

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 1: Cups of Fruits and Vegetables Eaten by California Adolescents (N=1,143)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100 %juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Reported Mean Cups 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>2.3</b>	<b>1.7</b>	<b>0.6</b>
<b>Gender</b>			
Male	2.3	1.7	0.6 **
Female	2.4	1.7	0.7
<b>Ethnicity</b>			
White	2.2 <sup>b</sup> ***	1.5 <sup>b</sup> ***	0.7
African American	2.3 <sup>ab</sup>	1.7 <sup>ab</sup>	0.6
Latino	2.6 <sup>a</sup>	2.0 <sup>a</sup>	0.6
Asian/Other	1.9 <sup>b</sup>	1.3 <sup>b</sup>	0.6
<b>Gender by Age</b>			
<b>Male</b>			
12-13	2.0 <sup>a</sup> *	1.5	0.5
14-15	2.5 <sup>b</sup>	1.9	0.6
16-17	2.3 <sup>ab</sup>	1.7	0.6
<b>Female</b>			
12-13	2.5	1.8 <sup>a</sup> *	0.7
14-15	2.4	1.7 <sup>ab</sup>	0.6
16-17	2.3	1.5 <sup>b</sup>	0.8
<b>Income</b>			
<\$15,000	2.5 <sup>a</sup> ***	1.9 <sup>a</sup> ***	0.5 <sup>ab</sup> *
\$15,000 - \$24,999	2.4 <sup>a</sup>	1.8 <sup>a</sup>	0.6 <sup>ab</sup>
\$25,000 - \$34,999	3.1 <sup>b</sup>	2.5 <sup>c</sup>	0.6 <sup>ab</sup>
\$35,000 - \$49,999	2.3 <sup>a</sup>	1.8 <sup>ab</sup>	0.5 <sup>a</sup>
\$50,000 - \$74,999	1.9 <sup>a</sup>	1.2 <sup>b</sup>	0.7 <sup>ab</sup>
> \$75,000	2.3 <sup>a</sup>	1.5 <sup>ab</sup>	0.8 <sup>b</sup>
<b>CalFresh Status,%FPL<sup>2</sup></b>			
Participant	2.7 <sup>a</sup> ***	2.1 <sup>a</sup> ***	0.6 <sup>ab</sup> **
Likely Eligible < 130%	2.5 <sup>a</sup>	1.9 <sup>a</sup>	0.5 <sup>a</sup>
Not Eligible > 185%	2.1 <sup>b</sup>	1.4 <sup>b</sup>	0.7 <sup>b</sup>
<b>Physical Activity Status</b>			
Regular	2.4 *	1.7 *	0.7
Irregular	2.1	1.5	0.6
<b>Overweight Status</b>			
Not Overweight	2.3	1.7	0.6
Overweight/Obese	2.3	1.7	0.7

