

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 30: Consumption of Meals Among California Adolescents (N=1,216)

Yesterday, did you eat or drink anything for breakfast?

Did you eat or drink anything for lunch yesterday?

Did you eat anything for dinner yesterday?

Yesterday, did you eat or drink anything between [specified meal] time and [specified meal] time?

	Meals Reported, Percent of Adolescents			
	Breakfast	Lunch	Dinner	Snacks <sup>1</sup>
<b>Total</b>	<b>85.9</b>	<b>90.2</b>	<b>91.6</b>	<b>87.4</b>
<b>Gender</b>				
Male	87.8 *	89.8	93.7 **	87.3
Female	83.9	90.7	89.5	87.5
<b>Ethnicity</b>				
White	90.1 ***	91.9 *	96.6 ***	88.7
African American	75.6	91.2	94.3	80.5
Latino	81.4	87.0	86.8	88.6
Asian/Other	92.6	94.7	90.5	83.9
<b>Gender by Age</b>				
<b>Male</b>				
12-13	86.9	92.6	94.0	84.8
14-15	91.1	89.4	92.7	86.7
16-17	84.7	87.5	94.6	90.5
<b>Female</b>				
12-13	90.2 **	89.5	91.7	89.1
14-15	83.3	92.3	86.7	88.3
16-17	77.9	89.5	91.2	84.6
<b>Income</b>				
<\$15,000	82.2 ***	86.2 ***	86.2 ***	88.4 **
\$15,000 - \$24,999	74.0	86.4	88.8	79.1
\$25,000 - \$34,999	86.6	86.7	95.1	87.9
\$35,000 - \$49,999	85.9	87.6	89.5	87.6
\$50,000 - \$74,999	90.0	89.4	94.0	81.1
≥ \$75,000	94.2	95.3	96.9	90.8
<b>CalFresh Status, % FPL<sup>2</sup></b>				
Participant	79.9 ***	84.9 ***	87.7 ***	86.4
Likely Eligible ≤ 130%	80.8	89.1	89.1	88.0
Not Eligible > 185%	93.1	94.1	96.7	87.9
<b>Smoking Status</b>				
Non-Smoker	86.1	90.8 **	91.4	87.0
Smoker	83.3	81.5	94.6	93.0
<b>Physical Activity Status</b>				
Regular	87.2	90.3	92.8	88.8 *
Irregular	83.8	90.1	89.7	85.0
<b>Overweight Status</b>				
Not Overweight	88.5 ***	91.6	93.0 **	88.4
Overweight/Obese	79.4	88.4	87.7	87.2

<sup>1</sup>Reported a snack at any occasion (Morning, Afternoon or Evening).

<sup>2</sup>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

**2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 31: Source of Lunch and Dinner Among California Adolescents (N=1,084)**

Where did you obtain that lunch from?

Where did you obtain dinner from?

<b>Lunch (select all that apply)</b>	<b>Percent of Adolescents<sup>1</sup></b>
Home	65.4
School cafeteria	20.3
Fast food place	7.0
School snack bar or A la carte line	4.2
A friend	4.2
Convenience store	3.5
Food cart at school	2.2
Other <sup>2</sup>	7.9
White	
<b>Dinner (select only one response)</b>	<b>Percent of Adolescents<sup>1</sup></b>
Home	85.1
A friend's house	2.4
Fast food place	4.0
Other restaurant	4.1
Convenience store	1.7
A relative's house	0.4
Other <sup>3</sup>	1.3

<sup>1</sup>Out of those who reported eating lunch or dinner.

<sup>2</sup>Includes lunch from vending machine, student store, fundraiser, club, community center, and other.

<sup>3</sup>Includes dinner from vending machine.

Some numbers may not add to 100 percent due to rounding

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 31a: School and Home Lunch Among California Adolescents (N=1,084)

Where did you obtain that lunch from?

