

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 1: Healthy Eating Practices Score<sup>1</sup> among California Adolescents**

	Average California Daily Food Guide Healthy Eating Practices Score
<b>Total</b>	<b>3.0</b>
<b>Gender</b>	
Males	2.9 *
Females	3.1
<b>Ethnicity</b>	
White	3.1 <sup>b</sup> **
African American	2.6 <sup>a</sup>
Latino	3.0 <sup>b</sup>
Asian/Other	2.9 <sup>ab</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	3.1 <sup>b</sup> **
14-15	2.8 <sup>a</sup>
16-17	2.8 <sup>a</sup>
<b>Females</b>	
12-13	3.2
14-15	3.1
16-17	3.0
<b>Smoking Status</b>	
Non-Smokers	3.0
Smokers	2.9
<b>Physical Activity Status</b>	
Regular	3.1 ***
Irregular	2.7
<b>Overweight Status</b>	
Not at Risk	3.0 *
At Risk/Overweight	2.8
<b>Income Related Food Risk</b>	
Yes	3.1
No	3.0

<sup>1</sup> The score reflects the average of healthy eating behaviors practices on the previous day against California Daily Food Guide standards. One point was awarded for each: having a fruits and a vegetable; males eating 7 or more servings of fruits and vegetables and females eating 5 or more servings; having any milk, yogurt, or cheese; having any 1% or fat free milk or yogurt; having any whole grain breads/corn tortillas; having any high fiber cereal; and having any beans. The maximum score was seven.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 2: Servings of Fruits and Vegetables Eaten by California Adolescents**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables		
	Fruits, Vegetables, Salads and Juices <sup>1</sup>	Fruits and Juices <sup>1</sup>	Salads and Vegetables
<b>Total</b>	<b>4.3</b>	<b>3.0</b>	<b>1.3</b>
<b>Gender</b>			
Males	4.3	3.1	1.2
Females	4.3	3.0	1.3
<b>Ethnicity</b>			
White	4.0 <sup>a</sup> **	2.5 <sup>a</sup> ***	1.4 <sup>a</sup> *
African American	4.1 <sup>ab</sup>	2.9 <sup>ab</sup>	1.2 <sup>a</sup>
Latino	4.7 <sup>b</sup>	3.6 <sup>b</sup>	1.2 <sup>a</sup>
Asian/Other	4.5 <sup>ab</sup>	3.5 <sup>b</sup>	1.0 <sup>a</sup>
<b>Gender by Age</b>			
<b>Males</b>			
12-13	4.4	3.3	1.1
14-15	4.3	3.1	1.2
16-17	4.2	2.9	1.3
<b>Females</b>			
12-13	4.6	3.3	1.3
14-15	4.3	2.8	1.4
16-17	4.2	2.9	1.3
<b>Smoking Status</b>			
Non-Smokers	4.3	3.1	1.3
Smokers	3.9	2.6	1.3
<b>Physical Activity Status</b>			
Regular	4.5 ***	3.1	1.4 ***
Irregular	3.7	2.8	0.9
<b>Overweight Status</b>			
Not at Risk	4.3	3.1	1.3
At Risk/Overweight	4.2	2.9	1.3
<b>Income Related Food Risk</b>			
Yes	4.9 ***	3.8 ***	1.1
No	4.2	2.9	1.3

<sup>1</sup> Juices include only 100% fruit juices

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).

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 2a: Consumption of Five or More Servings of Fruits and Vegetables among California Adolescents**

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?  
 Which fruits, vegetables or juice did you have for [meal or snack] yesterday?  
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	<b>Ate 5 or More Servings of Fruits and Vegetables, Percent of Adolescents</b>
<b>Total</b>	<b>42</b>
<b>Gender</b>	
Males	42
Females	41
<b>Ethnicity</b>	
White	36
African American	36
Latino	49
Asian/Other	43
<b>Gender by Age</b>	
<b>Males</b>	
12-13	43
14-15	41
16-17	43
<b>Females</b>	
12-13	42
14-15	38
16-17	41
<b>Smoking Status</b>	
Non-Smokers	42
Smokers	34
<b>Physical Activity Status</b>	
Regular	43
Irregular	34
<b>Overweight Status</b>	
Not at Risk	41
At Risk/Overweight	40
<b>Income Related Food Risk</b>	
Yes	48
No	40

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 3: Servings of Fruits, Juices, Salads, and Vegetables Consumed by California Adolescents**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables			
	Fruits	Juices <sup>1</sup>	Salads <sup>2</sup>	Vegetables
<b>Total</b>	<b>3.0</b>	<b>1.5</b>	<b>0.3</b>	<b>1.3</b>
<b>Gender</b>				
Males	3.1	1.6**	0.2	1.2
Females	3.0	1.3	0.3	1.3
<b>Ethnicity</b>				
White	2.5 <sup>a</sup> ***	1.1 <sup>a</sup> ***	0.3 <sup>b</sup> *	1.4 <sup>a</sup> *
African American	2.9 <sup>ab</sup>	1.6 <sup>ab</sup>	0.2 <sup>ab</sup>	1.2 <sup>a</sup>
Latino	3.6 <sup>b</sup>	1.8 <sup>b</sup>	0.2 <sup>a</sup>	1.2 <sup>a</sup>
Asian/Other	3.5 <sup>b</sup>	1.8 <sup>b</sup>	0.3 <sup>ab</sup>	1.0 <sup>a</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	3.3	1.8	0.2	1.1
14-15	3.1	1.7	0.2	1.2
16-17	2.9	1.4	0.3	1.3
<b>Females</b>				
12-13	3.3	1.3	0.2	1.3
14-15	2.8	1.3	0.3	1.4
16-17	2.9	1.3	0.2	1.3
<b>Smoking Status</b>				
Non-Smokers	3.1	1.5	0.3	1.3
Smokers	2.6	1.2	0.3	1.3
<b>Physical Activity Status</b>				
Regular	3.1	1.5	0.3**	1.4***
Irregular	2.8	1.4	0.2	0.9
<b>Overweight Status</b>				
Not at Risk	3.1	1.4	0.3	1.3
At Risk/Overweight	2.9	1.5	0.3	1.3
<b>Income Related Food Risk</b>				
Yes	3.8***	2.0***	0.2	1.1
No	2.9	1.4	0.3	1.3

<sup>1</sup> Juices include only 100% fruit juices

<sup>2</sup> Data should be interpreted with caution due to small sample size in each cell.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 4: California Adolescents Who Reported Eating Less than One Serving of Fruits and Vegetables, No Fruits or Juices, and No Vegetables or Salads**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Percent of Adolescents		
	Reported Having Less than 1 Serving of Fruits or Vegetables <sup>1</sup>	Reported No Servings of Fruits or Juices <sup>2</sup>	Reported No Servings of Vegetables or Salad <sup>2</sup>
<b>Total</b>	<b>10</b>	<b>17</b>	<b>48</b>
<b>Gender</b>			
Males	12	18	53 ***
Females	9	16	42
<b>Ethnicity</b>			
White	12	21 *	42 ***
African American	9	15	57
Latino	9	13	54
Asian/Other	12	16	49
<b>Gender by Age</b>			
<b>Males</b>			
12-13	7 *	15	48
14-15	15	21	56
16-17	14	19	55
<b>Females</b>			
12-13	6	10 **	47
14-15	11	22	38
16-17	10	16	42
<b>Smoking Status</b>			
Non-Smokers	10 *	16 **	48
Smokers	19	30	44
<b>Physical Activity Status</b>			
Regular	9 **	16	45 ***
Irregular	15	21	59
<b>Overweight Status</b>			
Not at Risk	10	16	47
At Risk/Overweight	12	21	50
<b>Income Related Food Risk</b>			
Yes	8	11 *	54
No	11	19	48

<sup>1</sup> Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and vegetables.

<sup>2</sup> Categorized as having less than .5 servings of fruits or vegetables.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Servings of Fruits and Vegetables, Percent of Adolescents				Met the Recommendations <sup>1</sup> for Fruits and Vegetables, Percent of Adolescents
	0 <sup>2</sup>	1-2	3-4	5+	
<b>Total</b>	<b>10</b>	<b>23</b>	<b>25</b>	<b>42</b>	<b>31</b>
<b>Gender</b>					
Males	12	22	24	42	23 ***
Females	9	23	28	41	
<b>Ethnicity</b>					
White	12	23	29	36	27 ***
African American	9	28	27	36	
Latino	9	23	19	49	
Asian/Other	12	13	32	43	
<b>Gender by Age</b>					
<b>Males</b>					
12-13	7	22	27	43	19
14-15	15	18	27	41	
16-17	14	26	17	43	
<b>Females</b>					
12-13	6	21	31	42	42
14-15	11	23	28	38	38
16-17	10	25	24	41	41
<b>Smoking Status</b>					
Non-Smokers	10	22	26	42	31
Smokers	19	24	23	34	29
<b>Physical Activity Status</b>					
Regular	9	22	25	43	32
Irregular	15	25	25	34	
<b>Overweight Status</b>					
Not at Risk	10	22	27	41	31
At Risk/Overweight	12	26	22	40	31
<b>Income Related Food Risk</b>					
Yes	8	21	23	48	41 ***
No	11	23	26	40	

<sup>1</sup> Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

<sup>2</sup> Categorized as having less than .5 servings of fruits and vegetables.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health**

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

	Servings of Fruits and Vegetables Believed Needed, Percent of Adolescents		
	0-2	3-4	5+
<b>Total</b>	<b>10</b>	<b>35</b>	<b>55</b>
<b>Gender</b>			
Males	9	34	57
Females	10	37	53
<b>Ethnicity</b>			
White	7	32	61
African American	16	44	41
Latino	12	39	49
Asian/Other	11	31	59
<b>Gender by Age</b>			
<b>Males</b>			
12-13	9	28	62
14-15	6	33	60
16-17	12	40	48
<b>Females</b>			
12-13	9	36	55
14-15	12	37	51
16-17	10	36	54
<b>Smoking Status</b>			
Non-Smokers	10	35	55
Smokers	11	35	54
<b>Physical Activity Status</b>			
Regular	9	34	58
Irregular	15	42	43
<b>Overweight Status</b>			
Not at Risk	9	33	57
At Risk/Overweight	11	40	48
<b>Income Related Food Risk</b>			
Yes	13	31	56
No	9	36	55

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 7: Cross Tabulation of Fruit and Vegetable Consumption among California Adolescents by Belief in the Number of Servings Needed**

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?  
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack] yesterday?

