

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 26: Consumption by Each Category of High Calorie, Low Nutrient Foods among California Adolescents (N=1,143)

Yesterday did you eat any

- pastries, such as donuts, danishes, sweet rolls, muffins, croissants, or poparts?
- deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
- potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?
- sweet snacks such like cake, pie, cookies, or brownies?
- 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?

How many servings of french fries did you eat yesterday?

	Percent of Adolescents, Food Eaten From Each Category Yesterday						
	Regular Soda	Candy	Bakery Desserts	Chips/Fried Snacks	Deep Fried Foods	Breakfast Pastries	French Fries
Total	46.3	22.7	35.4	30.7	14.7	20.3	13.1
Gender							
Male	50.9 **	19.1 **	34.1	32.9	13.1	19.5	15.1 *
Female	41.5	26.4	36.8	28.4	16.3	21.2	11.1
Ethnicity							
White	40.3 ***	22.0	37.8	26.1	10.9 ***	17.0 ***	10.5 *
African American	45.5	30.0	37.1	37.1	30.6	12.0	18.3
Latino	54.5	23.1	35.2	32.7	17.2	26.1	15.3
Asian/Other	31.8	19.4	31.0	30.3	7.7	11.3	9.2
Gender by Age							
Male							
12-13	47.5	19.8	40.9 *	47.3 ***	8.7 *	20.3	12.5
14-15	55.7	16.7	32.9	26.6	13.1	17.0	15.0
16-17	49.4	21.0	28.3	24.5	17.5	21.1	18.0
Female							
12-13	45.3	28.2	39.8 *	37.0 **	16.5	24.6	10.8 *
14-15	41.3	25.7	41.1	27.1	13.8	21.5	6.8
16-17	38.1	25.4	29.2	21.6	18.9	17.4	15.9
Income							
<\$15,000	57.1 ***	20.7 *	36.2 ***	38.0 **	20.3 ***	27.2 ***	16.1 ***
\$15,000 - \$24,999	49.8	19.5	27.9	34.3	20.4	25.0	19.1
\$25,000 - \$34,999	55.3	25.3	27.9	30.7	14.2	24.5	15.5
\$35,000 - \$49,999	53.6	33.0	49.4	31.4	20.9	25.8	23.8
\$50,000 - \$74,999	52.9	18.1	39.0	32.2	13.7	14.2	3.3
> \$75,000	36.2	25.7	40.5	21.6	8.4	13.3	9.7
CalFresh Status, % FPL¹							
Participant	51.7 ***	27.7	39.1	33.7	20.7 ***	25.1 ***	15.1 ***
Likely Eligible < 130%	57.9	20.4	32.7	34.8	18.3	26.4	17.9
Not Eligible > 185%	36.6	23.0	35.0	28.3	9.2	12.8	7.1
Physical Activity Status							
Regular	45.2	22.1	34.4	33.1 ***	14.5	19.1	14.3 *
Irregular	50.2	24.6	39.0	22.3	15.3	24.3	9.1
Overweight Status							
Not Overweight	44.8	23.6	36.8	32.1	15.2	19.7	12.6
Overweight/Obese	49.2	22.0	33.8	25.9	12.8	22.5	12.2

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents (N=1,141)

Yesterday did you eat any

- pastries, such as donuts, danishes, sweet rolls, muffins, croissants, or pop-tarts?
- deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
- potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?
- sweet snacks such like cake, pie, cookies, or brownies?
- 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

	Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday,				
	Percent of Adolescents				2 or More
	0-1	2	3	4+	
Total	49.7	26.6	14.4	9.3	50.3
Gender					
Male	50.0	27.2	15.1	7.8	50.0
Female	49.5	26.0	13.7	10.9	50.5
Ethnicity					
White	54.1	26.1	13.7	6.1	45.9
African American	45.4	26.7	6.5	21.3	54.6
Latino	42.7	28.3	17.6	11.4	57.3
Asian/Other	65.5	22.3	8.7	3.5	34.5
Gender by Age					
Male					
12-13	47.0	28.8	13.3	11.0	53.0
14-15	49.0	30.0	15.7	5.2	51.0
16-17	54.0	22.7	16.2	7.1	46.0
Female					
12-13	40.0	30.1	13.6	16.3	60.0
14-15	52.3	24.2	15.7	7.9	47.7
16-17	55.5	24.1	11.6	8.8	44.5
Income					
<\$15,000	36.7	32.0	20.4	10.9	63.3
\$15,000 - \$24,999	45.7	30.4	11.2	12.8	54.3
\$25,000 - \$34,999	48.8	27.1	15.6	8.5	51.2
\$35,000 - \$49,999	37.8	26.2	20.7	15.4	62.2
\$50,000 - \$74,999	51.8	22.7	15.5	10.0	48.2
> \$75,000	57.7	25.6	11.0	5.7	42.3
CalFresh Status, % FPL²					
Participant	39.6	29.0	19.7	11.7	60.4
Likely Eligible < 130%	42.3	29.1	16.3	12.2	57.7
Not Eligible > 185%	59.2	24.1	10.4	6.3	40.8
Physical Activity Status					
Regular	49.6	27.1	14.2	9.1	50.4
Irregular	50.1	25.0	14.9	10.0	49.9
Overweight Status					
Not Overweight	49.3	26.4	14.3	10.1	50.7
Overweight/Obese	52.2	25.5	14.5	7.8	47.8

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

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 67: Daily Consumption of Sugar Sweetened Beverages (SSB) among California Adolescents (N=1,138)

During the past 7 days, how many times did you drink a can, bottle, or glass of:

- soda or pop, such as Coke, Pepsi, or Sprite?
- a sports drink such as Gatorade or PowerAde?
- an energy drink, such as Red Bull or Jolt?
- a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight?

	Reporting Having Drunk Beverage at Least Once Daily, Percent of Adolescents				
	Regular Soda	Sports Drinks	Energy Drinks	Other Sugar Sweetened Drinks	All SSB
Total	6.7	3.3	0.3	3.7	11.9
Gender					
Male	6.7	4.1	0.5	4.0	12.9
Female	6.7	2.5	0.1	3.5	10.8
Ethnicity					
White	6.3 ***	2.9 *	0.0	4.3	12.0 ***
African American	15.1	6.2	0.0	1.9	23.2
Latino	7.7	4.2	0.4	4.1	13.2
Asian/Other	0.9	0.3	0.5	2.3	3.2
Gender by Age					
Male					
12-13	10.2 *	4.1	1.0	3.2 *	14.0
14-15	3.5	6.4	0.0	7.0	15.0
16-17	6.6	1.8	0.5	1.7	9.7
Female					
12-13	9.2	4.4	0.0	4.9	14.3
14-15	3.6	1.0	0.1	2.6	6.7
16-17	7.6	2.2	0.0	3.1	11.9
Income					
<\$15,000	8.4	6.6 *	0.6	5.7	16.0
\$15,000 - \$24,999	9.5	3.0	0.2	4.0	13.3
\$25,000 - \$34,999	9.0	0.6	0.1	1.5	11.0
\$35,000 - \$49,999	4.0	2.5	0.0	6.8	12.0
\$50,000 - \$74,999	4.0	6.4	0.0	0.3	10.6
> \$75,000	5.9	2.1	0.5	2.9	10.7
CalFresh Status, % FPL¹					
Participant	9.0	3.6	0.4	3.6	12.8
Likely Eligible < 130%	6.2	3.8	0.1	5.0	13.1
Not Eligible > 185%	5.9	2.7	0.3	3.0	10.5
Physical Activity Status					
Regular	6.0	3.8	0.2	3.5	11.2
Irregular	9.1	1.6	0.6	4.7	14.3
Overweight Status					
Not Overweight	6.4	3.0	0.3	3.6	11.3
Overweight/Obese	7.7	4.7	0.0	3.5	13.4

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 67a: Daily Consumption of Non Sugar Sweetened Beverages (Non-SSB) Among California Adolescents (N=1,143)

During the past 7 days, how many glasses of milk did you drink?