<sup>1</sup>Juices include only 100% fruit juices

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

(Tukeys 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

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Table 2: Servings of Fruits and Vegetables Eaten by California (N=1,143)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100 %juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% 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>4.2</b>	<b>3.0</b>	<b>1.3</b>
<b>Gender</b>			
Male	4.2	3.0	1.1 **
Female	4.3	2.9	1.4
<b>Ethnicity</b>			
White	4.1 <sup>ab</sup> ***	2.7 <sup>b</sup> ***	1.5
African American	3.9 <sup>ab</sup>	2.8 <sup>ab</sup>	1.2
Latino	4.6 <sup>a</sup>	3.4 <sup>a</sup>	1.2
Asian/Other	3.4 <sup>b</sup>	2.2 <sup>b</sup>	1.2
<b>Gender by Age</b>			
<b>Male</b>			
12-13	3.7 <sup>a</sup> *	2.7	1.0
14-15	4.6 <sup>b</sup>	3.3	1.3
16-17	4.2 <sup>ab</sup>	3.0	1.2
<b>Female</b>			
12-13	4.6	3.3 <sup>a</sup> **	1.3
14-15	4.3	3.0 <sup>ab</sup>	1.3
16-17	4.1	2.5 <sup>b</sup>	1.6
<b>Income</b>			
<\$15,000	4.4 <sup>a</sup> ***	3.3 <sup>a</sup> ***	1.1 <sup>ab</sup> *
\$15,000 - \$24,999	4.3 <sup>a</sup>	3.2 <sup>a</sup>	1.1 <sup>ab</sup>
\$25,000 - \$34,999	5.5 <sup>b</sup>	4.3 <sup>c</sup>	1.2 <sup>ab</sup>
\$35,000 - \$49,999	4.1 <sup>a</sup>	3.1 <sup>ab</sup>	1.0 <sup>a</sup>
\$50,000 - \$74,999	3.6 <sup>a</sup>	2.2 <sup>b</sup>	1.4 <sup>ab</sup>
> \$75,000	4.3 <sup>a</sup>	2.8 <sup>ab</sup>	1.5 <sup>b</sup>
<b>CalFresh Status,%FPL<sup>2</sup></b>			
Participant	4.8 <sup>a</sup> ***	3.6 <sup>a</sup> ***	1.2 <sup>ab</sup> **
Likely Eligible < 130%	4.4 <sup>a</sup>	3.3 <sup>a</sup>	1.1 <sup>a</sup>
Not Eligible > 185%	3.9 <sup>b</sup>	2.5 <sup>b</sup>	1.4 <sup>b</sup>
<b>Physical Activity Status</b>			
Regular	4.4 *	3.1	1.3
Irregular	3.9	2.7	1.2
<b>Overweight Status</b>			
Not Overweight	4.2	3.0	1.3
Overweight/Obese	4.3	2.9	1.4

<sup>1</sup>Juices include only 100% fruit juices

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys 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

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**Table 3: Servings of Fruits, Juices, Salads, and Vegetables Consumed by California Adolescents (N=1,143)**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100 %juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables			
	Fruits	Juices <sup>1</sup>	Salads	Vegetables
<b>Total</b>	<b>2.1</b>	<b>0.9</b>	<b>0.2</b>	<b>1.1</b>
<b>Gender</b>				
Male	2.2	0.9	0.2	1.0 *
Female	2.1	0.9	0.2	1.2
<b>Ethnicity</b>				
White	2.0 <sup>a</sup> ***	0.7 <sup>b</sup> ***	0.3 <sup>a</sup> *	1.2
African American	1.6 <sup>a</sup>	1.2 <sup>a</sup>	0.1 <sup>a</sup>	1.1
Latino	2.4 <sup>b</sup>	1.0 <sup>a</sup>	0.2 <sup>a</sup>	1.0
Asian/Other	1.7 <sup>a</sup>	0.6 <sup>b</sup>	0.1 <sup>a</sup>	1.1
<b>Gender by Age</b>				
<b>Male</b>				
12-13	2.0	0.7	0.2	0.8 <sup>a</sup> *
14-15	2.3	1.0	0.2	1.1 <sup>a</sup>
16-17	2.2	0.8	0.1	1.1 <sup>a</sup>
<b>Female</b>				
12-13	2.5 <sup>a</sup> ***	0.8	0.2	1.2
14-15	2.1 <sup>a</sup>	0.9	0.2	1.1
16-17	1.6 <sup>b</sup>	0.9	0.3	1.4
<b>Income</b>				
<\$15,000	2.3 <sup>a</sup> ***	1.0 <sup>ab</sup> ***	0.2 <sup>ab</sup> **	0.9
\$15,000 - \$24,999	2.3 <sup>a</sup>	0.9 <sup>ac</sup>	0.1 <sup>a</sup>	1.0
\$25,000 - \$34,999	2.9 <sup>b</sup>	1.4 <sup>b</sup>	0.1 <sup>a</sup>	1.1
\$35,000 - \$49,999	2.1 <sup>a</sup>	1.0 <sup>abc</sup>	0.1 <sup>ab</sup>	0.9
\$50,000 - \$74,999	1.6 <sup>a</sup>	0.6 <sup>c</sup>	0.2 <sup>ab</sup>	1.2
> \$75,000	2.1 <sup>a</sup>	0.7 <sup>c</sup>	0.3 <sup>b</sup>	1.2
<b>CalFresh Status,%FPL<sup>2</sup></b>				
Participant	2.5 <sup>a</sup> ***	1.1 <sup>a</sup> ***	0.2	1.0 <sup>ab</sup> *
Likely Eligible < 130%	2.3 <sup>a</sup>	1.0 <sup>a</sup>	0.1	1.0 <sup>a</sup>
Not Eligible > 185%	1.8 <sup>b</sup>	0.6 <sup>b</sup>	0.2	1.2 <sup>b</sup>
<b>Physical Activity Status</b>				
Regular	2.2	0.9 *	0.2	1.1
Irregular	2.0	0.7	0.2	1.0
<b>Overweight Status</b>				
Not Overweight	2.1	0.9	0.2	1.1
Overweight/Obese	2.1	0.8	0.2	1.2