Servings of Fruits and Vegetables Believed to be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Fruits and Vegetables Eaten, Percent of Adolescents			
		0-2	3-4	5+	
0-2	8	54	22	24	***
3-4	32	39	30	31	
5+	60	26	24	50	

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<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 8: Reasons Why California Adolescents Are Eating More Fruits and Vegetables**

What is the main reason you eat fruits and vegetables, or drink juice?

	Reason Reported for Eating Fruits and Vegetables, Percent of Adolescents			
	Like Taste	Health	Nutrients	Other <sup>1</sup>
<b>Total</b>	<b>32</b>	<b>47</b>	<b>11</b>	<b>10</b>
<b>Gender</b>				
Males	30	47	12	12
Females	34	47	11	8
<b>Ethnicity</b>				
White	40	42	9	9
African American	22	52	20	6
Latino	24	53	11	12
Asian/Other	28	47	14	11
<b>Gender by Age</b>				
<b>Males</b>				
12-13	25	51	14	10
14-15	32	49	8	11
16-17	33	40	13	14
<b>Females</b>				
12-13	26	59	7	7
14-15	36	46	10	9
16-17	38	37	16	9
<b>Smoking Status</b>				
Non-Smokers	31	48	11	10
Smokers	42	33	14	11
<b>Physical Activity Status</b>				
Regular	31	46	12	10
Irregular	34	49	8	9
<b>Overweight Status</b>				
Not at Risk	34	46	12	9
At Risk/Overweight	30	46	10	14
<b>Income Related Food Risk</b>				
Yes	22	57	15	6
No	35	44	11	11

<sup>1</sup> Other includes "Available", "Weight Control", "Important to Parents", "Easy to Find or Fix", "Served with Meals", "Important to Others", and "Important to Me"; none of which exceeded 2 percent.

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 to rounding.

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 9: Barriers to Eating More Fruits and Vegetables among California Adolescents**

What is the main reason you don't eat more fruits and vegetables, or drink more juice?

	Barriers Reported to Eating More Fruits and Vegetables, Percent of Adolescents							
	Don't Like Taste	Not Available	Don't Think About It	Choose Other Foods	Not Enough Time	Not Hungry	Eat Enough / Other <sup>1</sup>	
<b>Total</b>	<b>16</b>	<b>17</b>	<b>15</b>	<b>18</b>	<b>11</b>	<b>13</b>	<b>9</b>	
<b>Gender</b>								
Males	17	14	20	16	12	13	9	**
Females	16	20	11	20	11	12	10	
<b>Ethnicity</b>								
White	17	20	18	16	13	10	7	***
African American	20	21	17	19	8	9	5	
Latino	16	12	15	20	10	18	9	
Asian/Other	11	16	7	16	13	13	25	
<b>Gender by Age</b>								
<b>Males</b>								
12-13	14	10	18	15	15	19	8	***
14-15	22	9	22	15	10	13	9	
16-17	13	24	18	17	10	9	9	
<b>Females</b>								
12-13	16	15	10	24	11	13	12	*
14-15	21	19	14	15	11	13	7	
16-17	10	26	9	20	12	11	12	
<b>Smoking Status</b>								
Non-Smokers	16	17	16	18	12	13	10	
Smokers	25	23	10	18	5	12	7	
<b>Physical Activity Status</b>								
Regular	17	18	15	17	12	12	9	
Irregular	15	15	15	20	9	15	10	
<b>Overweight Status</b>								
Not at Risk	17	18	15	17	11	12	10	
At Risk/Overweight	13	16	16	19	15	13	8	
<b>Income Related Food Risk</b>								
Yes	16	12	10	18	9	20	15	**
No	14	19	16	17	13	12	8	

<sup>1</sup> Other includes "Poor Quality", "Not important", and "Allergic"; none of which exceeded 3 percent.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 11: Total Servings of Whole Grain Products Eaten by California Adolescents**

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.

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Serving of Whole Grain Products <sup>1</sup> Reported, Percent of Adolescents		
	0	1-3	4+
<b>Total</b>	<b>28</b>	<b>56</b>	<b>16</b>
<b>Gender</b>			
Males	26	56	19
Females	31	56	14
<b>Ethnicity</b>			
White	23	57	20
African American	37	50	12
Latino	31	56	13
Asian/Other	31	52	17
<b>Gender by Age</b>			
<b>Males</b>			
12-13	21	64	15
14-15	27	50	23
16-17	28	53	19
<b>Females</b>			
12-13	27	60	13
14-15	33	54	13
16-17	31	54	15
<b>Smoking Status</b>			
Non-Smokers	29	55	17
Smokers	18	69	13
<b>Physical Activity Status</b>			
Regular	24	58	18
Irregular	42	47	11
<b>Overweight Status</b>			
Not at Risk	27	56	17
At Risk/Overweight	32	54	15
<b>Income Related Food Risk</b>			
Yes	31	54	15
No	28	55	17

<sup>1</sup> Includes whole grain bread and whole wheat tortillas and cereal that is a good source of fiber (≥ 2.5 grams per serving).

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 15: Servings of Beans Eaten by California Adolescents**

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			Reported Eating Beans
	Servings of Beans Reported			
	0	1	2+	
<b>Total</b>	<b>76</b>	<b>17</b>	<b>8</b>	<b>24</b>
<b>Gender</b>				
Males	74	17	10	26
Females	78	16	6	22
<b>Ethnicity</b>				
White	81	12	7	19
African American	81	12	7	19
Latino	65	24	11	35
Asian/Other	83	12	4	17
<b>Gender by Age</b>				
<b>Males</b>				
12-13	69	19	12	31
14-15	80	11	9	20
16-17	72	20	8	28
<b>Females</b>				
12-13	81	12	7	19
14-15	69	24	7	31
16-17	83	13	4	17
<b>Smoking Status</b>				
Non-Smokers	75	17	8	25
Smokers	82	10	8	18
<b>Physical Activity Status</b>				
Regular	76	16	8	24
Irregular	73	19	8	27
<b>Overweight Status</b>				
Not at Risk	76	17	7	24
At Risk/Overweight	76	15	9	24
<b>Income Related Food Risk</b>				
Yes	66	23	11	34
No	76	16	8	24

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 16: Mean Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents**

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?

	Mean Servings <sup>1</sup> of Milk Products Reported Yesterday					
	All Milk Products	Milk, Cheese, and Yogurt	Milk	Cheese	Yogurt	Dairy Desserts
<b>Total</b>	<b>3.7</b>	<b>3.2</b>	<b>1.9</b>	<b>1.0</b>	<b>0.2</b>	<b>0.5</b>
<b>Gender</b>						
Males	4.1 ***	3.6 ***	2.2 ***	1.2 ***	0.2	0.5
Females	3.2	2.7	1.6	0.9	0.2	0.5
<b>Ethnicity</b>						
White	3.9 <sup>b</sup> **	3.4 <sup>b</sup> **	2.1 <sup>b</sup> **	1.1	0.2	0.5 <sup>a</sup> *
African American	3.4 <sup>ab</sup>	2.8 <sup>ab</sup>	1.7 <sup>ab</sup>	1.0	0.2	0.6 <sup>ab</sup>
Latino	3.4 <sup>a</sup>	2.9 <sup>a</sup>	1.7 <sup>a</sup>	1.0	0.2	0.5 <sup>a</sup>
Asian/Other	3.7 <sup>ab</sup>	3.0 <sup>ab</sup>	1.8 <sup>ab</sup>	1.0	0.2	0.7 <sup>b</sup>
<b>Gender by Age</b>						
<b>Males</b>						
12-13	4.3	3.8	2.3	1.2	0.2	0.5
14-15	4.3	3.7	2.2	1.3	0.2	0.6
16-17	3.9	3.4	2.1	1.1	0.2	0.4
<b>Females</b>						
12-13	3.6 <sup>b</sup> **	3.0 <sup>b</sup> **	1.9 <sup>b</sup> ***	0.9	0.2	0.6
14-15	3.0 <sup>a</sup>	2.5 <sup>a</sup>	1.5 <sup>a</sup>	0.9	0.1	0.5
16-17	3.0 <sup>a</sup>	2.4 <sup>a</sup>	1.4 <sup>a</sup>	0.8	0.2	0.5
<b>Smoking Status</b>						
Non-Smokers	3.6 *	3.1	1.9	1.0 **	0.2	0.5
Smokers	4.3	3.6	2.0	1.4	0.2	0.7
<b>Physical Activity Status</b>						
Regular	3.9 ***	3.4 ***	2.0 ***	1.1 ***	0.2 **	0.5
Irregular	2.8	2.3	1.4	0.8	0.1	0.5
<b>Overweight Status</b>						
Not at Risk	3.8	3.2	2.0	1.1	0.2	0.6 ***
At Risk/Overweight	3.5	3.1	1.8	1.1	0.2	0.4
<b>Income Related Food Risk</b>						
Yes	3.6	3.0	1.9	0.9 *	0.3	0.5
No	3.7	3.2	1.9	1.1	0.2	0.5

<sup>1</sup> Each "time" cheese, yogurt and dairy desserts were 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.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 17: Total Servings of Milk and Milk Products (Cheese, Yogurt and Dairy Desserts) Consumed by California Adolescents**

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?

