

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 43: Frequency of Eating School Lunch Served by the Cafeteria During a Typical Week (Diary Sample)¹

About how many times during a school week do you eat a lunch served by your school's cafeteria?

	Times Eating School Lunch in the Past Week, Percent					
	None	Few Times a Month	1-2 Times/ Week	3-4 Times/ Week	5 Times/ Week	
Total	16.9	13.8	15.6	10.1	43.6	
Gender						
Males	16.1	12.5	11.0	10.7	49.7	***
Females	17.8	15.0	20.2	9.6	37.4	
Ethnicity						
White	26.2	17.5	17.9	8.7	29.6	***
African American	7.5	3.4	11.8	14.7	62.6	
Latino	10.2	12.3	14.4	9.7	53.4	
Asian/Other	21.3	14.3	15.5	12.9	36.0	
Food Stamp/FPL						
Food Stamp Participant	2.0	0.2	5.1	7.3	85.4	***
No FS/ ≤130% FPL	5.3	7.1	6.0	10.5	71.2	
No FS/ >130%-≤185% FPL	15.0	10.6	9.0	9.6	55.7	
No FS/ >185% FPL	22.5	18.2	21.2	10.6	27.5	
Overweight Status						
Not Overweight	20.2	15.3	18.4	10.8	35.4	***
Overweight/Obese	10.6	12.5	12.3	9.1	55.5	
Physical Activity						
≥ 60 minutes	18.4	14.7	17.5	9.5	39.9	
< 60 minutes	15.8	13.0	14.0	10.7	46.5	
School Breakfast						
Yes	0.7	0.8	3.7	7.8	87.0	***
No	21.5	17.4	18.9	10.8	31.3	
School Lunch						
Yes	1.4	4.4	13.3	14.9	66.0	***
No	44.5	30.2	19.7	1.7	3.8	
Nutrition Lesson						
Yes	18.7	15.5	17.3	10.5	38.0	**
No	14.5	11.4	13.2	9.6	51.3	
Exercise Lesson						
Yes	17.0	14.4	16.6	10.4	41.5	***
No	16.1	4.6	1.9	6.3	71.1	

¹ Excludes those reporting "no answer" and children attending home school.

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

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Table 45: Children Reported Schools with Vending Machines, Fast Food, Salad Bars, Bake Sales, Teacher Rewards, After School Food and Beverage Sales, Fresh Produce Available in the Cafeteria, and Fresh Produce Tasting in Classrooms (Phone Sample)

	Percent of Children Reporting that Schools Have...								
	Vending Machines with Chips and Candy	School Cafeteria with Fast Food	Soda Vending Machines	Cafeteria with a Salad Bar	Bake or Candy Sales to Raise Money	Teachers Who Reward Students with Candy, Soda, or Chips	Soda, Sports Drinks, Chips, Cookies, or Candy to Buy After School	Cafeteria that Serves 2+ Fresh Fruits at Lunch	Fruit or Vegetable Taste Testing in the Classroom
Total	5.9	22.5	10.0	57.7	62.3	47.9	26.0	86.3	54.3
Gender									
Males	7.0	23.0	15.8 ***	60.4	59.4	52.7	29.1	83.7	48.7
Females	4.9	22.1	4.8	55.2	64.8	43.6	23.2	88.7	59.1
Ethnicity									
White	Insufficient Sample Size for Analysis	20.4	Insufficient Sample Size for Analysis	57.1	56.0	48.6	23.0	Insufficient Sample Size for Analysis	57.3 *
African American	Insufficient Sample Size for Analysis	25.0	Insufficient Sample Size for Analysis	50.0	79.2	62.5	41.7	Insufficient Sample Size for Analysis	79.2
Latino	Insufficient Sample Size for Analysis	25.5	Insufficient Sample Size for Analysis	62.4	67.1	49.4	22.7	Insufficient Sample Size for Analysis	47.4
Asian/Other	Insufficient Sample Size for Analysis	16.7	Insufficient Sample Size for Analysis	46.9	54.8	35.8	36.3	Insufficient Sample Size for Analysis	59.0
Food Stamp/FPL									
Food Stamp Participant	Insufficient Sample Size for Analysis	19.9	16.7 **	39.5	67.8	59.0	21.0	89.9	61.8
No FS/ ≤130% FPL	Insufficient Sample Size for Analysis	13.5	2.0	69.7	65.1	49.7	27.8	90.0	64.7
No FS/ >130%-≤185% FPL	Insufficient Sample Size for Analysis	23.7	23.4	61.1	64.2	45.1	27.4	74.4	48.5
No FS/ >185% FPL	Insufficient Sample Size for Analysis	24.5	8.1	58.1	60.4	46.0	26.3	86.9	51.8
Overweight Status									
Not Overweight	6.8	27.5 *	9.6	57.9	61.5	47.4	28.3	87.3	55.0
Overweight/Obese	4.9	14.9	11.0	57.8	66.8	49.6	24.0	84.1	52.4
Physical Activity									
≥ 60 minutes	8.2	22.4	9.2	50.6 *	64.1	53.1	26.8	85.8	52.7
< 60 minutes	4.0	22.6	10.6	63.5	60.8	43.6	25.2	86.8	55.7
School Breakfast									
Yes	7.6	14.2	16.2 *	59.1	66.1	49.9	34.1	80.2	53.9
No	5.4	24.8	8.1	57.3	61.2	47.3	23.6	88.1	54.4
School Lunch									
Yes	5.8	20.8	10.7	60.7	63.6	50.3	23.6	86.5	53.1
No	6.0	24.9	8.8	53.2	60.5	44.5	29.5	86.0	56.0
Nutrition Lesson									
Yes	7.2	24.2	9.1	53.6	66.8 *	50.6	26.7	86.1	53.5
No	4.1	20.0	11.2	63.3	56.0	44.1	24.9	86.6	55.6
Exercise Lesson									
Yes	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	57.1	62.4	47.8	26.6	Insufficient Sample Size for Analysis	54.4
No	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	Insufficient Sample Size for Analysis	73.7	59.9	50.6	10.7	Insufficient Sample Size for Analysis	52.6

