

## 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 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 41
Females	9	23	28	41	
<b>Ethnicity</b>					
White	12	23	29	36	27 25 38 31
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 24 24
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 27
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 29
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