	<b>Servings<sup>1</sup> of Milk and Milk Products Reported Yesterday, Percent of Adolescents</b>		
	<b>0</b>	<b>1-2</b>	<b>3+</b>
<b>Total</b>	<b>5</b>	<b>32</b>	<b>62</b>
<b>Gender</b>			
Males	3	27	69
Females	7	38	55
<b>Ethnicity</b>			
White	3	30	66
African American	5	37	58
Latino	7	33	60
Asian/Other	5	36	59
<b>Gender by Age</b>			
<b>Males</b>			
12-13	3	24	73
14-15	2	28	70
16-17	4	31	65
<b>Females</b>			
12-13	5	32	63
14-15	7	44	49
16-17	9	38	53
<b>Smoking Status</b>			
Non-Smokers	5	33	62
Smokers	6	30	64
<b>Physical Activity Status</b>			
Regular	4	29	67
Irregular	9	44	47
<b>Overweight Status</b>			
Not at Risk	4	31	65
At Risk/Overweight	10	34	56
<b>Income Related Food Risk</b>			
Yes	4	30	65
No	5	33	62

<sup>1</sup> 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.

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 18: Type of Milk Consumed by California Adolescents**

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, Percent Out of All Milk Drinkers <sup>1</sup>				1% or Nonfat Milk, Percent of Adolescents
	Nonfat	1%	2%	Whole	
<b>Total</b>	<b>23</b>	<b>15</b>	<b>44</b>	<b>19</b>	<b>30</b>
<b>Gender</b>					
Males	20	14	46	20	29
Females	25	16	42	18	31
<b>Ethnicity</b>					
White	24	18	51	8	34
African American	11	12	48	28	18
Latino	20	14	35	31	27
Asian/Other	31	8	37	24	32
<b>Gender by Age</b>					
<b>Males</b>					
12-13	30	16	36	18	41
14-15	19	11	48	21	26
16-17	12	14	53	20	22
<b>Females</b>					
12-13	30	16	41	14	39
14-15	29	12	40	19	31
16-17	15	19	45	22	23
<b>Smoking Status</b>					
Non-Smokers	23	15	43	19	31
Smokers	14	11	53	22	20
<b>Physical Activity Status</b>					
Regular	23	14	45	19	30
Irregular	23	19	38	21	29
<b>Overweight Status</b>					
Not at Risk	22	15	46	16	31
At Risk/Overweight	22	13	40	25	26
<b>Income Related Food Risk</b>					
Yes	23	15	37	25	33
No	23	15	45	17	30

<sup>1</sup>Out of Milk Drinkers that knew fat percentage. (n=917)

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 20: Belief by California Adolescents about the Number of Servings of Dairy Products Needed Each Day for Good Health**

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

	Servings of Dairy Products Believed Needed, Percent of Adolescents	
	0-2	3+
<b>Total</b>	<b>23</b>	<b>77</b>
<b>Gender</b>		
Males	23	77
Females	24	76
<b>Ethnicity</b>		
White	17	83
African American	30	70
Latino	31	69
Asian/Other	19	81
<b>Gender by Age</b>		
<b>Males</b>		
12-13	25	75
14-15	22	78
16-17	23	77
<b>Females</b>		
12-13	25	75
14-15	19	81
16-17	28	72
<b>Smoking Status</b>		
Non-Smokers	24	76
Smokers	18	82
<b>Physical Activity Status</b>		
Regular	19	81
Irregular	37	63
<b>Overweight Status</b>		
Not at Risk	21	79
At Risk/Overweight	27	73
<b>Income Related Food Risk</b>		
Yes	33	67
No	22	78

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 24: Consumption of High Protein Foods and Belief about the Number of Servings of Meat Needed for Good Health among California Adolescents**

Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?  
 How many servings of meat, poultry, fish, eggs, beans, tofu and other soy alternatives do you think you should eat every day to be healthy?

	Ate High Protein Foods Yesterday, Percent of Adolescents	Servings of Meat Believed Needed, Percent of Adolescents		
		0-1	2	3+
<b>Total</b>	<b>85</b>	<b>17</b>	<b>27</b>	<b>56</b>
<b>Gender</b>				
Males	89 ***	19	27	54
Females	82	16	26	58
<b>Ethnicity</b>				
White	86	11	28	61 ***
African American	85	25	21	55
Latino	83	24	29	47
Asian/Other	92	17	18	66
<b>Gender by Age</b>				
<b>Males</b>				
12-13	87	19	27	54
14-15	93	18	28	54
16-17	88	19	26	55
<b>Females</b>				
12-13	79	18	24	59
14-15	85	13	23	63
16-17	81	17	31	52
<b>Smoking Status</b>				
Non-Smokers	86	17	27	55
Smokers	78	18	19	63
<b>Physical Activity Status</b>				
Regular	87 ***	15	26	59 ***
Irregular	78	24	30	45
<b>Overweight Status</b>				
Not at Risk	85	16	25	59 *
At Risk/Overweight	87	21	30	50
<b>Income Related Food Risk</b>				
Yes	86	26	28	46 ***
No	85	14	27	59

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 26: Consumption of Each Category of High Calorie, Low Nutrient Foods among California Adolescents**

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 or Sobe did you drink?

	<b>Food Eaten From Each Category Yesterday, Percent of Adolescents</b>					
	<b>Regular Soda</b>	<b>Candy</b>	<b>Chips/Fried Snacks</b>	<b>Bakery Desserts</b>	<b>Deep Fried Foods</b>	<b>Breakfast Pastries</b>
<b>Total</b>	<b>70</b>	<b>34</b>	<b>39</b>	<b>39</b>	<b>20</b>	<b>24</b>
<b>Gender</b>						
Males	72	31	40	39	20	27 *
Females	67	36	37	40	20	22
<b>Ethnicity</b>						
White	65 **	29 **	37	39 **	16 **	26 ***
African American	82	45	48	58	20	39
Latino	71	36	37	36	22	20
Asian/Other	74	36	43	38	27	21
<b>Gender by Age</b>						
<b>Males</b>						
12-13	70	32	42	42	19	27
14-15	73	34	42	40	19	23
16-17	72	29	37	35	22	30
<b>Females</b>						
12-13	71	36 *	40	37	20	24
14-15	69	42	35	44	19	20
16-17	61	29	35	39	20	21
<b>Smoking Status</b>						
Non-Smokers	69	34	38	39	20 *	25
Smokers	79	25	49	38	10	20
<b>Physical Activity Status</b>						
Regular	70	33	41 **	40	18 *	26 *
Irregular	67	36	31	36	25	19
<b>Overweight Status</b>						
Not at Risk	69	35	40	39	20	25
At Risk/Overweight	73	31	36	40	16	22
<b>Income Related Food Risk</b>						
Yes	72	36	42	37	24	16 **
No	69	33	37	39	19	27

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

## 2002 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**

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 or Sobe did you drink?

	Servings <sup>1</sup> of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday, Percent of Adolescents					
	0-1	2	3	4+	2 or More	3 or More
<b>Total</b>	<b>31</b>	<b>29</b>	<b>22</b>	<b>18</b>	<b>69</b>	<b>40</b>
<b>Gender</b>						
Males	31	28	22	19	69	41
Females	31	31	21	17	69	38
<b>Ethnicity</b>						
White	35	31	19	15	65	34
African American	14	25	25	36	86	61
Latino	31	28	23	18	69	41
Asian/Other	25	32	24	19	75	43
<b>Gender by Age</b>						
<b>Males</b>						
12-13	29	29	25	17	71	43
14-15	26	34	21	19	74	39
16-17	37	21	21	22	63	42
<b>Females</b>						
12-13	31	26	25	18	69	43
14-15	27	35	20	18	73	38
16-17	34	33	18	15	66	33
<b>Smoking Status</b>						
Non-Smokers	30	30	22	18	69	40
Smokers	33	29	21	17	67	38
<b>Physical Activity Status</b>						
Regular	29	30	22	19	71	40
Irregular	37	25	22	16	63	38
<b>Overweight Status</b>						
Not at Risk	29	31	22	18	71	40
At Risk/Overweight	33	27	23	17	66	40
<b>Income Related Food Risk</b>						
Yes	26	34	23	17	73	40
No	32	29	21	18	68	39

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

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 29: Prevalence of Hunger among California Adolescents**

Have you ever gone hungry because there was not enough money to buy food for your house or home?

