

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 26: Consumption by Each Category of High Calorie, Low Nutrient Foods Among California Adolescents (N= 1,256)

Yesterday did you eat any pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or poparts?
 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?
 How many servings of french fries did you eat yesterday?

	Percent of Adolescents						
	Food Reported from Each Category Yesterday						
	Regular Soda	Candy	Bakery Desserts	Chips/Fried Snacks	Deep Fried Foods	Breakfast Pastries	French Fries
Total	49.5	22.1	35.5	35.4	15.6	18.7	13.5
Gender							
Male	51.0	18.4 **	35.1	37.4	15.5	21.6 **	13.4
Female	47.9	26.0	35.9	33.2	15.7	15.6	13.6
Ethnicity							
White	39.8 ***	18.5 *	38.5	34.2	8.4 ***	15.6 *	9.1 ***
African American	54.1	19.0	36.2	40.0	40.2	18.0	12.0
Latino	60.1	26.2	32.0	35.7	16.4	18.8	18.8
Asian/Other	43.3	21.8	37.0	35.1	20.0	27.0	11.2
Gender by Age							
Males							
12-13	51.3 ***	20.4	31.8 **	38.4	18.8	15.6 *	9.3
14-15	61.0	20.3	29.0	41.8	13.2	24.0	14.0
16-17	40.8	14.6	44.6	32.0	14.5	25.4	16.9
Females							
12-13	45.0	29.9	41.3 *	30.2	19.2	15.5	14.6
14-15	47.9	23.3	37.3	34.5	12.5	14.3	11.0
16-17	50.9	24.5	28.8	35.2	15.3	16.9	15.2
Income							
<\$15,000	47.7 ***	32.0 **	35.2 **	31.9 **	19.0	16.0	14.1 *
\$15,000 - \$24,999	61.0	24.2	32.1	30.5	15.9	15.1	22.8
\$25,000 - \$34,999	58.0	18.0	22.4	23.8	10.3	16.5	19.2
\$35,000 - \$49,999	66.8	32.4	24.8	36.0	20.1	19.0	10.9
\$50,000 - \$74,999	38.8	23.5	39.2	26.3	8.2	21.3	8.0
≥\$75,000	40.9	16.6	42.7	43.6	13.7	22.0	13.5
Food Stamp Status, % FPL¹							
Participant, ≤130%	61.4 ***	24.8 **	32.6 *	32.2	21.4 *	18.5	16.7 *
Likely Eligible, ≤130%	63.4	26.6	32.6	31.4	16.4	20.3	17.1
Not Eligible, >185%	39.2	18.1	39.8	36.7	13.3	19.2	11.8
Smoking Status							
Non-Smoker	49.3	21.7	35.8	35.5	15.5	18.4	13.2
Smoker	48.3	23.5	24.0	34.4	19.7	25.0	13.2
Physical Activity Status							
Regular	48.1	21.5	35.5	34.9	15.9	18.8	13.0
Irregular	54.5	24.2	35.6	37.1	14.7	18.5	15.2
Overweight Status							
Not Overweight	48.2	22.8	36.0	36.3	14.5	19.5	12.1 **
Overweight/Obese	54.1	18.1	35.2	34.0	17.2	15.7	18.9

¹ 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.

Chi Square Test

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents (N=1,256)

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?

	Percent of Adolescents				
	Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday				
	0-1	2	3	4+	2 or More
Total	44.4	30.0	16.8	8.7	55.6
Gender					
Male	44.6	29.9	16.6	8.9	55.4
Female	44.3	30.2	17.0	8.6	55.7
Ethnicity					
White	53.8	25.9	15.2	5.0	46.2
African American	33.4	39.0	11.8	15.8	66.6
Latino	40.8	30.7	16.0	12.0	59.2
Asian/Other	35.1	34.6	26.0	4.4	64.9
Gender by Age					
Males					
12-13	46.5	31.2	11.4	10.9	53.5
14-15	39.4	33.8	17.6	9.1	60.6
16-17	47.7	24.7	21.1	6.6	52.3
Females					
12-13	39.6	35.6	14.1	10.7	60.4
14-15	48.2	23.8	19.9	8.2	51.8
16-17	45.2	30.9	17.2	6.7	54.8
Income					
<\$15,000	48.5	23.7	14.9	12.9	51.5
\$15,000 - \$24,999	45.6	27.5	17.7	9.2	54.4
\$25,000 - \$34,999	51.6	34.3	7.6	6.5	48.4
\$35,000 - \$49,999	41.2	29.3	13.5	16.0	58.8
\$50,000 - \$74,999	56.2	19.9	12.6	11.3	43.8
≥\$75,000	41.0	34.8	17.5	6.8	59.0
Food Stamp Status, % FPL²					
Participant, ≤130%	40.8	30.3	15.7	13.2	59.2
Likely Eligible, ≤130%	40.3	31.9	16.0	11.8	59.7
Not Eligible, >185%	47.7	28.9	17.8	5.6	52.3
Smoking Status					
Non-Smoker	44.4	30.7	16.2	8.7	55.6
Smoker	50.3	18.5	21.1	10.1	49.7
Physical Activity Status					
Regular	45.3	29.9	16.4	8.4	54.7
Irregular	41.4	30.4	18.2	10.0	58.6
Overweight Status					
Not Overweight	44.3	30.1	16.7	8.9	55.7
Overweight/Obese	46.7	27.0	17.8	8.4	53.3

