

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 52: Range of Minutes Exercised by Children on a Typical Weekday  
(Diary Sample)**

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

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

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

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children		
	<30	30-59	≥60
<b>Total</b>	<b>16</b>	<b>26</b>	<b>58</b>
<b>Gender</b>			
Males	14	24	61
Females	18	28	55
<b>Ethnicity</b>			
White	13	23	64
African American	14	20	66
Latino	18	28	54
Asian/Other	17	32	51
<b>Income</b>			
<\$15,000	17	34	48
\$15,000 - \$24,999	18	23	60
\$25,000 - \$34,999	24	21	55
\$35,000 - \$49,999	19	26	55
\$50,000 - \$74,999	14	30	56
≥\$75,000	11	24	65
<b>Food Stamps</b>			
Yes	18	31	51
No	16	25	59
<b>Food Stamp Eligible</b>			
FS and/or ≤130% FPL	18	26	56
No FS or >130% FPL	15	26	59
<b>Food Stamp/FPL</b>			
Food Stamp Participant	18	31	51
No FS/ ≤130% FPL	19	23	58
No FS/ >130%-≤185% FPL	23	23	54
No FS/ >185% FPL	14	26	60
<b>Federal Poverty Level</b>			
≤ 185% FPL	19	26	54
> 185% FPL	14	26	60
<b>Overweight Status</b>			
Not at Risk	16	27	57
At Risk/Overweight	15	25	60
<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	16	23	61
No	16	27	57
<b>School Lunch</b>			
Yes	17	27	56
No	14	25	61
<b>Nutrition Lesson</b>			
Yes	14	29	57
No	17	23	59
<b>Exercise Lesson</b>			
Yes	15	27	58
No	19	24	58

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)**

Number of minutes you/your child spent doing each exercise or activity.  
How vigorously did you/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>15</b>	<b>27</b>	<b>34</b>	<b>76</b>
<b>Gender</b>				
Males	14	29	39 ***	81 *
Females	15	26	29	71
<b>Ethnicity</b>				
White	17 <sup>b</sup> *	32 <sup>b</sup> *	35	83 <sup>a</sup> *
African American	13 <sup>ab</sup>	29 <sup>ab</sup>	26	69 <sup>a</sup>
Latino	15 <sup>ab</sup>	24 <sup>a</sup>	33	73 <sup>a</sup>
Asian/Other	8 <sup>a</sup>	25 <sup>ab</sup>	37	71 <sup>a</sup>
<b>Income</b>				
<\$15,000	13	27	27	68
\$15,000 - \$24,999	17	24	37	77
\$25,000 - \$34,999	12	26	26	67
\$35,000 - \$49,999	16	21	34	72
\$50,000 - \$74,999	13	28	39	80
≥\$75,000	16	32	35	82
<b>Food Stamps</b>				
Yes	17	30	27	74
No	14	26	35	77
<b>Food Stamp Eligible</b>				
FS and/or ≤130% FPL	15	27	32	74
No FS or >130% FPL	15	27	35	77
<b>Food Stamp/FPL</b>				
Food Stamp Participant	17	30	27	74
No FS/ ≤130% FPL	13	23	37	74
No FS/ >130%-≤185% FPL	11	21	34	67
No FS/ >185% FPL	15	28	35	79
<b>Federal Poverty Level</b>				
≤ 185% FPL	14	24	32	71 *
> 185% FPL	15	29	35	79
<b>Overweight Status</b>				
Not at Risk	14	28	34	77
At Risk/Overweight	16	25	35	77
<b>Physical Activity</b>				
≥ 60 minutes	N/A	N/A	N/A	N/A
< 60 minutes	N/A	N/A	N/A	N/A
<b>School Breakfast</b>				
Yes	15	30	34	80
No	14	27	34	76
<b>School Lunch</b>				
Yes	14	26	34	74
No	16	30	34	80
<b>Nutrition Lesson</b>				
Yes	14	29	34	77
No	15	25	34	76
<b>Exercise Lesson</b>				
Yes	14	28	35	78
No	15	26	32	74

