KidsData

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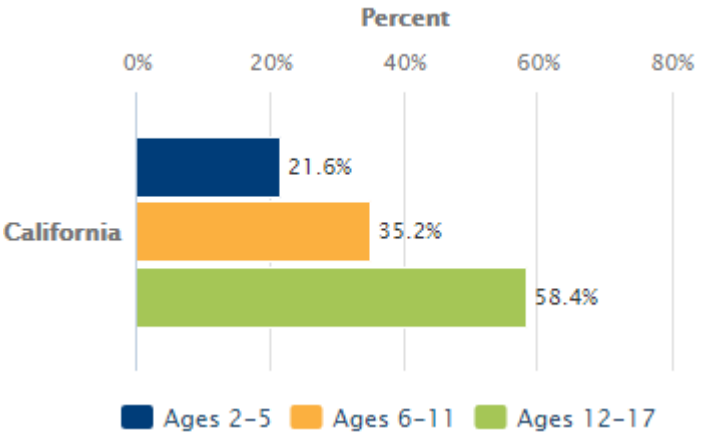
Children's Nutrition in California

Children Ages 2-17 Who Drank One or More Sugar-Sweetened Beverages in the Previous Day: 2015-2016

Locations	Percent
California	40.4%
Alameda County	18.8%
Contra Costa County	29.5%
Fresno County	53.4%
Kern County	44.0%
Los Angeles County	41.6%
Orange County	33.1%
Riverside County	50.7%
Sacramento County	40.2%
San Bernardino County	49.1%
San Diego County	36.5%
Santa Clara County	39.2%

Definition: Estimated percentage of children ages 2-17 who drank one or more sodas or other sugar-sweetened beverages in the previous day (e.g., in 2015-2016, 40.4% of California children had drunk one or more sugar-sweetened beverages in the past day).
Data Source: UCLA Center for Health Policy Research, California Health Interview Survey custom tabulation (Mar. 2018).

Children Who Drank One or More Sugar-Sweetened Beverages in the Previous Day, by Age Group: 2015-2016



Definition: Estimated percentage of children ages 2-17 who drank one or more sodas or other sugar-sweetened beverages in the previous day, by age group (e.g., in 2015-2016, 58.4% of California children ages 12-17 had drunk one or more sugar-sweetened beverages in the past day).
Data Source: UCLA Center for Health Policy Research, California Health Interview Survey custom tabulation (Mar. 2018).

Students Who Ate Breakfast in the Previous Day, by Gender and

What It Is

Kidsdata.org offers the following nutrition-related indicators:

- Children ages 2-17 who drank one or more sodas or other sugar-sweetened beverages in the previous day, who ate five or more servings of fruits or vegetables in the previous day, and who ate fast food two or more times in the previous week
- Students in grades 7, 9, 11, and non-traditional programs who ate breakfast in the previous day
- School staff reports on the extent to which their school provides students with healthy food choices

Why This Topic Is Important

Children and youth need a nutritious diet for healthy growth and development. Proper nutrition over the life course can help reduce the risk of developing dental cavities, high blood pressure, diabetes, obesity, heart disease, osteoporosis, cancer, and other conditions. Unfortunately, estimates show that about half (49%) of U.S. children have poor-quality diets.

Eating a healthy breakfast is an important way to promote proper nutrition. Children who eat breakfast have higher daily intakes of key vitamins and minerals and tend to make better food choices throughout the day. Eating a nutritious breakfast also is associated with improved mood, cognitive functioning, and school attendance.

Children in low-income households and children of color are at increased risk for inadequate nutrition, which can have long-term negative consequences. For example, economically disadvantaged children tend to consume more sugar-sweetened beverages, which contribute to obesity and increase the risk for chronic diseases later in life. In addition, food insecurity (limited or uncertain access to adequate food) can adversely affect children's cognitive development and academic performance. More than 1 million children in California—and nearly 11 million nationwide—live in households experiencing food insecurity.

How Children Are Faring

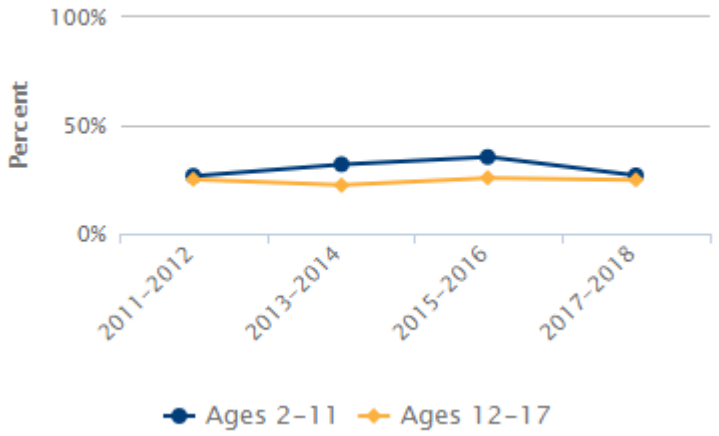
In 2017-2019, an estimated 66% of California 7th graders, 60% of 9th graders, 58% of 11th graders, and 50% of students in non-traditional programs had eaten breakfast in the past day.

Grade Level: 2017-2019

California	Percent	
	Female	Male
Grade Level	Yes	Yes
Grade 7	60.8%	72.4%
Grade 9	54.8%	65.3%
Grade 11	56.3%	60.2%
Non-Traditional	48.2%	53.6%

Definition: Estimated percentage of public school students in grades 7, 9, 11, and non-traditional programs who ate breakfast on the day of survey, by gender and grade level (e.g., in 2017-2019, 60.8% of female 7th graders in California had eaten breakfast in the past day).
Data Source: WestEd, California Healthy Kids Survey (CHKS) and Biennial State CHKS. California Dept. of Education (Aug. 2020).

Children Who Ate Five or More Servings of Fruits or Vegetables in the Previous Day, by Age Group
California



Definition: Estimated percentage of children ages 2-17 who ate five or more servings of fruits or vegetables (excluding juice and fried potatoes) in the previous day, by age group (e.g., in 2017-2018, 24.8% of California children ages 12-17 had eaten five or more servings of fruits or vegetables in the past day).
Data Source: UCLA Center for Health Policy Research, California Health Interview Survey (Aug. 2020).

Across grade levels statewide, boys were more likely to have had breakfast than girls. In general, estimates of eating breakfast are lowest for students with low levels of school connectedness and those whose parents did not finish high school (46% and 54%, respectively, in 2017-2019), and increase as levels of school connectedness and parent education improve. In 2017-2019, fewer than 50% of gay, lesbian, and bisexual students in California had eaten breakfast in the past day, compared with more than 60% of students in other groups.

According to estimates from a 2017-2018 survey of parents and teens, around one in four California children ages 2-17 had eaten at least five servings of fruits and vegetables in the past day. Estimates from the same survey in 2015-2016 showed 40% of children drinking at least one sugar-sweetened beverage in the past day and 43% eating fast food at least twice in the past week, with wide variation at the county level—from fewer than 12% to more than 60% across regions with data. Sugary drink consumption also varied by age and race/ethnicity. Statewide, among youth ages 12-17, an estimated 58% had drunk sugar-sweetened beverages in the previous day, whereas estimates for younger children were lower, at 35% for ages 6-11 and 22% for ages 2-5. Among groups with data, an estimated 66% of multiracial and 64% of Hispanic/Latino youth ages 12-17 had consumed sugary beverages in the past day, compared with African American/black youth at 55%, white youth at 53%, and Asian youth at 43%.

View references for this text and additional research on this topic:
https://m.kidsdata.org/topic/57/nutrition/summary