

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

**Table 53: Trends in the Average Minutes of Physical Activity Reported by California Children on a Typical Weekday**

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

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

|                                  | Means         |               |               |               |               |               | Trend Analysis |       |       |       |       |       |
|----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|-------|-------|-------|-------|-------|
|                                  | 1999<br>N=814 | 2001<br>N=754 | 2003<br>N=632 | 2005<br>N=712 | 2007<br>N=823 | 2009<br>N=856 | 99-01          | 01-03 | 03-05 | 05-07 | 07-09 | 99-09 |
| <b>Total</b>                     | 81.6          | 86.8          | 91.4          | 76.4          | 80.6          | 81.9          | 5.2            | 4.6   | -15.0 | 4.2   | 1.3   | 0.3   |
| <b>Gender</b>                    |               |               |               |               |               |               |                |       |       |       |       |       |
| Males                            | 88.9          | 97.6          | 102.6         | 81.3          | 86.6          | 92.6          | 8.7            | 5.0   | -21.3 | 5.3   | 6.0   | 3.7   |
| Females                          | 74.7          | 75.7          | 78.1          | 71.4          | 74.6          | 71.4          | 1.0            | 2.4   | -6.8  | 3.3   | -3.2  | -3.2  |
| <b>Ethnicity</b>                 |               |               |               |               |               |               |                |       |       |       |       |       |
| White                            | 84.5          | 90.2          | 86.8          | 83.4          | 85.4          | 87.4          | 5.8            | -3.4  | -3.4  | 2.0   | 2.0   | 3.0   |
| African American                 | 75.9          | 63.3          | 87.0          | 68.7          | 68.1          | 73.1          | -12.6          | 23.7  | -18.3 | -0.6  | 5.0   | -2.8  |
| Latino                           | 80.9          | 86.0          | 92.5          | 72.9          | 79.7          | 82.3          | 5.1            | 6.6   | -19.6 | 6.8   | 2.5   | 1.3   |
| Asian/ Other                     | 76.0          | 89.6          | 102.2         | 71.0          | 77.3          | 69.3          | 13.6           | 12.6  | -31.2 | 6.3   | -8.0  | -6.7  |
| <b>Food Stamp Status, % FPL</b>  |               |               |               |               |               |               |                |       |       |       |       |       |
| Participant, ≤ 130%              | 75.3          | 91.4          | 114.3         | 74.1          | 82.0          | 80.0          | 16.1           | 23.0  | -40.2 | 7.8   | -2.0  | 4.7   |
| Likely Eligible, ≤ 130%          | 84.3          | 85.6          | 95.7          | 73.8          | 79.0          | 77.5          | 1.3            | 10.1  | -21.9 | 5.1   | -1.5  | -6.8  |
| Potentially Eligible, 131-≤ 185% | 73.5          | 86.1          | 76.5          | 67.4          | 71.1          | 76.4          | 12.7           | -9.6  | -9.1  | 3.6   | 5.3   | 2.9   |
| Not Eligible, >185%              | 84.1          | 86.7          | 90.9          | 79.5          | 83.2          | 84.4          | 2.5            | 4.3   | -11.5 | 3.8   | 1.1   | 0.2   |
| <b>Overweight Status</b>         |               |               |               |               |               |               |                |       |       |       |       |       |
| Not Overweight                   | 83.4          | 85.5          | 93.7          | 76.9          | 81.7          | 84.2          | 2.0            | 8.3   | -16.8 | 4.8   | 2.5   | 0.8   |
| Overweight/Obese                 | 83.9          | 86.9          | 86.7          | 76.8          | 77.8          | 77.8          | 3.0            | -0.2  | -9.9  | 1.0   | 0.0   | -6.1  |
| <b>Physical Activity</b>         |               |               |               |               |               |               |                |       |       |       |       |       |
| ≥ 60 Minutes                     | 122.1         | 127.4         | 128.4         | 117.7         | 125.4         | 121.1         | 5.3            | 1.0   | -10.7 | 7.7   | -4.3  | -1.0  |
| <60 Minutes                      | 47.2          | 45.9          | 49.6          | 42.5          | 45.0          | 45.3          | -1.3           | 3.7   | -7.1  | 2.5   | 0.4   | -1.9  |