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<.001

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)**

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

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	>60
<b>Total</b>	55	45
<b>Gender</b>		
Males	49	51
Females	61	39
<b>Ethnicity</b>		
White	49	51
African American	54	46
Latino	60	40
Asian/Other	56	44
<b>Income</b>		
<\$15,000	64	36
\$15,000 - \$24,999	52	48
\$25,000 - \$34,999	61	39
\$35,000 - \$49,999	59	41
\$50,000 - \$74,999	54	46
≥\$75,000	49	51
<b>Food Stamps</b>		
Yes	61	39
No	54	46
<b>Food Stamp Eligible</b>		
FS and/or ≤130% FPL	56	44
No FS or >130% FPL	54	46
<b>Food Stamp/FPL</b>		
Food Stamp Participant	61	39
No FS/ ≤130% FPL	55	45
No FS/ >130%-≤185% FPL	59	41
No FS/ >185% FPL	53	47
<b>Federal Poverty Level</b>		
≤ 185% FPL	58	42
> 185% FPL	53	47
<b>Overweight Status</b>		
Not at Risk	55	45
At Risk/Overweight	55	45
<b>Physical Activity</b>		
≥ 60 minutes	N/A	N/A
< 60 minutes	N/A	N/A
<b>School Breakfast</b>		
Yes	48	52
No	56	44
<b>School Lunch</b>		
Yes	55	45
No	54	46
<b>Nutrition Lesson</b>		
Yes	56	44
No	53	47
<b>Exercise Lesson</b>		
Yes	55	45
No	54	46

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 55: Mode of Transportation *to* and *from* School  
on a Typical School Day (Diary Sample)**

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?

<b>Transportation Mode <i>to</i> School</b>	<b>Average Percent</b>
Car/carpool	70
School bus	12
Walk	15
Bicycle	4
<b>Transportation Mode <i>from</i> School</b>	<b>Average Percent</b>
Car/carpool	63
School bus	13
Walk	21
Bicycle	4

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

Columns may not add up to 100% because a subset of the categories is presented.  
Percents averaged over two days.

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 56: Percentage of Children Who Reported Walking to School on a Typical Weekday (Diary Sample)**

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?

	Average Estimated Percent <sup>1</sup>		
	Children Who Walked to School	Children Who Walked Home from School	Children Using a Physically Active Mode of Transportation to and from School <sup>2</sup>
<b>Total</b>	<b>15</b>	<b>21</b>	<b>16</b>
<b>Gender</b>			
Males	16	24 *	20 **
Females	13	17	13
<b>Ethnicity</b>			
White	14	17	14 <sup>a</sup> *
African American	10	22	10 <sup>ab</sup>
Latino	14	21	16 <sup>ab</sup>
Asian/Other	23	30	28 <sup>b</sup>
<b>Income</b>			
<\$15,000	16	34 <sup>b</sup> **	18
\$15,000 - \$24,999	25	31 <sup>ab</sup>	22
\$25,000 - \$34,999	11	17 <sup>ab</sup>	13
\$35,000 - \$49,999	12	18 <sup>ab</sup>	13
\$50,000 - \$74,999	16	19 <sup>ab</sup>	22
≥\$75,000	13	16 <sup>a</sup>	13
<b>Food Stamps</b>			
Yes	20	28	19
No	14	19	16
<b>Food Stamp Eligible</b>			
FS and/or ≤130% FPL	21 **	33 ***	20
No FS or >130% FPL	13	16	15
<b>Food Stamp/FPL</b>			
Food Stamp Participant	20	28 <sup>ab</sup> ***	19
No FS/ ≤130% FPL	21	37 <sup>b</sup>	21
No FS/ >130%-≤185% FPL	12	14 <sup>a</sup>	15
No FS/ >185% FPL	13	16 <sup>a</sup>	15
<b>Federal Poverty Level</b>			
≤ 185% FPL	17	27 **	18
> 185% FPL	14	17	16
<b>Overweight Status</b>			
Not at Risk	16	22	18
At Risk/Overweight	13	17	13
<b>Physical Activity</b>			
≥ 60 minutes	16	22	20 *
< 60 minutes	14	20	14
<b>School Breakfast</b>			
Yes	18	26	21
No	14	19	15
<b>School Lunch</b>			
Yes	17	24 ***	18
No	11	13	14
<b>Nutrition Lesson</b>			
Yes	16	23	18
No	13	18	15
<b>Exercise Lesson</b>			
Yes	16	21	17
No	13	20	15