During the past 7 days, how many times did you drink:

- a bottle or glass of plain water?
- 100% fruit juices such as orange juice, apple juice, or grape juice?
- a can, bottle, or glass of diet soda or pop, such as Diet Coke, Diet Pepsi, or Sprite Zero?
- a cup, can, or bottle of unsweetened coffee, coffee drinks, or tea?

	Reporting Having Drunk Beverage at Least Once Daily, Percent of Adolescents					All Non-SSB Beverages
	Water	Milk	Juice (100%)	Diet Soda	Coffee/Tea	
Total	64.3	34.3	17.8	2.5	1.9	76.5
Gender						
Male	66.6	37.9**	19.3	3.7**	1.9	78.0
Female	61.8	30.5	16.2	1.2	1.9	75.0
Ethnicity						
White	68.7	34.5	14.8***	2.6**	2.5	78.4
African American	69.8	22.7	21.7	8.6	0.0	80.3
Latino	61.7	36.8	23.1	1.8	2.3	76.6
Asian/Other	61.8	30.7	5.4	2.1	0.0	71.2
Gender by Age						
Male						
12-13	66.0	44.2	13.7*	3.7	1.7*	80.7
14-15	69.5	34.9	19.3	4.6	3.9	76.5
16-17	64.2	34.6	25.1	2.8	0.0	76.7
Female						
12-13	60.3	35.4	19.9	3.6**	0.0	73.3
14-15	60.7	30.8	12.3	0.2	2.9	73.5
16-17	64.5	25.5	17.1	0.1	2.5	78.4
Income						
<\$15,000	67.6	29.5***	23.1	1.7	1.9	76.1
\$15,000 - \$24,999	64.6	34.0	19.7	1.9	2.8	79.6
\$25,000 - \$34,999	55.1	17.5	19.5	1.9	0.1	68.6
\$35,000 - \$49,999	59.1	47.2	16.8	1.2	2.4	73.7
\$50,000 - \$74,999	68.5	38.0	21.7	3.8	4.4	83.7
> \$75,000	60.1	35.7	14.6	3.0	1.4	71.8
CalFresh Status, % FPL¹						
Participant	59.5*	34.6	22.7*	1.2**	0.9	73.0
Likely Eligible < 130%	69.2	33.0	18.3	0.9	3.1	79.1
Not Eligible > 185%	67.7	34.9	14.2	4.1	1.7	77.5
Physical Activity Status						
Regular	67.3***	38.0***	18.8	3.0	1.3**	80.0***
Irregular	53.5	21.5	14.5	0.8	3.9	64.3
Overweight Status						
Overweight Status						
Not Overweight	64.2	35.3	19.4	2.1	1.5	76.2
Overweight/Obese	65.3	32.0	14.2	2.8	1.7	78.7

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages among California Adolescents (N=1,143)

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

	Mean Regular Sodas or Sweetened Beverages Drank by Adolescents Yesterday	
Total	0.7	
Gender		
Male	0.7	*
Female	0.6	
Ethnicity		
White	0.6 ^{ac}	***
African American	0.8 ^{ab}	
Latino	0.8 ^b	
Asian/Other	0.4 ^c	
Gender by Age		
Male		
12-13	0.7	
14-15	0.8	
16-17	0.8	
Female		
12-13	0.7	
14-15	0.6	
16-17	0.6	
Income		
<\$15,000	0.9 ^a	***
\$15,000 - \$24,999	0.8 ^a	
\$25,000 - \$34,999	0.9 ^a	
\$35,000 - \$49,999	0.9 ^a	
\$50,000 - \$74,999	0.7 ^{ab}	
> \$75,000	0.5 ^b	
CalFresh Status, % FPL¹		
Participant	0.9 ^a	***
Likely Eligible < 130%	0.8 ^a	
Not Eligible > 185%	0.5 ^b	
Physical Activity Status		
Regular	0.6	*
Irregular	0.8	
Overweight Status		
Not Overweight	0.6	**
Overweight/Obese	0.8	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.
 A box around a group of numbers signifies that differences observed within this group are statistically significant.
 Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukeys test at a procedure-wise error rate=.05).
 ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 69: Consumption of Soda and Sweetened Beverages Among California Adolescents (N=1,143)