<sup>1</sup>Juices include only 100% fruit juices

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: \* p<.05, \*\* p<.01, \*\*\* p<.001

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**Table 4: California Adolescents Who Reported Eating Less than One Serving of Fruits and Vegetables, No Fruits or Juices, and No Vegetables or Salads (N=1,143)**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100 %juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Percent of Adolescents		
	Reported Having Less than One 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>10.6</b>	<b>18.3</b>	<b>49.1</b>
<b>Gender</b>			
Male	10.9	19.1	51.6
Female	10.3	17.4	46.5
<b>Ethnicity</b>			
White	9.0 *	17.5 *	42.1 **
African American	15.9	25.7	57.0
Latino	9.3	15.8	53.1
Asian/Other	15.4	24.6	46.6
<b>Gender by Age</b>			
<b>Male</b>			
12-13	16.1 **	28.0 ***	47.3
14-15	6.7	16.1	53.0
16-17	9.8	13.3	54.6
<b>Female</b>			
12-13	8.4	17.2 *	43.0
14-15	8.3	12.0	48.2
16-17	14.2	23.4	48.1
<b>Income</b>			
<\$15,000	11.0 **	18.6 *	54.6 ***
\$15,000 - \$24,999	11.3	16.4	56.1
\$25,000 - \$34,999	7.1	11.9	55.4
\$35,000 - \$49,999	16.7	23.0	57.6
\$50,000 - \$74,999	12.2	25.8	42.7
> \$75,000	5.0	15.0	40.8
<b>CalFresh Status,%FPL<sup>3</sup></b>			
Participant	9.4	16.9	50.0 ***
Likely Eligible < 130%	11.2	16.9	55.8
Not Eligible > 185%	9.1	17.8	42.2
<b>Physical Activity Status</b>			
Regular	9.9	18.6	47.4 *
Irregular	12.8	17.1	55.3
<b>Overweight Status</b>			
Not Overweight	10.7	16.5 **	47.7
Overweight/Obese	9.7	23.6	53.1

<sup>1</sup>Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than one serving of fruits and vegetables.

<sup>2</sup>Categorized as having less than .5 servings of fruits or vegetables.

