

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 16: 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 ¹ of Milk Products Reported Yesterday				
	All Milk Products	Milk	Cheese	Yogurt ²	Dairy Desserts
Total	4.0	2.1	1.2	0.2	0.6
Gender					
Males	4.4 ***	2.3 ***	1.3 ***	0.2	0.6
Females	3.6	1.9	1.0	0.1	0.5
Ethnicity					
White	4.4 ^c ***	2.5 ^b ***	1.3 ^c ***	0.2	0.5
African American	3.6 ^{ac}	1.8 ^a	0.9 ^{ab}	0.1	0.6
Latino	3.7 ^{ab}	1.8 ^a	1.2 ^{bc}	0.2	0.6
Asian/Other	3.8 ^{ac}	2.2 ^{ab}	0.8 ^a	0.1	0.6
Gender by Age					
Males					
12-13	4.5	2.2	1.3	0.2	0.7 ^a **
14-15	4.2	2.2	1.2	0.2	0.6 ^{ab}
16-17	4.4	2.4	1.5	0.2	0.4 ^b
Females					
12-13	4.1 ^b **	2.2 ^b *	1.0	0.2	0.7 ^a ***
14-15	3.6 ^{ab}	1.9 ^{ab}	1.1	0.2	0.5 ^b
16-17	3.2 ^a	1.8 ^a	1.0	0.1	0.4 ^c
Smoking Status					
Non-Smokers	4.0	2.1	1.2	0.2	0.6
Smokers	4.2	2.2	1.3	0.2	0.5
Physical Activity Status					
Regular	4.2 ***	2.2 ***	1.2 ***	0.2	0.6
Irregular	3.3	1.7	0.9	0.1	0.5
Overweight Status					
Not at Risk	4.2 *	2.2 **	1.2	0.2	0.6 **
At Risk/Overweight	3.7	1.9	1.3	0.1	0.4

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

² 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 (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 17: Total Servings of Milk and Milk Products (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?

	Servings ¹ of Milk and Milk Products Reported Yesterday, % of Adolescents			
	0	1-2	3+	
Total	3	28	70	
Gender				
Males	3	22	75	***
Females	3	34	63	
Ethnicity				
White	3	21	76	***
African American	8	47	45	
Latino	3	30	67	
Asian/Other	1	31	68	
Gender by Age				
Males				
12-13	4	18	77	
14-15	3	22	76	
16-17	3	26	71	
Females				
12-13	2	27	70	***
14-15	2	26	72	
16-17	4	49	47	
Smoking Status				
Non-Smokers	2	26	71	**
Smokers	8	28	65	
Physical Activity Status				
Regular	3	24	73	***
Irregular	4	40	56	
Overweight Status				
Not at Risk	2	26	72	**
At Risk/Overweight	5	33	62	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ 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.

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

Chi Square Test

** p<.01

*** p<.001

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Table 18: Type of Milk Consumed by California Adolescents

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

	Type of Milk Consumed, % Out of All Milk Drinkers				Out of Everyone, 1% or Nonfat Milk
	Nonfat	1%	2%	Whole	
Total	20	19	44	17	35
Gender					
Males	15	19	47	20	30
Females	25	20	40	15	40
Ethnicity					
White	18	23	49	10	37
African American	10	11	53	26	17
Latino	20	17	38	24	33
Asian/Other	29	14	30	26	40
Gender by Age					
Males					
12-13	20	23	43	14	40
14-15	13	19	46	22	28
16-17	11	15	51	23	23
Females					
12-13	24	21	44	12	40
14-15	28	17	41	14	40
16-17	24	23	35	18	39
Smoking Status					
Non-Smokers	22	20	41	17	38
Smokers	11	17	51	21	23
Physical Activity Status					
Regular	20	20	45	16	36
Irregular	20	15	39	25	30
Overweight Status					
Not at Risk	21	22	41	17	38
At Risk/Overweight	15	11	58	16	22

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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Table 19: Consumption of Other Milk Products by California Adolescents

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?