<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

\*\*\* p<.001

2005 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 PE and All Children (Diary Sample)**

Not including recess or lunch, during the current school year, do you have any PE (physical education) or gym classes that are taught by a teacher, coach, athletic instructor or some other adult? About how often did you have to attend a gym or physical education class? Thinking of a typical gym or PE (physical education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week, Mean
	<1	1-2	3-4	5+	
<b>Children Reporting Any PE Classes Only</b>	8	55	22	15	2.3
<b>Across All Children</b>	17	50	20	13	2.1

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

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

2005 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 (Diary Sample)**

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

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

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
<b>Total</b>	<b>2.1</b>	<b>37</b>
<b>Gender</b>		
Males	2.1	36
Females	2.0	38
<b>Ethnicity</b>		
White	2.0	38
African American	1.9	32
Latino	2.1	37
Asian/Other	2.1	37
<b>Income</b>		
<\$15,000	2.3	33 <sup>a</sup>
\$15,000 - \$24,999	2.1	41 <sup>a</sup>
\$25,000 - \$34,999	1.9	33 <sup>a</sup>
\$35,000 - \$49,999	2.3	35 <sup>a</sup>
\$50,000 - \$74,999	2.0	35 <sup>a</sup>
≥\$75,000	1.9	40 <sup>a</sup>
<b>Food Stamps</b>		
Yes	2.3	33
No	2.0	37
<b>Food Stamp Eligible</b>		
FS and/or ≤130% FPL	2.2	34
No FS or >130% FPL	2.0	38
<b>Food Stamp/FPL</b>		
Food Stamp Participant	2.3	33
No FS/ ≤130% FPL	2.1	35
No FS/ >130%-≤185% FPL	2.0	37
No FS/ >185% FPL	2.0	38
<b>Federal Poverty Level</b>		
≤ 185% FPL	2.1	35
> 185% FPL	2.0	38
<b>Overweight Status</b>		
Not at Risk	2.0	36
At Risk/Overweight	2.1	38
<b>Physical Activity</b>		
≥ 60 minutes	2.2**	40**
< 60 minutes	1.9	34
<b>School Breakfast</b>		
Yes	2.1	36
No	2.0	37
<b>School Lunch</b>		
Yes	2.1	36
No	2.0	38
<b>Nutrition Lesson</b>		
Yes	2.2**	38
No	1.9	36
<b>Exercise Lesson</b>		
Yes	2.2**	39**
No	1.8	33

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

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday: Television, Video Games and Computer for Fun (Diary Sample)**

