

2013 California Dietary Practices Survey

Table 21: Reported Frequency of Milk Consumption

About how often do you drink a glass of milk?

	Reported Times per Day, Percent			
	0	1	2	3+
Total	50.0	32.2	10.9	6.9
<i>Sex</i>				
Male	48.4	33.8	9.3	8.5
Female	51.5	30.8	12.5	5.3
<i>Age</i>				
18 - 24	31.9	42.8	9.9	15.3
25 - 34	46.0	35.1	11.8	7.1
35 - 50	55.2	27.4	13.3	4.1
51 - 64	56.3	29.4	7.0	7.4
65+	53.3	32.7	9.6	4.3
<i>Ethnicity</i>				
White	50.8	30.3	10.9	7.9
Hispanic	45.8	36.8	13.8	3.6
Black	60.4	30.4	8.0	1.2
Asian/Other	38.8	32.8	5.0	23.3
<i>Education</i>				
Less than High School	45.1	35.9	8.2	10.7
High School Graduate	44.9	34.1	14.3	6.7
Some College	50.9	29.9	12.3	6.9
College Graduate	57.4	30.4	7.7	4.5
<i>Income</i>				
Less than \$15,000	48.9	29.9	11.6	9.7
\$15,000 - 24,999	48.0	33.0	15.3	3.8
\$25,000 - 34,999	43.6	36.8	12.2	7.5
\$35,000 - 49,999	50.0	44.5	3.2	2.3
\$50,000+	56.2	31.4	8.8	3.6
<i>Overweight Status</i>				
Overweight/Obese	48.1	33.2	11.5	7.2
Not Overweight	54.2	30.2	9.2	6.4
<i>Physically Active</i>				
Met Aerobic Recommendation	49.4	33.4	10.8	6.4
Did Not Meet Aerobic Recommendation	50.7	31.3	11.7	6.3
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	46.0	32.8	13.3	8.0
Likely Eligible, ≤ 130%	52.9	32.0	10.2	4.9
Not Eligible, > 185%	54.7	35.4	6.9	3.0

N=1503

Rows may not add up to 100 percent due to rounding.

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

Chi Square Test

* p<.05

*** p<.001

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Table 22: Reported Milk Consumption and Type

About how often do you drink a glass of milk?

Was the milk you typically drank or used whole milk, reduced fat or 2%, lowfat or 1%, or nonfat or skim? (Out of milk drinkers)

Was the milk you typically drank or used flavored, like chocolate or strawberry? (Out of milk drinkers)

	Percent Reporting					Flavored
	Any Milk	Nonfat/Skim	Lowfat/1%	Reduced Fat/2%	Whole	
Total	72.0	11.4	13.2	47.7	27.6	8.3
<i>Sex</i>						
Male	73.5	10.6	12.2	43.3	33.9	9.2
Female	70.6	12.2	14.3	52.2	21.3	7.3
<i>Age</i>						
18 - 24	78.9 ***	3.0	9.9	52.9	34.3	14.3 *
25 - 34	80.0	8.7	7.8	54.5	29.1	8.7
35 - 50	68.9	10.5	17.2	44.7	27.7	7.3
51 - 64	67.7	14.6	13.2	45.9	26.2	4.6
65+	66.0	24.0	17.2	39.6	19.2	7.5
<i>Ethnicity</i>						
White	70.8 *	14.2	15.3	42.0	28.5	6.7 ***
Hispanic	76.6	6.1	10.6	66.8	16.6	7.9
Black	65.2	12.1	12.0	34.8	41.1	18.0
Asian/Other	77.1	11.1	10.6	35.5	42.9	4.9
<i>Education</i>						
Less than High School	79.0 ***	7.0	6.5	54.2	32.3	10.6 *
High School Graduate	75.8	8.0	10.3	52.6	29.1	10.4
Some College	73.8	7.0	17.9	45.4	29.8	7.7
College Graduate	61.9	24.6	17.0	39.1	19.2	4.3
<i>Income</i>						
Less than \$15,000	74.2 **	6.7	9.7	46.7	36.9	10.9 *
\$15,000 - 24,999	75.5	9.5	16.2	50.6	23.7	4.7
\$25,000 - 34,999	76.8	7.7	10.3	59.9	22.1	7.2
\$35,000 - 49,999	76.5	9.6	15.9	49.0	25.4	8.8
\$50,000+	63.4	29.4	18.6	37.9	14.1	5.4
<i>Overweight Status</i>						
Overweight/Obese	73.8 *	9.7	13.4	50.2	26.7	8.8
Not Overweight	67.8	15.4	12.7	43.6	28.3	6.6
<i>Physically Active</i>						
Met Aerobic Recommendation	71.9	12.9	15.1	49.8	22.1	8.9
Did Not Meet Aerobic Recommendation	72.5	9.6	9.7	46.3	34.3	7.7
<i>SNAP/CalFresh Status, % FPL</i>						
Participant	77.8 ***	6.8	10.7	51.0	31.5	8.8
Likely Eligible, ≤ 130%	67.6	7.2	13.2	47.9	31.7	5.2
Not Eligible, > 185%	64.5	25.5	20.0	37.9	16.6	5.4

N=1503; 1053; 1062

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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 23: Reported Consumption of Yogurt and Cheese

Yesterday, how many servings of yogurt did you eat?