<sup>3</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables (N=1,143)**

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100 %juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Percent of Adolescents				Met the Recommendations <sup>2</sup> for Fruits and Vegetables
	Servings of Fruits and Vegetables				
	0 <sup>1</sup>	1-2	3-4	5+	
<b>Total</b>	<b>10.6</b>	<b>24.6</b>	<b>24.6</b>	<b>40.2</b>	<b>32.7</b>
<b>Gender</b>					
Male	10.9	26.2	25.6	37.3	22.6 ***
Female	10.3	22.8	23.6	43.3	43.3
<b>Ethnicity</b>					
White	9.0	24.0	26.7	40.3	33.3 **
African American	15.9	28.6	20.3	35.2	33.2
Latino	9.3	23.9	22.6	44.2	36.2
Asian/Other	15.4	26.1	29.0	29.6	20.2
<b>Gender by Age</b>					
<b>Male</b>					
12-13	16.1	27.7	21.0	35.2	16.7 *
14-15	6.7	24.7	26.5	42.1	29.3
16-17	9.8	26.3	29.3	34.6	21.7
<b>Female</b>					
12-13	8.4	25.2	16.3	50.1	50.1 **
14-15	8.3	19.7	32.2	39.8	39.8
16-17	14.2	23.9	21.4	40.5	40.5
<b>Income</b>					
<\$15,000	11.0	25.7	20.0	43.2	33.9 ***
\$15,000 - \$24,999	11.3	23.9	26.6	38.2	30.2
\$25,000 - \$34,999	7.1	12.3	26.5	54.1	45.3
\$35,000 - \$49,999	16.7	26.6	15.6	41.0	33.6
\$50,000 - \$74,999	12.2	31.0	27.1	29.7	24.3
> \$75,000	5.0	26.4	26.4	42.3	33.3
<b>CalFresh Status,%FPL<sup>3</sup></b>					
Participant	9.4	19.8	23.3	47.5	40.1 *
Likely Eligible < 130%	11.2	27.4	19.5	41.9	32.8
Not Eligible > 185%	9.1	26.2	28.5	36.2	29.6
<b>Physical Activity Status</b>					
Regular	9.9	23.3	24.9	41.9	33.6
Irregular	12.8	29.1	23.7	34.4	29.4
<b>Overweight Status</b>					
Not Overweight	10.7	23.5	24.6	41.2	33.7
Overweight/Obese	9.7	29.4	21.8	39.1	31.7

<sup>1</sup>Categorized as having less than .5 servings of fruits or vegetables.

<sup>2</sup>Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

<sup>3</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health (N=1,139)**

How many total cups of fruits and vegetables do you think you should eat every day to be healthy?

	Cups of Fruits and Vegetables Believed Needed, Percent of Adolescents		
	0-2	3-4	5+
<b>Total</b>	<b>17.4</b>	<b>34.1</b>	<b>48.4</b>
<b>Gender</b>			
Male	20.2	34.4	45.4
Female	14.5	33.9	51.6
<b>Ethnicity</b>			
White	13.6	25.6	60.8
African American	15.4	39.5	45.1
Latino	19.9	37.5	42.6
Asian/Other	17.4	37.2	45.4
<b>Gender by Age</b>			
<b>Male</b>			
12-13	22.0	40.7	37.3
14-15	18.8	29.0	52.1
16-17	19.9	33.4	46.7
<b>Female</b>			
12-13	21.7	31.7	46.7
14-15	10.2	39.0	50.8
16-17	12.0	30.6	57.4
<b>Income</b>			
<\$15,000	14.9	41.4	43.8
\$15,000 - \$24,999	24.9	34.0	41.1
\$25,000 - \$34,999	15.7	34.9	49.4
\$35,000 - \$49,999	23.9	30.7	45.4
\$50,000 - \$74,999	19.6	40.8	39.7
> \$75,000	16.0	28.4	55.6
<b>CalFresh Status,%FPL<sup>1</sup></b>			
Participant	19.6	40.8	39.6
Likely Eligible < 130%	17.4	34.3	48.3
Not Eligible > 185%	13.8	30.4	55.8
<b>Physical Activity Status</b>			
Regular	15.4	33.8	50.8
Irregular	24.7	35.4	39.8
<b>Overweight Status</b>			
Not Overweight	14.0	35.5	50.5
Overweight/Obese	25.1	29.1	45.8

<sup>1</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 7: Knowledge of MyPlate Recommendations (N=1,143)**

How much of your meals should be made up of fruits and vegetables?  
all, most, half, a quarter, none