How many minutes did you/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/Computer Games, Mean <sup>1</sup>	Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent <sup>2</sup>
<b>Total</b>	<b>82</b>	<b>81</b>
<b>Gender</b>		
Males	87	79
Females	77	84
<b>Ethnicity</b>		
White	76	84
African American	88	80
Latino	88	79
Asian/Other	71	85
<b>Income</b>		
<\$15,000	95 <sup>ab</sup> ***	80 ***
\$15,000 - \$24,999	124 <sup>b</sup>	60
\$25,000 - \$34,999	77 <sup>a</sup>	80
\$35,000 - \$49,999	80 <sup>a</sup>	82
\$50,000 - \$74,999	81 <sup>a</sup>	85
≥\$75,000	67 <sup>a</sup>	87
<b>Food Stamps</b>		
Yes	103 *	76
No	80	82
<b>Food Stamp Eligible</b>		
FS and/or ≤130% FPL	96 **	72 **
No FS or >130% FPL	78	84
<b>Food Stamp/FPL</b>		
Food Stamp Participant	103 <sup>b</sup> **	76 **
No FS/ ≤130% FPL	92 <sup>ab</sup>	70
No FS/ >130%-≤185% FPL	94 <sup>ab</sup>	77
No FS/ >185% FPL	74 <sup>a</sup>	86
<b>Federal Poverty Level</b>		
≤ 185% FPL	97 ***	73 ***
> 185% FPL	73	86
<b>Overweight Status</b>		
Not at Risk	75 **	85 **
At Risk/Overweight	93	77
<b>Physical Activity</b>		
≥ 60 minutes	80	82
< 60 minutes	84	81
<b>School Breakfast</b>		
Yes	98 **	78
No	78	82
<b>School Lunch</b>		
Yes	89 **	80
No	70	84
<b>Nutrition Lesson</b>		
Yes	77	83
No	87	79
<b>Exercise Lesson</b>		
Yes	81	82
No	83	81

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)**

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?

	Mean <sup>1</sup>		Percent of Children <sup>2</sup>
	Minutes of Physical Activity Believed to be Needed	Days of Physical Activity Believed to be Needed	Believed >60 Minutes of Physical Activity Needed 7 Days a Week
<b>Total</b>	<b>62</b>	<b>5.5</b>	<b>30</b>
<b>Gender</b>			
Males	67**	5.7*	32
Females	55	5.3	27
<b>Ethnicity</b>			
White	68	5.6 <sup>b</sup> **	31
African American	51	4.4 <sup>a</sup>	16
Latino	58	5.5 <sup>b</sup>	30
Asian/Other	59	5.8 <sup>b</sup>	34
<b>Income</b>			
<\$15,000	55	5.3	33
\$15,000 - \$24,999	48	5.2	14
\$25,000 - \$34,999	58	5.5	25
\$35,000 - \$49,999	59	5.5	28
\$50,000 - \$74,999	65	5.5	29
≥\$75,000	69	5.6	36
<b>Food Stamps</b>			
Yes	63	5.4	28
No	61	5.5	30
<b>Food Stamp Eligible</b>			
FS and/or ≤130% FPL	56	5.4	24
No FS or >130% FPL	62	5.5	31
<b>Food Stamp/FPL</b>			
Food Stamp Participant	63	5.4	28
No FS/ ≤130% FPL	52	5.4	21
No FS/ >130%-≤185% FPL	53	5.1	25
No FS/ >185% FPL	64	5.6	33
<b>Federal Poverty Level</b>			
≤ 185% FPL	55*	5.3	24
> 185% FPL	65	5.6	32
<b>Overweight Status</b>			
Not at Risk	61	5.4	27
At Risk/Overweight	60	5.6	32
<b>Physical Activity</b>			
≥ 60 minutes	65	5.8**	36**
< 60 minutes	59	5.3	24
<b>School Breakfast</b>			
Yes	60	4.8***	23
No	62	5.6	31
<b>School Lunch</b>			
Yes	60	5.4	27
No	64	5.6	33
<b>Nutrition Lesson</b>			
Yes	63	5.6	29
No	60	5.4	30
<b>Exercise Lesson</b>			
Yes	66**	5.6	33*
No	51	5.3	21

Excludes those reporting "don't know."

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.

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

**Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)**

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 PE (physical education) or gym class?