	Type of Lunch Reported, Percent of Adolescents	
	School Cafeteria	Home
<b>Total</b>	<b>20.3</b>	<b>65.4</b>
<b>Gender</b>		
Male	21.2	69.0 *
Female	19.4	61.7
<b>Ethnicity</b>		
White	11.6 ***	72.1 ***
African American	32.3	55.9
Latino	29.5	54.3
Asian/Other	13.2	81.5
<b>White</b>		
<b>Male</b>		
12-13	28.0 *	68.7 *
14-15	17.9	75.0
16-17	18.0	61.6
<b>Female</b>		
12-13	30.1 ***	65.7
14-15	15.8	58.3
16-17	13.3	62.4
<b>Income</b>		
<\$15,000	34.9 ***	44.7 ***
\$15,000 - \$24,999	41.4	47.5
\$25,000 - \$34,999	25.6	66.0
\$35,000 - \$49,999	13.5	62.6
\$50,000 - \$74,999	11.3	72.0
≥ \$75,000	8.0	79.8
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	36.6 ***	51.3 ***
Likely Eligible ≤ 130%	29.9	54.4
Not Eligible > 185%	8.4	76.6
<b>Smoking Status</b>		
Non-Smoker	20.3	65.4
Smoker	19.6	66.3
<b>Physical Activity Status</b>		
Regular	17.8 **	66.5
Irregular	24.4	63.6
<b>Overweight Status</b>		
Not Overweight	17.3 **	67.0
Overweight/Obese	25.8	61.4

<sup>1</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 31b: Source of Dinner Among California Adolescents (N=1,096)

Where did you obtain dinner from?

	Where Dinner Was Reportedly Obtained, Percent of Adolescents	
	Home	Away from Home <sup>1</sup>
<b>Total</b>	<b>85.6</b>	<b>14.4</b>
<b>Gender</b>		
Male	82.9	17.1
Female	88.7	11.3
<b>Ethnicity</b>		
White	82.6	17.4
African American	86.4	13.6
Latino	90.3	9.7
White	81.4	18.6
<b>Gender by Age</b>		
<b>Male</b>		
12-13	84.1	15.9
14-15	80.7	19.3
16-17	84.3	15.7
<b>Female</b>		
12-13	89.6	10.4
14-15	88.5	11.5
16-17	88.0	12.0
<b>Income</b>		
<\$15,000	87.6	12.4
\$15,000 - \$24,999	94.6	5.4
\$25,000 - \$34,999	81.6	18.4
\$35,000 - \$49,999	92.8	7.2
\$50,000 - \$74,999	84.4	15.6
≥ \$75,000	80.4	19.6
<b>CalFresh Status, % FPL<sup>2</sup></b>		
Participant	87.1	12.9
Likely Eligible ≤ 130%	91.4	8.6
Not Eligible > 185%	81.8	18.2
<b>Smoking Status</b>		
Non-Smoker	86.1	13.9
Smoker	78.5	21.5
<b>Physical Activity Status</b>		
Regular	82.2	17.8
Irregular	91.5	8.5
<b>Overweight Status</b>		
Not Overweight	85.0	15.0
Overweight/Obese	88.3	11.7

<sup>1</sup>Includes dinner from friend's house, fast food, other restaurant, vending machine, convenience store, relative's house, and other.

<sup>2</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 32: Reported Awareness and Use of Calorie Information Posted at Restaurants When Eating Out Among California Adolescents (N=1,218)

How often do you see calorie information when you buy food from a fast food restaurant or other restaurant?

When it is available, how often do you use calorie information available at a restaurant or fast food restaurant to decide what to buy? Would you say...

