

1998-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 2: Mean Servings of Fruits and Vegetables Reported on the Previous Day by California Adolescents

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

| | Mean Servings of Fruits and Vegetables | | | | | | | Trend Analysis | | | | | | |
|---|--|------|------|------|------|------|------|----------------|-------|-------|-------|-------|-------|-------|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 98-10 |
| Total | 4.3 | 4.5 | 4.3 | 4.4 | 4.2 | 4.2 | 4.4 | 0.2 | -0.2 | 0.1 | -0.2 | 0.0 | 0.2 | 0.1 |
| Gender | | | | | | | | | | | | | | |
| Male | 4.4 | 4.7 | 4.3 | 4.6 | 4.1 | 4.1 | 4.6 | 0.3 | -0.4 | 0.3 | -0.5 | 0.0 | 0.5 | 0.2 |
| Female | 4.2 | 4.3 | 4.3 | 4.2 | 4.3 | 4.2 | 4.1 | 0.1 | 0.0 | -0.2 | 0.1 | -0.1 | 0.0 | 0.0 |
| Ethnicity | | | | | | | | | | | | | | |
| White | 4.1 | 4.7 | 4.0 | 4.3 | 3.8 | 4.4 | 4.3 | 0.6 | -0.7 | 0.3 | -0.5 | 0.5 | -0.1 | 0.2 |
| African American | 4.4 | 4.1 | 4.1 | 4.4 | 4.0 | 3.1 | 3.2 | -0.4 | 0.0 | 0.3 | -0.4 | -0.9 | 0.1 | -1.2 |
| Latino | 4.6 | 4.5 | 4.7 | 4.5 | 4.4 | 4.3 | 4.5 | -0.1 | 0.3 | -0.3 | 0.0 | -0.2 | 0.3 | -0.1 |
| Asian/ Other | 4.0 | 4.2 | 4.5 | 4.3 | 4.5 | 3.9 | 5.0 | 0.2 | 0.3 | -0.2 | 0.2 | -0.6 | 1.1 | 1.0 |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | | | |
| Participant, | | | | | 4.5 | 4.7 | 4.0 | | | | | 0.2 | -0.7 | |
| Likely Eligible, ≤ 130% | | | | | 4.4 | 4.1 | 4.5 | | | | | -0.4 | 0.4 | |
| Not Eligible, >185% | | | | | 4.0 | 4.1 | 4.5 | | | | | 0.1 | 0.4 | |
| Smoking Status | | | | | | | | | | | | | | |
| Non-Smoker | 4.4 | 4.5 | 4.3 | 4.4 | 4.2 | 4.2 | 4.4 | 0.1 | -0.1 | 0.0 | -0.2 | 0.0 | 0.2 | 0.0 |
| Smoker | 3.2 | 5.0 | 3.9 | 4.3 | 3.4 | 3.2 | 3.9 | 1.8 | -1.1 | 0.4 | -0.9 | -0.2 | 0.6 | 0.7 |
| Overweight Status | | | | | | | | | | | | | | |
| Not Overweight | 4.4 | 4.6 | 4.2 | 4.5 | 4.1 | 4.2 | 4.4 | 0.2 | -0.4 | 0.3 | -0.4 | 0.1 | 0.1 | 0.0 |
| Overweight/Obese | 3.9 | 4.4 | 4.9 | 4.1 | 4.3 | 3.8 | 4.3 | 0.4 | 0.6 | -0.8 | 0.2 | -0.5 | 0.4 | 0.3 |
| Physical Activity | | | | | | | | | | | | | | |
| Regular | 4.4 | 4.6 | 3.7 | 4.5 | 4.4 | 4.2 | 4.7 | 0.2 | -0.9 | 0.8 | -0.1 | -0.2 | 0.5 | 0.3 |
| Irregular | 3.8 | 4.1 | 4.5 | 4.0 | 3.5 | 4.0 | 3.8 | 0.3 | 0.4 | -0.5 | -0.5 | 0.4 | -0.1 | 0.0 |

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

T-test

* p<.05

** p<.01

*** p<.001

1998-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 5: Proportion of California Adolescents Who Met the Fruit and Vegetable Recommendation

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

| | Reported Recommended Servings ¹ of Fruits and Vegetables, Percent of Adolescents | | | | | | | Trend Analysis | | | | | | | |
|---|--|-------|-------|-------|-------|-------|-------|----------------|--------|-------|-------|--------|-------|-------|--|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 98-10 | |
| Total | 30.2% | 34.7% | 31.2% | 33.2% | 31.1% | 29.1% | 34.1% | 4.4% | -3.4% | 2.0% | -2.2% | -2.0% | 5.0% | 3.9% | |
| Gender | | | | | | | | | | | | | | | |
| Male | 23.4% | 28.3% | 22.5% | 28.3% | 21.3% | 20.6% | 28.1% | 4.9% | -5.7% | 5.7% | -6.9% | -0.7% | 7.5% | 4.8% | |
| Female | 37.6% | 41.5% | 40.5% | 38.4% | 41.4% | 38.0% | 40.4% | 3.9% | -0.9% | -2.1% | 2.9% | -3.3% | 2.4% | 2.9% | |
| Ethnicity | | | | | | | | | | | | | | | |
| White | 28.0% | 36.4% | 26.8% | 32.1% | 27.1% | 28.8% | 32.7% | 8.4% | -9.6% | 5.2% | -4.9% | 1.7% | 3.9% | 4.7% | |
| African American | 31.0% | 30.7% | 25.2% | 31.9% | 28.1% | 18.1% | 25.8% | -0.4% | -5.5% | 6.7% | -3.8% | -10.0% | 7.7% | -5.2% | |
| Latino | 34.8% | 35.1% | 38.5% | 34.5% | 34.4% | 32.2% | 35.1% | 0.3% | 3.4% | -3.9% | -0.2% | -2.2% | 2.9% | 0.3% | |
| Asian/ Other | 24.4% | 29.0% | 30.6% | 33.3% | 33.8% | 26.9% | 39.4% | 4.6% | 1.6% | 2.7% | 0.5% | -6.9% | 12.6% | 15.0% | |
| CalFresh Status, % FPL² | | | | | | | | | | | | | | | |
| Participant, | | | | | 36.1% | 37.4% | 32.3% | | | | | 1.4% | -5.1% | | |
| Likely Eligible, ≤130 | | | | | 33.5% | 27.5% | 37.0% | | | | | -6.0% | 9.5% | | |
| Not Eligible, >185 | | | | | 27.0% | 28.1% | 33.4% | | | | | 1.1% | 5.3% | | |
| Smoking Status | | | | | | | | | | | | | | | |
| Non-Smoker | 31.7% | 34.3% | 31.2% | 33.2% | 31.2% | 29.3% | 34.8% | 2.7% | -3.1% | 2.0% | -2.0% | -1.9% | 5.5% | 3.2% | |
| Smoker | 17.0% | 38.7% | 28.6% | 34.0% | 27.2% | 20.3% | 23.2% | 21.8% | -10.1% | 5.4% | -6.8% | -7.0% | 2.9% | 6.2% | |
| Overweight Status | | | | | | | | | | | | | | | |
| Not at Risk | 31.7% | 36.3% | 31.0% | 34.8% | 31.2% | 29.9% | 34.1% | 4.6% | -5.3% | 3.9% | -3.6% | -1.3% | 4.2% | 2.4% | |
| At Risk/Overweight | 23.4% | 31.3% | 31.0% | 29.2% | 30.1% | 27.4% | 31.9% | 7.9% | -0.3% | -1.8% | 1.0% | -2.7% | 4.5% | 8.5% | |
| Physical Activity | | | | | | | | | | | | | | | |
| Regular | 31.2% | 35.9% | 32.2% | 34.5% | 32.0% | 28.6% | 37.6% | 4.8% | -3.7% | 2.2% | -2.5% | -3.3% | 8.9% | 6.4% | |
| Irregular | 26.4% | 28.9% | 27.0% | 29.1% | 28.6% | 30.7% | 28.4% | 2.6% | -2.0% | 2.1% | -0.5% | 2.1% | -2.2% | 2.1% | |

