

2008 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=1,255)

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 ¹ of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
Total	3.1	1.7	0.9	0.5
Gender				
Male	3.4 ***	2.0 ***	0.9 ***	0.5
Female	2.8	1.5	0.8	0.5
Ethnicity				
White	3.6 ^b ***	2.2 ^b ***	0.9	0.6 ^b *
African American	2.6 ^a	1.2 ^a	1.0	0.4 ^{ab}
Latino	2.9 ^a	1.6 ^a	0.8	0.6 ^b
Asian/Other	2.6 ^a	1.4 ^a	0.8	0.4 ^a
Gender by Age				
Males				
12-13	3.7	1.9	1.0	0.8 ^b ***
14-15	3.2	1.9	0.8	0.5 ^a
16-17	3.4	2.0	1.0	0.4 ^a
Females				
12-13	3.0	1.7 ^b *	0.8	0.6
14-15	2.7	1.5 ^{ab}	0.7	0.5
16-17	2.6	1.3 ^a	0.8	0.5
Income				
<\$15,000	2.8 ^{ab} *	1.7 ^{ab} *	0.7	0.5
\$15,000 - \$24,999	3.3 ^{ab}	1.8 ^{ab}	0.9	0.6
\$25,000 - \$34,999	2.6 ^a	1.3 ^a	0.8	0.5
\$35,000 - \$49,999	3.0 ^{ab}	1.6 ^{ab}	0.8	0.6
\$50,000 - \$74,999	3.1 ^{ab}	1.8 ^{ab}	0.8	0.5
≥\$75,000	3.3 ^b	1.9 ^{ab}	0.9	0.5
Food Stamp Status, % FPL²				
Participant, ≤130%	3.2 ^{ab} **	1.7 ^{ab} **	0.9	0.6
Likely Eligible, ≤130%	2.8 ^a	1.5 ^a	0.8	0.6
Not Eligible, >185%	3.3 ^b	1.9 ^b	0.9	0.5
Smoking Status				
Non-Smoker	3.1	1.7	0.9	0.5
Smoker	2.8	1.5	0.7	0.6
Physical Activity Status				
Regular	3.2	1.8 *	0.8	0.5
Irregular	3.0	1.6	0.9	0.6
Overweight Status				
Not Overweight	3.1	1.7	0.8	0.5
Overweight/Obese	3.2	1.8	0.9	0.5

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal 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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (modified version of Tukey's Standardized Range 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 Consumed by California Adolescents (N=1,255)

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?

	Percent of Adolescents			
	Servings ¹ of Milk and Milk Products Reported Yesterday,			
	0	1-2	3+	
Total	6.1	36.1	57.8	
Gender				
Male	2.3	33.0	64.7	***
Female	10.1	39.3	50.6	
Ethnicity				
White	5.2	27.5	67.3	***
African American	8.6	46.0	45.4	
Latino	6.3	37.1	56.6	
Asian/Other	6.7	51.1	42.2	
Gender by Age				
Males				
12-13	1.4	28.8	69.8	
14-15	2.3	36.3	61.4	
16-17	3.3	33.9	62.8	
Females				
12-13	3.8	37.6	58.6	**
14-15	13.7	42.0	44.3	
16-17	12.9	38.4	48.7	
Income				
<\$15,000	5.1	52.0	42.9	***
\$15,000 - \$24,999	1.7	34.9	63.4	
\$25,000 - \$34,999	10.6	39.7	49.8	
\$35,000 - \$49,999	5.5	40.8	53.8	
\$50,000 - \$74,999	1.2	38.1	60.7	
≥\$75,000	9.6	28.4	62.0	
Food Stamp Status, % FPL²				
Participant, ≤130%	2.2	37.8	60.0	**
Likely Eligible, ≤130%	5.8	40.4	53.8	
Not Eligible, >185%	7.6	32.0	60.3	
Smoking Status				
Non-Smoker	5.8	36.2	58.0	
Smoker	11.7	37.9	50.4	
Physical Activity Status				
Regular	6.2	36.8	57.0	
Irregular	5.7	33.7	60.6	
Overweight Status				
Not Overweight	6.7	34.7	58.5	
Overweight/Obese	4.1	38.9	57.0	

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

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

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

** p<.01

*** p<.001

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Table 18: Type of Milk Consumed by California Adolescents (N=980)

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
Total	24.8	22.2	39.2	13.8
Gender				
Male	23.7	21.2	41.3	13.8
Female	26.0	23.5	36.7	13.8
Ethnicity				
White	25.3	30.1	36.3	8.3
African American	33.6	10.8	47.4	8.1
Latino	24.2	19.5	40.8	15.4
Asian/Other	20.7	11.7	39.5	28.0
Gender by Age				
Males				
12-13	31.2	19.8	39.8	9.2
14-15	22.2	21.9	43.3	12.6
16-17	17.2	22.0	41.1	19.8
Females				
12-13	29.3	27.0	30.7	13.1
14-15	20.1	22.3	41.9	15.7
16-17	27.8	20.1	39.3	12.8
Income				
<\$15,000	22.8	22.5	40.1	14.7
\$15,000 - \$24,999	29.9	18.9	34.9	16.2
\$25,000 - \$34,999	12.9	25.1	41.4	20.6
\$35,000 - \$49,999	22.2	25.1	45.2	7.5
\$50,000 - \$74,999	17.8	24.1	50.5	7.5
≥\$75,000	25.6	22.4	44.0	8.1
Food Stamp Status, % FPL¹				
Participant, ≤130%	23.8	17.2	42.1	16.8
Likely Eligible, ≤130%	20.3	23.4	41.6	14.7
Not Eligible, >185%	25.4	23.8	38.4	12.3
Smoking Status				
Non-Smoker	24.7	22.3	39.7	13.4
Smoker	30.7	24.9	27.8	16.7
Physical Activity Status				
Regular	24.8	22.3	38.2	14.7
Irregular	24.6	22.0	43.1	10.3
Overweight Status				
Not Overweight	25.0	22.1	40.6	12.3
Overweight/Obese	23.9	22.8	34.3	19.0

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. Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

*** p<.001

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Table 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed (N=1,254)

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?
 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 of Milk Products Believed to Be Needed	Percent of Adolescents	Servings of Milk Products Consumed ¹	
		0-2	3+
0-2	29.1	56.9	36.2
3+	70.9	43.1	63.8

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

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

Chi Square Test

*** p<.001