	Percent of Adolescents					
	See Calorie Info When Buying Food at Restaurants			Use Calorie Info When Buying Food at Restaurants (N=929)		
	Always or Most of the Time	Sometimes or Occasionally	Never	A Lot	Some or A Little	Not at All
<b>Total</b>	<b>16.8</b>	<b>56.8</b>	<b>26.5</b>	<b>9.8</b>	<b>58.4</b>	<b>31.8</b>
<b>Gender</b>						
Male	15.3	53.0	31.7	7.8	59.1	33.1
Female	18.3	60.8	20.9	11.6	57.7	30.7
<b>Ethnicity</b>						
White	18.1	52.7	29.2	12.5	56.5	31.0
White	13.2	53.8	33.0	8.3	48.6	43.1
Latino	17.8	56.1	26.0	7.1	63.3	29.6
Asian/Other	12.0	71.1	17.0	11.1	54.6	34.3
<b>Gender by Age</b>						
<b>Male</b>						
12-13	16.4	54.5	29.1	10.9	73.4	15.7
14-15	14.1	49.3	36.6	6.6	54.7	38.7
16-17	15.6	56.2	28.3	6.1	49.5	44.4
<b>Female</b>						
12-13	22.2	55.9	21.8	10.7	69.5	19.9
14-15	18.2	66.9	14.9	14.2	53.0	32.8
16-17	14.3	57.1	28.6	8.1	52.5	39.4
<b>Income</b>						
<\$15,000	14.2	58.6	27.2	10.7	56.7	32.5
\$15,000 - \$24,999	15.4	55.1	29.5	8.8	66.7	24.5
\$25,000 - \$34,999	21.4	54.3	24.3	15.3	49.4	35.4
\$35,000 - \$49,999	21.8	52.5	25.7	9.9	67.6	22.6
\$50,000 - \$74,999	12.1	66.5	21.5	6.7	55.5	37.9
≥ \$75,000	18.4	54.7	26.9	9.1	58.7	32.2
<b>CalFresh Status, % FPL<sup>1</sup></b>						
Participant	16.6	57.3	26.1	9.1	59.4	31.6
Likely Eligible ≤ 130%	16.8	51.1	32.1	14.9	58.3	26.8
Not Eligible > 185%	17.1	59.2	23.7	8.1	59.8	32.1
<b>Smoking Status</b>						
Non-Smoker	16.9	56.9	26.3	10.0	59.5	30.5
Smoker	15.1	55.5	29.4	6.7	40.3	53.0
<b>Physical Activity Status</b>						
Regular	20.0	53.4	26.5	12.5	57.9	29.6
Irregular	11.3	62.3	26.4	5.4	59.2	35.4
<b>Overweight Status</b>						
Not Overweight	16.8	57.2	26.0	9.1	60.1	30.9
Overweight/Obese	18.1	58.2	23.8	11.2	53.0	35.8

<sup>1</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 33: Distance From Home and School to Nearest Fast Food Outlets as Reported by California Adolescents (N=1,194)**

How far is the nearest fast food restaurant from your school? ...from your home? Answer in blocks or miles, whichever is easiest. A mile is approximately 8 blocks.

	Distance to Nearest Fast Food Outlet, Percent of Adolescents			
	Distance from Home		Distance from School	
	≤ 1/2 mile	> 1/2 mile	≤ 1/2 mile	> 1/2 mile
<b>Total</b>	<b>44.1</b>	<b>55.9</b>	<b>54.3</b>	<b>45.7</b>
<b>Gender</b>				
Male	46.7	53.3	53.9	46.1
Female	41.4	58.6	54.7	45.3
<b>Ethnicity</b>				
White	29.6	70.4	45.9	54.1
African American	56.9	43.1	47.8	52.2
Latino	53.3	46.7	58.4	41.6
White	49.7	50.3	68.4	31.6
<b>Gender by Age</b>				
<b>Male</b>				
12-13	47.4	52.6	47.4	52.6
14-15	45.1	54.9	54.2	45.8
16-17	48.0	52.0	60.0	40.0
<b>Female</b>				
12-13	41.7	58.3	39.5	60.5
14-15	43.4	56.6	59.5	40.5
16-17	38.3	61.7	64.3	35.7
<b>Income</b>				
<\$15,000	56.9	43.1	64.6	35.4
\$15,000 - \$24,999	56.8	43.2	49.8	50.2
\$25,000 - \$34,999	51.1	48.9	49.7	50.3
\$35,000 - \$49,999	35.1	64.9	43.0	57.0
\$50,000 - \$74,999	38.1	61.9	57.3	42.7
≥ \$75,000	35.2	64.8	52.2	47.8
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	54.4	45.6	57.8	42.2
Likely Eligible ≤ 130%	52.3	47.7	54.0	46.0
Not Eligible > 185%	34.5	65.5	51.6	48.4
<b>Smoking Status</b>				
Non-Smoker	43.3	56.7	53.1	46.9
Smoker	56.7	43.3	70.1	29.9
<b>Physical Activity Status</b>				
Regular	44.0	56.0	53.0	47.0
Irregular	44.4	55.6	56.3	43.7
<b>Overweight Status</b>				
Not Overweight	38.7	61.3	52.0	48.0
Overweight/Obese	53.1	46.9	57.0	43.0

<sup>1</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34: Prevalence of Eating at Fast Food Restaurants Among California Adolescents (N=1,220)**