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	Percent of Adolescents	
	Reported Ever Having Gone Hungry	Gone Hungry Last 12 Months
<b>Total</b>	<b>7</b>	<b>3</b>
<b>Gender</b>		
Males	6	2 *
Females	8	3
<b>Ethnicity</b>		
White	5 **	1 *
African American	12	5
Latino	6	3
Asian/Other	12	5
<b>Gender by Age</b>		
<b>Males</b>		
12-13	8	insufficient sample size
14-15	4	
16-17	6	
<b>Females</b>		
12-13	9	insufficient sample size
14-15	9	
16-17	5	
<b>Smoking Status</b>		
Non-Smokers	6 **	2
Smokers	15	6
<b>Physical Activity Status</b>		
Regular	6	2
Irregular	9	4
<b>Overweight Status</b>		
Not at Risk	7	3
At Risk/Overweight	7	2
<b>Income Related Food Risk</b>		
Yes	NA	NA
No	NA	NA

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

Chi Square Test

\* p<.05

\*\* p<.01

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 29a: Cross Tabulation of Food Security by Food Assistance**

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

	<b>Gone Hungry last 12 Months, Percent of Adolescents</b>
<b>Total</b>	<b>3</b>
<b>Receive Food Stamps</b>	
Yes	8 ***
No	2
<b>Receive WIC</b>	
Yes	6 *
No	2
<b>Receive Free/Reduced Meals</b>	
Yes	5 **
No	2

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 30: Consumption of Meals among California Adolescents**

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>80</b>	<b>88</b>	<b>90</b>	<b>90</b>
<b>Gender</b>				
Males	82	87	90	92
Females	78	89	90	87
<b>Ethnicity</b>				
White	82	91	94	89
African American	75	85	88	94
Latino	79	83	84	90
Asian/Other	81	92	92	87
<b>Gender by Age</b>				
<b>Males</b>				
12-13	84	92	91	92
14-15	85	91	92	91
16-17	77	79	87	92
<b>Females</b>				
12-13	83	90	94	89
14-15	75	87	88	88
16-17	77	88	88	85
<b>Smoking Status</b>				
Non-Smokers	80	88	90	90
Smokers	75	85	82	87
<b>Physical Activity Status</b>				
Regular	82	89	91	90
Irregular	74	84	84	90
<b>Overweight Status</b>				
Not at Risk	81	89	91	90
At Risk/Overweight	77	84	87	89
<b>Income Related Food Risk</b>				
Yes	80	85	86	89
No	81	88	91	90

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

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 31: Consumption of School Lunch among California Adolescents**

Where did you obtain lunch from?

	Type of Lunch Reported, Percent of Adolescents					
	School Cafeteria	School Snack Bar	School Store	Home	Fast Food	Other <sup>1</sup>
<b>Total</b>	19	6	4	46	8	16
<b>Gender</b>						
Males	23	6	3	46	7	14
Females	15	6	4	47	9	19
<b>Ethnicity</b>						
White	17	5	3	51	8	16
African American	22	9	5	39	10	16
Latino	23	8	6	41	7	15
Asian/Other	15	6	3	44	10	22
<b>Gender by Age</b>						
<b>Males</b>						
12-13	30	3	2	49	4	11
14-15	25	12	6	40	7	11
16-17	14	5	2	47	11	21
<b>Females</b>						
12-13	22	3	2	46	12	15
14-15	14	8	6	49	5	19
16-17	9	7	5	46	11	22
<b>Smoking Status</b>						
Non-Smokers	20	6	4	47	8	16
Smokers	15	10	3	36	10	25
<b>Physical Activity Status</b>						
Regular	20	6	4	46	8	16
Irregular	17	7	2	48	11	16
<b>Overweight Status</b>						
Not at Risk	18	6	3	46	10	16
At Risk/Overweight	19	6	5	47	4	19
<b>Income Related Food Risk</b>						
Yes	27	5	3	45	5	15
No	17	7	4	48	9	15

<sup>1</sup> Includes lunch from vending machine, fund raiser, friend, convenience store, club, community center, and food cart none of which exceeded 2 percent.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 33: Cross Tabulation of the Effect of Eating School Lunch or Fast Food the Previous Day on Consumption of Fruits and Vegetables, Dairy Products, Whole Grains, and High Calorie, Low Nutrient Foods**

Where did you obtain lunch from?

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?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or poptarts?

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

Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, salsa, or no

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

What percent fat was most of the milk you drank yesterday?

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.

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?

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.

		%	Deep Fried Foods	Chips, Fried Snacks	Bakery Sweets/ Desserts	Pastries	3 or More High Calorie Foods
<b>Adolescents Eating Lunch from Home</b>	<b>Yes</b>	46	15	38	40	22	36
	<b>No</b>	54	24	42	40	27	45
<b>Adolescents Eating School Lunch<sup>1</sup></b>	<b>Yes</b>	19	26	47	37	28	46
	<b>No</b>	81	18	39	41	24	39
<b>Adolescents Eating Fast Food</b>	<b>Yes</b>	8	39	27	30	28	41
	<b>No</b>	92	18	41	41	25	41
		%	5 Servings of Fruits and Vegetables	1 or More Servings of Beans	Whole Grain Bread	Non-Fat / 1% Milk Fat <sup>2</sup>	3 or More Servings or Dairy Products
<b>Adolescents Eating Lunch from Home</b>	<b>Yes</b>	46	48	76	73	41	66
	<b>No</b>	54	38	77	70	35	61
<b>Adolescents Eating School Lunch<sup>1</sup></b>	<b>Yes</b>	19	42	74	67	33	66
	<b>No</b>	81	43	77	73	39	62
<b>Adolescents Eating Fast Food</b>	<b>Yes</b>	8	37	81	69	43	60
	<b>No</b>	92	43	76	72	38	63

Adolescents eating school lunch (n=213), lunch from home (n=465), lunch from fast food (n=93).

<sup>1</sup> Includes only those adolescents who both ate lunch and attended school on the previous day.

<sup>2</sup> Out of Milk Drinkers. (n=984)

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34: Prevalence of Eating at Fast Food Restaurants among California**

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?

	Percent of Adolescents			Reported Ate Fast Food Yesterday
	Number of Meals and Snacks Eaten Yesterday at Fast Food Restaurants			
	0	1	2+	
<b>Total</b>	<b>69</b>	<b>27</b>	<b>3</b>	<b>31</b>
<b>Gender</b>				
Males	68	29	3	32
Females	71	26	4	29
<b>Ethnicity</b>				
White	71	26	2	29
African American	63	35	2	37
Latino	69	26	5	31
Asian/Other	68	27	5	32
<b>Gender by Age</b>				
<b>Males</b>				
12-13	67	30	3	33
14-15	70	27	3	30
16-17	68	29	3	32
<b>Females</b>				
12-13	67	30	3	33
14-15	77	20	3	23
16-17	68	27	5	32
<b>Smoking Status</b>				
Non-Smokers	69	27	3	31
Smokers	70	25	5	30
<b>Physical Activity Status</b>				
Regular	70	27	3	30
Irregular	69	28	3	31
<b>Overweight Status</b>				
Not at Risk	67	29	4	33
At Risk/Overweight	74	24	2	26
<b>Income Related Food Risk</b>				
Yes	73	24	3	27
No	68	28	4	32

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34a: Typical Weekly Frequency of Eating at Fast Food Restaurants among California Adolescents**

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	2	3+
<b>Total</b>	<b>13</b>	<b>43</b>	<b>24</b>	<b>20</b>
<b>Gender</b>				
Males	10	44	26	20
Females	15	42	22	20
<b>Ethnicity</b>				
White	17	42	22	19
African American	10	35	26	29
Latino	6	46	27	21
Asian/Other	14	45	23	17
<b>Gender by Age</b>				
<b>Males</b>				
12-13	11	53	25	11
14-15	13	41	25	21
16-17	7	38	28	28
<b>Females</b>				
12-13	15	45	22	19
14-15	14	52	21	13
16-17	17	31	23	29
<b>Smoking Status</b>				
Non-Smokers	13	44	24	20
Smokers	14	23	32	32
<b>Physical Activity Status</b>				
Regular	14	41	25	20
Irregular	10	50	19	21
<b>Overweight Status</b>				
Not at Risk	12	44	24	21
At Risk/Overweight	15	40	25	20
<b>Income Related Food Risk</b>				
Yes	12	44	25	19
No	12	44	23	21

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34b: Frequency of Eating at Fast Food Restaurants Three or More Time a Week among California Adolescents**

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	
	0-2 times	3+ times
<b>Total</b>	<b>56</b>	<b>44</b>
<b>Gender</b>		
Males	54	46
Females	58	42
<b>Ethnicity</b>		
White	60	40
African American	45	55
Latino	53	47
Asian/Other	59	41
<b>Gender by Age</b>		
<b>Males</b>		
12-13	64	36
14-15	54	46
16-17	45	55
<b>Females</b>		
12-13	60	40
14-15	66	34
16-17	48	52
<b>Smoking Status</b>		
Non-Smokers	57	43
Smokers	37	63
<b>Physical Activity Status</b>		
Regular	55	45
Irregular	60	40
<b>Overweight Status</b>		
Not at Risk	55	45
At Risk/Overweight	55	45
<b>Income Related Food Risk</b>		
Yes	56	44
No	56	44

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34c: Mean Number of Times Ate at Fast Food Restaurants among California Adolescents**

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?

	<b>Mean Number of Times Ate at Fast Food Restaurants Per Week</b>
<b>Total</b>	<b>1.7</b>
<b>Gender</b>	
Males	1.7
Females	1.7
<b>Ethnicity</b>	
White	1.6 <sup>a</sup> **
African American	2.0 <sup>b</sup>
Latino	1.8 <sup>ab</sup>
Asian/Other	1.5 <sup>ab</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	1.4 <sup>a</sup> ***
14-15	1.7 <sup>a</sup>
16-17	2.1 <sup>b</sup>
<b>Females</b>	
12-13	1.6 <sup>a</sup> **
14-15	1.4 <sup>a</sup>
16-17	1.9 <sup>b</sup>
<b>Smoking Status</b>	
Non-Smokers	1.7 **
Smokers	2.2
<b>Physical Activity Status</b>	
Regular	1.7
Irregular	1.8
<b>Overweight Status</b>	
Not at Risk	1.7
At Risk/Overweight	1.7
<b>Income Related Food Risk</b>	
Yes	1.7
No	1.7

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<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34d: Prevalence of Fast Food Restaurants at School among California Adolescents**

Does your school serve food from fast food restaurants link Burger King, McDonald's, or Taco Bell every day?