Excludes those reporting "don't know."

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 46: Children Reported Eating Meals or Snacks from a Fast Food Restaurant or Food Court on a Typical Weekday¹ (Diary Sample)

Where did you/your child get the food for [meals/snacks]? Marked fast food restaurant or food court; or served by fast food restaurant at school.

	Ate Any Fast Food, Percent
Total	15.4
Gender	
Males	15.6
Females	15.2
Ethnicity	
White	18.7
African American	10.9
Latino	14.0
Asian/Other	14.2
Food Stamp/FPL	
Food Stamp Participant	11.9
No FS/ ≤130% FPL	13.9
No FS/ >130%-≤185% FPL	14.6
No FS/ >185% FPL	16.5
Overweight Status	
Not Overweight	15.2
Overweight/Obese	17.0
Physical Activity	
≥ 60 minutes	16.5
< 60 minutes	14.6
School Breakfast	
Yes	10.7
No	16.7
School Lunch	
Yes	13.4 *
No	18.7
Nutrition Lesson	
Yes	15.7
No	15.0
Exercise Lesson	
Yes	15.4
No	15.2

¹ Responses include children reporting fast food on day 1 and day 2.

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

Chi Square

* p<.05

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Table 47: Effect of School Breakfast, School Lunch, and Fast Food on Average Servings of Food Types on a Typical Weekday (Diary Sample)

	Percent	Reported Mean Servings Per Day				
		Fruits and Vegetables	Protein	Fluid Milk	Cheese	High Fiber Foods ¹
Fast Food²						
Yes	15.4	3.1	2.4	1.7	1.1 **	0.9
No	84.6	3.1	2.4	1.9	0.9	0.7
School Lunch						
Yes	62.4	3.2	2.3	2.1 ***	0.9	0.7
No	37.6	3.1	2.5	1.4	0.9	0.8
School Breakfast						
Yes	21.4	3.8 ***	2.6 *	2.4 ***	1.1 *	0.8
No	78.6	3.0	2.3	1.7	0.9	0.7

	Percent	Reported Mean Servings Per Day		
		Soda and Sweetened Beverages	Sweets	High-Fat Snacks
Fast Food²				
Yes	15.4	1.3	1.8	1.3 ***
No	84.6	1.0	1.7	0.8
School Lunch				
Yes	62.4	1.2	1.6 *	0.8
No	37.6	1.0	1.9	1.0
School Breakfast				
Yes	21.4	1.3 **	1.7	0.9
No	78.6	1.0	1.7	0.9

¹ High fiber foods include dry beans, high fiber cereal, and high fiber whole grain bread.

² Classified as "yes" if child got food from a "fast food restaurant at school" or "fast food restaurant or food court" at any meal or snack time on day 1 or day 2; otherwise classified as "no."

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

ANOVA

* p<.05

** p<.01

*** p<.001