

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

Table 31: Consumption of School Lunch among California Adolescents

Did you eat a lunch from the school cafeteria yesterday?

	Type of Lunch Reported, Percent of Adolescents Who Attended School Previous Day		
	School Lunch	Other Lunch	No Lunch
Total	35	48	17
Gender			
Males	38	47	15
Females	32	48	20
Ethnicity			
White	28	57	15
African American	36	46	19
Latino	39	39	22
Asian/Other	50	43	8
Gender by Age			
Males			
12-13	50	37	14
14-15	34	52	14
16-17	30	53	16
Females			
12-13	33	50	16
14-15	37	48	14
16-17	26	46	28
Smoking Status			
Non-Smokers	36	47	17
Smokers	19	60	21
Physical Activity Status			
Regular	36	50	14
Irregular	32	39	29
Overweight Status			
Not at Risk	36	48	16
At Risk/Overweight	34	49	17

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

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

Table 32: Comparison of Consumption of Fruits, Vegetables, and Milk for California Adolescents Who Did and Did Not Eat a School Lunch

Did you eat a lunch from the school cafeteria yesterday?

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

Were fruits, vegetables, or juices served with your school lunch?

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

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?

	Mean Servings of Fruits and Vegetables Eaten Yesterday by Type of Lunch		Mean Servings of Fruits and Vegetables Eaten at Lunch if They Were Offered		Mean Servings of Milk Consumed Yesterday by Type of Lunch	
	School Lunch	Other Lunch	School Lunch	Other Lunch	School Lunch	Other Lunch
Total	4.5	4.7	1.1	1.1	2.0	2.0
Gender						
Males	4.9	4.9	1.2	1.0	2.2	2.3
Females	4.0	4.4	0.9	1.2	1.7	1.6
Ethnicity						
White	4.5	4.7	0.8	1.2	2.3	2.1
African American	3.8	4.2	0.8	0.6	1.5	2.0
Latino	4.8	4.6	1.3	1.0	2.0	1.9
Asian/Other	4.1	4.9	1.1	1.3	1.8	1.7
Age						
12-13	5.0	5.2	1.3	1.3	2.1	2.1
14-15	3.8	4.2	0.8	1.0	2.0	2.0
16-17	4.6	4.8	1.1	1.0	2.0	1.8
Smoking Status						
Non-Smokers	4.5	4.6	1.1	1.1	2.0	1.9
Smokers	4.4	5.5	0.3	1.1	2.0	2.3
Physical Activity Status						
Regular	4.6	4.7	1.1	1.1	2.2	2.1
Irregular	3.9	4.7	1.0	0.9	1.3	1.5
Overweight Status						
Not at Risk	4.5	4.6	1.0	1.1	2.1	2.1
At Risk/Overweight	4.2	5.1	1.2	1.2	1.8	1.8

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

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

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

Did you eat a lunch from the school cafeteria yesterday?

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?

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, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian 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, or no dressing at all?

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?

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, chili beans, black beans, bean soup, bean salad, or lentils.

		%	Deep Fried Foods	Chips, Fried Snacks	Bakery Sweets/ Desserts	Pastries	Regular Salad Dressing ²
Adolescents Eating Fast Food	Yes	28	60	41	40	25	78
	No	72	21	41	37	24	52
Adolescents Eating School Lunch¹	Yes	42	34	40	38	25	70
	No	58	29	43	37	22	32

		%	5 Servings of Fruits and Vegetables	1 or More Servings of Beans	Whole Grain Bread	Whole/ 2% Milk ³	3 or More Servings or Dairy Products
Adolescents Eating Fast Food	Yes	28	38	27	69	72	69
	No	72	47	28	67	63	63
Adolescents Eating School Lunch¹	Yes	42	44	25	69	69	69
	No	58	45	25	70	56	65

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

² Out of Salad Eater.

³ Out of Milk Drinkers.

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 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 fast food from fast food restaurants like Burger King, McDonald's or Taco Bell 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?

	2 or More Unhealthy Foods Available at School, Percent of Adolescents
Total	81
Gender	
Males	81
Females	81
Ethnicity	
White	80
African American	85
Latino	81
Asian/Other	81
Gender by Age	
Males	
12-13	63 ***
14-15	86
16-17	94
Females	
12-13	60 ***
14-15	87
16-17	96
Smoking Status	
Non-Smokers	80 *
Smokers	91
Physical Activity Status	
Regular	81
Irregular	81
Overweight Status	
Not at Risk	82
At Risk/Overweight	81

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 72: Purchase of High Calorie, Low Nutrient Foods or Soda from School Vending Machines or Student Stores among California Adolescents

Yesterday, did you buy chips, cookies, candy or soda from the student store?

