	14.6
<b>Exercise Lesson</b>				
Yes	20.6	36.6	25.4	17.4
No	13.9	58.1	12.5	15.5

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

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**Table 40: Drinking Soda and Sweetened Beverages<sup>1</sup> and Associations 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	Mean Servings of Milk
Any Servings of Soda		
Yes	51.9	1.9
No	48.1	2.1

<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