Yesterday, how many servings of cheese did you have, for example a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Percent Reporting Any	
	Yogurt	Cheese
Total	25.2	57.8
<i>Sex</i>		
Male	20.1	56.7
Female	30.1	58.9
<i>Age</i>		
18 - 24	23.3	68.0
25 - 34	22.9	63.9
35 - 50	25.4	55.1
51 - 64	24.6	50.2
65+	30.7	54.7
<i>Ethnicity</i>		
White	26.3	61.0
Hispanic	21.0	58.2
Black	24.5	43.7
Asian/Other	35.6	58.9
<i>Education</i>		
Less than High School	21.8	50.7
High School Graduate	18.1	54.3
Some College	23.5	65.4
College Graduate	36.8	58.4
<i>Income</i>		
Less than \$15,000	27.2	57.5
\$15,000 - 24,999	19.3	59.6
\$25,000 - 34,999	30.6	59.7
\$35,000 - 49,999	24.3	59.8
\$50,000+	26.9	55.9
<i>Overweight Status</i>		
Overweight/Obese	24.9	59.8
Not Overweight	26.7	55.1
<i>Physically Active</i>		
Met Aerobic Recommendation	27.0	60.7
Did Not Meet Aerobic Recommendation	22.8	52.8
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	25.5	60.6
Likely Eligible, ≤ 130%	19.6	46.3
Not Eligible, > 185%	27.9	56.7

N=1505; 1500

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

2013 California Dietary Practices Survey

Table 24: Reported Frequency of Dairy Consumption

About how often do you drink a glass of milk?

Yesterday, how many servings of yogurt did you eat?

Yesterday, how many servings of cheese did you have, for example a cheeseburger, pizza, in a casserole, on a sandwich, or as a snack?

	Reported Times per Day, Percent				
	0	1	2	3+	
Total	18.0	28.1	24.1	29.9	
<i>Sex</i>					
Male	20.6	28.6	20.8	30.1	**
Female	15.5	27.6	27.2	29.7	
<i>Age</i>					
18 - 24	6.9	31.7	22.9	38.5	***
25 - 34	15.4	26.5	28.1	30.0	
35 - 50	20.3	27.6	23.0	29.1	
51 - 64	25.3	25.3	25.4	23.9	
65+	18.0	31.3	20.1	30.6	
<i>Ethnicity</i>					
White	16.3	27.8	23.1	32.9	***
Hispanic	18.2	28.1	28.6	25.1	
Black	24.8	30.3	23.3	21.6	
Asian/Other	17.6	25.4	15.0	42.0	
<i>Education</i>					
Less than High School	21.3	32.1	21.0	25.5	
High School Graduate	19.3	27.4	25.3	28.0	
Some College	14.2	27.8	27.1	30.9	
College Graduate	18.3	26.3	21.7	33.7	
<i>Income</i>					
Less than \$15,000	17.1	27.8	21.6	33.5	
\$15,000 - 24,999	17.4	26.6	28.9	27.2	
\$25,000 - 34,999	15.5	26.2	22.2	36.1	
\$35,000 - 49,999	21.4	26.1	31.6	20.9	
\$50,000+	19.0	31.2	22.8	27.0	
<i>Overweight Status</i>					
Overweight/Obese	16.2	28.8	25.0	30.0	
Not Overweight	20.3	28.3	21.6	29.8	
<i>Physically Active</i>					
Met Aerobic Recommendation	15.9	29.3	22.5	32.3	**
Did Not Meet Aerobic Recommendation	22.1	25.9	26.6	25.5	
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	17.0	24.8	25.2	33.1	**
Likely Eligible, ≤ 130%	22.6	33.2	23.4	20.8	
Not Eligible, > 185%	17.6	33.4	23.1	25.8	

N=1498

Rows may not add up to 100 percent due to rounding.

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

Chi Square Test

** p<.01

*** p<.001

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Table 25: Reported Consumption of Soy

Yesterday, how many servings of soy products, such as edamame, soy burgers, tofu, or soy milk did you have?

	Percent Reporting Any Soy
Total	8.0
<i>Sex</i>	
Male	7.1
Female	8.9
<i>Age</i>	
18 - 24	5.6
25 - 34	8.5
35 - 50	7.6
51 - 64	11.1
65+	6.9
<i>Ethnicity</i>	
White	7.9
Hispanic	6.9
Black	9.6
Asian/Other	10.4
<i>Education</i>	
Less than High School	4.4
High School Graduate	8.1
Some College	6.7
College Graduate	11.6
<i>Income</i>	
Less than \$15,000	6.0
\$15,000 - 24,999	7.0
\$25,000 - 34,999	11.2
\$35,000 - 49,999	7.3
\$50,000+	12.2
<i>Overweight Status</i>	
Overweight/Obese	8.2
Not Overweight	8.2
<i>Physically Active</i>	
Met Aerobic Recommendation	9.0
Did Not Meet Aerobic Recommendation	6.8
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	7.4
Likely Eligible, ≤ 130%	7.5
Not Eligible, > 185%	10.8

N=1504

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

Chi Square Test

* p<.05

** p<.01