

## 2000 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 poparts?  
 Yesterday did you eat any deep-fried foods, such as french fries, 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 boxes or packages of candy or candy bars?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian 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>68</b>	<b>32</b>	<b>41</b>	<b>38</b>	<b>32</b>	<b>24</b>
<b>Gender</b>						
Males	76 ***	33	40	38	33	27 *
Females	59	30	42	37	31	21
<b>Ethnicity</b>						
White	65 *	30	39	40 *	30	23
African American	59	43	51	47	39	27
Latino	73	30	39	34	30	25
Asian/Other	67	35	45	31	39	25
<b>Gender by Age</b>						
<b>Males</b>						
12-13	69 *	37	36	38	35	26
14-15	76	34	40	38	34	28
16-17	81	27	44	39	31	27
<b>Females</b>						
12-13	61	26	46	41	30	21
14-15	64	35	44	36	35	22
16-17	52	30	35	33	27	22
<b>Smoking Status</b>						
Non-Smokers	67	31	41	38 *	31 **	24
Smokers	75	38	36	25	45	33
<b>Physical Activity Status</b>						
Regular	68	32	41	38	31	25
Irregular	66	30	40	36	36	23
<b>Overweight Status</b>						
Not at Risk	67	32	41	39	31	25
At Risk/Overweight	68	28	40	34	33	21

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

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods by California Adolescents**

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

Yesterday did you eat any deep-fried foods, such as french fries, 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 boxes or packages of candy or candy bars?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

	Servings <sup>1</sup> of High Calorie, Low Nutrient Foods Reported Yesterday, Percent of Adolescents				
	0-1	2	3	4+	2 or More
<b>Total</b>	<b>27</b>	<b>30</b>	<b>24</b>	<b>18</b>	<b>73</b>
<b>Gender</b>					
Males	24	29	25	22	76
Females	30	32	24	15	70
<b>Ethnicity</b>					
White	28	32	22	18	72
African American	18	27	32	23	82
Latino	27	31	25	17	73
Asian/Other	28	25	27	20	72
<b>Gender by Age</b>					
<b>Males</b>					
12-13	27	31	22	20	73
14-15	26	23	25	26	74
16-17	20	32	28	19	80
<b>Females</b>					
12-13	27	36	20	17	73
14-15	24	28	30	18	76
16-17	37	32	21	10	63
<b>Smoking Status</b>					
Non-Smokers	27	30	24	18	73
Smokers	23	29	26	23	77
<b>Physical Activity Status</b>					
Regular	27	30	24	19	73
Irregular	28	30	25	17	72
<b>Overweight Status</b>					
Not at Risk	27	28	26	19	73
At Risk/Overweight	26	37	20	17	74

<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<.01

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34: Prevalence of Eating 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-th-Box, Pizza Hut, or KFC?

	Number of Meals and Snacks Eaten Yesterday at Fast Food Restaurants, Percent of Adolescents		
	0	1	2+
<b>Total</b>	<b>72</b>	<b>25</b>	<b>3</b>
<b>Gender</b>			
Males	69	28	3
Females	75	22	3
<b>Ethnicity</b>			
White	73	25	2
African American	60	33	7
Latino	73	24	3
Asian/Other	70	23	6
<b>Gender by Age</b>			
<b>Males</b>			
12-13	69	28	3
14-15	67	30	3
16-17	71	25	3
<b>Females</b>			
12-13	78	21	1
14-15	71	28	2
16-17	75	18	6
<b>Smoking Status</b>			
Non-Smokers	73	25	3
Smokers	58	32	10
<b>Physical Activity Status</b>			
Regular	73	25	3
Irregular	68	27	4
<b>Overweight Status</b>			
Not at Risk	72	25	3
At Risk/Overweight	71	26	3

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

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 34a: Consumption of Fast Food among California Adolescents**

Yesterday, how many times did you eat a meal or snack from a fast food restaurant?

	<b>Ate Fast Food Yesterday, Percent of Adolescents</b>
<b>Total</b>	<b>28</b>
<b>Gender</b>	
Males	31 *
Females	25
<b>Ethnicity</b>	
White	27
African American	40
Latino	27
Asian/Other	30
<b>Gender by Age</b>	
<b>Males</b>	
12-13	31
14-15	33
16-17	29
<b>Females</b>	
12-13	22
14-15	29
16-17	25
<b>Smoking Status</b>	
Non-Smokers	27 **
Smokers	42
<b>Physical Activity Status</b>	
Regular	27
Irregular	32
<b>Overweight Status</b>	
Not at Risk	28
At Risk/Overweight	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

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 67: Consumption of Diet Soft Drinks among California Adolescents**

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like Clearly Canadian did you drink?

	<b>Mean Diet Soda Drank by Adolescents<sup>1</sup></b>
<b>Total</b>	<b>0.2</b>
<b>Gender</b>	
Males	0.2
Females	0.2
<b>Ethnicity</b>	
White	0.2
African American	0.1
Latino	0.2
Asian/Other	0.1
<b>Gender by Age</b>	
<b>Males</b>	
12-13	0.3
14-15	0.2
16-17	0.1
<b>Females</b>	
12-13	0.2 <sup>b</sup>
14-15	0.2 <sup>ab</sup>
16-17	0.1 <sup>a</sup>
<b>Smoking Status</b>	
Non-Smokers	0.1
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

<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

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian did you drink?

	<b>Mean Regular Sodas Drank by Adolescents</b>	
<b>Total</b>	<b>1.3</b>	
<b>Gender</b>		
Males	1.6	***
Females	1.0	
<b>Ethnicity</b>		
White	1.3 <sup>ab</sup>	*
African American	1.1 <sup>a</sup>	
Latino	1.4 <sup>ab</sup>	
Asian/Other	1.6 <sup>b</sup>	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	1.1 <sup>a</sup>	***
14-15	1.8 <sup>b</sup>	
16-17	1.9 <sup>b</sup>	
<b>Females</b>		
12-13	1.0	
14-15	1.1	
16-17	1.0	
<b>Smoking Status</b>		
Non-Smokers	1.3	***
Smokers	2.0	
<b>Physical Activity Status</b>		
Regular	1.3	
Irregular	1.4	
<b>Overweight Status</b>		
Not at Risk	1.4	
At Risk/Overweight	1.2	

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a 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 (Tukey's test at a procedure-wise error rate=.05).

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 69: Consumption of Soft Drinks among California Adolescents**

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian did you drink?

	<b>Drank Regular Soda, Percent of Adolescents</b>
<b>Total</b>	<b>68</b>
<b>Gender</b>	
Males	76 ***
Females	59
<b>Ethnicity</b>	
White	65 *
African American	59
Latino	73
Asian/Other	67
<b>Gender by Age</b>	
<b>Males</b>	
12-13	69 *
14-15	76
16-17	81
<b>Females</b>	
12-13	61
14-15	64
16-17	52
<b>Smoking Status</b>	
Non-Smokers	67
Smokers	75
<b>Physical Activity Status</b>	
Regular	68
Irregular	66
<b>Overweight Status</b>	
Not at Risk	67
At Risk/Overweight	68

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

Chi-Square Test

\* p<.05

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 70: Cross Tabulation of Consumption of Soda by Servings of Fruit and Vegetables and Milk among California Adolescents**

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian 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
		0-2	3-4	5+	2+	3+
Yes	68	32	26	43	73	16
No	32	29	25	48	73	19

Drank Regular Soda	%	Percent of Adolescents			
		Servings of Milk		Believed Servings of Milk Needed for Good Health	
		0-2	3+	0-2	3+
Yes	68	73	27	23	77
No	32	70	30	24	76

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