	<b>Percent of Students with Fast Food Restaurants at School</b>	
<b>Total</b>	<b>41</b>	
<b>Gender</b>		
Males	40	
Females	42	
<b>Ethnicity</b>		
White	45	
African American	37	
Latino	38	
Asian/Other	35	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	26	
14-15	52	
16-17	44	
<b>Females</b>		
12-13	30	
14-15	45	
16-17	50	
<b>Smoking Status</b>		
Non-Smokers	41	
Smokers	43	
<b>Physical Activity Status</b>		
Regular	42	
Irregular	35	
<b>Overweight Status</b>		
Not at Risk	42	
At Risk/Overweight	41	
<b>Income Related Food Risk</b>		
Yes	29	
No	44	

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

Chi Square Test

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34e: Prevalence of Open High School Campus and Eating at Fast Food Restaurants among California Adolescents**

Does the school have an open campus for lunch?

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?

Open Campus	Frequency of Fast Food Yesterday, Percent of Adolescents <sup>1</sup>			Mean Times Ate Fast Food <sup>2</sup>
	0	1	2	
Yes	70	27	3	0.3
No	69	27	4	0.4

Open Campus	Frequency of Fast Food Yesterday, Percent of Adolescents <sup>1</sup>	
	0	1+
Yes	70	30
No	69	31

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<sup>1</sup>

ANOVA<sup>2</sup>

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 35: Frequency of Physical Activity in the Past Week among California Adolescents**

How many times during the past week did you participate in physical activities, exercise or sports? (If you exercised more than once a day, include each time. Also, include time spent in physical education class.)

	Number of Times Adolescent Reported Physical Activity in the Past Week, Percent of Adolescents					
	Any Physical Activity	0	1-2	3-4	5-6	7+
<b>Total</b>	<b>91</b>	<b>9</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>18</b>
<b>Gender</b>						
Males	92	8	10	25	36	22
Females	90	10	15	24	35	15
<b>Ethnicity</b>						
White	94	6	10	23	36	26
African American	90	10	10	20	45	16
Latino	86	14	16	26	32	12
Asian/Other	94	6	13	30	39	13
<b>Gender by Age</b>						
<b>Males</b>						
12-13	93	7	9	19	43	21
14-15	97	3	7	24	37	30
16-17	87	13	12	31	29	15
<b>Females</b>						
12-13	92	8	16	21	41	15
14-15	94	6	14	22	40	18
16-17	84	16	17	30	24	13
<b>Smoking Status</b>						
Non-Smokers	91	9	13	25	35	18
Smokers	90	10	8	21	41	20
<b>Physical Activity Status</b>						
Regular	NA	NA	NA	NA	NA	NA
Irregular	NA	NA	NA	NA	NA	NA
<b>Overweight Status</b>						
Not at Risk	91	9	11	24	36	19
At Risk/Overweight	93	7	13	26	35	19
<b>Income Related Food Risk</b>						
Yes	87	13	17	23	34	13
No	91	9	12	24	35	20

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day**

Yesterday, did you participate in any physical activities, exercise, sports or physical education class?  
For how many minutes or hours did you do this activity?

	<b>One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents</b>
<b>Total</b>	<b>40</b>
<b>Gender</b>	
Males	47 ***
Females	33
<b>Ethnicity</b>	
White	46 ***
African American	38
Latino	33
Asian/Other	42
<b>Gender by Age</b>	
<b>Males</b>	
12-13	46
14-15	48
16-17	46
<b>Females</b>	
12-13	29
14-15	34
16-17	36
<b>Smoking Status</b>	
Non-Smokers	40
Smokers	40
<b>Physical Activity Status</b>	
Regular	46 ***
Irregular	17
<b>Overweight Status</b>	
Not at Risk	40
At Risk/Overweight	43
<b>Income Related Food Risk</b>	
Yes	34
No	41

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

Chi Square Test

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents**

What type of physical activity, exercise or sport did you spend the most time doing yesterday?  
 Was there another physical activity, exercise or sport that you participated in yesterday?  
 What type of physical activity, exercise, or sport was it?  
 For how many minutes or hours did you do this activity?

	Percent of Adolescents	Mean Minutes		
	Reporting 1 Hour or More of Vigorous Physical Activity <sup>1</sup>	Vigorous Physical Activity <sup>2</sup>	Moderate Physical Activity <sup>2</sup>	Moderate and Vigorous Physical Activity <sup>2</sup>
<b>Total</b>	<b>26</b>	<b>41.7</b>	<b>25.6</b>	<b>67.2</b>
<b>Gender</b>				
Males	30 **	48.1 ***	31.2 **	79.3 ***
Females	22	34.9	19.6	54.4
<b>Ethnicity</b>				
White	27 **	41.7 <sup>a</sup> ***	33.2 <sup>b</sup> ***	74.9 <sup>b</sup> **
African American	39	70.6 <sup>b</sup>	7.2 <sup>a</sup>	77.9 <sup>ab</sup>
Latino	23	35.2 <sup>a</sup>	21.2 <sup>a</sup>	56.3 <sup>a</sup>
Asian/Other	25	41.7 <sup>a</sup>	21.6 <sup>ab</sup>	63.1 <sup>ab</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	33	52.8	25.7	78.5
14-15	31	51.4	26.8	78.2
16-17	27	40.4	40.7	81.0
<b>Females</b>				
12-13	20	32.3	14.7	46.8
14-15	24	35.9	20.5	56.3
16-17	22	36.5	23.8	60.1
<b>Smoking Status</b>				
Non-Smokers	27	41.6	25.0	66.5
Smokers	21	43.2	33.1	76.3
<b>Physical Activity Status</b>				
Regular	31 ***	48.9 ***	27.9 *	76.8 ***
Irregular	11	15.7	17.3	32.9
<b>Overweight Status</b>				
Not at Risk	27	43.4	24.8	68.2
At Risk/Overweight	24	38.2	29.3	67.5
<b>Income Related Food Risk</b>				
Yes	23	38.4	21.3	59.5
No	27	43.4	24.9	68.3

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).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 39: Participation in School Physical Education and Organized Sports among California Adolescents**

Do you currently take physical education class in school?

How many times a week do you have physical education class in school?

Other than physical education class, are you currently involved in any team or individual sports or activities, such as school team sports, intramural sports, or out-of school programs?

	Taking Physical Education in School <sup>1</sup> , Percent of Adolescents	Mean Reported Days of Physical Education per Week <sup>2</sup>	Involved in Organized Sports <sup>1</sup> , Percent of Adolescents
<b>Total</b>	<b>75</b>	<b>4.4</b>	<b>44</b>
<b>Gender</b>			
Males	77	4.4	43
Females	73	4.3	45
<b>Ethnicity</b>			
White	73	4.3	49
African American	79	4.4	53
Latino	79	4.4	36
Asian/Other	71	4.6	43
<b>Gender by Age</b>			
<b>Males</b>			
12-13	95	4.4	46
14-15	84	4.5	46
16-17	53	4.5	37
<b>Females</b>			
12-13	93	4.2 <sup>a</sup>	48
14-15	85	4.5 <sup>b</sup>	51
16-17	40	4.2 <sup>ab</sup>	35
<b>Smoking Status</b>			
Non-Smokers	77	4.4	44
Smokers	52	4.6	40
<b>Physical Activity Status</b>			
Regular	80	4.5	48
Irregular	57	4.0	28
<b>Overweight Status</b>			
Not at Risk	75	4.4	46
At Risk/Overweight	74	4.3	40
<b>Income Related Food Risk</b>			
Yes	79	4.5	35
No	73	4.3	45

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).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40: Duration of Sedentary Activities among California Adolescents**

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
<b>Total</b>	<b>129</b>	<b>24</b>
<b>Gender</b>		
Males	134	24
Females	125	25
<b>Ethnicity</b>		
White	124 <sup>a</sup> ***	22 <sup>a</sup> ***
African American	185 <sup>b</sup>	31 <sup>ab</sup>
Latino	119 <sup>a</sup>	21 <sup>a</sup>
Asian/Other	145 <sup>ab</sup>	43 <sup>b</sup>
<b>Gender by Age</b>		
<b>Males</b>		
12-13	130	18 <sup>a</sup> *
14-15	130	26 <sup>ab</sup>
16-17	140	30 <sup>b</sup>
<b>Females</b>		
12-13	140	18
14-15	124	29
16-17	110	26
<b>Smoking Status</b>		
Non-Smokers	131	25
Smokers	104	21
<b>Physical Activity Status</b>		
Regular	121 ***	27 **
Irregular	160	17
<b>Overweight Status</b>		
Not at Risk	129	27 **
At Risk/Overweight	133	18
<b>Income Related Food Risk</b>		
Yes	134	24
No	129	24

Analyses performed on log transformed data.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40a: Prevalence of Extended Television Time among California Adolescents**

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

	<b>Watched More than 120 Minutes of Television, Percent of Adolescents</b>
<b>Total</b>	<b>32</b>
<b>Gender</b>	
Males	33
Females	32
<b>Ethnicity</b>	
White	29
African American	50
Latino	31
Asian/Other	39
<b>Gender by Age</b>	
<b>Males</b>	
12-13	31
14-15	33
16-17	34
<b>Females</b>	
12-13	34
14-15	33
16-17	28
<b>Smoking Status</b>	
Non-Smokers	33
Smokers	25
<b>Physical Activity Status</b>	
Regular	29
Irregular	43
<b>Overweight Status</b>	
Not at Risk	32
At Risk/Overweight	35
<b>Income Related Food Risk</b>	
Yes	36
No	32

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

Chi Square Test

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms**

Do you have a television set in your bedroom?

