

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 32a: Trends in the Total Servings of High Calorie, Low Nutrient Foods Reported by California Children per Typical Weekday for All Eating Occasions**

How many servings of each (sugar-sweetened beverages<sup>1</sup>, sweets<sup>2</sup>, high-fat snacks<sup>3</sup>) did your child eat/drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
<b>Total</b>	4.4	4.1	3.9	3.8	3.7	3.6	-0.3	-0.2	-0.1	-0.1	-0.1	-0.7
<b>Gender</b>												
Males	4.3	4.3	4.0	4.0	3.7	3.6	0.0	-0.3	0.0	-0.3	-0.1	-0.8
Females	4.4	3.9	3.7	3.5	3.7	3.7	-0.5	-0.2	-0.2	0.2	0.0	-0.7
<b>Ethnicity</b>												
White	4.3	4.1	3.9	3.9	3.6	3.7	-0.2	-0.2	0.0	-0.3	0.1	-0.6
African American	5.4	4.0	4.4	3.7	3.8	4.5	-1.4	0.4	-0.6	0.1	0.7	-0.9
Latino	4.4	3.9	3.7	3.8	3.9	3.5	-0.5	-0.2	0.0	0.1	-0.3	-0.9
Asian/ Other	3.8	4.7	3.8	3.3	3.3	3.4	0.9	-1.0	-0.5	0.0	0.1	-0.4
<b>Food Stamp Status, % FPL</b>												
Participant, ≤ 130%	5.0	4.8	4.0	4.2	3.8	3.9	-0.2	-0.8	0.2	-0.5	0.1	-1.2
Likely Eligible, ≤ 130%	4.3	4.0	4.3	4.2	3.2	3.2	-0.3	0.3	-0.2	-0.9	0.0	-1.1
Potentially Eligible, 131-≤ 185%	4.0	3.6	3.8	3.8	3.4	3.3	-0.4	0.2	-0.1	-0.4	-0.1	-0.7
Not Eligible, >185%	4.3	4.1	3.7	3.6	3.9	3.8	-0.2	-0.4	-0.1	0.3	-0.1	-0.6
<b>Overweight Status</b>												
Not Overweight	4.2	4.2	3.8	3.5	3.7	3.7	0.0	-0.4	-0.3	0.2	0.0	-0.5
Overweight/Obese	4.6	4.0	3.9	4.2	3.6	3.4	-0.6	-0.1	0.3	-0.6	-0.2	-1.2
<b>Physical Activity</b>												
≥ 60 Minutes	4.7	4.2	4.1	3.9	3.9	3.8	-0.5	-0.1	-0.2	0.0	-0.1	-0.9
<60 Minutes	4.1	3.9	3.6	3.6	3.5	3.4	-0.1	-0.4	0.0	-0.1	-0.1	-0.6

<sup>1</sup> This includes drinks such as regular soda, fruit drinks, 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.

T-test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 32b: Trends in the Total Servings of Sugar-Sweetened Beverages<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions**

How many servings of each (soda, fruit drinks, sports drinks and energy drinks) did your child drink in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
<b>Total</b>	1.2	1.2	1.0	1.1	1.1	1.0	0.0	-0.2	0.1	0.0	0.0	-0.1
<b>Gender</b>												
Males	1.2	1.3	1.1	1.3	1.2	1.1	0.1	-0.1	0.1	-0.1	-0.1	-0.1
Females	1.1	1.1	0.9	1.0	1.0	1.0	0.0	-0.2	0.1	0.0	0.0	-0.1
<b>Ethnicity</b>												
White	1.0	1.0	0.9	1.1	0.9	0.9	0.0	0.0	0.1	-0.2	0.0	-0.1
African American	2.2	1.6	1.3	1.5	1.2	1.8	-0.7	-0.2	0.2	-0.3	0.5	-0.5
Latino	1.3	1.2	1.1	1.2	1.3	1.1	-0.1	-0.1	0.1	0.0	-0.2	-0.2
Asian/ Other	0.9	1.7	0.8	0.8	0.9	0.9	0.8	-0.9	0.0	0.1	0.0	0.0
<b>Food Stamp Status, % FPL</b>												
Participant, ≤ 130%	1.6	1.6	1.1	1.3	1.3	1.4	-0.1	-0.4	0.2	0.0	0.1	-0.2
Likely Eligible, ≤ 130%	1.2	1.5	1.4	1.4	1.0	1.1	0.3	0.0	0.0	-0.5	0.1	-0.2
Potentially Eligible, 131-≤ 185%	1.0	0.9	1.2	1.4	1.1	1.1	-0.1	0.2	0.2	-0.2	0.0	0.1
Not Eligible, >185%	1.1	1.1	0.9	1.0	1.1	1.0	0.1	-0.2	0.1	0.1	-0.1	-0.1
<b>Overweight Status</b>												
Not Overweight	1.1	1.1	0.9	1.0	1.0	1.0	0.1	-0.2	0.0	0.1	-0.1	-0.1
Overweight/Obese	1.3	1.3	1.2	1.4	1.1	1.2	0.0	-0.1	0.2	-0.2	0.0	-0.2
<b>Physical Activity</b>												
≥ 60 Minutes	1.3	1.2	1.2	1.2	1.1	1.1	-0.1	0.0	0.0	0.0	0.0	-0.2
<60 Minutes	1.1	1.2	0.9	1.1	1.0	1.0	0.1	-0.4	0.2	-0.1	0.0	-0.1