Yesterday, did you buy a soda from your school vending machine?

Yesterday, did you buy chips, cookies, candy from your school vending machine?

	Bought Soda or 1 or More High Calorie, Low Nutrient Food from School Vending Machine or Student Store, Percent of Adolescents
Total	14
Gender	
Males	16 *
Females	11
Ethnicity	
White	11 **
African American	12
Latino	18
Asian/Other	13
Gender by Age	
Males	
12-13	10 ***
14-15	12
16-17	25
Females	
12-13	6 ***
14-15	19
16-17	10
Smoking Status	
Non-Smokers	13
Smokers	19
Physical Activity Status	
Regular	14
Irregular	14
Overweight Status	
Not at Risk	14
At Risk/Overweight	14

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 73: Purchase of Soda or High Calorie, Low Nutrient Foods from Student Stores among California Adolescents

Yesterday, did you buy chips, cookies, candy, or soda from the student store?

	Bought Low Nutrient, High Fat Foods from Student Store, Percent of Adolescents
Total	35
Gender	
Males	36
Females	34
Ethnicity	
White	32
African American	26
Latino	41
Asian/Other	36
Gender by Age	
Males	
12-13	36
14-15	35
16-17	39
Females	
12-13	33
14-15	40
16-17	29
Smoking Status	
Non-Smokers	36
Smokers	29
Physical Activity Status	
Regular	35
Irregular	34
Overweight Status	
Not at Risk	36
At Risk/Overweight	35

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

Chi Square Test

* p<.05

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

Table 75: Purchase of High Calorie, Low Nutrient Foods from School Vending Machines among California Adolescents

Yesterday, did you buy chips, cookies, candy from your school vending machine?

	Bought High Calorie, Low Nutrient Foods from School Vending Machine, Percent of Adolescents
Total	18
Gender	
Males	19
Females	16
Ethnicity	
White	13
African American	31
Latino	23
Asian/Other	17
Gender by Age	
Males	
12-13	26
14-15	14
16-17	21
Females	
12-13	16
14-15	20
16-17	13
Smoking Status	
Non-Smokers	18
Smokers	9
Physical Activity Status	
Regular	17
Irregular	20
Overweight Status	
Not at Risk	17
At Risk/Overweight	21

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

Chi Square Test

* p<.05

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

Table 76: Purchase of Soda from School Vending Machines among California Adolescents

Yesterday, did you buy a soda from your school vending machine?

	Bought Soda from School Vending Machine, Percent of Adolescents
Total	27
Gender	
Males	33 ***
Females	21
Ethnicity	
White	27
African American	24
Latino	32
Asian/Other	20
Gender by Age	
Males	
12-13	23 ***
14-15	27
16-17	43
Females	
12-13	18 *
14-15	28
16-17	18
Smoking Status	
Non-Smokers	26 ***
Smokers	44
Physical Activity Status	
Regular	27
Irregular	28
Overweight Status	
Not at Risk	28
At Risk/Overweight	25

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 77: Cross Tabulation of Adolescents Purchasing Soda or High Calorie, Low Nutrient Foods From Vending Machines or Student Store by Recommended Servings of Fruits and Vegetables, Milk

Yesterday, did you buy chips, cookies, candy or soda from the student store?

Yesterday, did you buy a soda from your school vending machine?

Yesterday, did you buy chips, cookies, candy from your school vending machine?

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?

		Percent of Adolescents		Mean
		Ate 5 or More Servings of Fruits and Vegetables ¹	Ate 3 or More Servings of Dairy ¹	Servings of Fruits and Vegetables ²
Bought High Calorie, Low Nutrient Foods from Student Store	Yes	44	69	4.7
	No	44	63	4.4
Bought Soda from School Vending Machine	Yes	45	66	4.5
	No	44	64	4.5
Bought High Calorie, Low Nutrient Foods from Vending Machine	Yes	46	71	4.9
	No	41	64	4.5

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

¹Chi Square Test

²ANOVA

* p<.05

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

Table 78: Cross Tabulation of Adolescents with Fast Food, Student Stores, and Vending Machines at School by Recommended Servings of Fruits and Vegetables, Dairy Foods, and by Consumption of Unhealthy Foods

Does your school serve fast food from fast food restaurants like Burger King, McDonald's or Taco Bell 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?
 Yesterday how many cans 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 times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as
 How many times did you have yogurt yesterday, non including frozen yogurt?
 How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in