¹ Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

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Trend Table 16: Mean Servings of Milk Products, Including Cheese and Yogurt, Reported Consumed on the Previous Day by California Adolescents

| | Mean Servings of Milk Products Reported | | | | | | | Trend Analysis | | | | | | |
|---|---|------|------|------|------|------|------|----------------|-------|-------|-------|-------|-------|-------|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 98-10 |
| Total | 4.0 | 3.7 | 3.2 | 3.5 | 3.6 | 3.1 | 3.2 | -0.3 | -0.6 | 0.3 | 0.1 | -0.5 | 0.0 | -0.9 |
| Gender | | | | | | | | | | | | | | |
| Male | 4.4 | 4.0 | 3.6 | 3.9 | 4.1 | 3.4 | 3.4 | -0.4 | -0.4 | 0.2 | 0.2 | -0.6 | 0.0 | -1.0 |
| Female | 3.6 | 3.4 | 2.7 | 3.1 | 3.1 | 2.8 | 2.9 | -0.2 | -0.8 | 0.5 | 0.0 | -0.3 | 0.1 | -0.7 |
| Ethnicity | | | | | | | | | | | | | | |
| White | 4.4 | 4.0 | 3.4 | 4.0 | 3.8 | 3.6 | 3.5 | -0.4 | -0.6 | 0.5 | -0.2 | -0.2 | -0.1 | -0.9 |
| African American | 3.6 | 3.4 | 2.8 | 2.5 | 3.4 | 2.6 | 3.5 | -0.2 | -0.6 | -0.3 | 0.9 | -0.8 | 0.9 | -0.1 |
| Latino | 3.7 | 3.4 | 2.9 | 3.3 | 3.3 | 2.9 | 3.0 | -0.3 | -0.5 | 0.3 | 0.1 | -0.4 | 0.0 | -0.8 |
| Asian/ Other | 3.8 | 3.5 | 3.0 | 3.3 | 3.9 | 2.6 | 2.6 | -0.3 | -0.5 | 0.4 | 0.5 | -1.3 | 0.0 | -1.2 |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | | | |
| Participant, | | | | | 3.7 | 3.2 | 2.9 | | | | | -0.5 | -0.3 | |
| Likely Eligible, ≤ 130% | | | | | 3.3 | 2.8 | 3.1 | | | | | -0.5 | 0.3 | |
| Not Eligible, >185% | | | | | 3.6 | 3.3 | 3.4 | | | | | -0.3 | 0.1 | |
| Smoking Status | | | | | | | | | | | | | | |
| Non-Smoker | 4.0 | 3.7 | 3.1 | 3.5 | 3.6 | 3.1 | 3.2 | -0.3 | -0.6 | 0.4 | 0.1 | -0.5 | 0.1 | -0.8 |
| Smoker | 4.2 | 4.1 | 3.6 | 3.9 | 3.6 | 2.8 | 3.1 | -0.1 | -0.5 | 0.3 | -0.3 | -0.8 | 0.3 | -1.1 |
| Overweight Status | | | | | | | | | | | | | | |
| Not Overweight | 4.2 | 3.9 | 3.2 | 3.7 | 3.6 | 3.1 | 3.2 | -0.3 | -0.7 | 0.5 | -0.1 | -0.5 | 0.1 | -0.9 |
| Overweight/Obese | 3.7 | 3.2 | 3.1 | 3.1 | 3.6 | 3.2 | 3.1 | -0.4 | -0.1 | 0.0 | 0.5 | -0.4 | -0.1 | -0.6 |
| Physical Activity | | | | | | | | | | | | | | |
| Regular | 4.2 | 3.8 | 3.4 | 3.7 | 3.9 | 3.2 | 3.4 | -0.4 | -0.4 | 0.3 | 0.2 | -0.7 | 0.2 | -0.9 |
| Irregular | 3.3 | 3.2 | 2.3 | 3.0 | 2.8 | 3.0 | 2.9 | -0.1 | -0.8 | 0.7 | -0.2 | 0.2 | -0.2 | -0.5 |

¹ Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

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

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Trend Table 27: Consumption of More than One Serving of High Calorie, Low Nutrient Foods and Beverages Among California Adolescents

Yesterday did you eat any pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday did you eat any candy bars or packages of candy?

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona, Red Bull, Rockstar or Sobe did you drink?

| | Reported Consumption of More than One High Serving ¹ of Calorie, Low Nutrient Food or Beverage, Percent of Adolescents | | | | | | Trend Analysis | | | | | |
|---|---|-------|-------|-------|-------|-------|----------------|--------|--------|--------|-------|--------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 00-10 |
| Total | 73.2% | 69.2% | 65.1% | 60.3% | 55.6% | 52.7% | -4.0% | -4.1% | -4.8% | -4.7% | -2.9% | -20.6% |
| Gender | | | | | | | | | | | | |
| Male | 75.8% | 69.2% | 68.1% | 63.9% | 55.4% | 55.8% | -6.6% | -1.1% | -4.2% | -8.5% | 0.4% | -20.0% |
| Female | 70.4% | 69.1% | 61.9% | 56.4% | 55.7% | 49.3% | -1.3% | -7.2% | -5.5% | -0.7% | -6.4% | -21.2% |
| Ethnicity | | | | | | | | | | | | |
| White | 72.4% | 65.0% | 61.5% | 56.2% | 46.2% | 45.3% | -7.5% | -3.5% | -5.3% | -10.1% | -0.8% | -27.1% |
| African American | 82.2% | 86.3% | 61.6% | 72.7% | 66.6% | 57.0% | 4.1% | -24.7% | 11.1% | -6.1% | -9.6% | -25.2% |
| Latino | 72.6% | 68.9% | 68.5% | 63.6% | 59.2% | 56.6% | -3.7% | -0.4% | -5.0% | -4.3% | -2.7% | -16.0% |
| Asian/ Other | 72.1% | 74.8% | 67.1% | 55.3% | 64.9% | 58.8% | 2.8% | -7.8% | -11.8% | 9.6% | -6.1% | -13.2% |
| CalFresh Status, % FPL² | | | | | | | | | | | | |
| Participant, | | | | 56.9% | 59.2% | 56.7% | | | | 2.3% | -2.5% | |
| Likely Eligible, ≤130 | | | | 64.0% | 59.7% | 56.8% | | | | -4.3% | -2.9% | |
| Not Eligible, >185 | | | | 58.7% | 52.3% | 48.7% | | | | -6.5% | -3.6% | |
| Smoking Status | | | | | | | | | | | | |
| Non-Smoker | 72.9% | 69.3% | 65.1% | 59.1% | 55.6% | 51.8% | -3.6% | -4.3% | -6.0% | -3.5% | -3.8% | -21.1% |
| Smoker | 77.3% | 67.0% | 65.9% | 85.4% | 49.7% | 65.3% | -10.3% | -1.1% | 19.5% | -35.7% | 15.6% | -12.0% |
| Overweight Status | | | | | | | | | | | | |
| Not Overweight | 72.7% | 70.8% | 65.1% | 60.7% | 55.7% | 54.6% | -1.9% | -5.7% | -4.4% | -5.1% | -1.1% | -18.1% |
| Overweight/Obese | 73.8% | 66.5% | 66.6% | 59.2% | 53.3% | 48.4% | -7.4% | 0.1% | -7.4% | -5.9% | -4.9% | -25.5% |
| Physical Activity | | | | | | | | | | | | |
| Regular | 73.4% | 70.8% | 66.3% | 58.8% | 54.7% | 51.3% | -2.6% | -4.5% | -7.5% | -4.1% | -3.4% | -22.1% |
| Irregular | 72.3% | 63.2% | 61.7% | 64.1% | 58.7% | 54.8% | -9.1% | -1.6% | 2.4% | -5.4% | -3.9% | -17.5% |