	<b>Have a Television in Bedroom, Percent of Adolescents</b>	
<b>Total</b>	<b>57</b>	
<b>Gender</b>		
Males	62	***
Females	51	
<b>Ethnicity</b>		
White	51	***
African American	77	
Latino	65	
Asian/Other	41	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	57	
14-15	63	
16-17	65	
<b>Females</b>		
12-13	51	
14-15	53	
16-17	50	
<b>Smoking Status</b>		
Non-Smokers	57	
Smokers	56	
<b>Physical Activity Status</b>		
Regular	56	
Irregular	61	
<b>Overweight Status</b>		
Not at Risk	54	*
At Risk/Overweight	62	
<b>Income Related Food Risk</b>		
Yes	65	*
No	56	

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40c: Duration of Sedentary Activities among California Adolescents**

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	<b>Mean Minutes Spent Watching TV/Playing Computer for Fun and Homework</b>
<b>Total</b>	<b>154</b>
<b>Gender</b>	
Males	158
Females	149
<b>Ethnicity</b>	
White	145 <sup>a</sup>
African American	216 <sup>b</sup>
Latino	140 <sup>a</sup>
Asian/Other	189 <sup>b</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	148
14-15	156
16-17	170
<b>Females</b>	
12-13	159
14-15	153
16-17	137
<b>Smoking Status</b>	
Non-Smokers	156
Smokers	125
<b>Physical Activity Status</b>	
Regular	148
Irregular	177
<b>Overweight Status</b>	
Not at Risk	156
At Risk/Overweight	151
<b>Income Related Food Risk</b>	
Yes	159
No	153

Analyses performed on log transformed data.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 42: Barriers to Getting More Physical Activity among California Adolescents**

What is the main reason you don't get more exercise or physical activity?

	Barriers to Getting More Physical Activity, Percent of Adolescents						
	No Time	Other <sup>1</sup>	Too Tired	Already Get Enough	Rather Do Something Else	Lazy	
<b>Total</b>	<b>34</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>16</b>	<b>15</b>	
<b>Gender</b>							
Males	28	17	16	9	16	14	***
Females	39	15	7	7	17	15	
<b>Ethnicity</b>							
White	33	16	9	7	17	17	**
African American	19	18	18	6	19	19	
Latino	34	18	14	9	15	10	
Asian/Other	44	13	10	8	12	14	
<b>Gender by Age</b>							
<b>Males</b>							
12-13	17	25	22	6	15	15	***
14-15	27	17	19	10	13	14	
16-17	40	10	7	11	18	13	
<b>Females</b>							
12-13	36	19	10	6	10	19	**
14-15	38	13	7	10	18	13	
16-17	43	14	5	3	22	13	
<b>Smoking Status</b>							
Non-Smokers	34	16	12	8	16	15	
Smokers	27	20	7	7	25	13	
<b>Physical Activity Status</b>							
Regular	35	15	11	8	16	15	*
Irregular	30	22	12	5	19	12	
<b>Overweight Status</b>							
Not at Risk	36	13	12	8	16	15	***
At Risk/Overweight	26	24	8	8	20	13	
<b>Income Related Food Risk</b>							
Yes	25	21	12	12	16	14	*
No	36	15	12	7	15	15	

<sup>1</sup> Includes "Don't Like it", "Don't Look Good Doing it", "Not Important", "No Safe Place", "Physically Unable", and "Don't Have the Right Equipment.", none of which exceeded 3 percent.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed**

About how many minutes do you think you should exercise or be physically active each day for good health?  
 What type of physical activity, exercise or sport did you spend the most time doing yesterday?  
 For how many minutes or hours did you do this activity?

Minutes Thought Were Needed	Believed Amount Needed, Percent of Adolescents	Time in Minutes Spent in Physical Activity, Percent of Adolescents		
		Less than 30	30-59	60+
	<b>Total</b>	<b>43</b>	<b>17</b>	<b>40</b>
<b>Less than 30</b>	13	53	16	31
<b>30-59</b>	37	51	17	32
<b>60+</b>	50	34	17	48

\*\*\*

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

Chi Square Test

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index<sup>1</sup>**

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status <sup>2</sup> , Percent of Adolescents			
	Not at Risk	At Risk for Overweight	Overweight	At Risk and Overweight
<b>Total</b>	<b>77</b>	<b>15</b>	<b>9</b>	<b>23</b>
<b>Gender</b>				
Males	73	15	12	27
Females	81	14	5	19
<b>Ethnicity</b>				
White	80	12	8	20
African American	71	13	16	29
Latino	69	21	9	31
Asian/Other	87	7	6	13
<b>Gender by Age</b>				
<b>Males</b>				
12-13	70	16	14	30
14-15	72	19	9	28
16-17	75	11	13	25
<b>Females</b>				
12-13	80	13	7	20
14-15	78	15	7	22
16-17	84	13	3	16
<b>Smoking Status</b>				
Non-Smokers	77	14	9	23
Smokers	69	23	8	31
<b>Physical Activity Status</b>				
Regular	77	15	8	23
Irregular	76	13	11	24
<b>Overweight Status</b>				
Not at Risk	NA	NA	NA	NA
At Risk/Overweight	NA	NA	NA	NA
<b>Income Related Food Risk</b>				
Yes	74	16	10	26
No	77	14	9	23

<sup>1</sup> Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m<sup>2</sup>).

<sup>2</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = BMI ≥ 95th percentile.

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 49: Weight Loss Practices of California Adolescents**

During the past 30 days, have you done anything to try to lose weight?  
Are you dieting to lose weight now?

	Tried to Lose Weight Past 30 Days, Percent of Adolescents	Currently Dieting, Percent of Adolescents Trying to Lose Weight
<b>Total</b>	<b>42</b>	<b>43</b>
<b>Gender</b>		
Males	35 ***	39
Females	50	46
<b>Ethnicity</b>		
White	41	44
African American	49	48
Latino	43	42
Asian/Other	38	43
<b>Gender by Age</b>		
<b>Males</b>		
12-13	41 *	46 *
14-15	29	45
16-17	34	25
<b>Females</b>		
12-13	45	46
14-15	55	40
16-17	49	53
<b>Smoking Status</b>		
Non-Smokers	41	42
Smokers	49	49
<b>Physical Activity Status</b>		
Regular	42	42
Irregular	42	49
<b>Overweight Status</b>		
Not at Risk	32 ***	40
At Risk/Overweight	73	47
<b>Income Related Food Risk</b>		
Yes	38	41
No	41	43

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 49a: Types of Weight Loss Practices of California Adolescents**

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Most Common Way to Lose Weight, Percent of Adolescents Reported Trying to Lose Weight in the Past 30 Days <sup>1</sup>	
	Go on a Diet <sup>2</sup>	Exercise or Workout
<b>Total</b>	<b>18</b>	<b>82</b>
<b>Gender</b>		
Males	17	83
Females	19	81
<b>Ethnicity</b>		
White	21	79
African American	14	86
Latino	13	87
Asian/Other	28	72
<b>Gender by Age</b>		
<b>Males</b>		
12-13	19	81
14-15	14	86
16-17	17	83
<b>Females</b>		
12-13	19	81
14-15	14	86
16-17	23	77
<b>Smoking Status</b>		
Non-Smokers	18	82
Smokers	20	80
<b>Physical Activity Status</b>		
Regular	16	84
Irregular	25	75
<b>Overweight Status</b>		
Not at Risk	19	81
At Risk/Overweight	17	83
<b>Income Related Food Risk</b>		
Yes	17	83
No	19	81

<sup>1</sup> Others include "Smoke" and "Other"; none of which exceeded 3 percent and were excluded from the analysis.

<sup>2</sup> Includes fasting which did not exceed 2 percent

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

Chi Square Test

\* p<.05

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 53: Cross Tabulation of Fruit and Vegetable Consumption and Healthy Eating Practice Score among California Adolescents By Behavioral Theories**

		Percent of Adolescents	Mean Servings of Fruits and Vegetables	Healthy Eating Practice Scores
<b>Behavioral Capability</b>				
Do you know how to pick out healthy foods from menus?	Yes	79	4.4	3.0
	No	21	4.1	
Did anyone ever teach you how to cook foods in a healthy way?	Yes	65	4.5	3.1
	No	35	4.0	
In the last year, have you taken a class, or course at school in which the health effects of good eating habits were discussed?	Yes	61	4.6	3.1
	No	39	3.9	2.9
<b>Reinforcement</b>				
Do you feel guilty on days when you haven't eaten healthy?	Yes	50	4.5	3.1
	No	50	4.2	
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	65	4.6	3.1
	No	35	3.8	
<b>Environment</b>				
In general, are fruits, vegetables, and juices available to you when you are hungry?	Yes	92	4.4	3.0
	No	8	3.0	
<b>Reciprocal Determinism</b>				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	45	4.7	3.2
	No	55	4.0	

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.

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 55: Association of Gardening with Fruit and Vegetable Consumption among California Adolescents**

Have you ever worked in a garden to grow fruits and vegetables?

