

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

**Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents (N=1,141)**

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?  
 How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?  
 How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings <sup>1</sup> of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
<b>Total</b>	<b>3.1</b>	<b>1.7</b>	<b>0.9</b>	<b>0.6</b>
<b>Gender</b>				
Male	3.5***	1.9***	1.0***	0.6
Female	2.7	1.4	0.7	0.6
<b>Ethnicity</b>				
White	3.4 <sup>a</sup> **	1.9 <sup>a</sup> **	1.0 <sup>a</sup> *	0.5 <sup>ab</sup> *
African American	3.3 <sup>ab</sup>	1.6 <sup>ab</sup>	1.0 <sup>ab</sup>	0.8 <sup>b</sup>
Latino	3.0 <sup>b</sup>	1.6 <sup>b</sup>	0.9 <sup>ab</sup>	0.6 <sup>ab</sup>
Asian/Other	2.8 <sup>b</sup>	1.6 <sup>b</sup>	0.7 <sup>b</sup>	0.5 <sup>b</sup>
<b>Gender by Age</b>				
<b>Male</b>				
12-13	3.3	1.7 <sup>a</sup> *	0.9	0.6 <sup>a</sup> *
14-15	3.6	1.9 <sup>ab</sup>	1.0	0.6 <sup>a</sup>
16-17	3.7	2.2 <sup>b</sup>	1.1	0.4 <sup>b</sup>
<b>Female</b>				
12-13	3.0 <sup>a</sup> **	1.5 <sup>a</sup> *	0.8	0.7 <sup>a</sup> ***
14-15	2.7 <sup>ab</sup>	1.5 <sup>a</sup>	0.6	0.6 <sup>a</sup>
16-17	2.4 <sup>b</sup>	1.2 <sup>a</sup>	0.8	0.4 <sup>b</sup>
<b>Income</b>				
<\$15,000	3.2 <sup>a</sup> *	1.7	0.8	0.6
\$15,000 - \$24,999	2.8 <sup>a</sup>	1.6	0.8	0.5
\$25,000 - \$34,999	3.0 <sup>a</sup>	1.6	0.8	0.6
\$35,000 - \$49,999	3.5 <sup>a</sup>	1.8	1.1	0.6
\$50,000 - \$74,999	3.3 <sup>a</sup>	1.7	0.9	0.8
> \$75,000	3.3 <sup>a</sup>	1.8	0.9	0.5
<b>CalFresh Status, % FPL<sup>2</sup></b>				
Participant	3.2	1.8	0.8	0.7
Likely Eligible < 130%	3.1	1.7	0.8	0.6
Not Eligible > 185%	3.1	1.7	0.9	0.5
<b>Physical Activity Status</b>				
Regular	3.3***	1.8***	0.9	0.6**
Irregular	2.5	1.3	0.8	0.5
<b>Overweight Status</b>				
Not Overweight	3.2*	1.8**	0.9	0.6
Overweight/Obese	2.9	1.5	0.9	0.6

<sup>1</sup>Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

<sup>2</sup>Survey 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 17: Total Servings of Milk and Milk Products (Cheese, Yogurt and Dairy Desserts) Consumed by California Adolescents (N=1,143)**

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?  
 How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack??  
 How many times did you have yogurt yesterday, not including frozen yogurt?  
 How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Servings <sup>1</sup> of Milk and Milk Products Reported Yesterday, Percent of Adolescents			
	0	1-2	3+	
<b>Total</b>	<b>15.9</b>	<b>63.0</b>	<b>21.0</b>	
<b>Gender</b>				
Male	9.4	64.3	26.4	***
Female	22.8	61.8	15.4	
<b>Ethnicity</b>				
White	17.7	54.6	27.6	***
African American	17.7	68.7	13.6	
Latino	12.4	69.7	17.9	
Asian/Other	22.9	55.6	21.5	
<b>Gender by Age</b>				
<b>Male</b>				
12-13	3.6	76.5	19.9	***
14-15	12.6	59.2	28.2	
16-17	12.0	57.0	31.1	
<b>Female</b>				
12-13	18.3	68.0	13.7	**
14-15	18.7	62.1	19.1	
16-17	31.6	55.4	13.0	
<b>Income</b>				
<\$15,000	13.5	66.2	20.3	***
\$15,000 - \$24,999	11.2	74.1	14.7	
\$25,000 - \$34,999	6.8	75.9	17.2	
\$35,000 - \$49,999	15.4	57.6	27.1	
\$50,000 - \$74,999	13.9	62.4	23.7	
> \$75,000	20.4	53.2	26.4	
<b>CalFresh Status, % FPL<sup>2</sup></b>				
Participant	9.8	69.2	21.0	***
Likely Eligible < 130%	11.5	68.2	20.3	
Not Eligible > 185%	22.0	55.3	22.7	
<b>Physical Activity Status</b>				
Regular	13.8	63.5	22.8	***
Irregular	23.5	61.6	14.9	
<b>Overweight Status</b>				
Not Overweight	17.0	59.1	23.9	***
Overweight/Obese	13.8	72.1	14.2	