T-test

\* p<.05

\*\* p<.01

\*\*\* p<.001

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

**Table 54: Trends in the Proportion of Children Meeting the 60-Minute Physical Activity Recommendation on a Typical Weekday**

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

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

For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

|                                  | Percents      |               |               |               |               |               | Trend Analysis |       |       |       |       |       |
|----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|-------|-------|-------|-------|-------|
|                                  | 1999<br>N=814 | 2001<br>N=754 | 2003<br>N=632 | 2005<br>N=712 | 2007<br>N=823 | 2009<br>N=856 | 99-01          | 01-03 | 03-05 | 05-07 | 07-09 | 99-09 |
| <b>Total</b>                     | 45.8%         | 50.1%         | 53.2%         | 45.1%         | 44.2%         | 48.2%         | 4.3            | 3.0   | -8.0  | -0.9  | 4.0   | 2.4   |
| <b>Gender</b>                    |               |               |               |               |               |               |                |       |       |       |       |       |
| Males                            | 51.0%         | 59.5%         | 62.2%         | 51.1%         | 51.8%         | 54.6%         | 8.5            | 2.7   | -11.1 | 0.7   | 2.7   | 3.6   |
| Females                          | 41.0%         | 40.4%         | 42.4%         | 39.0%         | 36.7%         | 42.1%         | -0.5           | 1.9   | -3.4  | -2.3  | 5.4   | 1.1   |
| <b>Ethnicity</b>                 |               |               |               |               |               |               |                |       |       |       |       |       |
| White                            | 47.6%         | 54.4%         | 53.5%         | 50.9%         | 47.5%         | 55.9%         | 6.9            | -0.9  | -2.6  | -3.4  | 8.3   | 8.3   |
| African American                 | 50.9%         | 37.5%         | 52.3%         | 45.5%         | 39.5%         | 47.9%         | -13.4          | 14.8  | -6.8  | -6.0  | 8.5   | -3.0  |
| Latino                           | 44.3%         | 47.6%         | 51.8%         | 40.3%         | 43.3%         | 47.2%         | 3.3            | 4.3   | -11.5 | 3.0   | 3.9   | 2.9   |
| Asian/ Other                     | 42.4%         | 49.5%         | 56.8%         | 44.4%         | 41.9%         | 31.3%         | 7.1            | 7.4   | -12.4 | -2.6  | -10.6 | -11.1 |
| <b>Food Stamp Status, % FPL</b>  |               |               |               |               |               |               |                |       |       |       |       |       |
| Participant, ≤ 130%              | 40.6%         | 38.3%         | 63.6%         | 39.2%         | 41.5%         | 40.4%         | -2.4           | 25.3  | -24.4 | 2.3   | -1.1  | -0.3  |
| Likely Eligible, ≤ 130%          | 43.8%         | 47.6%         | 50.7%         | 45.0%         | 40.5%         | 46.2%         | 3.8            | 3.2   | -5.7  | -4.5  | 5.7   | 2.4   |
| Potentially Eligible, 131-≤ 185% | 36.7%         | 54.6%         | 45.5%         | 40.7%         | 42.4%         | 42.3%         | 17.8           | -9.1  | -4.8  | 1.8   | -0.1  | 5.6   |
| Not Eligible, >185%              | 49.5%         | 51.0%         | 53.9%         | 46.8%         | 46.0%         | 50.9%         | 1.6            | 2.9   | -7.1  | -0.8  | 4.9   | 1.4   |
| <b>Overweight Status</b>         |               |               |               |               |               |               |                |       |       |       |       |       |
| Not Overweight                   | 49.3%         | 51.9%         | 52.8%         | 45.2%         | 47.0%         | 52.1%         | 2.6            | 0.9   | -7.6  | 1.8   | 5.1   | 2.8   |
| Overweight/Obese                 | 42.4%         | 45.9%         | 52.0%         | 45.1%         | 39.8%         | 43.3%         | 3.5            | 6.1   | -6.9  | -5.2  | 3.5   | 1.0   |