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

	Ate a Meal or Snack at a Fast Food Restaurant Yesterday, Percent of Adolescents	
	No	Yes
<b>Total</b>	<b>79.7</b>	<b>20.3</b>
<b>Gender</b>		
Male	78.4	21.6
Female	81.0	19.0
<b>Ethnicity</b>		
White	80.4	19.6
African American	77.0	23.0
White	76.5	23.5
Asian/Other	88.0	12.0
<b>Gender by Age</b>		
<b>Male</b>		
12-13	77.4	22.6
14-15	82.0	18.0
16-17	75.0	25.0
<b>Female</b>		
12-13	78.9	21.1
14-15	83.7	16.3
16-17	79.5	20.5
<b>Income</b>		
<\$15,000	74.2	25.8
\$15,000 - \$24,999	75.9	24.1
\$25,000 - \$34,999	79.2	20.8
\$35,000 - \$49,999	82.7	17.3
\$50,000 - \$74,999	85.4	14.6
≥ \$75,000	81.8	18.2
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	74.3	25.7
Likely Eligible ≤ 130%	78.1	21.9
Not Eligible > 185%	82.4	17.6
<b>Smoking Status</b>		
Non-Smoker	80.2	19.8
Smoker	71.8	28.2
<b>Physical Activity Status</b>		
Regular	78.2	21.8
Irregular	82.1	17.9
<b>Overweight Status</b>		
Not Overweight	81.2	18.8
Overweight/Obese	77.8	22.2

<sup>1</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 34c: Typical Weekly Frequency of Eating at Fast Food Restaurants Among California Adolescents (N=1,216)

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Number of Times Ate at Fast Food Restaurants Per Week, Percent of Adolescents	
	0-1 times	2+ times
<b>Total</b>	<b>75.7</b>	<b>24.3</b>
<b>Gender</b>		
Male	73.4	26.6
Female	78.2	21.8
<b>Ethnicity</b>		
White	77.1	22.9
African American	54.9	45.1
Latino	77.0	23.0
White	79.1	20.9
<b>Gender by Age</b>		
<b>Male</b>		
12-13	76.6	23.4
14-15	79.9	20.1
16-17	62.1	37.9
<b>Female</b>		
12-13	78.8	21.2
14-15	82.8	17.2
16-17	70.7	29.3
<b>Income</b>		
<\$15,000	76.4	23.6
\$15,000 - \$24,999	75.6	24.4
\$25,000 - \$34,999	81.7	18.3
\$35,000 - \$49,999	79.3	20.7
\$50,000 - \$74,999	69.4	30.6
≥ \$75,000	74.5	25.5
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	73.7	26.3
Likely Eligible ≤ 130%	79.2	20.8
Not Eligible > 185%	74.7	25.3
<b>Smoking Status</b>		
Non-Smoker	77.0	23.0
Smoker	56.6	43.4
<b>Physical Activity Status</b>		
Regular	75.8	24.2
Irregular	75.6	24.4
<b>Overweight Status</b>		
Not Overweight	75.9	24.1
Overweight/Obese	74.2	25.8

<sup>1</sup>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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34d: Mean Number of Times Per Week California Adolescents Reported Eating at Fast Food Restaurants (N=1,216)**

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, Subway?

	Mean Number of Times Ate at Fast Food Restaurants Per Week
<b>Total</b>	<b>1.1</b>
<b>Gender</b>	
Male	1.1
Female	1.1
<b>Ethnicity</b>	
White	1.1 <sup>b</sup> *
African American	1.5 <sup>a</sup>
Latino	1.2 <sup>ab</sup>
Asian/Other	1.0 <sup>b</sup>
<b>White</b>	
<b>Male</b>	
12-13	0.9 <sup>a</sup> ***
14-15	1.0 <sup>a</sup>
16-17	1.5 <sup>b</sup>
<b>Female</b>	
12-13	0.9 <sup>a</sup> ***
14-15	1.0 <sup>a</sup>
16-17	1.5 <sup>b</sup>
<b>Income</b>	
<\$15,000	1.2
\$15,000 - \$24,999	1.2
\$25,000 - \$34,999	1.0
\$35,000 - \$49,999	1.1
\$50,000 - \$74,999	1.3
≥ \$75,000	1.1
<b>CalFresh Status, % FPL<sup>1</sup></b>	
Participant	1.2
Likely Eligible ≤ 130%	1.1
Not Eligible > 185%	1.1
<b>Smoking Status</b>	
Non-Smoker	1.1 ***
Smoker	1.7
<b>Physical Activity Status</b>	
Regular	1.1
Irregular	1.1
<b>Overweight Status</b>	
Not Overweight	1.1
Overweight/Obese	1.1

<sup>1</sup>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

ANOVA: \* p<.05, \*\* p<.01, \*\*\* p<.001