¹ Each report of "any" was counted as one serving.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

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Trend Table 68: Mean Servings of Soda and Sugar-Sweetened Beverages Consumed on the Previous Day by California Adolescents

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like sugar free Snapple, Kool-Aid, Arizona, or Sobe did you drink?

| | Mean Servings of Soda or Sweetened Beverages | | | | | | Trend Analysis | | | | | |
|---|--|------|------|------|------|------|----------------|-------|-------|-------|-------|-------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 00-10 |
| Total | 1.3 | 1.4 | 1.2 | 1.1 | 0.8 | 0.7 | 0.1 | -0.2 | -0.1 | -0.3 | -0.1 | -0.6 |
| Gender | | | | | | | | | | | | |
| Male | 1.6 | 1.6 | 1.3 | 1.4 | 0.9 | 0.9 | 0.0 | -0.2 | 0.0 | -0.5 | 0.0 | -0.7 |
| Female | 1.0 | 1.2 | 1.0 | 0.9 | 0.8 | 0.6 | 0.2 | -0.2 | -0.2 | -0.1 | -0.2 | -0.4 |
| Ethnicity | | | | | | | | | | | | |
| White | 1.3 | 1.3 | 1.1 | 1.0 | 0.6 | 0.7 | 0.0 | -0.2 | 0.0 | -0.4 | 0.1 | -0.6 |
| African American | 1.1 | 1.9 | 1.3 | 1.3 | 1.1 | 1.0 | 0.9 | -0.6 | 0.0 | -0.2 | -0.1 | -0.1 |
| Latino | 1.4 | 1.4 | 1.3 | 1.2 | 1.0 | 0.8 | 0.1 | -0.1 | -0.1 | -0.2 | -0.2 | -0.5 |
| Asian/ Other | 1.6 | 1.3 | 1.2 | 1.0 | 0.7 | 0.5 | -0.3 | -0.2 | -0.1 | -0.3 | -0.2 | -1.1 |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | |
| Participant, | | | | 1.0 | 1.1 | 0.9 | | | | 0.1 | -0.2 | |
| Likely Eligible, ≤ 130% | | | | 1.3 | 1.1 | 0.8 | | | | -0.1 | -0.3 | |
| Not Eligible, >185% | | | | 1.1 | 0.6 | 0.7 | | | | -0.5 | 0.1 | |
| Smoking Status | | | | | | | | | | | | |
| Non-Smoker | 1.3 | 1.3 | 1.1 | 1.1 | 0.8 | 0.7 | 0.1 | -0.2 | 0.0 | -0.3 | -0.1 | -0.6 |
| Smoker | 2.0 | 2.0 | 2.2 | 1.7 | 1.2 | 1.2 | 0.0 | 0.2 | -0.5 | -0.5 | 0.0 | -0.8 |
| Overweight Status | | | | | | | | | | | | |
| Not Overweight | 1.4 | 1.3 | 1.1 | 1.1 | 0.8 | 0.7 | 0.0 | -0.2 | 0.0 | -0.3 | -0.1 | -0.7 |
| Overweight/Obese | 1.2 | 1.6 | 1.5 | 1.2 | 0.9 | 0.9 | 0.4 | -0.1 | -0.2 | -0.3 | 0.0 | -0.3 |
| Physical Activity | | | | | | | | | | | | |
| Regular | 1.3 | 1.4 | 1.2 | 1.2 | 0.8 | 0.8 | 0.1 | -0.3 | 0.0 | -0.4 | 0.0 | -0.5 |
| Irregular | 1.4 | 1.1 | 1.3 | 1.0 | 1.0 | 0.7 | -0.3 | 0.1 | -0.2 | -0.1 | -0.3 | -0.7 |

¹ Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

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

2000-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 69: Proportion of California Adolescents Reporting Drinking Soda or Sweetened Beverages on the Previous Day

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?

| | Reported One or More Soda or Sweetened Beverage Yesterday, Percent of Adolescents | | | | | | Trend Analysis | | | | | |
|---|--|-------|-------|-------|-------|-------|----------------|--------|-------|--------|--------|--------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 00-10 |
| Total | 67.6% | 69.6% | 62.3% | 59.8% | 49.5% | 44.2% | 2.0% | -7.3% | -2.6% | -10.3% | -5.3% | -23.4% |
| Gender | | | | | | | | | | | | |
| Male | 75.6% | 71.9% | 67.5% | 69.1% | 51.0% | 48.3% | -3.6% | -4.4% | 1.7% | -18.1% | -2.7% | -27.2% |
| Female | 59.1% | 67.1% | 56.9% | 49.8% | 47.9% | 39.9% | 8.0% | -10.2% | -7.1% | -1.9% | -8.0% | -19.2% |
| Ethnicity | | | | | | | | | | | | |
| White | 65.0% | 65.0% | 59.3% | 54.0% | 39.8% | 38.9% | 0.0% | -5.7% | -5.3% | -14.1% | -0.9% | -26.1% |
| African American | 58.9% | 82.4% | 73.3% | 67.6% | 54.1% | 44.6% | 23.5% | -9.1% | -5.7% | -13.6% | -9.5% | -14.3% |
| Latino | 73.1% | 71.2% | 66.7% | 63.4% | 60.1% | 50.9% | -1.9% | -4.5% | -3.3% | -3.3% | -9.2% | -22.2% |
| Asian/ Other | 66.8% | 74.0% | 52.7% | 61.2% | 43.3% | 39.4% | 7.1% | -21.3% | 8.5% | -17.9% | -3.9% | -27.5% |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | |
| Participant, | | | | 53.3% | 61.4% | 55.9% | | | | 8.0% | -5.4% | |
| Likely Eligible, ≤130 | | | | 67.4% | 63.4% | 44.7% | | | | -4.0% | -18.7% | |
| Not Eligible, >185 | | | | 57.8% | 39.2% | 38.0% | | | | -18.7% | -1.2% | |
| Smoking Status | | | | | | | | | | | | |
| Non-Smoker | 67.0% | 69.0% | 61.8% | 59.4% | 49.3% | 43.2% | 2.0% | -7.2% | -2.4% | -10.1% | -6.1% | -23.9% |
| Smoker | 74.7% | 79.4% | 72.6% | 68.8% | 48.3% | 60.2% | 4.8% | -6.8% | -3.8% | -20.5% | 11.8% | -14.5% |
| Overweight Status | | | | | | | | | | | | |
| Not Overweight | 67.1% | 68.9% | 60.0% | 57.2% | 48.2% | 42.7% | 1.8% | -8.9% | -2.8% | -9.1% | -5.4% | -24.4% |
| Overweight/Obese | 67.8% | 73.3% | 67.8% | 65.9% | 54.1% | 48.3% | 5.5% | -5.5% | -2.0% | -11.8% | -5.8% | -19.5% |
| Physical Activity | | | | | | | | | | | | |
| Regular | 67.9% | 70.3% | 62.4% | 59.6% | 48.1% | 44.1% | 2.3% | -7.8% | -2.8% | -11.6% | -4.0% | -23.8% |
| Irregular | 66.4% | 67.0% | 62.0% | 60.2% | 54.5% | 44.4% | 0.6% | -5.1% | -1.8% | -5.7% | -10.0% | -21.9% |