<sup>1</sup> This includes drinks such as regular soda, fruit drinks, bottled/pre-sweetened tea and flavored/sweetened bottled water.

T-test

* p<.05
** p<.01
*** p<.001

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**Table 32c: Trends in the Total Servings of Sweets<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions**

How many servings of sweets did your child eat in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
<b>Total</b>	2.1	1.9	1.9	1.7	1.7	1.7	-0.2	0.0	-0.2	0.0	0.0	-0.4
<b>Gender</b>												
Males	2.0	2.0	1.9	1.8	1.6	1.6	0.0	0.0	-0.1	-0.2	0.1	-0.3
Females	2.2	1.8	1.9	1.7	1.8	1.8	-0.4	0.0	-0.2	0.2	0.0	-0.4
<b>Ethnicity</b>												
White	2.3	2.1	2.1	2.0	1.8	1.9	-0.2	0.0	-0.2	-0.2	0.1	-0.3
African American	1.8	1.8	2.0	1.4	1.8	1.7	0.0	0.2	-0.6	0.4	-0.1	-0.1
Latino	2.0	1.7	1.8	1.6	1.7	1.6	-0.3	0.1	-0.1	0.0	-0.1	-0.4
Asian/ Other	1.8	1.8	1.6	1.6	1.6	1.7	0.0	-0.2	0.0	0.0	0.1	-0.1
<b>Food Stamp Status, % FPL</b>												
Participant, ≤ 130%	2.1	2.1	2.0	1.8	1.6	1.5	0.0	0.0	-0.3	-0.2	-0.1	-0.6
Likely Eligible, ≤ 130%	2.0	1.5	1.8	1.7	1.4	1.5	-0.5	0.3	-0.1	-0.3	0.1	-0.5
Potentially Eligible, 131-≤ 185%	1.8	1.8	1.7	1.7	1.4	1.5	0.1	-0.1	-0.1	-0.2	0.1	-0.3
Not Eligible, >185%	2.2	1.9	1.9	1.8	1.9	1.9	-0.2	0.0	-0.1	0.1	0.0	-0.3
<b>Overweight Status</b>												
Not Overweight	2.1	2.0	1.9	1.7	1.8	1.9	0.0	-0.1	-0.2	0.1	0.1	-0.2
Overweight/Obese	2.1	1.7	1.8	1.8	1.6	1.4	-0.4	0.1	0.0	-0.2	-0.1	-0.7
<b>Physical Activity</b>												
≥ 60 Minutes	2.2	2.0	2.0	1.8	1.8	1.9	-0.2	0.0	-0.2	0.0	0.1	-0.4
<60 Minutes	1.9	1.8	1.8	1.7	1.6	1.6	-0.2	0.0	-0.1	0.0	0.0	-0.3

<sup>1</sup> This includes snacks such as muffins, donuts, cookies, brownies, cakes, pies, candy bars, candy, and ice cream.

T-test

* p<.05
** p<.01
*** p<.001

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**Table 32d: Trends in the Total Servings of High-Fat Snacks<sup>1</sup> Reported by California Children per Typical Weekday for All Eating Occasions**

How many servings of high-fat snacks did your child eat in this category?