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

Z-test

\* p<.05

\*\* p<.01

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

**Table 60: Trends in the Average Minutes Spent in School Physical Education Class over Ten Days Fell Short of the 200-Minute State Mandate for California Children**

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

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

|                                  | Means         |               |               |               |               |               | Trend Analysis |       |       |       |       |       |
|----------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|-------|-------|-------|-------|-------|
|                                  | 1999<br>N=814 | 2001<br>N=754 | 2003<br>N=632 | 2005<br>N=712 | 2007<br>N=823 | 2009<br>N=856 | 99-01          | 01-03 | 03-05 | 05-07 | 07-09 | 99-09 |
| <b>Total</b>                     | 173.4         | 163.8         | 166.2         | 166.3         | 185.8         | 165.9         | -9.6           | 2.4   | 0.1   | 19.5  | -20.0 | -7.6  |
| <b>Gender</b>                    |               |               |               |               |               |               |                |       |       |       |       |       |
| Males                            | 174.2         | 165.4         | 153.7         | 159.5         | 179.6         | 165.9         | -8.8           | -11.7 | 5.8   | 20.1  | -13.7 | -8.3  |
| Females                          | 172.7         | 162.2         | 181.4         | 173.6         | 191.9         | 165.8         | -10.5          | 19.2  | -7.9  | 18.3  | -26.1 | -6.9  |
| <b>Ethnicity</b>                 |               |               |               |               |               |               |                |       |       |       |       |       |
| White                            | 163.8         | 163.2         | 167.0         | 166.1         | 197.2         | 163.5         | -0.6           | 3.8   | -0.9  | 31.1  | -33.7 | -0.3  |
| African American                 | 244.3         | 119.8         | 214.0         | 139.2         | 159.5         | 178.1         | -124.5         | 94.2  | -74.8 | 20.3  | 18.6  | -66.2 |
| Latino                           | 165.4         | 166.8         | 143.1         | 170.7         | 177.9         | 172.0         | 1.5            | -23.7 | 27.6  | 7.2   | -5.9  | 6.6   |
| Asian/ Other                     | 192.0         | 179.5         | 211.5         | 164.5         | 196.1         | 140.8         | -12.5          | 32.0  | -47.1 | 31.6  | -55.3 | -51.2 |
| <b>Food Stamp Status, % FPL</b>  |               |               |               |               |               |               |                |       |       |       |       |       |
| Participant, ≤ 130%              | 99.1          | 188.8         | 161.4         | 167.3         | 183.5         | 164.3         | 89.7           | -27.3 | 5.9   | 16.2  | -19.2 | 65.2  |
| Likely Eligible, ≤ 130%          | 186.4         | 143.9         | 120.4         | 160.3         | 145.9         | 154.0         | -42.5          | -23.5 | 40.0  | -14.4 | 8.1   | -32.4 |
| Potentially Eligible, 131-≤ 185% | 136.9         | 142.4         | 153.7         | 155.7         | 174.1         | 166.7         | 5.5            | 11.3  | 2.0   | 18.4  | -7.4  | 29.7  |
| Not Eligible, >185%              | 187.9         | 168.8         | 178.2         | 169.9         | 198.8         | 169.1         | -19.0          | 9.4   | -8.3  | 28.9  | -29.7 | -18.8 |
| <b>Overweight Status</b>         |               |               |               |               |               |               |                |       |       |       |       |       |
| Not Overweight                   | 163.4         | 164.2         | 167.8         | 161.4         | 200.3         | 158.8         | 0.7            | 3.6   | -6.4  | 38.9  | -41.5 | -4.6  |
| Overweight/Obese                 | 187.0         | 169.5         | 167.8         | 174.6         | 169.4         | 176.9         | -17.4          | -1.8  | 6.8   | -5.3  | 7.5   | -10.1 |
| <b>Physical Activity</b>         |               |               |               |               |               |               |                |       |       |       |       |       |
| ≥ 60 Minutes                     | 215.2         | 179.6         | 170.8         | 197.5         | 206.3         | 202.0         | -35.7          | -8.8  | 26.7  | 8.8   | -4.3  | -13.2 |
| <60 Minutes                      | 137.9         | 147.5         | 161.0         | 141.1         | 169.2         | 131.5         | 9.7            | 13.4  | -19.9 | 28.1  | -37.7 | -6.4  |

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

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE 3 times a week.