<sup>1</sup>Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

<sup>2</sup>Survey 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.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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Table 18: Type of Milk Consumed by California Adolescents (N=958)

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, Percent Out of All Milk Drinkers			
	Nonfat	1%	2%	Whole
<b>Total</b>	<b>20.4</b>	<b>22.0</b>	<b>45.0</b>	<b>12.6</b>
<b>Gender</b>				
Male	16.9	22.9	46.6	13.6
Female	24.4	21.0	43.1	11.5
<b>Ethnicity</b>				
White	24.4	29.2	34.2	12.2
African American	42.6	17.8	19.5	20.1
Latino	15.8	20.7	52.5	11.0
Asian/Other	18.5	13.7	51.9	15.9
<b>Gender by Age</b>				
<b>Male</b>				
12-13	16.1	19.6	47.2	17.0
14-15	18.0	28.0	46.7	7.3
16-17	16.7	20.8	45.8	16.7
<b>Female</b>				
12-13	17.4	23.3	48.2	11.0
14-15	25.9	20.8	44.0	9.3
16-17	30.7	18.4	36.1	14.8
<b>Income</b>				
<\$15,000	18.5	24.2	45.7	11.6
\$15,000 - \$24,999	19.8	25.6	33.4	21.1
\$25,000 - \$34,999	12.3	19.7	54.5	13.5
\$35,000 - \$49,999	21.7	12.5	52.3	13.5
\$50,000 - \$74,999	19.5	20.1	52.0	8.4
> \$75,000	24.0	24.2	40.8	11.0
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	16.8	22.1	44.6	16.4
Likely Eligible < 130%	16.0	22.0	46.0	16.0
Not Eligible > 185%	23.4	23.2	45.8	7.6
<b>Physical Activity Status</b>				
Regular	21.6	22.8	43.0	12.7
Irregular	15.5	18.9	53.2	12.4
<b>Overweight Status</b>				
Not Overweight	21.7	20.0	43.3	15.1
Overweight/Obese	17.3	27.5	48.5	6.6

<sup>1</sup>Survey 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.

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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Table 19: Reported Consumption of Nonfat and Low-Fat Milk by California Adolescents (N=1,117)

What percent fat was most of the milk you drank yesterday?

	Percent of Adolescents					Consumed Nonfat or 1%	
	Type of Milk Consumed						
	Nonfat	1%	2%	Whole			
<b>Total</b>	<b>17.0</b>	<b>18.4</b>	<b>37.6</b>	<b>10.5</b>		<b>35.4</b>	
<b>Gender</b>							
Male	15.3	20.6	42.0	12.3	***	35.9	
Female	18.8	16.1	33.2	8.8		34.9	
<b>Ethnicity</b>							
White	20.0	24.0	28.0	10.0	***	44.0	***
African American	35.0	14.6	16.0	16.5		49.6	
Latino	13.7	18.0	45.6	9.5		31.7	
Asian/Other	14.2	10.6	40.0	12.2		24.8	
<b>Gender by Age</b>							
<b>Male</b>							
12-13	15.5	18.9	45.5	16.3	**	34.4	
14-15	15.7	24.5	40.8	6.4		40.2	
16-17	14.5	18.1	39.7	14.5		32.6	
<b>Female</b>							
12-13	14.2	18.9	39.2	9.0	**	33.1	
14-15	21.0	16.9	35.7	7.6		38.0	
16-17	20.7	12.4	24.4	10.0		33.2	
<b>Income</b>							
<\$15,000	15.9	20.8	39.2	10.0	***	36.7	
\$15,000 - \$24,999	17.4	22.5	29.4	18.5		39.9	
\$25,000 - \$34,999	11.4	18.3	50.6	12.6		29.7	
\$35,000 - \$49,999	18.3	10.6	44.1	11.4		28.9	
\$50,000 - \$74,999	16.8	17.3	44.8	7.2		34.1	
> \$75,000	19.0	19.2	32.4	8.7		38.3	
<b>CalFresh Status, % FPL<sup>1</sup></b>							
Participant	15.1	19.9	40.1	14.8	***	35.0	
Likely Eligible < 130%	14.0	19.4	40.5	14.1		33.4	
Not Eligible > 185%	18.2	18.1	35.6	5.9		36.2	
<b>Physical Activity Status</b>							
Regular	18.5	19.5	36.9	10.9	***	38.0	***
Irregular	11.7	14.3	40.3	9.4		26.1	
<b>Overweight Status</b>							
Not Overweight	17.9	16.5	35.7	12.4	**	34.4	
Overweight/Obese	14.9	23.6	41.6	5.7		38.5	

<sup>1</sup>Survey 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.

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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