During the past 7 days, how many times did you drink a can, bottle, or glass of diet soda or pop, such as Diet Coke, Diet Pepsi, or Sprite Zero?

	Reported Drinking Any Servings of Soda or Sugar Sweetened Beverage Yesterday, Percent of Adolescents	
Total	46.3	
Gender		
Male	50.9	**
Female	41.5	
Ethnicity		
White	40.3	***
African American	45.5	
Latino	54.5	
Asian/Other	31.8	
Gender by Age		
Male		
12-13	47.5	
14-15	55.7	
16-17	49.4	
Female		
12-13	45.3	
14-15	41.3	
16-17	38.1	
Income		
<\$15,000	57.1	***
\$15,000 - \$24,999	49.8	
\$25,000 - \$34,999	55.3	
\$35,000 - \$49,999	53.6	
\$50,000 - \$74,999	52.9	
> \$75,000	36.2	
CalFresh Status, % FPL¹		
Participant	51.7	***
Likely Eligible < 130%	57.9	
Not Eligible > 185%	36.6	
Physical Activity Status		
Regular	45.2	
Irregular	50.2	
Overweight Status		
Not Overweight	44.8	
Overweight/Obese	49.2	

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 69a: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit and Vegetables and Milk Among California Adolescents (N=1,143)

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona or Sobe did you drink?
 Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?
 Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

	Drank Regular Soda, Percent of Adolescents	
	Yes	No
Ate 5 or More Servings of Fruit and Vegetables		
0-2	47.0	53.0
3-4	42.1	57.9
5+	48.3	51.7
Servings of Fruit		
2+	46.3	53.7
Servings of Vegetables		
3+	46.6	53.4
Servings of Milk		
0-2	48.3	51.7
3+	38.7	61.3

A box around a group of numbers signifies that differences observed within this group are statistically significant. Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 92: Californian Adolescents Whose Parents Limit Soda and Low Nutrient Snack Food at Home (N=1,143)

Do your parents or adults you live with limit how much soda you drink at home?

Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?

	Percent of Adolescents	
	Parents Limit Soda	Parents Limit Low Nutrient Snack Food
Total	73.7	71.7
Gender		
Male	74.9	73.4
Female	72.4	69.8
Ethnicity		
White	71.7 ***	72.0 *
African American	57.6	61.0
Latino	78.4	74.5
Asian/Other	68.9	66.6
Gender by Age		
Male		
12-13	89.0 ***	86.2 ***
14-15	72.6	74.2
16-17	62.9	59.5
Female		
12-13	81.3 **	78.4 **
14-15	72.5	69.3
16-17	63.8	62.3
Income		
<\$15,000	78.9 ***	73.4
\$15,000 - \$24,999	74.4	74.3
\$25,000 - \$34,999	73.7	71.3
\$35,000 - \$49,999	72.8	65.8
\$50,000 - \$74,999	82.7	77.7
> \$75,000	63.8	68.8
CalFresh Status, % FPL¹		
Participant	72.7 **	76.2
Likely Eligible < 130%	78.8	70.4
Not Eligible > 185%	68.9	69.7
Physical Activity Status		
Regular	75.0	75.4 ***
Irregular	68.9	58.4
Overweight Status		
Not Overweight	73.5	68.2 **
Overweight/Obese	71.0	78.2

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

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001