T-test

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

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

**Table 61a: Trends in the Average Minutes of Screen Time Including Television, Video Games, and Computer for Fun on a Typical Weekday**

How many minutes did 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?  
 For children ages 9-11, the *Healthy People 2010* guideline is 2 or fewer hours of screen time per day.

|                                  | 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>                     | 89.4  | 73.7  | 82.1  | 82.0  | 80.9  | 81.3  | -15.7          | 8.4   | -0.2  | -1.1  | 0.4   | -8.1  |
| <b>Gender</b>                    |       |       |       |       |       |       |                |       |       |       |       |       |
| Males                            | 90.3  | 79.5  | 87.7  | 86.9  | 85.3  | 79.9  | -10.8          | 8.2   | -0.7  | -1.7  | -5.4  | -10.4 |
| Females                          | 88.5  | 67.7  | 75.4  | 76.8  | 76.5  | 82.7  | -20.8          | 7.6   | 1.4   | -0.3  | 6.2   | -5.9  |
| <b>Ethnicity</b>                 |       |       |       |       |       |       |                |       |       |       |       |       |
| White                            | 82.2  | 70.0  | 78.7  | 76.4  | 75.4  | 75.3  | -12.2          | 8.7   | -2.3  | -1.0  | -0.1  | -7.0  |
| African American                 | 115.5 | 82.8  | 86.7  | 88.4  | 90.7  | 91.2  | -32.7          | 3.9   | 1.6   | 2.3   | 0.5   | -24.4 |
| Latino                           | 96.6  | 75.6  | 90.9  | 88.5  | 87.7  | 82.6  | -21.0          | 15.3  | -2.4  | -0.8  | -5.0  | -13.9 |
| Asian/ Other                     | 76.5  | 76.1  | 61.6  | 71.1  | 67.9  | 87.5  | -0.4           | -14.5 | 9.5   | -3.2  | 19.6  | 11.0  |
| <b>Food Stamp Status, % FPL</b>  |       |       |       |       |       |       |                |       |       |       |       |       |
| Participant, ≤ 130%              | 123.0 | 88.2  | 102.4 | 103.0 | 90.7  | 105.9 | -34.8          | 14.2  | 0.6   | -12.3 | 15.2  | -17.1 |
| Likely Eligible, ≤ 130%          | 97.1  | 80.8  | 94.2  | 92.0  | 90.7  | 83.5  | -16.3          | 13.4  | -2.3  | -1.3  | -7.2  | -13.7 |
| Potentially Eligible, 131-≤ 185% | 99.6  | 82.5  | 80.6  | 94.0  | 81.0  | 86.8  | -17.1          | -1.9  | 13.4  | -13.0 | 5.8   | -12.8 |
| Not Eligible, >185%              | 78.8  | 68.4  | 79.1  | 74.2  | 77.0  | 76.4  | -10.4          | 10.7  | -4.9  | 2.8   | -0.6  | -2.4  |
| <b>Overweight Status</b>         |       |       |       |       |       |       |                |       |       |       |       |       |
| Not Overweight                   | 81.1  | 71.8  | 80.0  | 74.5  | 77.0  | 75.3  | -9.3           | 8.1   | -5.4  | 2.4   | -1.7  | -5.8  |
| Overweight/Obese                 | 101.2 | 79.9  | 88.0  | 92.9  | 88.6  | 91.2  | -21.2          | 8.0   | 4.9   | -4.2  | 2.5   | -10.0 |
| <b>Physical Activity</b>         |       |       |       |       |       |       |                |       |       |       |       |       |
| ≥ 60 Minutes                     | 83.3  | 69.9  | 81.8  | 79.5  | 78.1  | 77.5  | -13.4          | 11.9  | -2.3  | -1.4  | -0.6  | -5.8  |
| <60 Minutes                      | 94.5  | 77.5  | 82.4  | 84.0  | 83.0  | 84.8  | -17.0          | 4.9   | 1.5   | -0.9  | 1.8   | -9.7  |