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

* p<.05

** p<.01

*** p<.001

1998-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 34: Proportion of California Adolescents Reporting Fast Food Consumption on the Previous Day

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

| | Reported Consumption of Fast Food the Previous Day, Percent of Adolescents | | | | | | | Trend Analysis | | | | | |
|---|---|-------|-------|-------|-------|-------|-------|----------------|--------|-------|-------|--------|--------|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 98-10 |
| Total | 31.9% | 28.2% | 30.6% | 25.6% | 22.8% | 19.9% | 20.3% | -3.7% | 2.4% | -4.9% | -2.9% | -2.8% | -11.6% |
| Gender | | | | | | | | | | | | | |
| Male | 34.3% | 30.9% | 31.7% | 24.5% | 23.4% | 20.6% | 21.6% | -3.4% | 0.7% | -7.2% | -1.1% | -2.8% | -12.7% |
| Female | 29.4% | 25.3% | 29.4% | 26.9% | 22.1% | 19.2% | 19.0% | -4.1% | 4.1% | -2.5% | -4.8% | -2.9% | -10.4% |
| Ethnicity | | | | | | | | | | | | | |
| White | 29.5% | 26.7% | 28.5% | 23.5% | 21.7% | 15.4% | 19.6% | -2.8% | 1.8% | -5.0% | -1.8% | -6.2% | -9.9% |
| African American | 42.0% | 39.8% | 36.7% | 38.2% | 33.6% | 24.7% | 23.0% | -2.2% | -3.1% | 1.5% | -4.6% | -8.9% | -19.0% |
| Latino | 33.4% | 27.0% | 31.4% | 26.4% | 24.2% | 26.3% | 23.5% | -6.4% | 4.5% | -5.1% | -2.2% | 2.1% | -9.9% |
| Asian/ Other | 29.9% | 29.9% | 31.9% | 22.6% | 15.9% | 11.6% | 12.0% | 0.0% | 2.0% | -9.3% | -6.7% | -4.3% | -17.8% |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | | |
| Participant, ≤130 | | | | | 24.5% | 22.9% | 25.7% | | | | | -1.7% | |
| Likely Eligible, ≤130 | | | | | 22.7% | 26.6% | 21.9% | | | | | 4.0% | |
| Not Eligible, >185 | | | | | 20.9% | 16.0% | 17.6% | | | | | -5.0% | |
| Smoking Status | | | | | | | | | | | | | |
| Non-Smoker | 30.6% | 27.1% | 30.6% | 25.5% | 21.7% | 19.9% | 19.8% | -3.5% | 3.5% | -5.1% | -3.9% | -1.7% | -10.8% |
| Smoker | 43.4% | 42.4% | 30.0% | 28.1% | 46.8% | 15.7% | 28.2% | -1.0% | -12.4% | -1.9% | 18.8% | -31.1% | -15.1% |
| Overweight Status | | | | | | | | | | | | | |
| Not at Risk | 32.6% | 28.3% | 32.5% | 25.4% | 20.6% | 19.5% | 18.8% | -4.3% | 4.2% | -7.1% | -4.8% | -1.1% | -13.8% |
| At Risk/Overweight | 31.9% | 29.1% | 25.9% | 25.2% | 29.3% | 22.6% | 22.2% | -2.8% | -3.2% | -0.7% | 4.1% | -6.8% | -9.7% |
| Physical Activity | | | | | | | | | | | | | |
| Regular | 31.2% | 27.3% | 30.3% | 25.5% | 22.4% | 17.8% | 21.8% | -3.8% | 3.0% | -4.8% | -3.1% | -4.7% | -9.4% |
| Irregular | 35.0% | 31.8% | 31.4% | 26.0% | 23.6% | 27.6% | 17.9% | -3.2% | -0.3% | -5.5% | -2.4% | 4.0% | -17.0% |

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2006-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking?

| | One Hour or More of Moderate or Vigorous Physical Activity Yesterday, Percent of Adolescents ¹ | | | Trend Analysis | | |
|---|---|-------|-------|----------------|--------|--------|
| | 2006 | 2008 | 2010 | 06-08 | 08-10 | 06-10 |
| Total | 65.6% | 50.1% | 42.1% | -15.5% | -8.0% | -23.5% |
| Gender | | | | | | |
| Male | 68.5% | 54.9% | 50.6% | -13.6% | -4.3% | -18.0% |
| Female | 62.8% | 45.1% | 33.2% | -17.7% | -11.9% | -29.6% |
| Ethnicity | | | | | | |
| White | 70.3% | 54.3% | 43.0% | -16.0% | -11.3% | -27.2% |
| African American | 67.7% | 45.4% | 58.4% | -22.3% | 13.0% | -9.3% |
| Latino | 59.8% | 50.7% | 42.7% | -9.1% | -8.0% | -17.1% |
| Asian/ Other | 76.8% | 39.7% | 29.4% | -37.2% | -10.3% | -47.5% |
| CalFresh Status, % FPL² | | | | | | |
| Participant, | 64.7% | 40.2% | 41.6% | -24.5% | 1.4% | -23.1% |
| Likely Eligible, ≤130 | 54.7% | 54.3% | 46.5% | -0.4% | -7.8% | -8.2% |
| Not Eligible, >185 | 72.8% | 52.1% | 41.9% | -20.6% | -10.2% | -30.8% |
| Smoking Status | | | | | | |
| Non-Smoker | 66.0% | 50.5% | 41.8% | -15.6% | -8.7% | -24.3% |
| Smoker | 56.3% | 46.3% | 47.6% | -9.9% | 1.3% | -8.6% |
| Overweight Status | | | | | | |
| Not Overweight | 69.4% | 51.8% | 42.4% | -17.6% | -9.4% | -26.9% |
| Overweight/Obese | 59.9% | 45.2% | 43.9% | -14.7% | -1.3% | -16.0% |
| Physical Activity | | | | | | |
| Regular | 73.3% | 52.8% | 56.0% | -20.5% | 3.2% | -17.3% |
| Irregular | 43.6% | 40.9% | 19.6% | -2.7% | -21.3% | -24.0% |

