

## 2000 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>3.1</b>
<b>Gender</b>	
Males	3.0
Females	3.1
<b>Ethnicity</b>	
White	3.2 <sup>c</sup>
African American	2.6 <sup>a</sup>
Latino	3.1 <sup>bc</sup>
Asian/Other	2.8 <sup>ab</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	3.2
14-15	3.1
16-17	2.9
<b>Females</b>	
12-13	3.3 <sup>b</sup>
14-15	3.1 <sup>ab</sup>
16-17	2.9 <sup>a</sup>
<b>Smoking Status</b>	
Non-Smokers	3.1
Smokers	3.1
<b>Physical Activity Status</b>	
Regular	3.1
Irregular	2.9
<b>Overweight Status</b>	
Not at Risk	3.1
At Risk/Overweight	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<.001