

2013 California Dietary Practices Survey

Table 26: Reported Consumption of Deep-Fried Foods, Trends 1997-2013

Yesterday how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have?

	Percent who Reported Eating Deep-Fried Foods									Trends	
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2011-13	1997-13
Total	20	19	19	19	20	19.7	23.0	23.0	21.5	-1.5	1.5
<i>Sex</i>											
Male	23 **	22 **	23 ***	19	23 *	20.4	24.3	25.3 *	23.9 *	-1.4	0.9
Female	17	16	16	19	18	19.0	21.6	20.7	19.1	-1.6	2.1
<i>Age</i>											
18 - 24									36.3 ***	NA	NA
25 - 34									23.9	NA	NA
35 - 50									20.1	NA	NA
51 - 64									18.3	NA	NA
65+									10.8	NA	NA
<i>Ethnicity</i>											
White	17 **	16 ***	16 ***	16 ***	14 ***	14.7 ***	20.2 **	16.9 ***	15.9 ***	-1.0	-1.1
Hispanic	22	24	22	25	23	24.3	27.5	31.6	30.1	-1.5	8.1*
Black	28	33	33	27	30	35.6	31.1	25.0	21.1	-3.9	-6.9
Asian/Other ¹		17	26	27	20	23.1	20.1	30.2	33.0	NA	NA
<i>Education</i>											
Less than High School	26	24 *	17 *	21 ***	28 ***	23.4 **	31.2 ***	32.7 ***	25.2 **	-7.5	-0.8
High School Graduate	20	21	23	24	23	22.5	28.1	27.9	23.4	-4.5	3.4
Some College	20	20	20	23	19	19.9	23.2	18.4	23.8	5.4	3.8
College Graduate	18	15	16	13	14	13.8	13.2	18.2	14.8	-3.4	-3.2
<i>Income</i>											
Less than \$15,000	18	20	18	22 **	23 *	24.5 ***	26.3 ***	26.1 *	24.0 *	-2.1	6.0*
\$15,000 - 24,999	19	19	19	22	24	20.2	24.2	26.1	25.7	-0.4	6.7*
\$25,000 - 34,999	23	21	19	28	15	18.1	33.3	20.4	24.0	3.6	1.0
\$35,000 - 49,999	19	21	18	16	17	21.7	14.8	15.4	16.9	1.5	-2.1
\$50,000+	21	16	22	15	16	14.0	17.5	19.1	15.6	-3.5	-5.4
<i>Overweight Status</i>											
Overweight/Obese			21 *	19	22 **	20.1	25.0 *	24.5	24.0 **	-0.5	NA
Not Overweight			16	19	16	18.6	20.0	21.2	16.9	-4.3	NA
<i>Physically Active</i>											
Met Aerobic Recommendation									18.7 ***	NA	NA
Did Not Meet Aerobic Recommendation									27.4	NA	NA
<i>SNAP/CalFresh Status, % FPL</i>											
Participant								21.5 ***	24.4 *	2.9	NA
Likely Eligible, ≤ 130%								38.2	24.9	-13.3*	NA
Not Eligible, > 185%								20.8	16.6	-4.2	NA

¹ For the years 1999-2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic.

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

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Table 27: Reported Consumption of Chips and Other Fried Snack Foods, Trends 1997-2013

Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?

	Percent who Reported Eating Fried Snack Foods										Trends	
	1997	1999	2001	2003	2005	2007	2009	2011	2013	2011-13	1997-13	
Total	21	21	24	20	21	21.2	22.2	23.1	22.6	-0.5	1.6	
<i>Sex</i>												
Male	23	23	27**	20	22	23.9*	24.9*	25.0	25.8**	0.8	2.8	
Female	19	20	20	19	20	18.5	19.6	21.2	19.4	-1.8	0.4	
<i>Age</i>												
18 - 24									29.4**	NA	NA	
25 - 34									26.9	NA	NA	
35 - 50									18.8	NA	NA	
51 - 64									22.6	NA	NA	
65+									18.6	NA	NA	
<i>Ethnicity</i>												
White	20	21	24	18*	22	19.4**	23.7	24.7*	22.7	-2.0	2.7	
Hispanic	23	19	20	23	20	22.9	21.6	21.5	19.4	-2.1	-3.6	
Black	23	30	29	22	22	34.6	25.6	19.5	27.1	7.6	4.1	
Asian/Other ¹		19	29	27	19	21.0	16.7	9.3	25.8	NA	NA	
<i>Education</i>												
Less than High School	22	15***	20	16***	23	20.7**	16.5**	24.3	22.7	-1.6	0.7	
High School Graduate	22	20	26	25	21	27.3	27.5	24.3	22.1	-2.2	0.1	
Some College	24	28	22	22	19	20.6	25.0	23.7	25.3	1.6	1.3	
College Graduate	17	19	24	15	21	16.5	19.5	20.9	20.3	-0.6	3.3	
<i>Income</i>												
Less than \$15,000	23	19	21	18	18	17.7	21.3	22.2	26.1	3.9	3.1	
\$15,000 - 24,999	22	22	23	21	19	25.2	28.0	27.5	20.3	-7.2*	-1.7	
\$25,000 - 34,999	22	21	26	24	24	23.4	17.9	22.3	19.6	-2.7	-2.4	
\$35,000 - 49,999	16	28	25	23	24	27.3	26.8	22.1	18.2	-3.9	2.2	
\$50,000+	21	22	24	18	21	21.5	20.2	22.3	21.6	-0.7	0.6	
<i>Overweight Status</i>												
Overweight/Obese			22	21	21	22.3	23.1	26.3***	24.3	-2.0	NA	
Not Overweight			26	18	21	19.5	21.3	17.6	20.2	2.6	NA	
<i>Physically Active</i>												
Met Aerobic Recommendation									24.1*	NA	NA	
Did Not Meet Aerobic Recommendation									19.5	NA	NA	
<i>SNAP/CalFresh Status, % FPL</i>												
Participant								25.0	24.7*	-0.3	NA	
Likely Eligible, ≤ 130%								23.4	17.2	-6.2	NA	
Not Eligible, > 185%								19.3	19.8	0.5	NA	

