

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

Table 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents (N=1,256)

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Percent of Adolescents			
	Servings of Whole Grain Breads and Tortillas Reported			
	0	1-3	4+	
Total	26.6	59.2	14.2	
Gender				
Male	26.9	57.4	15.7	
Female	26.2	61.2	12.6	
Ethnicity				
White	19.9	64.2	15.9	***
African American	32.2	51.8	16.0	
Latino	30.0	58.9	11.0	
Asian/Other	31.9	50.4	17.8	
Gender by Age				
Males				
12-13	22.4	63.8	13.9	**
14-15	23.2	58.1	18.7	
16-17	35.3	50.1	14.6	
Females				
12-13	23.2	71.8	4.9	***
14-15	30.9	55.6	13.4	
16-17	24.5	55.5	20.0	
Income				
<\$15,000	34.6	56.7	8.8	***
\$15,000 - \$24,999	27.0	63.8	9.3	
\$25,000 - \$34,999	26.6	68.3	5.1	
\$35,000 - \$49,999	19.1	69.3	11.7	
\$50,000 - \$74,999	26.6	47.7	25.7	
≥\$75,000	22.5	60.6	16.9	
Food Stamp Status, % FPL¹				
Participant, ≤130%	24.7	61.4	13.8	**
Likely Eligible, ≤130%	29.9	61.3	8.8	
Not Eligible, >185%	25.5	56.6	17.9	
Smoking Status				
Non-Smoker	25.7	60.1	14.2	**
Smoker	45.0	45.6	9.4	
Physical Activity Status				
Regular	25.1	59.9	15.0	
Irregular	31.8	56.8	11.4	
Overweight Status				
Not Overweight	25.4	59.7	14.9	
Overweight/Obese	30.6	56.9	12.5	

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<.01

*** p<.001

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Table 12: Consumption of Cereal¹ by California Adolescents (N=1,256)

Yesterday how many bowls of cereal did you eat?
 What cereal did you eat the most of yesterday?

	Percent of Adolescents Reported Eating Any Cereal	
Total	52.8	
Gender		
Male	57.1	**
Female	48.2	
Ethnicity		
White	55.8	***
African American	43.4	
Latino	57.6	
Asian/Other	36.1	
Gender by Age		
Males		
12-13	68.4	***
14-15	58.8	
16-17	43.8	
Females		
12-13	52.6	
14-15	44.7	
16-17	47.1	
Income		
<\$15,000	68.4	**
\$15,000 - \$24,999	61.6	
\$25,000 - \$34,999	51.8	
\$35,000 - \$49,999	52.4	
\$50,000 - \$74,999	59.3	
≥\$75,000	47.4	
Food Stamp Status, % FPL²		
Participant, ≤130%	59.8	**
Likely Eligible, ≤130%	54.4	
Not Eligible, >185%	47.2	
Smoking Status		
Non-Smoker	52.3	
Smoker	58.3	
Physical Activity Status		
Regular	54.1	
Irregular	48.1	
Overweight Status		
Not Overweight	54.4	*
Overweight/Obese	45.5	

¹ One bowl equals 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.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 13: Consumption of Cereal and High Fiber Cereal by California Adolescents (N=1,256)

Yesterday how many bowls of cereal did you eat?
What cereal did you eat the most of yesterday?

	Percent of Adolescents
Any Cereal¹	
Out of All Teens	52.8
High Fiber Cereal²	
Out of All Teens	4.8
Out of Cereal Eaters	9.1

¹ One bowl equals one serving.

² High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

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Table 14: Belief by California Adolescents about the Number of Servings of Whole Grain Products Needed Each Day for Good Health (N=1,242)

Whole grains are found in foods like whole wheat bread, oatmeal, brown rice, Triscuits, Wheat Thins, Raisin-Bran or Nutri-grain. How much of all the grain foods you eat every day do you think should come from whole grains? Would you say...