	Percent of Adolescents			
	School Serves Fast Food	School Has Student Store	School Has Soda Vending	School Has Low Nutrient Vending
Total	47	87	80	40
Age				
12-13	34	78	59	15
14-15	50	88	85	45
16-17	57	95	97	60
Ate 5 Servings of Fruits and Vegetables				
Yes	46	86	80	42
No	48	89	81	46
Ate 3 Servings of Dairy Products				
Yes	48	87	80	41
No	45	88	82	40
Ate Any Fast Food				
Yes	52	NA ¹	NA	NA
No	45	NA	NA	NA
Drank any Soda				
Yes	46	NA	80	NA
No	49	NA	80	NA
Ate Any Fried Food				
Yes	49	NA	NA	NA
No	46	NA	NA	NA
Ate 2+ Unhealthy Foods				
Yes	48	88	NA	41
No	45	83	NA	40

¹ Not available at this time

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 79: Liking for Food Served at School among California Adolescents

Do you like the food served at school?

	Like Food Served At School, Percent of Adolescents
Total	50
Gender	
Males	49
Females	52
Ethnicity	
White	44
African American	55
Latino	53
Asian/Other	61
Gender by Age	
Males	
12-13	47
14-15	49
16-17	51
Females	
12-13	48
14-15	47
16-17	59
Smoking Status	
Non-Smokers	51
Smokers	41
Physical Activity Status	
Regular	50
Irregular	50
Overweight Status	
Not at Risk	50
At Risk/Overweight	52

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 80: Cross Tabulation of Liking for School Food by Purchase from Vending Machines or Student Stores and Consumption of Fruits and Vegetables among California Adolescents

Do you like the food served at school?

Yesterday, did you buy chips, cookies, candy or soda from the student store?

Yesterday, did you buy a soda from your school vending machine?

Yesterday, did you buy chips, cookies, candy from your school vending machine?

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

Adolescents Reporting Liked Food At School	Percent of Adolescents	Percent of Adolescents		Mean
		Bought High Fat, Low Nutrient Foods from Student Store or Vending Machine ¹	Ate 5 or More Servings of Fruits and Vegetables ¹	Servings of Fruits and Vegetables ²
Yes	50	13	45	4.5
No	50	14	44	4.5

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

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

¹Chi Square Test

²ANOVA

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

Table 81: Consumption of School Breakfast among California Adolescents

Did you eat a breakfast from the school cafeteria yesterday?

	Reported Eating Breakfast from School, Percent of Adolescents¹
Total	12
Gender	
Males	14
Females	9
Ethnicity	
White	6
African American	21
Latino	20
Asian/Other	6
Gender by Age	
Males	
12-13	22
14-15	11
16-17	9
Females	
12-13	8
14-15	10
16-17	10
Smoking Status	
Non-Smokers	13
Smokers	3
Physical Activity Status	
Regular	11
Irregular	17
Overweight Status	
Not at Risk	11
At Risk/Overweight	15

¹ Includes only those reporting about eating on a day they attended school.

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

Did you eat a breakfast from the school cafeteria 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	12	31	15	54	19	81	81	19
No	88	27	27	46	27	73	83	17

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat / 1%	2%	Whole
Yes	12	63	37	34	53	13
No	88	66	34	40	39	21

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal	
		0	1-3	4+	Yes	No
Yes	12	24	60	16	3	97
No	88	26	57	17	17	83

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

Chi Square Test

2000 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 breakfast from the school cafeteria yesterday?

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

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

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

Ate School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes		43	32	25
No		32	36	33

Ate School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes		21	79	43	57
No		22	78	39	61

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

Chi Square Test

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

Table 82: Consumption of Fruits and Vegetables at School Breakfast among California Adolescents

Were there fruits, vegetables, or juices served with your breakfast at school?
 Did you eat the fruits, vegetables, or juices served with your breakfast at school?

	Ate Fruits, Vegetables, or Juices with their School Breakfast, Percent of Adolescents
Total	5
Gender	
Males	7
Females	4
Ethnicity	
White	1 ***
African American	2
Latino	12
Asian/Other	4
Gender by Age	
Males	
12-13	11
14-15	3
16-17	7
Females	
12-13	5
14-15	2
16-17	4
Smoking Status	
Non-Smokers	3
Smokers	5
Physical Activity Status	
Regular	5
Irregular	8
Overweight Status	
Not at Risk	5
At Risk/Overweight	5

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

Chi Square Test

*** p<.001

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

Table 82a: Cross Tabulation of Fruit and Vegetable Consumption at School Breakfast by Healthy Eating Recommendations

Were there fruits, vegetables, or juices served with your breakfast at school?

Did you eat the fruits, vegetables, or juices served with your breakfast at school?