T-test

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

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

**Table 61b: Trends in the Proportion of Children Meeting the *Healthy People 2010* Guideline of Two or Fewer Hours of Screen Time on a Typical Weekday**

How many minutes did 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?  
For children ages 9-11, the *Healthy People 2010* guideline is 2 or fewer hours of screen time per day.

|                                  | 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>                     | 75.2% | 84.9% | 78.9% | 81.5% | 80.0% | 79.8% | 9.7            | -5.9  | 2.5   | -1.5  | -0.2  | 4.6   |
| <b>Gender</b>                    |       |       |       |       |       |       |                |       |       |       |       |       |
| Males                            | 73.8% | 83.3% | 74.7% | 78.7% | 77.7% | 82.1% | 9.5            | -8.6  | 4.0   | -1.0  | 4.5   | 8.3   |
| Females                          | 76.4% | 86.7% | 84.0% | 84.1% | 82.3% | 77.5% | 10.3           | -2.7  | 0.1   | -1.8  | -4.8  | 1.1   |
| <b>Ethnicity</b>                 |       |       |       |       |       |       |                |       |       |       |       |       |
| White                            | 78.3% | 85.5% | 79.9% | 83.7% | 84.3% | 82.0% | 7.3            | -5.7  | 3.9   | 0.6   | -2.3  | 3.7   |
| African American                 | 65.9% | 78.6% | 77.3% | 80.3% | 72.2% | 79.6% | 12.7           | -1.3  | 3.0   | -8.2  | 7.5   | 13.7  |
| Latino                           | 72.4% | 84.1% | 74.9% | 78.7% | 76.0% | 79.5% | 11.6           | -9.1  | 3.8   | -2.7  | 3.5   | 7.1   |
| Asian/ Other                     | 79.2% | 88.3% | 88.7% | 85.6% | 86.1% | 74.8% | 9.0            | 0.4   | -3.1  | 0.5   | -11.2 | -4.4  |
| <b>Food Stamp Status, % FPL</b>  |       |       |       |       |       |       |                |       |       |       |       |       |
| Participant, ≤ 130%              | 63.6% | 77.4% | 72.1% | 75.3% | 72.2% | 71.9% | 13.8           | -5.3  | 3.2   | -3.2  | -0.2  | 8.3   |
| Likely Eligible, ≤ 130%          | 74.7% | 84.8% | 66.5% | 70.5% | 77.1% | 82.5% | 10.0           | -18.3 | 4.0   | 6.6   | 5.5   | 7.8   |
| Potentially Eligible, 131-≤ 185% | 70.7% | 78.9% | 78.9% | 77.4% | 77.7% | 77.5% | 8.2            | 0.0   | -1.5  | 0.3   | -0.2  | 6.8   |
| Not Eligible, >185%              | 78.0% | 87.1% | 82.2% | 85.5% | 82.5% | 80.5% | 9.1            | -4.9  | 3.3   | -3.0  | -1.9  | 2.5   |
| <b>Overweight Status</b>         |       |       |       |       |       |       |                |       |       |       |       |       |
| Not Overweight                   | 78.3% | 86.2% | 78.2% | 84.6% | 81.9% | 80.2% | 7.9            | -8.0  | 6.4   | -2.7  | -1.7  | 1.9   |
| Overweight/Obese                 | 69.5% | 81.7% | 79.3% | 76.7% | 76.6% | 77.2% | 12.2           | -2.4  | -2.7  | -0.1  | 0.6   | 7.8   |
| <b>Physical Activity</b>         |       |       |       |       |       |       |                |       |       |       |       |       |
| ≥ 60 Minutes                     | 76.9% | 86.7% | 77.8% | 81.6% | 80.9% | 81.2% | 9.8            | -8.9  | 3.8   | -0.7  | 0.3   | 4.3   |
| <60 Minutes                      | 73.9% | 83.0% | 80.3% | 81.4% | 79.3% | 78.5% | 9.1            | -2.7  | 1.1   | -2.1  | -0.8  | 4.6   |

Z-test

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

2001-2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Trends in the Proportion of Children Believing that 60 Minutes or More of Physical Activity Is Needed Seven Days a Week for Good Health**

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?