	Percent of Adolescents	
	Proportion of Grain Products that Should be Whole Grain	
	Less than Half	Half or More
Total	21.5	78.5
Gender		
Male	23.1	76.9
Female	19.9	80.1
Ethnicity		
White	16.6	83.4
African American	18.5	81.5
Latino	24.6	75.4
Asian/Other	27.6	72.4
Gender by Age		
Males		
12-13	25.8	74.2
14-15	27.3	72.7
16-17	16.1	83.9
Females		
12-13	20.9	79.1
14-15	20.0	80.0
16-17	18.6	81.4
Income		
<\$15,000	25.0	75.0
\$15,000 - \$24,999	20.2	79.8
\$25,000 - \$34,999	26.1	73.9
\$35,000 - \$49,999	17.8	82.2
\$50,000 - \$74,999	17.8	82.2
≥\$75,000	23.7	76.3
Food Stamp Status, % FPL¹		
Participant, ≤130%	23.0	77.0
Likely Eligible, ≤130%	23.8	76.2
Not Eligible, >185%	19.8	80.2
Smoking Status		
Non-Smoker	20.9	79.1
Smoker	26.5	73.5
Physical Activity Status		
Regular	22.1	77.9
Irregular	19.4	80.6
Overweight Status		
Not Overweight	19.6	80.4
Overweight/Obese	23.7	76.3

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Chi Square Test

* p<.05

** p<.01

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Table 15: Servings of Beans Eaten by California Adolescents (N=1,256)

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils.

	Percent of Adolescents		
	Servings of Beans Reported		
	0	1	2+
Total	77.5	16.6	5.9
Gender			
Male	78.8	13.4	7.8
Female	76.1	20.1	3.8
Ethnicity			
White	81.1	12.3	5.9
African American	86.9	9.6	3.5
Latino	69.4	23.1	7.5
Asian/Other	83.8	13.6	2.5
Gender by Age			
Males			
12-13	78.7	15.6	5.7
14-15	80.6	11.2	8.1
16-17	77.1	13.3	9.6
Females			
12-13	69.1	25.2	5.7
14-15	78.5	19.2	2.3
16-17	81.0	15.5	3.5
Income			
<\$15,000	71.8	19.7	8.5
\$15,000 - \$24,999	65.9	24.3	9.8
\$25,000 - \$34,999	75.3	20.8	3.8
\$35,000 - \$49,999	71.1	14.6	14.4
\$50,000 - \$74,999	79.9	12.4	7.7
≥\$75,000	82.6	12.7	4.7
Food Stamp Status, % FPL¹			
Participant, ≤130%	72.7	19.5	7.8
Likely Eligible, ≤130%	72.9	21.5	5.6
Not Eligible, >185%	81.1	13.8	5.1
Smoking Status			
Non-Smoker	76.9	17.2	6.0
Smoker	87.9	7.4	4.7
Physical Activity Status			
Regular	78.7	15.6	5.7
Irregular	73.3	20.1	6.6
Overweight Status			
Not Overweight	78.4	15.8	5.8
Overweight/Obese	76.0	17.9	6.2

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Chi Square Test

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*** p<.001

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Table 24: Consumption of Meat and Eggs Among California Adolescents (N=1,256)

Do you eat any kind of animal foods like beef, pork, poultry or fish?
 Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?

	Percent of Adolescents	
	Report Not Eating Meat or Animal Foods	Ate Meat or Eggs Yesterday, Out of Those Who Report Eating Animal Foods (N=1,164)
Total	7.2	90.4
Gender		
Male	4.6 ***	90.2
Female	9.9	90.6
Ethnicity		
White	7.2 *	93.4 **
African American	1.4	95.4
Latino	9.0	87.8
Asian/Other	5.5	87.0
Gender by Age		
Males		
12-13	6.0	91.8
14-15	5.1	91.5
16-17	2.8	87.3
Females		
12-13	7.6	90.2
14-15	11.4	88.6
16-17	10.9	93.2
Income		
<\$15,000	10.5 *	85.2
\$15,000 - \$24,999	14.3	92.4
\$25,000 - \$34,999	9.3	92.1
\$35,000 - \$49,999	10.8	90.9
\$50,000 - \$74,999	4.8	97.4
≥\$75,000	5.1	93.0
Food Stamp Status, % FPL ¹		
Participant, ≤130%	11.2 *	92.7
Likely Eligible, ≤130%	6.1	86.6
Not Eligible, >185%	6.0	91.0
Smoking Status		
Non-Smoker	7.2	90.3
Smoker	8.1	91.4
Physical Activity Status		
Regular	7.1	90.1
Irregular	7.8	91.6
Overweight Status		
Not Overweight	7.6	90.3
Overweight/Obese	6.1	90.8

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Chi Square Test

* p<.05

** p<.01

*** p<.001