

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 19: Total Servings of Milk Products Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk¹, cheese, yogurt, and dairy desserts² did you/your child eat/drink?

	Reported Mean Servings		
	All Milk Products	Milk	Cheese
Total	3.4	1.9	0.9
Gender			
Males	3.5*	2.0***	0.9
Females	3.2	1.7	0.9
Ethnicity			
White	3.4	1.8	1.0 ^b *
African American	3.0	1.7	0.9 ^{ab}
Latino	3.5	1.9	0.9 ^{ab}
Asian/Other	3.1	1.9	0.7 ^a
Food Stamp/FPL			
Food Stamp Participant	3.5	2.0 ^{ab} **	0.9
No FS/ ≤130% FPL	3.6	2.2 ^b	0.9
No FS/ >130%-≤185% FPL	3.3	1.9 ^{ab}	0.9
No FS/ >185% FPL	3.3	1.8 ^a	0.9
Overweight Status			
Not Overweight	3.3	1.8	0.9
Overweight/Obese	3.3	1.9	0.9
Physical Activity			
≥60 minutes	3.5	2.0	1.0
<60 minutes	3.2	1.8	0.9
School Breakfast			
Yes	4.0***	2.4***	1.1*
No	3.2	1.7	0.9
School Lunch			
Yes	3.7***	2.1***	0.9
No	2.9	1.4	0.9
Nutrition Lesson			
Yes	3.4	1.8	1.0
No	3.3	1.9	0.8
Exercise Lesson			
Yes	3.4	1.9	0.9
No	3.0	1.7	0.9

¹ This includes milk and milkshakes.

² This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, 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 20: Range in Number of Servings of Dairy Desserts¹ Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of sweets did you/your child eat?

	Servings of Dairy Desserts Reported, Percent	
	0 ²	0.5+
Total	64.6	35.4
Gender		
Males	66.5	33.5
Females	62.6	37.4
Ethnicity		
White	56.6	43.4
African American	70.0	30.0
Latino	67.3	32.7
Asian/Other	71.5	28.5
Food Stamp/FPL		
Food Stamp Participant	70.6	29.4
No FS/ ≤130% FPL	72.6	27.4
No FS/ >130%-≤185% FPL	68.4	31.6
No FS/ >185% FPL	60.7	39.3
Overweight Status		
Not Overweight	64.7	35.3
Overweight/Obese	62.2	37.8
Physical Activity		
≥60 minutes	61.8	38.2
<60 minutes	66.8	33.2
School Breakfast		
Yes	59.2	40.8
No	66.0	34.0
School Lunch		
Yes	65.1	34.9
No	63.6	36.4
Nutrition Lesson		
Yes	64.4	35.6
No	64.8	35.2
Exercise Lesson		
Yes	64.7	35.3
No	63.4	36.6

¹ This includes ice cream, frozen yogurt, ice cream sandwiches, fudgsicles, custard, pudding, etc.

² Categorized as having less than 0.5 servings.

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

2007 California Children's Healthy Eating and Exercise Practices Survey

Table 22: Range in the Number of Servings of Milk¹ Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of milk did you/your child drink?

	Servings of Milk Reported, Percent			
	0 ²	1-2	3+	
Total	15.9	64.7	19.5	
Gender				
Males	11.5	64.1	24.4	***
Females	20.2	65.3	14.5	
Ethnicity				
White	16.4	64.8	18.8	
African American	21.7	62.1	16.2	
Latino	14.8	64.2	21.0	
Asian/Other	15.7	67.0	17.3	
Food Stamp/FPL				
Food Stamp Participant	9.5	64.8	25.8	***
No FS/ ≤130% FPL	11.1	55.4	33.5	
No FS/ >130%-≤185% FPL	10.9	71.6	17.4	
No FS/ >185% FPL	19.3	65.1	15.6	
Overweight Status				
Not Overweight	17.6	61.5	20.9	
Overweight/Obese	13.9	67.8	18.3	
Physical Activity				
≥60 minutes	11.9	67.3	20.9	*
<60 minutes	19.1	62.6	18.3	
School Breakfast				
Yes	5.8	61.4	32.8	***
No	18.6	65.6	15.8	
School Lunch				
Yes	9.5	64.4	26.1	***
No	26.4	65.1	8.4	
Nutrition Lesson				
Yes	15.3	66.4	18.3	
No	16.7	62.3	21.0	
Exercise Lesson				
Yes	15.1	64.9	19.9	
No	24.6	61.4	14.0	

¹ This includes milk and milkshakes.

² 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<.001

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Table 23: Type of Milk Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

What types of milk did you/your child drink?

	Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent				Out of All Children, Percent who Drank Low Fat Milk ³
	Nonfat	1%	2%	Whole	
Total	9.2	18.6	49.7	22.5	25.1
Gender					
Males	10.2	21.3	46.9	21.6	31.2 ***
Females	8.2	15.7	52.6	23.5	18.9
Ethnicity					
White	14.7	21.4	46.3	17.6 **	30.0
African American	1.4	15.0	43.0	40.6	18.7
Latino	6.9	16.4	53.5	23.1	22.1
Asian/Other	7.9	20.7	47.1	24.4	25.8
Food Stamp/FPL					
Food Stamp Participant	2.7	14.9	41.4	41.0 ***	15.0 *
No FS/ ≤130% FPL	3.2	15.4	53.0	28.3	17.2
No FS/ >130%-≤185% FPL	4.7	19.7	46.4	29.2	26.0
No FS/ >185% FPL	13.2	19.7	51.0	16.1	28.2
Overweight Status					
Not Overweight	9.7	17.6	48.8	23.9	24.8
Overweight/Obese	8.7	21.1	51.6	18.6	26.6
Physical Activity					
≥60 minutes	12.1	19.7	47.8	20.5	30.1 **
<60 minutes	6.9	17.6	51.2	24.2	21.0
School Breakfast					
Yes	4.2	14.9	52.1	28.7 *	18.6 *
No	10.7	19.6	49.0	20.7	26.8
School Lunch					
Yes	6.7	16.3	48.5	28.4 ***	23.0
No	13.9	22.7	51.9	11.5	28.4
Nutrition Lesson					
Yes	12.2	18.4	47.7	21.7 *	26.5
No	5.2	18.8	52.4	23.7	23.1
Exercise Lesson					
Yes	9.4	19.4	49.2	21.9	26.3 **
No	6.5	6.5	56.2	30.7	10.3

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. Excludes those reporting "milkshake" and "don't know."

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting more than 0.5 servings of nonfat and/or 1% milk only.

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