

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 27: Consumption of More than One Serving of High Calorie, Low Nutrient Beverages Among California Adolescents** **Foods and**

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?

	Reported Consumption of More than One High Serving <sup>1</sup> of Calorie, Low Nutrient Food or Beverage, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	73.2%	69.2%	65.1%	60.3%	55.6%	-4.0%	-4.1%	-4.8%	-4.7%	-17.6%
<b>Gender</b>										
Male	75.8%	69.2%	68.1%	63.9%	55.4%	-6.6%	-1.1%	-4.2%	-8.5%	-20.4%
Female	70.4%	69.1%	61.9%	56.4%	55.7%	-1.3%	-7.2%	-5.5%	-0.7%	-14.7%
<b>Ethnicity</b>										
White	72.4%	65.0%	61.5%	56.2%	46.2%	-7.5%	-3.5%	-5.3%	-10.1%	-26.3%
African American	82.2%	86.3%	61.6%	72.7%	66.6%	4.1%	-24.7%	11.1%	-6.1%	-15.6%
Latino	72.6%	68.9%	68.5%	63.6%	59.2%	-3.7%	-0.4%	-5.0%	-4.3%	-13.3%
Asian/ Other	72.1%	74.8%	67.1%	55.3%	64.9%	2.8%	-7.8%	-11.8%	9.6%	-7.1%
<b>Food Stamp Status, % FPL<sup>2</sup></b>										
Participant, ≤130				56.9%	59.2%				2.3%	
Likely Eligible, ≤130				64.0%	59.7%				-4.3%	
Not Eligible, >185				58.7%	52.3%				-6.5%	
<b>Smoking Status</b>										
Non-Smokers	72.9%	69.3%	65.1%	59.1%	55.6%	-3.6%	-4.3%	-6.0%	-3.5%	-17.3%
Smokers	77.3%	67.0%	65.9%	85.4%	49.7%	-10.3%	-1.1%	19.5%	-35.7%	-27.6%
<b>Overweight Status</b>										
Not Overweight	72.7%	70.8%	65.1%	60.7%	55.7%	-1.9%	-5.7%	-4.4%	-5.1%	-17.1%
Overweight/Obese	73.8%	66.5%	66.6%	59.2%	53.3%	-7.4%	0.1%	-7.4%	-5.9%	-20.6%
<b>Physical Activity</b>										
Regular	73.4%	70.8%	66.3%	58.8%	54.7%	-2.6%	-4.5%	-7.5%	-4.1%	-18.7%
Irregular	72.3%	63.2%	61.7%	64.1%	58.7%	-9.1%	-1.6%	2.4%	-5.4%	-13.6%

<sup>1</sup> Each report of "any" was counted as one serving.

<sup>2</sup> Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

\* p<.05  
 \*\* p<.01  
 \*\*\* p<.001

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 68: Mean Servings of Soda or Sweetened Beverages Consumed on the Previous Day by California Adolescents**

