

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

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

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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