	Means						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
<b>Total</b>	1.1	1.0	0.9	0.9	0.9	0.9	-0.1	-0.1	0.0	0.0	0.0	-0.3
<b>Gender</b>												
Males	1.2	1.1	1.0	0.9	0.9	0.9	-0.1	-0.1	0.0	0.0	-0.1	-0.3
Females	1.1	1.0	0.9	0.9	0.8	0.8	-0.1	0.0	-0.1	0.0	0.0	-0.2
<b>Ethnicity</b>												
White	1.1	1.1	0.9	0.9	0.9	0.9	0.0	-0.2	0.0	0.0	0.0	-0.2
African American	1.4	0.7	1.1	0.8	0.8	1.0	-0.7	0.4	-0.2	-0.1	0.3	-0.4
Latino	1.1	0.9	0.8	0.9	0.9	0.8	-0.2	-0.1	0.1	0.0	-0.1	-0.2
Asian/ Other	1.2	1.3	1.4	0.9	0.8	0.8	0.1	0.1	-0.5	-0.1	0.0	-0.4
<b>Food Stamp Status, % FPL</b>												
Participant, ≤ 130%	1.3	1.2	0.9	1.1	0.9	1.0	-0.1	-0.3	0.3	-0.3	0.1	-0.3
Likely Eligible, ≤ 130%	1.0	1.0	1.1	1.0	0.8	0.6	0.0	0.0	-0.1	-0.2	-0.2	-0.4
Potentially Eligible, 131-≤ 185%	1.2	0.9	0.9	0.8	0.8	0.8	-0.3	0.1	-0.2	0.1	-0.1	-0.4
Not Eligible, >185%	1.1	1.0	0.9	0.9	0.9	0.9	-0.1	-0.1	0.0	0.1	0.0	-0.1
<b>Overweight Status</b>												
Not Overweight	1.1	1.0	0.9	0.8	0.9	0.9	-0.1	-0.1	-0.1	0.1	0.0	-0.2
Overweight/Obese	1.2	1.0	1.0	1.1	0.9	0.8	-0.2	-0.1	0.1	-0.1	-0.1	-0.4
<b>Physical Activity</b>												
≥ 60 Minutes	1.2	1.1	0.9	0.9	1.0	0.9	-0.1	-0.1	0.0	0.0	-0.1	-0.3
<60 Minutes	1.0	1.0	0.9	0.8	0.8	0.8	-0.1	0.0	-0.1	0.0	0.0	-0.2

<sup>1</sup> This includes snacks such as potato chips, french fries, popcorn with butter, fried onion rings and hash browns.

T-test

* p<.05
** p<.01
*** p<.001

1999-2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 34: Trends in the Proportion of Children Drinking No Servings<sup>1</sup> of Sugar-Sweetened Beverages<sup>2</sup> on a Typical Weekday**

How many servings of each (soda, fruit drinks, sports drinks and energy drinks) did your child drink in this category?

	Percents						Trend Analysis					
	1999	2001	2003	2005	2007	2009	99-01	01-03	03-05	05-07	07-09	99-09
	N=814	N=754	N=632	N=712	N=823	N=856						
<b>Total</b>	41.6%	40.2%	47.4%	43.7%	46.9%	48.0%	-1.4	7.2	-3.8	3.2	1.1	6.4
<b>Gender</b>												
Males	40.0%	36.6%	42.8%	37.7%	42.9%	46.7%	-3.3	6.2	-5.1	5.2	3.8	6.7
Females	43.1%	43.9%	52.9%	49.9%	51.1%	49.3%	0.8	9.0	-3.1	1.3	-1.8	6.2
<b>Ethnicity</b>												
White	47.3%	46.2%	49.3%	50.0%	50.4%	49.8%	-1.1	3.2	0.7	0.4	-0.6	2.5
African American	21.1%	22.8%	43.4%	32.6%	41.2%	26.9%	1.7	20.7	-10.9	8.6	-14.3	5.9
Latino	37.1%	40.1%	41.6%	38.0%	41.8%	48.1%	3.0	1.5	-3.6	3.8	6.3	11.0
Asian/ Other	47.3%	28.2%	62.6%	50.6%	58.1%	54.4%	-19.0	34.3	-11.9	7.5	-3.7	7.1
<b>Food Stamp Status, % FPL</b>												
Participant, ≤ 130%	31.1%	45.8%	44.9%	49.3%	45.5%	38.0%	14.7	-0.9	4.4	-3.8	-7.5	6.9
Likely Eligible, ≤ 130%	31.9%	31.9%	39.8%	34.0%	56.2%	49.3%	0.0	7.8	-5.8	22.2	-6.9	17.4
Potentially Eligible, 131-≤ 185%	56.1%	51.0%	37.8%	30.0%	45.5%	45.5%	-5.1	-13.2	-7.8	15.5	0.1	-10.5
Not Eligible, >185%	43.6%	38.6%	52.4%	48.0%	45.4%	49.4%	-5.0	13.8	-4.4	-2.6	4.1	5.9
<b>Overweight Status</b>												
Not Overweight	36.0%	40.8%	43.0%	49.0%	48.0%	50.2%	4.8	2.2	6.0	-1.0	2.2	14.2
Overweight/Obese	45.3%	38.8%	50.9%	35.7%	45.1%	44.7%	-6.4	12.1	-15.3	9.4	-0.3	-0.5
<b>Physical Activity</b>												
≥ 60 Minutes	38.3%	41.6%	42.0%	42.5%	44.5%	45.5%	3.3	0.5	0.5	2.0	1.0	7.2
<60 Minutes	44.2%	38.8%	53.6%	44.4%	48.8%	50.3%	-5.4	14.7	-9.2	4.4	1.5	6.1

<sup>1</sup> Categorized as having 0.5 servings or less.

<sup>2</sup> This includes drinks such as regular soda, drink-ade, bottled/pre-sweetened tea and flavored/sweetened bottled water.

Z-test

* p<.05
** p<.01
*** p<.001