¹Chi Square Test

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2000-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 39: Proportion of California Adolescents Reporting Taking Physical Education in School

Do you currently take physical education class in school?

| | Participate in Physical Education at School, Percent of Adolescents | | | | | | Trend Analysis | | | | | |
|---|--|-------|-------|-------|-------|-------|----------------|-------|-------|-------|--------|--------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 00-10 |
| Total | 76.3% | 75.1% | 76.1% | 77.7% | 73.4% | 73.1% | -1.2% | 1.0% | 1.6% | -4.3% | -0.2% | -3.1% |
| Gender | | | | | | | | | | | | |
| Male | 76.6% | 77.0% | 78.2% | 75.2% | 75.2% | 75.1% | 0.4% | 1.2% | -3.0% | 0.0% | -0.1% | -1.5% |
| Female | 75.9% | 73.0% | 73.8% | 75.3% | 71.4% | 71.0% | -2.8% | 0.8% | 1.5% | -3.9% | -0.4% | -4.8% |
| Ethnicity | | | | | | | | | | | | |
| White | 75.5% | 72.7% | 78.8% | 70.8% | 71.5% | 70.3% | -2.8% | 6.1% | -8.0% | 0.7% | -1.2% | -5.2% |
| African American | 77.8% | 79.3% | 79.1% | 70.0% | 82.5% | 53.3% | 1.5% | -0.2% | -9.1% | 12.6% | -29.2% | -24.5% |
| Latino | 77.7% | 78.6% | 75.2% | 79.0% | 73.9% | 76.9% | 0.9% | -3.4% | 3.8% | -5.0% | 3.0% | -0.8% |
| Asian/ Other | 73.6% | 70.5% | 69.7% | 79.6% | 71.9% | 80.3% | -3.1% | -0.9% | 9.9% | -7.6% | 8.4% | 6.7% |
| CalFresh Status, % FPL¹ | | | | | | | | | | | | |
| Participant, | | | | 80.3% | 81.3% | 74.9% | | | | 1.0% | -6.4% | |
| Likely Eligible, ≤130 | | | | 83.0% | 76.9% | 71.7% | | | | -6.0% | -5.2% | |
| Not Eligible, >185 | | | | 70.1% | 68.9% | 72.6% | | | | -1.2% | 3.7% | |
| Smoking Status | | | | | | | | | | | | |
| Non-Smoker | 77.6% | 76.5% | 76.7% | 75.8% | 74.1% | 75.0% | -1.1% | 0.2% | -0.9% | -1.7% | 0.9% | -2.6% |
| Smoker | 58.6% | 52.4% | 64.6% | 62.5% | 60.1% | 45.0% | -6.3% | 12.3% | -2.1% | -2.4% | -15.1% | -13.6% |
| Overweight Status | | | | | | | | | | | | |
| Not Overweight | 76.2% | 74.9% | 75.6% | 76.2% | 72.9% | 75.2% | -1.3% | 0.6% | 0.7% | -3.3% | 2.3% | -1.0% |
| Overweight/Obese | 76.0% | 74.0% | 74.2% | 71.5% | 72.8% | 65.5% | -2.0% | 0.2% | -2.8% | 1.3% | -7.3% | -10.5% |
| Physical Activity | | | | | | | | | | | | |
| Regular | 78.8% | 79.8% | 82.4% | 76.0% | 70.7% | 72.5% | 1.0% | 2.6% | -6.4% | -5.3% | 1.9% | -6.3% |
| Irregular | 64.7% | 57.4% | 57.7% | 73.2% | 82.8% | 74.1% | -7.3% | 0.3% | 15.5% | 9.6% | -8.8% | 9.4% |

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2000-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 40a: Proportion of California Adolescents Who Watch More Than 120 Minutes of Television on Schooldays

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

| | Report More than 120 Minutes of Television on Schooldays ¹ , Percent of Adolescents | | | | | | Trend Analysis | | | | | |
|---|---|-------|-------|-------|-------|-------|----------------|--------|--------|-------|--------|--------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 00-10 |
| Total | 61.9% | 32.4% | 32.8% | 34.2% | 49.1% | 25.0% | -29.5% | 0.3% | 1.5% | 14.8% | -24.1% | -36.9% |
| Gender | | | | | | | | | | | | |
| Male | 42.7% | 33.0% | 34.1% | 34.7% | 52.0% | 21.5% | -9.7% | 1.1% | 0.6% | 17.3% | -30.5% | -21.2% |
| Female | 32.8% | 31.8% | 31.4% | 33.7% | 45.8% | 28.7% | -1.0% | -0.5% | 2.4% | 12.1% | -17.2% | -4.2% |
| Ethnicity | | | | | | | | | | | | |
| White | 35.2% | 28.8% | 20.7% | 30.9% | 41.0% | 17.1% | -6.4% | -8.1% | 10.2% | 10.1% | -23.9% | -18.1% |
| African American | 49.7% | 50.0% | 22.5% | 35.0% | 60.7% | 29.2% | 0.3% | -27.5% | 12.5% | 25.6% | -31.5% | -20.5% |
| Latino | 38.5% | 30.9% | 29.0% | 37.9% | 52.7% | 33.6% | -7.6% | -1.9% | 8.9% | 14.8% | -19.1% | -5.0% |
| Asian/ Other | 40.2% | 39.4% | 28.2% | 32.5% | 52.5% | 19.8% | -0.8% | -11.3% | 4.4% | 19.9% | -32.7% | -20.4% |
| CalFresh Status, % FPL² | | | | | | | | | | | | |
| Participant, | | | | 36.2% | 55.4% | 28.3% | | | | 19.2% | -27.2% | |
| Likely Eligible, ≤130 | | | | 36.7% | 54.5% | 37.6% | | | | 17.8% | -16.9% | |
| Not Eligible, >185 | | | | 31.6% | 43.4% | 17.3% | | | | 11.8% | -26.2% | |
| Smoking Status | | | | | | | | | | | | |
| Non-Smoker | 38.3% | 32.8% | 32.3% | 34.6% | 49.6% | 24.2% | -5.4% | -0.6% | 2.4% | 14.9% | -25.4% | -14.1% |
| Smoker | 35.6% | 24.5% | 41.7% | 25.2% | 39.5% | 36.9% | -11.1% | 17.2% | -16.5% | 14.3% | -2.6% | 1.3% |
| Overweight Status | | | | | | | | | | | | |
| Not Overweight | 37.7% | 31.7% | 28.5% | 32.3% | 47.9% | 23.1% | -6.0% | -3.2% | 3.8% | 15.6% | -24.8% | -14.6% |
| Overweight/Obese | 38.2% | 34.7% | 45.0% | 38.6% | 52.5% | 29.8% | -3.5% | 10.2% | -6.4% | 13.9% | -22.7% | -8.5% |
| Physical Activity | | | | | | | | | | | | |
| Regular | 36.6% | 29.5% | 31.3% | 30.9% | 47.3% | 20.7% | -7.2% | 1.8% | -0.4% | 16.4% | -26.6% | -15.9% |
| Irregular | 44.8% | 42.7% | 37.0% | 43.2% | 55.2% | 32.0% | -2.2% | -5.7% | 6.3% | 12.0% | -23.3% | -12.9% |

¹ Healthy People 2020 recommends 120 minutes or less television on schooldays.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

1998-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 45: Prevalence of Overweight and Obesity Among California Adolescents Based on Body Mass Index

About how much do you weigh without shoes?