	Children Who Played Sports Outside of PE, Percent	
<b>Total</b>	<b>58</b>	
<b>Gender</b>		
Males	60	
Females	56	
<b>Ethnicity</b>		
White	65	**
African American	46	
Latino	53	
Asian/Other	59	
<b>Income</b>		
<\$15,000	40	***
\$15,000 - \$24,999	32	
\$25,000 - \$34,999	50	
\$35,000 - \$49,999	59	
\$50,000 - \$74,999	64	
≥\$75,000	71	
<b>Food Stamps</b>		
Yes	36	***
No	60	
<b>Food Stamp Eligible</b>		
FS and/or ≤130% FPL	40	***
No FS or >130% FPL	63	
<b>Food Stamp/FPL</b>		
Food Stamp Participant	36	***
No FS/ ≤130% FPL	44	
No FS/ >130%-≤185% FPL	52	
No FS/ >185% FPL	66	
<b>Federal Poverty Level</b>		
≤ 185% FPL	43	***
> 185% FPL	67	
<b>Overweight Status</b>		
Not at Risk	60	
At Risk/Overweight	53	
<b>Physical Activity</b>		
≥ 60 minutes	70	***
< 60 minutes	48	
<b>School Breakfast</b>		
Yes	45	**
No	61	
<b>School Lunch</b>		
Yes	56	
No	62	
<b>Nutrition Lesson</b>		
Yes	61	
No	55	
<b>Exercise Lesson</b>		
Yes	62	**
No	49	

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2005 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 (Diary Sample)**

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

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

Rank	White	African-American	Latino	Asian/Other
1st	Walking	Walking	Running/Jogging	Running/Jogging
2nd	Running/Jogging	Basketball	Walking	Basketball
3rd	General Recess	Calisthenics <sup>7</sup>	General Recess	Walking
4th	Basketball	Running/Jogging	Basketball	Bicycling
5th	Bicycling	General Play	Bicycling	General Recess
6th	General PE	General PE	General Play	General PE
7th	General Play	Bicycling	General PE	Soccer
8th	Baseball	General Recess	Soccer	General Play
9th	Playground Games	Rope Skipping/Jump Rope	Tag/Capture the Flag	Baseball
10th	Soccer	Playground Equipment	Playground Equipment	Playground Games
	Tag/Capture the Flag		Kickball	

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Physical Education Time

<sup>3</sup> Baseball includes catch and playing ball

<sup>4</sup> Tag includes tag, capture the flag, hide and seek, etc.

<sup>5</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>6</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

<sup>7</sup> Calisthenics includes jumping jacks, push-ups, stretching, etc.

Shaded boxes were tied for a ranking.

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Diary Sample)**

About how often did you have to attend a gym or physical education class?

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

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Times per week		
None	10	57 **
≤ 1	33	74
2	24	77
3-4	20	81
5	14	86

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)**

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?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
<b>Total</b>	<b>22</b>	<b>27</b>	<b>28</b>	<b>23</b>
<b>Gender</b>				
Males	20	25	31	24
Females	24	29	25	22
<b>Ethnicity</b>				
White	18	25	30	27
African American	21	46	16	16
Latino	24	29	26	21
Asian/Other	29	16	37	18
<b>Income</b>				
<\$15,000	33	23	22	22
\$15,000 - \$24,999	24	14	40	22
\$25,000 - \$34,999	23	28	22	27
\$35,000 - \$49,999	23	36	24	17
\$50,000 - \$74,999	18	28	26	28
≥\$75,000	19	28	32	22
<b>Food Stamps</b>				
Yes	25	20	16	38
No	22	28	29	21
<b>Food Stamp Eligible</b>				
FS and/or ≤130% FPL	26	20	29	25
No FS or >130% FPL	21	30	28	22
<b>Food Stamp/FPL</b>				
Food Stamp Participant	25	20	16	38
No FS/ ≤130% FPL	28	19	38	15
No FS/ >130%-≤185% FPL	22	31	26	21
No FS/ >185% FPL	20	29	28	22
<b>Federal Poverty Level</b>				
≤ 185% FPL	25	24	29	22
> 185% FPL	20	29	28	23
<b>Overweight Status</b>				
Not at Risk	20	26	30	24
At Risk/Overweight	26	28	25	21
<b>Physical Activity</b>				
≥ 60 minutes	7	22	36	35
< 60 minutes	34	32	21	13
<b>School Breakfast</b>				
Yes	20	27	27	26
No	22	27	28	22
<b>School Lunch</b>				
Yes	23	26	27	24
No	20	28	30	21
<b>Nutrition Lesson</b>				
Yes	21	25	30	24
No	23	29	26	21
<b>Exercise Lesson</b>				
Yes	21	26	30	24
No	24	30	25	20

Excludes those reporting "don't know."