	Correct Recall of MyPlate Messaging <sup>1</sup> , Percent of Adolescents
<b>Total</b>	<b>39.3</b>
<b>Gender</b>	
Male	40.7
Female	37.8
<b>Ethnicity</b>	
White	35.7 *
African American	41.8
Latino	43.0
Asian/Other	33.0
<b>Gender by Age</b>	
<b>Male</b>	
12-13	35.9
14-15	41.4
16-17	44.9
<b>Female</b>	
12-13	38.1
14-15	33.4
16-17	42.2
<b>Income</b>	
<\$15,000	43.4 ***
\$15,000 - \$24,999	50.4
\$25,000 - \$34,999	42.6
\$35,000 - \$49,999	24.8
\$50,000 - \$74,999	44.9
> \$75,000	35.9
<b>CalFresh Status,%FPL<sup>2</sup></b>	
Participant	42.4
Likely Eligible < 130%	39.0
Not Eligible > 185%	37.3
<b>Physical Activity Status</b>	
Regular	37.6 *
Irregular	45.3
<b>Overweight Status</b>	
Not Overweight	38.0
Overweight/Obese	43.9

<sup>1</sup>Correct response is "half"

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

statistically significant.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

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**Table 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents (N=1,069)**

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	Choose Other Foods	No Time	Not Hungry	Eat Enough Already	Other <sup>1</sup>
<b>Total</b>	<b>21.1</b>	<b>22.1</b>	<b>16.3</b>	<b>4.4</b>	<b>8.1</b>	<b>7.3</b>	<b>20.7</b>
<b>Gender</b>							
Male	19.1	23.9	16.6	3.3	7.9	7.8	21.5
Female	23.2	20.3	15.9	5.6	8.4	6.9	19.8
<b>Ethnicity</b>							
White	13.2	25.7	17.4	8.7	9.3	7.0	18.7
African American	19.6	18.6	24.5	1.9	12.3	5.7	17.5
Latino	26.6	18.1	15.4	3.3	9.4	6.1	21.1
Asian/Other	19.6	29.3	13.5	0.7	0.5	12.3	24.1
<b>Gender by Age</b>							
<b>Male</b>							
12-13	18.2	27.2	8.5	3.6	9.1	12.3	21.1
14-15	19.3	20.0	24.9	1.5	9.4	5.4	19.6
16-17	19.8	24.3	16.7	4.6	5.3	5.7	23.8
<b>Female</b>							
12-13	19.8	24.0	17.1	6.8	9.8	7.7	14.7
14-15	29.5	15.8	14.4	4.5	7.0	7.0	22.0
16-17	19.8	21.7	16.4	5.5	8.5	5.8	22.3
<b>Income</b>							
<\$15,000	28.7	19.4	14.0	3.6	9.8	5.7	18.8
\$15,000 - \$24,999	21.9	19.3	15.4	5.1	5.8	9.7	22.7
\$25,000 - \$34,999	20.1	27.5	13.0	1.0	15.3	2.6	20.5
\$35,000 - \$49,999	34.6	20.2	8.8	0.9	7.5	10.2	17.8
\$50,000 - \$74,999	4.2	14.2	25.5	8.5	5.6	10.2	31.8
> \$75,000	17.9	21.8	22.2	6.0	8.2	6.5	17.4
<b>CalFresh Status,%FPL<sup>2</sup></b>							
Participant	26.7	22.5	15.9	1.8	9.7	6.2	17.3
Likely Eligible < 130%	25.2	20.3	13.2	3.6	8.5	8.3	20.8
Not Eligible > 185%	15.2	23.8	19.1	6.4	7.3	7.8	20.5
<b>Physical Activity Status</b>							
Regular	19.8	23.6	16.3	4.5	8.2	7.7	20.0
Irregular	25.6	17.1	16.2	4.0	7.9	6.2	22.9
<b>Overweight Status</b>							
Not Overweight	19.8	23.0	16.4	4.3	6.8	8.6	21.0
Overweight/Obese	26.1	16.5	16.1	4.7	11.6	4.6	20.4

<sup>1</sup>Other includes the following responses: don't think about it, too expensive, don't want to get sick from eating too much, not important, don't want to gain weight, too much sugar, allergic, and poor quality.

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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