¹ For the years 1999-2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic.

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

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Table 28: Reported Consumption of High-Fat Sweets and Breakfast Pastries

Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have?

Yesterday, how many servings of breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poparts did you have?

	Percent who Reported Eating	
	High-Fat Sweets	Breakfast Pastries
Total	15.2	43.7
<i>Sex</i>		
Male	20.0	44.1
Female	10.6	43.4
<i>Age</i>		
18 - 24	20.3	45.1
25 - 34	15.8	43.1
35 - 50	11.8	38.1
51 - 64	16.6	47.6
65+	15.7	51.7
<i>Ethnicity</i>		
White	12.9	44.9
Hispanic	17.6	39.9
Black	14.0	44.0
Asian/Other	27.4	49.0
<i>Education</i>		
Less than High School	24.8	34.8
High School Graduate	15.5	43.3
Some College	12.2	46.1
College Graduate	11.9	47.4
<i>Income</i>		
Less than \$15,000	16.2	39.6
\$15,000 - 24,999	14.2	43.0
\$25,000 - 34,999	12.8	42.2
\$35,000 - 49,999	18.2	54.6
\$50,000+	12.0	50.8
<i>Overweight Status</i>		
Overweight/Obese	15.4	43.2
Not Overweight	14.3	46.3
<i>Physically Active</i>		
Met Aerobic Recommendation	13.3	42.9
Did Not Meet Aerobic Recommendation	19.4	44.7
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	16.6	42.0
Likely Eligible, ≤ 130%	19.6	29.4
Not Eligible, > 185%	10.8	55.3

N=1504; 1504

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

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Table 29: Reported Consumption of High Calorie, Low Nutrient Foods

*Yesterday, how many servings of breakfast pastries like doughnuts, danishes, sweet rolls, muffins, croissants, or poptarts did you have?
 Yesterday, how many servings of deep-fried foods like French fries, fried chicken, chicken nuggets, fried fish, fried shrimp or onion rings did you have?
 Yesterday, how many servings of potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods did you have?
 Yesterday, how many servings of desserts like cake, pie, cookies, brownies, ice cream or chocolate candy bars did you have?*

	Reported High Calorie Low Nutrient Foods, Percent ¹			Mean Servings of High Calorie, Low Nutrient Foods ²	
	0	1	2+		
Total	33.8	29.1	37.0	1.6	
<i>Sex</i>					
Male	32.1	25.2	42.8	1.9	**
Female	35.6	33.0	31.5	1.3	
<i>Age</i>					
18 - 24	27.0	24.9	48.2	2.9	b **
25 - 34	31.7	31.9	36.3	1.6	c
35 - 50	39.1	28.6	32.3	1.2	c
51 - 64	31.8	27.7	40.5	1.5	c
65+	33.6	32.1	34.4	1.2	c
<i>Ethnicity</i>					
White	34.0	30.6	35.4	1.3	a **
Hispanic	33.3	27.6	39.1	1.6	a
Black	31.4	30.4	38.2	1.7	a
Asian/Other	40.2	20.5	39.3	3.8	b
<i>Education</i>					
Less than High School	36.4	26.3	37.3	2.3	a **
High School Graduate	33.2	33.1	33.7	1.4	b
Some College	31.6	27.8	40.6	1.6	b
College Graduate	35.2	27.9	36.9	1.2	b
<i>Income</i>					
Less than \$15,000	34.8	27.3	37.9	1.8	a *
\$15,000 - 24,999	33.8	28.3	37.9	1.6	ab
\$25,000 - 34,999	37.2	31.2	31.6	1.3	ab
\$35,000 - 49,999	27.9	33.8	38.3	1.7	ab
\$50,000+	32.9	29.1	38.0	1.3	b
<i>Overweight Status</i>					
Overweight/Obese	32.4	28.9	38.6	1.7	*
Not Overweight	35.4	29.3	35.3	1.4	
<i>Physically Active</i>					
Met Aerobic Recommendation	34.7	29.4	35.9	1.4	**
Did Not Meet Aerobic Recommendation	33.4	26.8	39.9	1.9	
<i>SNAP/CalFresh Status, % FPL</i>					
Participant	33.2	29.6	37.3	1.7	a *
Likely Eligible, ≤ 130%	40.7	23.6	35.8	1.3	ab
Not Eligible, > 185%	30.6	30.4	39.0	1.3	b

N=1500; 1500

Rows may not add up to 100 percent due to rounding.

¹A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

²A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (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