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)**

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?

Physical Activity	Percent	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
		0-2	3-4	5-6	7+
Days believed to be needed					
0-2	6	13	30	30	26
3-4	21	21	32	34	12
5-6	26	19	34	26	22
7+	47	21	24	35	20

Excludes those reporting "don't know."

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

2005 California Children's Healthy Eating and Exercise Practices Survey

**Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)**

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children
<b>Total</b>	<b>30</b>
<b>Gender</b>	
Males	33
Females	27
<b>Ethnicity</b>	
White	27
African American	40
Latino	31
Asian/Other	34
<b>Income</b>	
<\$15,000	30
\$15,000 - \$24,999	28
\$25,000 - \$34,999	29
\$35,000 - \$49,999	31
\$50,000 - \$74,999	30
≥\$75,000	32
<b>Food Stamps</b>	
Yes	22
No	31
<b>Food Stamp Eligible</b>	
FS and/or ≤130% FPL	30
No FS or >130% FPL	30
<b>Food Stamp/FPL</b>	
Food Stamp Participant	22
No FS/ ≤130% FPL	37
No FS/ >130%-≤185% FPL	27
No FS/ >185% FPL	31
<b>Federal Poverty Level</b>	
≤ 185% FPL	28
> 185% FPL	32
<b>Overweight Status</b>	
Not at Risk	28
At Risk/Overweight	34
<b>Physical Activity</b>	
≥ 60 minutes	33
< 60 minutes	28
<b>School Breakfast</b>	
Yes	25
No	32
<b>School Lunch</b>	
Yes	30
No	31
<b>Nutrition Lesson</b>	
Yes	34
No	26
<b>Exercise Lesson</b>	
Yes	32
No	28

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

\* p<.05

**Table 79: Percentage of Children Who Reported Having a Television in Their Bedroom (Phone Sample)**

Do you have a television in your bedroom?

	Television in Bedroom, Percent of Children	
<b>Total</b>	<b>54</b>	
<b>Gender</b>		
Males	61	**
Females	46	
<b>Ethnicity</b>		
White	45	**
African American	75	
Latino	62	
Asian/Other	42	
<b>Income</b>		
<\$15,000	83	***
\$15,000 - \$24,999	71	
\$25,000 - \$34,999	64	
\$35,000 - \$49,999	54	
\$50,000 - \$74,999	49	
≥\$75,000	41	
<b>Food Stamps</b>		
Yes	73	*
No	51	
<b>Food Stamp Eligible</b>		
FS and/or ≤130% FPL	71	***
No FS or >130% FPL	48	
<b>Food Stamp/FPL</b>		
Food Stamp Participant	73	***
No FS/ ≤130% FPL	69	
No FS/ >130%-≤185% FPL	64	
No FS/ >185% FPL	45	
<b>Federal Poverty Level</b>		
≤ 185% FPL	69	***
> 185% FPL	46	
<b>Overweight Status</b>		
Not at Risk	46	**
At Risk/Overweight	63	
<b>Physical Activity</b>		
≥ 60 minutes	53	
< 60 minutes	54	
<b>School Breakfast</b>		
Yes	69	**
No	51	
<b>School Lunch</b>		
Yes	64	***
No	37	
<b>Nutrition Lesson</b>		
Yes	53	
No	54	
<b>Exercise Lesson</b>		
Yes	52	
No	59	

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