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 Fruits and Vegetables with 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	5	10	10	79	0	100	77	23
No	95	28	26	45	27	73	83	17

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat / 1%	2%	Whole
Yes	5	62	38	43	46	11
No	95	66	34	39	41	20

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal	
		0	1-3	4+	Yes	No
Yes	5	24	57	19	3	97
No	95	26	58	16	16	84

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

Chi Square

** p<.01

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

Table 82b: Cross Tabulation of Fruit and Vegetable Consumption at School Breakfast by Unhealthy Eating Practices

Were there fruits, vegetables, or juices served with your breakfast at school?

Did you eat the fruits, vegetables, or juices served with your breakfast at school?

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

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes	5	32	30	38
No	95	33	36	31

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes	5	20	80	43	57
No	95	22	78	39	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.

Chi Square Test

2000 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 breakfast from the school cafeteria 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, non 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		Mean
			Ate 5 or More Servings of Fruits and Vegetables ¹	Ate 3 or More Servings of Dairy Products ¹	Servings of Fruits and Vegetables ²
Ate School Breakfast	Yes	12	54	72	4.7
	No	88	46	70	5.1
Had Class on Healthy Eating	Yes	58	48 ***	69 **	4.8 ***
	No	42	38	60	4.1

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

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

¹Chi Square Test

²ANOVA

** p<.01

*** p<.001

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

Table 84: Cross Tabulation of School Lunch Consumption by Healthy and Unhealthy Eating

Did you eat a lunch from the school cafeteria 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]?

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, non 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?

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 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?

Ate School Lunch	%	Percent of Adolescents					
		Servings of High Fat, Low Nutrient Foods Eaten ¹				2 or More Servings of Unhealthy Foods Eaten ¹	
		0-1	2	3	4+	Yes	No
Yes	42	28	26	27	19	72	28
No	58	27	28	28	17	73	27

Ate School Lunch	%	Percent of Adolescents			Mean		
		Servings of Dairy Products Eaten ¹			Servings of Fruit ²	Servings of Vegetables ²	Servings of Fruits and Vegetables ²
		0	1-2	3+			
Yes	42	3	29	69	3.4	1.6	4.7
No	58	4	31	65	3.4	1.4	4.5

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

¹ Chi Square Test

² ANOVA

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

Table 85: Cross Tabulation of Adolescents Physically Active for One or More Hours by Enrollment in Health or PE Class

In the last year, have you taken a class or course at school in which the health effects of physical activity are exercise were discussed?

Do you currently take physical education class in school?

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

Yesterday, did you participate in any physical activities, exercise, sports?

For how many minutes or hours did you do this activity?

Physically Active for 1 or More Hours Yesterday	Percent of Adolescents	Percent of Adolescents		Mean
		Had Class on Benefits of Exercise ¹	Currently Enrolled in Physical Education ¹	Physical Education Classes Per Week ²
Yes	40	71	74	4.4
No	60	64	78	4.4

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.

¹Chi Square Test

²ANOVA

* p<.05

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

Table 86: Participation in Sports Activities Other Than Physical Education Class among California Adolescents

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

	Involved in Sports Activities Other Than Physical Education Class, Percent of Adolescents
Total	55
Gender	
Males	56
Females	55
Ethnicity	
White	53
African American	59
Latino	56
Asian/Other	66
Gender by Age	
Males	
12-13	46
14-15	56
16-17	69
Females	
12-13	43
14-15	53
16-17	71
Smoking Status	
Non-Smokers	55
Smokers	65
Physical Activity Status	
Regular	58
Irregular	42
Overweight Status	
Not at Risk	58
At Risk/Overweight	51

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 87: Cross Tabulation of Participation in Sports Activities Other Than Physical Education Class by Amount of Physical Activity among California Adolescents

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

Yesterday, did you participate in any physical activities, exercise, sports?

For how many minutes or hours did you do this

How many times during the past week did you participate in physical activities, exercise, or sports?

Involved in Sports Activities Other Than Physical Education Class	Percent of Adolescents	Percent of Adolescents				
		60 or More Minutes of Physical Activity	Number of Days Physically Active Per Week			
			0	1-2	3-4	5+
Yes	55	55	3	7	17	73
No	45	51	4	15	16	65

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

2000 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?

	Walk or Ride Bike to School, Percent of Adolescents
Total	22
Gender	
Males	21
Females	18
Ethnicity	
White	17
African American	24
Latino	25
Asian/Other	14
Gender by Age	
Males	
12-13	29
14-15	23
16-17	21
Females	
12-13	20
14-15	20
16-17	16
Smoking Status	
Non-Smokers	21
Smokers	12
Physical Activity Status	
Regular	19
Irregular	24
Overweight Status	
Not at Risk	18
At Risk/Overweight	25

Chi Square Test