

1998-2012 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 2: Mean Servings of Fruits and Vegetables Reported on the Previous Day by California Adolescents

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]?

	Mean Servings of Fruits and Vegetables								Trend Analysis							
	1998	2000	2002	2004	2006	2008	2010	2012	98-00	00-02	02-04	04-06	06-08	08-10	10-12	98-12
Total	4.3	4.5	4.3	4.4	4.2	4.2	4.4	4.2	0.2	-0.2	0.1	-0.2	0.0	0.2	-0.1	0.0
Gender																
Male	4.4	4.7	4.3	4.6	4.1	4.1	4.6	4.2	0.3	-0.4	0.3	-0.5	0.0	0.5	-0.5	-0.2
Female	4.2	4.3	4.3	4.2	4.3	4.2	4.1	4.3	0.1	0.0	-0.2	0.1	-0.1	0.0	0.2	0.2
Ethnicity																
White	4.1	4.7	4.0	4.3	3.8	4.4	4.3	4.1	0.6	-0.7	0.3	-0.5	0.5	-0.1	-0.1	0.0
African American	4.4	4.1	4.1	4.4	4.0	3.1	3.2	3.9	-0.4	0.0	0.3	-0.4	-0.9	0.1	0.7	-0.5
Latino	4.6	4.5	4.7	4.5	4.4	4.3	4.5	4.6	-0.1	0.3	-0.3	0.0	-0.2	0.3	0.1	0.0
Asian/ Other	4.0	4.2	4.5	4.3	4.5	3.9	5.0	3.4	0.2	0.3	-0.2	0.2	-0.6	1.1	-1.5	-0.5
CalFresh Status, % FPL¹																
Participant,					4.5	4.7	4.0	4.8					0.2	-0.7	0.8	
Likely Eligible, ≤ 130%					4.4	4.1	4.5	4.4					-0.4	0.4	-0.1	
Potentially Eligible, 131-≤ 185%					3.8	0.0	0.0	0.0					-3.8	0.0	0.0	
Not Eligible, >185%					4.0	4.1	4.5	3.9					0.1	0.4	-0.5	
Smoking Status																
Non-Smoker	4.4	4.5	4.3	4.4	4.2	4.2	4.4	4.2	0.1	-0.1	0.0	-0.2	0.0	0.2	-0.2	-0.2
Smoker	3.2	5.0	3.9	4.3	3.4	3.2	3.9	4.5	1.8	-1.1	0.4	-0.9	-0.2	0.6	0.6	1.3
Overweight Status																
Not Overweight	4.4	4.6	4.2	4.5	4.1	4.2	4.4	4.2	0.2	-0.4	0.3	-0.4	0.1	0.1	-0.2	-0.1
Overweight/Obese	3.9	4.4	4.9	4.1	4.3	3.8	4.3	4.3	0.4	0.6	-0.8	0.2	-0.5	0.4	0.0	0.3
Physical Activity																
Regular	4.4	4.6	3.7	4.5	4.4	4.2	4.7	4.4	0.2	-0.9	0.8	-0.1	-0.2	0.5	-0.4	-0.1
Irregular	3.8	4.1	4.5	4.0	3.5	4.0	3.8	3.9	0.3	0.4	-0.5	-0.5	0.4	-0.1	0.1	0.1

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

* p<.05
 ** p<.01
 *** p<.001

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Trend Table 5: Proportion of California Adolescents Who Met the Fruits and Vegetables Recommendation

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 Recommended Servings ¹ of Fruits and Vegetables, Percent of Adolescents								Trend Analysis							
	1998	2000	2002	2004	2006	2008	2010	2012	98-00	00-02	02-04	04-06	06-08	08-10	10-12	98-12
Total	30.2%	34.7%	31.2%	33.2%	31.1%	29.1%	34.1%	32.7%	4.4%	-3.4%	2.0%	-2.2%	-2.0%	5.0%	-1.4%	2.5%
Gender																
Male	23.4%	28.3%	22.5%	28.3%	21.3%	20.6%	28.1%	22.6%	4.9%	-5.7%	5.7%	-6.9%	-0.7%	7.5%	-5.5%	-0.8%
Female	37.6%	41.5%	40.5%	38.4%	41.4%	38.0%	40.4%	43.3%	3.9%	-0.9%	-2.1%	2.9%	-3.3%	2.4%	2.9%	5.7%
Ethnicity																
White	28.0%	36.4%	26.8%	32.1%	27.1%	28.8%	32.7%	33.3%	8.4%	-9.6%	5.2%	-4.9%	1.7%	3.9%	0.6%	5.3%
African American	31.0%	30.7%	25.2%	31.9%	28.1%	18.1%	25.8%	33.2%	-0.4%	-5.5%	6.7%	-3.8%	-10.0%	7.7%	7.4%	2.2%
Latino	34.8%	35.1%	38.5%	34.5%	34.4%	32.2%	35.1%	36.2%	0.3%	3.4%	-3.9%	-0.2%	-2.2%	2.9%	1.1%	1.5%
Asian/ Other	24.4%	29.0%	30.6%	33.3%	33.8%	26.9%	39.4%	20.2%	4.6%	1.6%	2.7%	0.5%	-6.9%	12.6%	-19.3%	-4.3%
CalFresh Status, % FPL²																
Participant,					36.1%	37.4%	32.3%	40.1%					1.4%	-5.1%	7.8%	
Likely Eligible, ≤130					33.5%	27.5%	37.0%	32.8%					-6.0%	9.5%	-4.3%	
Not Eligible, >185					27.0%	28.1%	33.4%	29.6%					1.1%	5.3%	-3.8%	
Overweight Status																
Not Overweight	31.7%	36.3%	31.0%	34.8%	31.2%	29.9%	34.1%	33.7%	4.6%	-5.3%	3.9%	-3.6%	-1.3%	4.2%	-0.4%	2.0%
Overweight/Obese	23.4%	31.3%	31.0%	29.2%	30.1%	27.4%	31.9%	31.7%	7.9%	-0.3%	-1.8%	1.0%	-2.7%	4.5%	-0.1%	8.3%
Physical Activity																
Regular	31.2%	35.9%	32.2%	34.5%	32.0%	28.6%	37.6%	33.6%	4.8%	-3.7%	2.2%	-2.5%	-3.3%	8.9%	-4.0%	2.4%
Irregular	26.4%	28.9%	27.0%	29.1%	28.6%	30.7%	28.4%	29.4%	2.6%	-2.0%	2.1%	-0.5%	2.1%	-2.2%	1.0%	3.1%

¹ Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

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

* p<.05
 ** p<.01
 *** p<.001