For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

|                                  | Percents      |               |               |               |               | Trend Analysis |       |       |       |       |
|----------------------------------|---------------|---------------|---------------|---------------|---------------|----------------|-------|-------|-------|-------|
|                                  | 2001<br>N=369 | 2003<br>N=379 | 2005<br>N=402 | 2007<br>N=327 | 2009<br>N=390 | 01-03          | 03-05 | 05-07 | 07-09 | 01-09 |
| <b>Total</b>                     | 19.5%         | 23.5%         | 29.5%         | 35.6%         | 25.8%         | 4.0            | 5.9   | 6.2   | -9.9  | 6.2   |
| <b>Gender</b>                    |               |               |               |               |               |                |       |       |       |       |
| Males                            | 21.6%         | 24.1%         | 32.1%         | 36.8%         | 31.8%         | 2.5            | 8.0   | 4.7   | -5.0  | 10.2  |
| Females                          | 17.5%         | 22.8%         | 26.6%         | 34.6%         | 19.5%         | 5.4            | 3.7   | 8.1   | -15.2 | 2.0   |
| <b>Ethnicity</b>                 |               |               |               |               |               |                |       |       |       |       |
| White                            | 22.8%         | 22.0%         | 30.6%         | 42.4%         | 32.3%         | -0.8           | 8.6   | 11.9  | -10.1 | 9.5   |
| African American                 | 15.2%         | 22.1%         | 14.5%         | 26.1%         | 23.5%         | 7.0            | -7.6  | 11.6  | -2.6  | 8.4   |
| Latino                           | 14.9%         | 25.8%         | 29.6%         | 33.9%         | 20.4%         | 10.9           | 3.8   | 4.3   | -13.5 | 5.6   |
| Asian/ Other                     | 25.0%         | 21.8%         | 33.7%         | 30.1%         | 30.8%         | -3.2           | 11.8  | -3.5  | 0.6   | 5.8   |
| <b>Food Stamp Status, % FPL</b>  |               |               |               |               |               |                |       |       |       |       |
| Participant, ≤ 130%              | 25.4%         | 18.4%         | 29.0%         | 29.5%         | 19.4%         | -6.9           | 10.5  | 0.5   | -10.1 | -6.0  |
| Likely Eligible, ≤ 130%          | 17.2%         | 17.1%         | 21.3%         | 31.4%         | 25.4%         | -0.2           | 4.3   | 10.1  | -6.0  | 8.2   |
| Potentially Eligible, 131-≤ 185% | 20.0%         | 19.2%         | 24.7%         | 42.1%         | 15.8%         | -0.7           | 5.5   | 17.4  | -26.3 | -4.2  |
| Not Eligible, >185%              | 18.8%         | 26.0%         | 32.8%         | 36.5%         | 29.9%         | 7.1            | 6.9   | 3.7   | -6.6  | 11.0  |
| <b>Overweight Status</b>         |               |               |               |               |               |                |       |       |       |       |
| Not Overweight                   | 18.1%         | 25.8%         | 27.5%         | 37.0%         | 27.0%         | 7.7            | 1.7   | 9.5   | -10.0 | 8.9   |
| Overweight/Obese                 | 22.5%         | 22.8%         | 31.9%         | 31.9%         | 24.6%         | 0.3            | 9.1   | 0.0   | -7.3  | 2.1   |
| <b>Physical Activity</b>         |               |               |               |               |               |                |       |       |       |       |
| ≥ 60 Minutes                     | 20.7%         | 23.0%         | 36.4%         | 37.1%         | 25.3%         | 2.2            | 13.4  | 0.7   | -11.7 | 4.6   |
| <60 Minutes                      | 18.2%         | 24.2%         | 23.7%         | 34.5%         | 26.2%         | 6.0            | -0.5  | 10.7  | -8.3  | 7.9   |

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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