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.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 67: Consumption of Diet Soft Drinks or Diet Sweetened Beverages Among California Adolescents (N=1,254)

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 Diet Soda or Diet Sweetened Beverages Drank by Adolescents ¹ Yesterday
Total	0.2
Gender	
Male	0.2
Female	0.2
Ethnicity	
White	0.2
African American	0.2
Latino	0.2
Asian/Other	0.2
Gender by Age	
Males	
12-13	0.3 ^b
14-15	0.2 ^{ab}
16-17	0.1 ^a
Females	
12-13	0.2
14-15	0.2
16-17	0.2
Income	
<\$15,000	0.2
\$15,000 - \$24,999	0.2
\$25,000 - \$34,999	0.2
\$35,000 - \$49,999	0.2
\$50,000 - \$74,999	0.1
≥\$75,000	0.2
Food Stamp Status, % FPL²	
Participant, ≤130%	0.3 ^b
Likely Eligible, ≤130%	0.1 ^a
Not Eligible, >185%	0.2 ^a
Smoking Status	
Non-Smoker	0.2
Smoker	0.2
Physical Activity Status	
Regular	0.2
Irregular	0.2
Overweight Status	
Not Overweight	0.2
Overweight/Obese	0.3

¹ Data should be interpreted with caution due to small sample size in each cell.

² 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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

** p<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,254)

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 Servings of Regular Sodas or Sweetened Beverages Drank by Adolescents Yesterday	
Total	0.8	
Gender		
Male	0.9	
Female	0.8	
Ethnicity		
White	0.6 ^a ***	
African American	1.1 ^b	
Latino	1.0 ^b	
Asian/Other	0.7 ^a	
Gender by Age		
Males		
12-13	0.8	
14-15	1.0	
16-17	0.8	
Females		
12-13	0.7	
14-15	0.8	
16-17	0.9	
Income		
<\$15,000	0.9 ^{bc} ***	
\$15,000 - \$24,999	0.9 ^{abc}	
\$25,000 - \$34,999	1.0 ^{bc}	
\$35,000 - \$49,999	1.2 ^c	
\$50,000 - \$74,999	0.6 ^{ab}	
≥\$75,000	0.6 ^a	
Food Stamp Status, % FPL¹		
Participant, ≤130%	1.1 ^b ***	
Likely Eligible, ≤130%	1.1 ^b	
Not Eligible, >185%	0.6 ^a	
Smoking Status		
Non-Smoker	0.8 **	
Smoker	1.2	
Physical Activity Status		
Regular	0.8 *	
Irregular	1.0	
Overweight Status		
Not Overweight	0.8	
Overweight/Obese	0.9	

¹ 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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 69: Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,254)

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

	Percent of Adolescents	
	Drank Regular Soda or Sweetened Beverages	
	Yesterday	
	0	1+
Total	50.5	49.5
Gender		
Male	49.0	51.0
Female	52.1	47.9
Ethnicity		
White	60.2	39.8
African American	45.9	54.1
Latino	39.9	60.1
Asian/Other	56.7	43.3
Gender by Age		
Males		
12-13	48.7	51.3
14-15	39.0	61.0
16-17	59.2	40.8
Females		
12-13	55.0	45.0
14-15	52.1	47.9
16-17	49.1	50.9
Income		
<\$15,000	52.3	47.7
\$15,000 - \$24,999	39.0	61.0
\$25,000 - \$34,999	42.0	58.0
\$35,000 - \$49,999	33.2	66.8
\$50,000 - \$74,999	61.2	38.8
≥\$75,000	59.1	40.9
Food Stamp Status, % FPL¹		
Participant, ≤130%	38.6	61.4
Likely Eligible, ≤130%	36.6	63.4
Not Eligible, >185%	60.8	39.2
Smoking Status		
Non-Smoker	50.7	49.3
Smoker	51.7	48.3
Physical Activity Status		
Regular	51.9	48.1
Irregular	45.5	54.5
Overweight Status		
Not Overweight	51.8	48.2
Overweight/Obese	45.9	54.1

¹ 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.

Chi-Square Test

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 70: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit and Vegetables and Milk Among California Adolescents (N=1,254)

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?

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

Drank Regular Soda	Percent	Percent of Adolescents				
		Ate 5 or More Servings of Fruits and Vegetables			Servings of Fruit	Servings of Vegetables
		0-2	3-4	5+	2+	3+
Yes	49.5	54.4	47.0	47.0 *	46.6 **	49.2
No	50.5	45.6	53.0	53.0	53.4	50.8

Drank Regular Soda	Percent	Percent of Adolescents			
		Servings of Milk Drunk		Servings of Milk Products Believed Needed for Good Health	
		0-2	3+	0-2	3+
Yes	49.5	50.0	48.0	52.5	48.2
No	50.5	50.0	52.0	47.5	51.8

Some numbers may not add 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<.01