	<b>Worked in a Garden, Percent of Adolescents</b>
<b>Total</b>	<b>45</b>
<b>Gender</b>	
Males	45
Females	46
<b>Ethnicity</b>	
White	55
African American	35
Latino	37
Asian/Other	38
<b>Gender by Age</b>	
<b>Males</b>	
12-13	45
14-15	46
16-17	44
<b>Females</b>	
12-13	47
14-15	53
16-17	37
<b>Smoking Status</b>	
Non-Smokers	45
Smokers	46
<b>Physical Activity Status</b>	
Regular	47
Irregular	40
<b>Overweight Status</b>	
Not at Risk	46
At Risk/Overweight	44
<b>Income Related Food Risk</b>	
Yes	38
No	45

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 56: Environmental Factors for Healthy Eating among California Adolescents**

Do you like the food served at your school?

In general, are fruits, vegetables, and juice available to you when you are hungry?

Do you usually eat dinner with your family or people you live with?

	Percent of Adolescents		
	Like Food at School	Fruits, Vegetables and Juice Available when Hungry	Usually Eat Dinner with Family
<b>Total</b>	<b>83</b>	<b>92</b>	<b>86</b>
<b>Gender</b>			
Males	83	93	88
Females	83	92	84
<b>Ethnicity</b>			
White	83	91	87
African American	94	93	88
Latino	80	94	84
Asian/Other	87	91	89
<b>Gender by Age</b>			
<b>Males</b>			
12-13	84	95	96
14-15	85	94	92
16-17	79	90	78
<b>Females</b>			
12-13	82	93	90
14-15	86	92	88
16-17	80	90	73
<b>Smoking Status</b>			
Non-Smokers	83	92	87
Smokers	75	93	66
<b>Physical Activity Status</b>			
Regular	84	93	88
Irregular	81	91	80
<b>Overweight Status</b>			
Not at Risk	84	92	88
At Risk/Overweight	81	93	80
<b>Income Related Food Risk</b>			
Yes	81	91	87
No	83	92	87

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**Table 58: Behavioral Capability of California Adolescents**

Did you know how to pick out healthy foods from menus?

Did anyone ever teach you how to cook foods in a healthy way?

How many times per week do you cook for your family or the people you live with?

	Percent of Adolescents			Mean
	Can Pick Healthy Foods From Menus <sup>1</sup>	Taught to Cook Healthy <sup>1</sup>	Adolescents Who Cooked for Family > 1 Time a Week <sup>1</sup>	Weekly Frequency of Cooking for Family <sup>2,3</sup>
<b>Total</b>	<b>79</b>	<b>65</b>	<b>51</b>	<b>1.9</b>
<b>Gender</b>				
Males	79	59 ***	44 ***	1.7 **
Females	80	71	58	2.0
<b>Ethnicity</b>				
White	84 ***	66 **	50	1.7 <sup>a</sup> *
African American	89	70	60	1.9 <sup>ab</sup>
Latino	70	67	49	2.1 <sup>b</sup>
Asian/Other	79	52	54	1.6 <sup>a</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	78	58	45	1.4 <sup>a</sup> *
14-15	78	58	47	1.7 <sup>ab</sup>
16-17	80	62	41	1.8 <sup>b</sup>
<b>Females</b>				
12-13	77	75	58	1.8
14-15	79	73	59	2.0
16-17	83	65	58	2.2
<b>Smoking Status</b>				
Non-Smokers	79	64	51	1.8
Smokers	84	75	53	2.2
<b>Physical Activity Status</b>				
Regular	82 ***	66	51	1.7 ***
Irregular	70	60	51	2.3
<b>Overweight Status</b>				
Not at Risk	80	65	52	1.8
At Risk/Overweight	81	67	49	2.0
<b>Income Related Food Risk</b>				
Yes	72 *	70	58 *	2.1
No	79	64	50	1.9

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).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

<sup>3</sup> Of those who cook at least once per week

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 59: Cross Tabulation of Health Education With Physical Activity among California Adolescents**

In the last year, have you taken a class in which the health effects of good eating habits were discussed?  
 In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?  
 How many times during the past week did you participate in physical activities, exercise or sports?  
 Yesterday, did you participate in any physical activities, exercise or sports?  
 What type of physical activity, exercise or sport did you spend the most time doing yesterday?  
 For how many minutes or hours did you do this activity?

Had Class on Health Benefits of Exercise	Percent Had Class	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	71	4.9	25.1	42.9	68.3
No	29	4.1	23.6	36.5	59.9

Had Class on Benefits of Healthy Eating	Percent Had Class	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	61	4.9	23.3	41.2	67.1
No	39	4.3	25.6	40.9	64.1

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

ANOVA

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 60: Cross Tabulation of Physical Activity among California Adolescents By Behavioral Theories**

		Percent of Adolescents	Minutes Physically Active Yesterday
<b>Self-Efficacy</b>			
Do you think you could do hard exercise every day?	Yes	90	69.9
	No	10	32.8
<b>Behavioral Capability</b>			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	71	68.3
	No	29	59.9
<b>Reinforcement</b>			
Do you feel guilty on days when you don't get any physical activity or exercise?	Yes	53	68.9
	No	47	62.8
<b>Bonding and Belonging</b>			
Do you exercise or play sports with your family or the people you live with?	Yes	52	68.1
	No	48	63.7
Do you exercise or play sports with your friends?	Yes	91	70.4
	No	9	23.6

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.

ANOVA

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 63: California Adolescents Access to a Safe Place to Exercise**

Do you live near a school, park or other place where you feel safe to exercise or workout?

	<b>Live Near Safe Place to Exercise, Percent of Adolescents</b>
<b>Total</b>	<b>86</b>
<b>Gender</b>	
Males	87
Females	84
<b>Ethnicity</b>	
White	87
African American	83
Latino	85
Asian/Other	85
<b>Gender by Age</b>	
<b>Males</b>	
12-13	87
14-15	89
16-17	86
<b>Females</b>	
12-13	83
14-15	86
16-17	83
<b>Smoking Status</b>	
Non-Smokers	85
Smokers	89
<b>Physical Activity Status</b>	
Regular	87
Irregular	80
<b>Overweight Status</b>	
Not at Risk	86
At Risk/Overweight	85
<b>Income Related Food Risk</b>	
Yes	80
No	87

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

Chi Square Test

\*\* p<.01

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 65: Range of Available Spending Money Reported by California Adolescents**

About how much money do you have each week to spend on yourself anyway you want to?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
<b>Total</b>	<b>35</b>	<b>34</b>	<b>31</b>
<b>Gender</b>			
Males	38	31	31
Females	33	36	31
<b>Ethnicity</b>			
White	37	35	28
African American	28	27	45
Latino	35	32	33
Asian/Other	35	38	27
<b>Gender by Age</b>			
<b>Males</b>			
12-13	60	25	15
14-15	36	33	31
16-17	19	36	45
<b>Females</b>			
12-13	53	30	17
14-15	32	46	22
16-17	17	32	52
<b>Smoking Status</b>			
Non-Smokers	36	34	30
Smokers	26	23	51
<b>Physical Activity Status</b>			
Regular	35	34	31
Irregular	35	33	32
<b>Overweight Status</b>			
Not at Risk	34	35	31
At Risk/Overweight	36	31	33
<b>Income Related Food Risk</b>			
Yes	44	29	28
No	33	35	33

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 67: Consumption of Diet Soft Drinks or Diet Sweetened Beverages among 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?

	<b>Mean Diet Soda or Diet Sweetened Beverages Drank by Adolescents Yesterday<sup>1</sup></b>
<b>Total</b>	<b>0.2</b>
<b>Gender</b>	
Males	0.3
Females	0.2
<b>Ethnicity</b>	
White	0.3 <sup>a</sup>
African American	0.1 <sup>a</sup>
Latino	0.2 <sup>a</sup>
Asian/Other	0.2 <sup>a</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	0.3
14-15	0.2
16-17	0.3
<b>Females</b>	
12-13	0.2
14-15	0.3
16-17	0.2
<b>Smoking Status</b>	
Non-Smokers	0.2
Smokers	0.2
<b>Physical Activity Status</b>	
Regular	0.2
Irregular	0.2
<b>Overweight Status</b>	
Not at Risk	0.2
At Risk/Overweight	0.2
<b>Income Related Food Risk</b>	
Yes	0.3
No	0.2

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

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages among California Adolescents**

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

	<b>Mean Regular Sodas Drank or Sweetened Beverages by Adolescents Yesterday</b>
<b>Total</b>	<b>1.4</b>
<b>Gender</b>	
Males	1.6 ***
Females	1.2
<b>Ethnicity</b>	
White	1.3 <sup>a</sup> ***
African American	1.9 <sup>b</sup>
Latino	1.4 <sup>a</sup>
Asian/Other	1.3 <sup>a</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	1.4
14-15	1.6
16-17	1.7
<b>Females</b>	
12-13	1.2
14-15	1.2
16-17	1.1
<b>Smoking Status</b>	
Non-Smokers	1.3 ***
Smokers	2.0
<b>Physical Activity Status</b>	
Regular	1.4 **
Irregular	1.1
<b>Overweight Status</b>	
Not at Risk	1.3 **
At Risk/Overweight	1.6
<b>Income Related Food Risk</b>	
Yes	1.3
No	1.4

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).