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 Soda or Sweetened Beverages					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	1.3	1.4	1.2	1.1	0.8	0.1	-0.2	-0.1	-0.3	-0.5
<b>Gender</b>										
Male	1.6	1.6	1.3	1.4	0.9	0.0	-0.2	0.0	-0.5	-0.8
Female	1.0	1.2	1.0	0.9	0.8	0.2	-0.2	-0.2	-0.1	-0.2
<b>Ethnicity</b>										
White	1.3	1.3	1.1	1.0	0.6	0.0	-0.2	0.0	-0.4	-0.6
African American	1.1	1.9	1.3	1.3	1.1	0.9	-0.6	0.0	-0.2	0.0
Latino	1.4	1.4	1.3	1.2	1.0	0.1	-0.1	-0.1	-0.2	-0.4
Asian/ Other	1.6	1.3	1.2	1.0	0.7	-0.3	-0.2	-0.1	-0.3	-0.9
<b>Food Stamp Status, % FPL<sup>1</sup></b>										
Participant, ≤ 130%				1.0	1.1				0.1	
Likely Eligible, ≤ 130%				1.3	1.1				-0.1	
Not Eligible, >185%				1.1	0.6				-0.5	
<b>Smoking Status</b>										
Non-Smokers	1.3	1.3	1.1	1.1	0.8	0.1	-0.2	0.0	-0.3	-0.5
Smokers	2.0	2.0	2.2	1.7	1.2	0.0	0.2	-0.5	-0.5	-0.8
<b>Overweight Status</b>										
Not Overweight	1.2	1.6	1.5	1.2	0.9	0.4	-0.1	-0.2	-0.3	-0.3
Overweight/Obese	1.4	1.3	1.1	1.1	0.8	0.0	-0.2	0.0	-0.3	-0.6
<b>Physical Activity</b>										
Regular	1.3	1.4	1.2	1.2	0.8	0.1	-0.3	0.0	-0.4	-0.5
Irregular	1.4	1.1	1.3	1.0	1.0	-0.3	0.1	-0.2	-0.1	-0.5

<sup>1</sup> Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

T-test

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

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 69: Proportion of California Adolescents Reporting Drinking Soda or Sweetened Beverages on the Previous Day**

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

	Reported One or More Soda or Sweetened Beverage Yesterday, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	67.6%	69.6%	62.3%	59.8%	49.5%	2.0%	-7.3%	-2.6%	-10.3%	-18.1%
<b>Gender</b>										
Male	75.6%	71.9%	67.5%	69.1%	51.0%	-3.6%	-4.4%	1.7%	-18.1%	-24.6%
Female	59.1%	67.1%	56.9%	49.8%	47.9%	8.0%	-10.2%	-7.1%	-1.9%	-11.2%
<b>Ethnicity</b>										
White	65.0%	65.0%	59.3%	54.0%	39.8%	0.0%	-5.7%	-5.3%	-14.1%	-25.2%
African American	58.9%	82.4%	73.3%	67.6%	54.1%	23.5%	-9.1%	-5.7%	-13.6%	-4.8%
Latino	73.1%	71.2%	66.7%	63.4%	60.1%	-1.9%	-4.5%	-3.3%	-3.3%	-13.0%
Asian/ Other	66.8%	74.0%	52.7%	61.2%	43.3%	7.1%	-21.3%	8.5%	-17.9%	-23.5%
<b>FSNE Eligibility<sup>1</sup></b>										
≤130% FPL w/FS				53.3%	61.4%			53.3%	8.0%	
≤130% FPL w/o FS				67.4%	63.4%			67.4%	-4.0%	
>185% FPL				57.8%	39.2%			57.8%	-18.7%	
<b>Smoking Status</b>										
Non-Smokers	67.0%	69.0%	61.8%	59.4%	49.3%	2.0%	-7.2%	-2.4%	-10.1%	-17.7%
Smokers	74.7%	79.4%	72.6%	68.8%	48.3%	4.8%	-6.8%	-3.8%	-20.5%	-26.3%
<b>Overweight Status</b>										
Not Overweight	67.1%	68.9%	60.0%	57.2%	48.2%	1.8%	-8.9%	-2.8%	-9.1%	-18.9%
Overweight/Obese	67.8%	73.3%	67.8%	65.9%	54.1%	5.5%	-5.5%	-2.0%	-11.8%	-13.7%
<b>Physical Activity</b>										
Regular	67.9%	70.3%	62.4%	59.6%	48.1%	2.3%	-7.8%			-19.8%
Irregular	66.4%	67.0%	62.0%	60.2%	54.5%	0.6%	-5.1%			-11.9%

<sup>1</sup> Survey respondents between 130-185% FPL omitted from data tables due to insufficient sample size.

\* p<.05  
 \*\* p<.01  
 \*\*\* p<.001