About how tall are you without shoes?

| | Overweight and Obese ¹ , Percent of Adolescents | | | | | | | Trend Analysis | | | | | | |
|---|--|-------|-------|-------|-------|-------|-------|----------------|-------|-------|--------|--------|-------|-------|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 98-10 |
| Total | 21.3% | 24.3% | 23.5% | 28.6% | 26.7% | 21.8% | 28.7% | 3.0% | -0.8% | 5.2% | -1.9% | -4.9% | 6.9% | 7.4% |
| Gender | | | | | | | | | | | | | | |
| Male | 25.0% | 26.5% | 27.5% | 32.2% | 29.1% | 22.9% | 33.4% | 1.5% | 0.9% | 4.8% | -3.1% | -6.1% | 10.5% | 8.4% |
| Female | 17.3% | 21.8% | 19.2% | 24.8% | 24.2% | 20.6% | 23.5% | 4.5% | -2.6% | 5.6% | -0.6% | -3.6% | 2.9% | 6.2% |
| Ethnicity | | | | | | | | | | | | | | |
| White | 15.2% | 16.9% | 19.8% | 17.6% | 20.7% | 12.0% | 24.6% | 1.7% | 2.9% | -2.1% | 3.1% | -8.7% | 12.6% | 9.4% |
| African American | 38.7% | 29.2% | 29.4% | 33.6% | 35.1% | 39.9% | 39.7% | -9.5% | 0.2% | 4.2% | 1.5% | 4.8% | -0.2% | 1.0% |
| Latino | 25.9% | 34.4% | 30.7% | 37.1% | 33.9% | 29.5% | 35.6% | 8.5% | -3.7% | 6.4% | -3.2% | -4.5% | 6.1% | 9.7% |
| Asian/ Other | 19.7% | 21.4% | 13.2% | 33.8% | 19.8% | 18.0% | 14.6% | 1.8% | -8.2% | 20.6% | -14.0% | -1.8% | -3.4% | -5.1% |
| CalFresh Status, % FPL² | | | | | | | | | | | | | | |
| Participant, | | | | | 27.3% | 39.6% | 40.7% | | | | | 12.3% | | |
| Likely Eligible, ≤130 | | | | | 29.9% | 26.4% | 36.1% | | | | | -3.5% | | |
| Not Eligible, >185 | | | | | 25.3% | 13.5% | 20.2% | | | | | -11.8% | | |
| Smoking Status | | | | | | | | | | | | | | |
| Non-Smoker | 21.7% | 24.4% | 23.0% | 28.7% | 26.1% | 21.1% | 28.0% | 2.7% | -1.4% | 5.8% | -2.7% | -5.0% | 6.9% | 6.2% |
| Smoker | 21.4% | 22.6% | 30.6% | 26.6% | 39.8% | 39.4% | 38.5% | 1.2% | 8.0% | -4.0% | 13.3% | -0.5% | -0.8% | 17.2% |
| Physical Activity | | | | | | | | | | | | | | |
| Regular | 21.1% | 24.7% | 23.4% | 27.5% | 27.1% | 22.6% | 27.0% | 3.6% | -1.3% | 4.2% | -0.4% | -4.5% | 4.4% | 5.9% |
| Irregular | 22.1% | 22.7% | 23.6% | 32.7% | 25.6% | 19.1% | 31.6% | 0.5% | 1.0% | 9.0% | -7.1% | -6.5% | 12.5% | 9.4% |

¹ Calculated using the CDC 2000 reference data by age and gender for BMI.

Overweight = BMI ≥ 85th < 95th percentile.

Obese = BMI ≥ 95th percentile.

² Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

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

1998-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 45a: Prevalence of Obesity Among California Adolescents Based on Body Mass Index

| | Obese ¹ , Percent of Adolescents | | | | | | | Trend Analysis | | | | | | | |
|---|---|-------|-------|-------|-------|-------|-------|----------------|-------|-------|-------|-------|-------|-------|--|
| | 1998 | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 98-00 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 98-10 | |
| Total | 8.0% | 10.6% | 8.8% | 12.4% | 12.6% | 8.7% | 12.3% | 2.6% | -1.8% | 3.6% | 0.2% | -3.9% | 3.6% | 4.4% | |
| Gender | | | | | | | | | | | | | | | |
| Male | 8.7% | 12.2% | 12.0% | 17.0% | 16.0% | 11.4% | 13.4% | 3.5% | -0.2% | 5.0% | -1.0% | -4.6% | 2.0% | 4.7% | |
| Female | 7.2% | 8.9% | 5.4% | 7.5% | 9.1% | 5.9% | 11.1% | 1.7% | -3.5% | 2.1% | 1.6% | -3.2% | 5.2% | 3.9% | |
| Ethnicity | | | | | | | | | | | | | | | |
| White | 4.6% | 6.6% | 7.7% | 6.3% | 9.3% | 2.9% | 7.3% | 2.0% | 1.2% | -1.5% | 3.0% | -6.3% | 4.4% | 2.7% | |
| African American | 19.1% | 17.2% | 16.1% | 8.1% | 21.9% | 18.1% | 18.3% | -1.9% | -1.1% | -8.0% | 13.7% | -3.7% | 0.1% | -0.8% | |
| Latino | 10.5% | 15.1% | 9.4% | 19.5% | 16.4% | 14.4% | 18.9% | 4.6% | -5.6% | 10.1% | -3.2% | -2.0% | 4.6% | 8.5% | |
| Asian/ Other | 6.4% | 9.4% | 6.1% | 12.6% | 7.3% | 4.1% | 4.7% | 3.0% | -3.3% | 6.5% | -5.3% | -3.2% | 0.6% | -1.7% | |
| CalFresh Status, % FPL² | | | | | | | | | | | | | | | |
| Participant, | | | | | 12.9% | 18.1% | 19.1% | | | | | 5.2% | | | |
| Likely Eligible, ≤130 | | | | | 15.3% | 14.1% | 20.6% | | | | | -1.2% | | | |
| Not Eligible, >185 | | | | | 10.6% | 3.6% | 5.6% | | | | | -7.0% | | | |
| Smoking Status | | | | | | | | | | | | | | | |
| Non-Smoker | 9.1% | 10.5% | 8.8% | 12.6% | 12.2% | 8.5% | 11.7% | 1.4% | -1.7% | 3.7% | -0.4% | -3.7% | 3.2% | 2.6% | |
| Smoker | 3.9% | 11.5% | 7.8% | 8.8% | 20.7% | 13.4% | 20.5% | 7.6% | -3.7% | 1.0% | 11.9% | -7.3% | 7.0% | 16.6% | |
| Physical Activity | | | | | | | | | | | | | | | |
| Regular | 7.6% | 10.8% | 8.3% | 11.5% | 12.4% | 8.9% | 9.9% | 3.2% | -2.6% | 3.2% | 0.9% | -3.5% | 1.0% | 2.3% | |
| Irregular | 9.5% | 9.6% | 11.1% | 15.5% | 13.3% | 8.1% | 16.4% | 0.0% | 1.5% | 4.4% | -2.2% | -5.2% | 8.3% | 6.9% | |

¹ Calculated using the CDC 2000 reference data by age and gender for BMI.
Obese = BMI > 95th percentile.

² Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

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

2004-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 71: Proportion of California Adolescents Reporting School Has a Student Store with High Calorie, Low Nutrient Food

Does your school have a student store where chips, cookies, candy, or soda are sold?

| | Reported Student Store with High Calorie, Low Nutrient Food and Beverages, Percent of Adolescents | | | | Trend Analysis | | | |
|--|---|-------|-------|-------|----------------|--------|-------|--------|
| | 2004 | 2006 | 2008 | 2010 | 04-06 | 06-08 | 08-10 | 04-10 |
| Total | 85.2% | 79.3% | 63.4% | 71.7% | -5.9% | -15.9% | 8.3% | -21.8% |
| Gender | | | | | | | | |
| Male | 87.2% | 77.6% | 64.6% | 70.9% | -9.6% | -13.0% | 6.3% | -22.6% |
| Female | 83.0% | 81.0% | 62.0% | 72.6% | -2.0% | -18.9% | 10.6% | -21.0% |
| Ethnicity | | | | | | | | |
| White | 84.9% | 79.9% | 63.7% | 67.3% | -5.0% | -16.2% | 3.6% | -21.2% |
| African American | 88.0% | 82.5% | 73.2% | 69.5% | -5.5% | -9.2% | -3.7% | -14.8% |
| Latino | 85.9% | 75.0% | 59.6% | 74.8% | -10.9% | -15.4% | 15.2% | -26.3% |
| Asian/ Other | 82.6% | 86.1% | 67.8% | 75.9% | 3.5% | -18.3% | 8.1% | -14.8% |
| CalFresh Status, % FPL ¹ | | | | | | | | |
| Participant, | | 80.1% | 64.1% | 71.1% | | -16.0% | 7.0% | |
| Likely Eligible, ≤130 | | 78.2% | 60.9% | 68.7% | | -17.3% | 7.8% | |
| Not Eligible, >185 | | 78.6% | 65.3% | 71.6% | | -13.3% | 6.4% | |
| Smoking Status | | | | | | | | |
| Non-Smoker | 85.3% | 79.4% | 63.3% | 70.8% | -5.8% | -16.2% | 7.5% | -22.0% |
| Smoker | 84.9% | 75.6% | 63.5% | 85.7% | -9.3% | -12.1% | 22.3% | -21.4% |
| Overweight Status | | | | | | | | |
| Not Overweight | 87.7% | 79.7% | 65.2% | 71.9% | -8.0% | -14.4% | 6.6% | -22.4% |
| Overweight/Obese | 82.8% | 77.4% | 58.5% | 74.7% | -5.4% | -18.9% | 16.2% | -24.3% |
| Physical Activity | | | | | | | | |
| Regular | 84.4% | 77.1% | 62.8% | 69.1% | -7.3% | -14.3% | 6.3% | -21.6% |
| Irregular | 87.8% | 85.3% | 65.5% | 76.0% | -2.4% | -19.9% | 10.6% | -22.3% |

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2000-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 29: California Adolescents Reporting Going Hungry in Last 12 Months Because Family Could Not Afford to Buy Food

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

| | Reported Gone Hungry in Last 12 Months, Percent of Adolescents | | | | | | Trend Analysis | | | | |
|---|---|------|------|-------|-------|-------|----------------|-------|-------|-------|-------|
| | 2000 | 2002 | 2004 | 2006 | 2008 | 2010 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 |
| Total | 7.8% | 2.5% | 3.7% | 3.9% | 6.6% | 6.3% | -5.2% | 1.1% | 0.2% | 2.7% | -0.3% |
| Gender | | | | | | | | | | | |
| Male | 7.9% | 1.6% | 3.7% | 4.1% | 5.5% | 5.3% | -6.3% | 2.1% | 0.4% | 1.5% | -0.2% |
| Female | 7.6% | 3.5% | 3.6% | 3.7% | 7.6% | 7.3% | -4.1% | 0.1% | 0.1% | 3.9% | -0.3% |
| Ethnicity | | | | | | | | | | | |
| White | 3.7% | 1.3% | 1.8% | 2.6% | 5.2% | 5.8% | -2.4% | 0.5% | 0.8% | 2.6% | 0.6% |
| African American | 10.1% | 4.6% | 8.3% | 3.5% | 10.6% | 8.4% | -5.5% | 3.7% | -4.8% | 7.1% | -2.2% |
| Latino | 10.7% | 2.7% | 3.6% | 4.7% | 6.7% | 8.3% | -8.0% | 0.9% | 1.1% | 2.0% | 1.6% |
| Asian/ Other | 13.3% | 5.5% | 6.5% | 5.6% | 7.8% | 0.9% | -7.9% | 1.0% | -0.9% | 2.2% | -6.9% |
| CalFresh Status, % FPL¹ | | | | | | | | | | | |
| Participant, | | | | 6.0% | 15.1% | 13.2% | | | | 9.2% | -1.9% |
| Likely Eligible, ≤130 | | | | 5.0% | 7.2% | 7.4% | | | | 2.2% | 0.2% |
| Not Eligible, >185 | | | | 1.9% | 2.4% | 2.3% | | | | 0.5% | -0.1% |
| Smoking Status | | | | | | | | | | | |
| Non-Smoker | 7.3% | 2.3% | 3.4% | 3.4% | 6.0% | 6.1% | -5.0% | 1.1% | -0.1% | 2.6% | 0.0% |
| Smoker | 13.3% | 5.8% | 7.3% | 13.3% | 18.4% | 9.3% | -7.5% | 1.6% | 6.0% | 5.1% | -9.1% |
| Overweight Status | | | | | | | | | | | |
| Not Overweight | 7.7% | 2.8% | 3.6% | 2.8% | 6.2% | 5.2% | -4.9% | 0.8% | -0.8% | 3.4% | -0.9% |
| Overweight/Obese | 7.2% | 1.8% | 2.7% | 6.6% | 8.3% | 8.8% | -5.4% | 0.9% | 3.8% | 1.7% | 0.5% |
| Physical Activity | | | | | | | | | | | |
| Regular | 7.3% | 2.2% | 3.3% | 3.2% | 5.8% | 6.8% | -5.1% | 1.0% | -0.1% | 2.7% | 0.9% |
| Irregular | 9.8% | 3.6% | 4.7% | 5.6% | 9.1% | 5.5% | -6.2% | 1.1% | 0.9% | 3.5% | -3.6% |