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 69: Consumption of Soft Drinks or Sweetened Beverages among California Adolescents**

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

	Drank Regular Soda or Sweetened Beverages, Percent of Adolescents		
	0	1	2+
<b>Total</b>	<b>30</b>	<b>35</b>	<b>35</b>
<b>Gender</b>			
Males	28	32	40
Females	33	38	29
<b>Ethnicity</b>			
White	35	35	30
African American	18	30	53
Latino	29	34	37
Asian/Other	26	41	32
<b>Gender by Age</b>			
<b>Males</b>			
12-13	30	33	38
14-15	27	32	41
16-17	28	33	39
<b>Females</b>			
12-13	29	40	32
14-15	31	40	29
16-17	39	33	28
<b>Smoking Status</b>			
Non-Smokers	31	35	34
Smokers	21	33	47
<b>Physical Activity Status</b>			
Regular	30	34	36
Irregular	33	38	29
<b>Overweight Status</b>			
Not at Risk	31	35	33
At Risk/Overweight	27	31	42
<b>Income Related Food Risk</b>			
Yes	28	40	31
No	31	33	36

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

## 2002 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**

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 of Adolescents								
		Ate 5 or More Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables		Servings of Fruits and Vegetables Believed for Good Health	
		0-2	3-4	5+	0-1	2+	0-2	3+	0-4	5+
Yes	70	35      25      39			32	68	84      16		33      67	
No	30	28      26      46			32	68	76      24		27      73	

Drank Regular Soda	%	Percent of Adolescents			
		Servings of Milk		Believed Servings of Milk Needed for Good Health	
		0-2	3+	0-2	3+
Yes	70	70	30	24	22
No	30	72	28	76	78

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<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 71: Access in School to Fast Food, High Calorie, Low Nutrient Foods Through Vending Machines and Student Stores among California Adolescents**

Does your school serve food from fast food restaurants like Burger King, McDonald's, Taco Bell, or Subway every day?

Does your school have a student store where chips, cookies or soda are sold?

Does your school have a soda vending machine that students can use?

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

	<b>2 or More Unhealthy Foods Available at School, Percent of Adolescents</b>
<b>Total</b>	<b>81</b>
<b>Gender</b>	
Males	81
Females	80
<b>Ethnicity</b>	
White	78
African American	80
Latino	84
Asian/Other	82
<b>Gender by Age</b>	
<b>Males</b>	
12-13	62
14-15	89
16-17	94
<b>Females</b>	
12-13	56
14-15	95
16-17	91
<b>Smoking Status</b>	
Non-Smokers	81
Smokers	82
<b>Physical Activity Status</b>	
Regular	83
Irregular	74
<b>Overweight Status</b>	
Not at Risk	82
At Risk/Overweight	79
<b>Income Related Food Risk</b>	
Yes	81
No	82

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 81a: Cross Tabulation of Consumption of School Breakfast by Healthy Eating Practices**

Did you eat a complete school breakfast yesterday?

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]?

What cereal did you eat the most of yesterday?

What percent fat was most of the milk you drank yesterday?

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?

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.

Ate School Breakfast	%	Percent of Adolescents			Percent of Adolescents			
		Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables	
		0-2	3-4	5+	0-1	2+	0-2	3+
Yes	24	15	19	66	14	86	83	17
No	76	32	28	40	30	70	79	21

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat /	2%	Whole
Yes	24	62	38	43	40	17
No	76	70	30	36	45	20

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal <sup>1</sup>	
		0	1-3	4+	Yes	No
Yes	24	27	58	14	7	93
No	76	29	55	15	20	80

<sup>1</sup> High Fiber cereals are defined as having  $\geq 2.5$  grams of fiber per serving

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

Chi Square Test

\*  $p < .05$

\*\*\*  $p < .001$

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 81b: Cross Tabulation of Consumption of School Breakfast by Unhealthy Eating Practices**

Did you eat a complete school breakfast yesterday?

Yesterday did you eat any pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

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

Ate School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes	24	29	42	29
No	76	35	32	33

Ate School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes	24	32	68	38	62
No	76	27	73	42	58

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

Chi Square Test

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 83: Cross Tabulation of School Breakfast Consumption and Taking a Class on Healthy Eating by Healthy Eating Recommendations**

Did you eat a complete school breakfast yesterday?

In the last year, have you taken a class or course at school in which the health effects of good eating habits were discussed?

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 times did you have cheese yesterday, including on a cheese burger, 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, pudding, or frozen yogurt in a smoothie?

		Percent of Adolescents	Percent of Adolescents	
			Ate 5 or More Servings of Fruits and Vegetables <sup>1</sup>	Ate 3 or More Servings of Dairy Products <sup>1</sup>
<b>Ate School Breakfast</b>	<b>Yes</b>	24	66	74
	<b>No</b>	76	40	63
<b>Had Class on Healthy Eating</b>	<b>Yes</b>	61	46	63
	<b>No</b>	39	35	61

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.

<sup>1</sup>Chi Square Test

<sup>2</sup>ANOVA

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 88: Type of Transportation to School among California Adolescents**

How do you usually get to school?

How do you usually get home from school?

	Walk or Ride Bike to School, Percent of Adolescents	Walk or Ride Bike from School, Percent of Adolescents
<b>Total</b>	<b>20</b>	<b>31</b>
<b>Gender</b>		
Males	23 *	36 ***
Females	16	25
<b>Ethnicity</b>		
White	14 ***	24 ***
African American	28	34
Latino	26	39
Asian/Other	16	29
<b>Gender by Age</b>		
<b>Males</b>		
12-13	22	33
14-15	26	41
16-17	19	33
<b>Females</b>		
12-13	26 ***	34 **
14-15	10	23
16-17	13	18
<b>Smoking Status</b>		
Non-Smokers	20	31
Smokers	16	27
<b>Physical Activity Status</b>		
Regular	20	30
Irregular	19	32
<b>Overweight Status</b>		
Not at Risk	19	30
At Risk/Overweight	20	31
<b>Income Related Food Risk</b>		
Yes	25	42 ***
No	20	29

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

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 90: Food Assistance Among California Adolescents**

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

	Household Receives Food Assistance, Percent of Adolescents	
	Food Stamps	WIC
<b>Total</b>	<b>12</b>	<b>9</b>
<b>Gender</b>		
Males	13	8
Females	11	10
<b>Ethnicity</b>		
White	6	3
African American	19	17
Latino	17	17
Asian/Other	16	1
<b>Gender by Age</b>		
<b>Males</b>		
12-13	15	11
14-15	13	8
16-17	10	6
<b>Females</b>		
12-13	16	12
14-15	10	9
16-17	8	8
<b>Smoking Status</b>		
Non-Smokers	12	9
Smokers	9	10
<b>Physical Activity Status</b>		
Regular	11	8
Irregular	17	11
<b>Overweight Status</b>		
Not at Risk	11	7
At Risk/Overweight	13	11
<b>Income Related Food Risk</b>		
Yes	N/A	N/A
No	N/A	N/A

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 90a: California Adolescents that Received Free or Reduced Price School Meals**

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

	<b>Receive Free or Reduced Price School Meals, Percent of Adolescents</b>
<b>Total</b>	<b>20</b>
<b>Gender</b>	
Males	19
Females	21
<b>Ethnicity</b>	
White	13
African American	42
Latino	25
Asian/Other	19
<b>Gender by Age</b>	
<b>Males</b>	
12-13	25
14-15	15
16-17	17
<b>Females</b>	
12-13	25
14-15	14
16-17	24
<b>Smoking Status</b>	
Non-Smokers	20
Smokers	22
<b>Physical Activity Status</b>	
Regular	20
Irregular	19
<b>Overweight Status</b>	
Not at Risk	17
At Risk/Overweight	27
<b>Income Related Food Risk</b>	
Yes	46
No	13

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 91: Consumption of Soy Products among California Adolescents**

Yesterday how many servings of soy foods did you eat? This would include soybeans, soy burgers, tofu, or soy milk. This does not include soy sauce or soy oil.

	<b>Ate Soy Products Yesterday, Percent of Adolescents</b>
<b>Total</b>	<b>13</b>
<b>Gender</b>	
Males	13
Females	13
<b>Ethnicity</b>	
White	9
African American	5
Latino	16
Asian/Other	25
<b>Gender by Age</b>	
<b>Males</b>	
12-13	14
14-15	13
16-17	12
<b>Females</b>	
12-13	14
14-15	13
16-17	12
<b>Smoking Status</b>	
Non-Smokers	13
Smokers	12
<b>Physical Activity Status</b>	
Regular	13
Irregular	15
<b>Overweight Status</b>	
Not at Risk	13
At Risk/Overweight	11
<b>Income Related Food Risk</b>	
Yes	18
No	12

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 92: Californian Adolescents Whose Parents Limit Soda and Snack Food Intake**

Do your parents or adults you live with limit how much soda you drink at home?  
 Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?

	Percent of Adolescents	
	Parents Limit Soda	Parents Limit Snack Food
<b>Total</b>	<b>63</b>	<b>64</b>
<b>Gender</b>		
Males	61	63
Females	65	66
<b>Ethnicity</b>		
White	60	61
African American	77	77
Latino	66	67
Asian/Other	55	60
<b>Gender by Age</b>		
<b>Males</b>		
12-13	76	77
14-15	65	62
16-17	43	50
<b>Females</b>		
12-13	74	76
14-15	66	69
16-17	53	52
<b>Smoking Status</b>		
Non-Smokers	64	66
Smokers	46	44
<b>Physical Activity Status</b>		
Regular	65	66
Irregular	57	55
<b>Overweight Status</b>		
Not at Risk	61	63
At Risk/Overweight	67	69
<b>Income Related Food Risk</b>		
Yes	67	67
No	61	63

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