	Consumption of Other Milk Products, ¹ % of Adolescents				
	Any Cheese	Any Yogurt	Dairy Desserts, Consumption ¹		
			0	1	2+
Total	68	12	57	34	9
Gender					
Males	70	12	58	32	11
Females	66	12	56	37	7
Ethnicity					
White	72**	12	56	36	7
African American	63	6	61	34	5
Latino	68	13	55	32	12
Asian/Other	57	12	60	32	9
Gender by Age					
Males					
12-13	66	14	47	39	14
14-15	74	10	58	31	11
16-17	70	11	68	24	8
Females					
12-13	67	15**	43	47	10
14-15	71	16	56	35	8
16-17	61	9	68	29	3
Smoking Status					
Non-Smokers	68	13	54	37	9
Smokers	68	9	67	21	12
Physical Activity Status					
Regular	70*	12	55	34	10
Irregular	62	12	61	34	5
Overweight Status					
Not at Risk	68	12	55	35	10
At Risk/Overweight	70	11	65	30	5

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ 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.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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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, % of Adolescents	
	0-2	3+
Total	24	76
Gender		
Males	23	77
Females	35	75
Ethnicity		
White	16	84
African American	28	72
Latino	31	68
Asian/Other	30	70
Gender by Age		
Males		
12-13	21	79
14-15	23	77
16-17	23	77
Females		
12-13	18	82
14-15	25	75
16-17	33	67
Smoking Status		
Non-Smokers	24	76
Smokers	20	80
Physical Activity Status		
Regular	22	78
Irregular	31	69
Overweight Status		
Not at Risk	21	79
At Risk/Overweight	28	72

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed

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

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday including cheese on a cheeseburger, pizza, sandwich in a main dish or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	% of Adolescents	Milk Products Eaten, Mean Servings ¹				
		Milk	Yogurt	Cheese	Dairy Dessert	Total
Servings of Milk Products Believed to Be Needed						
0-2	24	1.3 ***	0.1	0.9 *	0.5	2.8 ***
3+	76	2.4	0.2	1.3	0.6	4.4

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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

ANOVA
 *p<.05
 *** p<.001

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Table 22: Reasons Why California Adolescents Drink 1% or Nonfat Milk

What is the main reason you drink nonfat, skim, fat-free or 1% fat milk?

	Reasons Reported for Drinking 1% of Nonfat Milk, % of Adolescents			
	Health ¹	It's Available	Like Taste	Habit/Other/ Don't Know
Total	44	24	23	8
Gender				
Males	42	29	22	8
Females	46	20	25	9
Ethnicity				
White	36	28	28	7
African American	44	9	32	15
Latino	56	20	18	7
Asian/Other	49	20	14	16
Gender by Age				
Males				
12-13	56	17	22	4
14-15	28	36	26	10
16-17	35	38	17	10
Females				
12-13	38	20	29	12
14-15	43	16	28	13
16-17	56	23	18	4
Smoking Status				
Non-Smokers	45	24	23	8
Smokers	41	26	25	8
Physical Activity Status				
Regular	44	24	23	8
Irregular	44	21	26	8
Overweight Status				
Not at Risk	43	24	25	8
At Risk/Overweight	48	25	18	9

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Parents think it's healthy" and "Others think it's healthy"

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

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Table 23: Barriers to Drinking 1% of Nonfat Milk Among California Adolescents

What is the main reason you don't drink nonfat, skim, fat-free, or 1% fat milk?

	Barriers Reported to Drinking 1% or Nonfat Milk, % of Adolescents		
	Don't Like Taste	Not Available	Other ¹
Total	56	30	14
Gender			
Males	58	27	15
Females	54	33	12
Ethnicity			
White	56	34	9
African American	60	32	7
Latino	49	26	24
Asian/Other	68	15	16
Gender by Age			
Males			
12-13	67	22	11
14-15	54	28	18
16-17	54	30	17
Females			
12-13	58	33	9
14-15	52	32	16
16-17	52	35	12
Smoking Status			
Non-Smokers	54	31	15
Smokers	57	34	9
Physical Activity Status			
Regular	56	31	13
Irregular	58	25	17
Overweight Status			
Not at Risk	54	31	15
At Risk/Overweight	63	25	11

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Habit," "Not Important," and "Don't need to reduce fat intake"

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