2001-2009 California Children's Healthy Eating and Exercise Practices Survey

**Table 75: Trends in the Proportion of Children Meeting the 60-Minute Physical Activity Guideline Everyday During the Past Week**

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?  
 For children ages 9-11, 60 minutes of physical activity is recommended daily.<sup>1</sup>

|                                  | Percents |       |       |       |       | Trend Analysis |       |       |       |       |
|----------------------------------|----------|-------|-------|-------|-------|----------------|-------|-------|-------|-------|
|                                  | 2001     | 2003  | 2005  | 2007  | 2009  | 01-03          | 03-05 | 05-07 | 07-09 | 99-09 |
|                                  | N=754    | N=632 | N=712 | N=823 | N=856 |                |       |       |       |       |
| <b>Total</b>                     | 25.5%    | 22.4% | 22.8% | 21.7% | 23.2% | -3.0           | 0.4   | -1.1  | 1.5   | -2.3  |
| <b>Gender</b>                    |          |       |       |       |       |                |       |       |       |       |
| Males                            | 31.5%    | 28.2% | 23.7% | 28.2% | 28.5% | -3.3           | -4.5  | 4.6   | 0.3   | -2.9  |
| Females                          | 19.3%    | 15.6% | 22.0% | 15.2% | 18.1% | -3.7           | 6.4   | -6.7  | 2.8   | -1.3  |
| <b>Ethnicity</b>                 |          |       |       |       |       |                |       |       |       |       |
| White                            | 27.1%    | 25.3% | 27.3% | 22.6% | 30.0% | -1.8           | 2.1   | -4.8  | 7.5   | 2.9   |
| African American                 | 25.9%    | 18.1% | 17.1% | 13.6% | 14.9% | -7.7           | -1.0  | -3.5  | 1.3   | -11.0 |
| Latino                           | 23.9%    | 23.1% | 21.1% | 25.2% | 20.7% | -0.8           | -2.0  | 4.1   | -4.5  | -3.2  |
| Asian/ Other                     | 24.4%    | 15.4% | 17.7% | 12.2% | 19.4% | -9.0           | 2.4   | -5.5  | 7.2   | -5.0  |
| <b>Food Stamp Status, % FPL</b>  |          |       |       |       |       |                |       |       |       |       |
| Participant, ≤ 130%              | 33.6%    | 51.4% | 38.3% | 26.6% | 21.5% | 17.8           | -13.1 | -11.7 | -5.1  | -12.1 |
| Likely Eligible, ≤ 130%          | 23.5%    | 19.3% | 15.3% | 26.4% | 25.2% | -4.2           | -4.0  | 11.1  | -1.2  | 1.6   |
| Potentially Eligible, 131-≤ 185% | 19.0%    | 11.7% | 20.6% | 19.6% | 22.4% | -7.2           | 8.9   | -1.0  | 2.8   | 3.4   |
| Not Eligible, >185%              | 26.6%    | 22.6% | 22.4% | 20.4% | 23.1% | -4.0           | -0.2  | -2.0  | 2.6   | -3.6  |
| <b>Overweight Status</b>         |          |       |       |       |       |                |       |       |       |       |
| Not Overweight                   | 30.7%    | 25.9% | 23.7% | 22.7% | 28.1% | -4.8           | -2.2  | -1.0  | 5.4   | -2.6  |
| Overweight/Obese                 | 17.3%    | 15.8% | 21.1% | 20.6% | 14.4% | -1.5           | 5.3   | -0.5  | -6.1  | -2.8  |
| <b>Physical Activity</b>         |          |       |       |       |       |                |       |       |       |       |
| ≥ 60 Minutes                     | 38.8%    | 34.5% | 34.6% | 33.7% | 32.4% | -4.3           | 0.0   | -0.9  | -1.2  | -6.3  |
| <60 Minutes                      | 12.0%    | 8.8%  | 13.2% | 12.2% | 14.6% | -3.2           | 4.4   | -0.9  | 2.3   | 2.5   |

Excludes those reporting "don't know."

<sup>1</sup> Based on the *Dietary Guidelines for Americans, 2005* and the *2008 Physical Activity Guidelines for Americans*.

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