¹ Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

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

2002-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 90: Proportion of California Adolescents Reporting Household CalFresh Participation

| | Reported Household CalFresh Participation, Percent of Adolescents | | | | | Trend Analysis | | | | |
|--------------------------|--|-------|-------|-------|-------|----------------|-------|-------|--------|-------|
| | 2002 | 2004 | 2006 | 2008 | 2010 | 02-04 | 04-06 | 06-08 | 08-10 | 02-10 |
| Total | 12.1% | 15.8% | 17.1% | 18.8% | 23.8% | 3.6% | 1.3% | 1.7% | 5.0% | 11.6% |
| Gender | | | | | | | | | | |
| Male | 12.8% | 14.6% | 17.6% | 16.4% | 22.8% | 1.8% | 3.0% | -1.2% | 6.5% | 10.0% |
| Female | 11.4% | 17.0% | 16.5% | 21.3% | 24.8% | 5.6% | -0.5% | 4.8% | 3.5% | 13.4% |
| Ethnicity | | | | | | | | | | |
| White | 6.2% | 9.9% | 9.9% | 9.6% | 12.6% | 3.6% | 0.0% | -0.3% | 3.1% | 6.4% |
| African American | 18.8% | 31.5% | 26.0% | 34.4% | 36.3% | 12.7% | -5.4% | 8.4% | 1.9% | 17.5% |
| Latino | 16.7% | 18.2% | 21.9% | 25.3% | 38.2% | 1.5% | 3.7% | 3.4% | 12.9% | 21.5% |
| Asian/ Other | 16.1% | 16.6% | 18.8% | 17.7% | 7.1% | 0.5% | 2.1% | -1.1% | -10.6% | -9.0% |
| Smoking Status | | | | | | | | | | |
| Non-Smoker | 12.3% | 15.9% | 16.5% | 18.7% | 22.8% | 3.6% | 0.6% | 2.2% | 4.2% | 10.6% |
| Smoker | 8.9% | 12.5% | 29.9% | 23.0% | 37.7% | 3.6% | 17.5% | -6.9% | 14.7% | 28.8% |
| Overweight Status | | | | | | | | | | |
| Not Overweight | 10.8% | 13.6% | 16.6% | 14.1% | 19.6% | 2.8% | 3.0% | -2.5% | 5.5% | 8.8% |
| Overweight/Obese | 12.6% | 20.1% | 17.1% | 33.6% | 33.5% | 7.6% | -3.0% | 16.5% | -0.1% | 21.0% |
| Physical Activity | | | | | | | | | | |
| Regular | 10.7% | 14.2% | 15.0% | 18.8% | 24.4% | 3.5% | 0.8% | 3.8% | 5.6% | 13.7% |
| Irregular | 16.7% | 20.5% | 22.7% | 18.8% | 22.8% | 3.8% | 2.2% | -4.0% | 4.1% | 6.1% |

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

2004-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 90a: California Adolescents Reporting Free or Reduced Price School Breakfast Participation

| | Reported Participation in Free or Reduced Price School Breakfast, Percent of Adolescents | | | | Trend Analysis | | | |
|--------------------------|--|-------|-------|-------|----------------|--------|-------|--------|
| | 2004 | 2006 | 2008 | 2010 | 04-06 | 06-08 | 08-10 | 04-10 |
| Total | 24.4% | 27.0% | 24.0% | 27.1% | 2.6% | -3.0% | 3.2% | 2.8% |
| Gender | | | | | | | | |
| Male | 26.3% | 28.0% | 24.3% | 24.2% | 1.6% | -3.7% | -0.1% | -2.1% |
| Female | 22.3% | 26.0% | 23.6% | 30.2% | 3.7% | -2.4% | 6.6% | 7.9% |
| Ethnicity | | | | | | | | |
| White | 13.0% | 12.8% | 8.3% | 18.1% | -0.2% | -4.5% | 9.8% | 5.1% |
| African American | 30.5% | 50.1% | 34.5% | 31.2% | 19.6% | -15.6% | -3.3% | 0.7% |
| Latino | 34.7% | 41.1% | 38.2% | 40.6% | 6.4% | -2.9% | 2.4% | 5.9% |
| Asian/ Other | 22.0% | 15.1% | 21.2% | 11.6% | -6.9% | 6.2% | -9.7% | -10.4% |
| Smoking Status | | | | | | | | |
| Non-Smoker | 24.5% | 27.2% | 23.5% | 26.1% | 2.7% | -3.7% | 2.6% | 1.6% |
| Smoker | 22.2% | 22.4% | 28.8% | 42.1% | 0.1% | 6.5% | 13.3% | 19.9% |
| Overweight Status | | | | | | | | |
| Not Overweight | 19.7% | 24.4% | 20.5% | 22.3% | 4.6% | -3.9% | 1.8% | 2.6% |
| Overweight/Obese | 31.2% | 31.6% | 34.3% | 38.4% | 0.4% | 2.7% | 4.1% | 7.3% |
| Physical Activity | | | | | | | | |
| Regular | 21.8% | 26.5% | 23.3% | 25.7% | 4.7% | -3.2% | 2.4% | 3.9% |
| Irregular | 31.8% | 28.3% | 26.3% | 29.4% | -3.5% | -2.0% | 3.1% | -2.4% |

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

2000-2010 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 90b: Proportion of California Adolescents Reporting Free or Reduced Price School Lunch Participation

| | Percentage | | | | | Trend Analysis | | | | |
|--------------------------|------------|-------|-------|-------|-------|----------------|--------|-------|--------|-------|
| | 2002 | 2004 | 2006 | 2008 | 2010 | 02-04 | 04-06 | 06-08 | 08-10 | 02-10 |
| Total | 20.0% | 32.8% | 34.2% | 32.9% | 34.8% | 12.8% | 1.4% | -1.2% | 1.9% | 14.8% |
| Gender | | | | | | | | | | |
| Males | 18.9% | 33.9% | 34.7% | 33.4% | 33.8% | 15.0% | 0.8% | -1.3% | 0.3% | 14.9% |
| Females | 21.2% | 31.6% | 33.6% | 32.4% | 35.9% | 10.4% | 2.0% | -1.2% | 3.6% | 14.8% |
| Ethnicity | | | | | | | | | | |
| White | 12.5% | 16.7% | 18.0% | 12.3% | 22.4% | 4.2% | 1.3% | -5.7% | 10.1% | 9.9% |
| African American | 42.1% | 35.7% | 55.5% | 45.7% | 41.3% | -6.4% | 19.9% | -9.9% | -4.4% | -0.8% |
| Latino | 24.8% | 48.1% | 51.6% | 53.1% | 52.6% | 23.3% | 3.5% | 1.4% | -0.5% | 27.8% |
| Asian/ Other | 18.8% | 30.2% | 18.6% | 25.9% | 15.1% | 11.4% | -11.6% | 7.3% | -10.8% | -3.6% |
| Smoking Status | | | | | | | | | | |
| Non-Smokers | 19.9% | 33.3% | 34.2% | 33.1% | 33.9% | 13.4% | 0.9% | -1.2% | 0.8% | 14.0% |
| Smokers | 22.0% | 23.4% | 32.8% | 26.6% | 48.4% | 1.4% | 9.4% | -6.2% | 21.8% | 26.4% |
| Overweight Status | | | | | | | | | | |
| Not Overweight | 17.4% | 26.1% | 31.2% | 28.6% | 27.2% | 8.7% | 5.1% | -2.6% | -1.4% | 9.7% |
| Overweight/Obese | 27.3% | 42.8% | 39.6% | 44.6% | 50.9% | 15.6% | -3.2% | 4.9% | 6.3% | 23.6% |
| Physical Activity | | | | | | | | | | |
| Regular | 20.1% | 30.4% | 33.4% | 31.9% | 33.4% | 10.3% | 3.0% | -1.5% | 1.5% | 13.2% |
| Irregular | 19.4% | 39.6% | 36.3% | 36.5% | 37.2% | 20.2% | -3.3% | 0.3% | 0.7% | 17.8% |

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