

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 26: Consumption of High Calorie, Low Nutrient Foods by Category Among California Adolescents (N=1,225)

Yesterday did you eat any... pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or poptarts?
 ... deep fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
 ... potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?
 ... sweet snacks such like cake, pie, cookies, or brownies?
 ... candy bars or packages of candy?
 Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona, Red Bull, Rockstar or Sobe did you drink?
 How many servings of french fries did you eat yesterday?

| | Food Reported Consumed from Each Category Yesterday, Percent of Adolescents | | | | | | |
|---------------------------------|---|-------------|-----------------|--------------------|------------------|--------------------|--------------|
| | Regular Soda | Candy | Bakery Desserts | Chips/Fried Snacks | Deep Fried Foods | Breakfast Pastries | French Fries |
| Total | 60.4 | 24.3 | 32.1 | 38.2 | 18.7 | 25.8 | 16.5 |
| Gender | | | | | | | |
| Males | 69.4 *** | 23.9 | 32.3 | 38.2 | 19.1 | 28.5 * | 18.4 |
| Females | 50.8 | 24.8 | 31.9 | 38.2 | 18.2 | 22.8 | 14.4 |
| Ethnicity | | | | | | | |
| White | 54.7 ** | 26.1 *** | 35.3 ** | 33.8 *** | 11.9 *** | 25.7 | 10.2 *** |
| African American | 67.8 | 40.1 | 43.1 | 58.9 | 36.1 | 26.9 | 10.0 |
| Latino | 64.3 | 23.7 | 30.6 | 41.8 | 19.8 | 24.8 | 21.9 |
| Asian/Other | 61.2 | 13.1 | 21.8 | 29.4 | 24.5 | 28.2 | 22.1 |
| Gender by Age | | | | | | | |
| Males | | | | | | | |
| 12-13 | 60.4 ** | 22.5 | 36.0 | 43.5 * | 22.4 | 28.3 | 16.0 |
| 14-15 | 74.7 | 24.3 | 26.3 | 40.4 | 19.9 | 28.2 | 15.3 |
| 16-17 | 73.5 | 25.0 | 34.5 | 30.6 | 15.1 | 29.1 | 25.0 |
| Females | | | | | | | |
| 12-13 | 47.2 | 25.1 | 32.6 | 40.5 | 14.1 * | 23.2 | 14.8 |
| 14-15 | 51.5 | 22.7 | 30.3 | 39.0 | 16.6 | 18.5 | 13.2 |
| 16-17 | 53.9 | 26.5 | 32.7 | 35.1 | 24.1 | 27.0 | 15.3 |
| Income | | | | | | | |
| <\$15,000 | 63.5 * | 24.6 * | 29.4 | 42.8 | 21.3 * | 31.2 ** | 24.6 |
| \$15,000 - \$24,999 | 62.5 | 34.5 | 31.2 | 41.1 | 21.6 | 31.9 | 16.5 |
| \$25,000 - \$34,999 | 66.7 | 16.1 | 31.5 | 40.9 | 27.8 | 19.1 | 20.3 |
| \$35,000 - \$49,999 | 72.6 | 31.5 | 34.1 | 37.9 | 24.4 | 18.6 | 15.1 |
| \$50,000 - \$74,999 | 51.4 | 23.0 | 32.2 | 39.0 | 13.0 | 20.3 | 14.3 |
| ≥\$75,000 | 59.8 | 24.5 | 35.2 | 36.3 | 16.5 | 29.9 | 11.6 |
| Food Stamp Status, % FPL | | | | | | | |
| Participant, ≤130% | 53.4 ** | 25.5 | 32.4 * | 42.4 | 19.6 * | 23.4 | 18.6 |
| Likely Eligible, ≤130% | 68.5 | 22.6 | 24.6 | 40.2 | 25.2 | 27.0 | 22.8 |
| Potentially Eligible, 131-185% | 64.1 | 22.0 | 32.8 | 33.5 | 18.4 | 26.2 | 13.0 |
| Not Eligible, >185% | 58.6 | 24.8 | 34.6 | 37.6 | 16.3 | 24.4 | 14.6 |
| Smoking Status | | | | | | | |
| Non-Smokers | 60.0 | 24.1 | 31.6 | 37.4 ** | 18.2 * | 25.3 | 15.3 *** |
| Smokers | 68.8 | 30.3 | 44.0 | 55.4 | 29.0 | 36.6 | 47.5 |
| Physical Activity Status | | | | | | | |
| Regular | 60.3 | 21.7 *** | 32.2 | 34.9 *** | 17.7 | 26.4 | 15.4 |
| Irregular | 60.7 | 31.5 | 32.0 | 47.2 | 21.3 | 24.0 | 19.7 |
| Overweight Status | | | | | | | |
| Not at Risk | 57.9 ** | 24.3 | 33.2 | 36.7 * | 18.8 | 26.9 | 15.8 |
| At Risk/Overweight | 66.6 | 24.8 | 30.7 | 43.1 | 19.0 | 22.9 | 19.2 |

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 27: Consumption of More than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents (N=1,223)

Yesterday did you eat any...pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?
 ... deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
 ...potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?
 ...sweet snacks such like cake, pie, cookies, or brownies?
 ... candy bars or packages of candy?
 Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona, Red Bull, Rockstar or Sobe did you drink?

| | Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday, Percent of Adolescents | | | | |
|---------------------------------|--|-------------|-------------|-------------|-------------|
| | 0-1 | 2 | 3 | 4+ | 2 or More |
| Total | 39.7 | 27.7 | 19.8 | 12.9 | 60.3 |
| Gender | | | | | |
| Males | 36.0 | 28.6 | 21.4 | 14.0 | 63.9 ** |
| Females | 43.5 | 26.7 | 18.0 | 11.8 | 56.4 |
| Ethnicity | | | | | |
| White | 43.6 | 24.8 | 20.8 | 10.8 | 56.2 ** |
| African American | 27.3 | 15.6 | 24.7 | 32.4 | 72.7 |
| Latino | 36.4 | 29.8 | 21.4 | 12.5 | 63.6 |
| Asian/Other | 44.7 | 35.8 | 10.0 | 9.5 | 55.3 |
| Gender by Age | | | | | |
| Males | | | | | |
| 12-13 | 40.7 | 22.8 | 20.4 | 16.0 | 59.2 |
| 14-15 | 30.1 | 31.8 | 27.3 | 10.8 | 69.9 |
| 16-17 | 37.3 | 31.2 | 16.5 | 15.0 | 62.7 |
| Females | | | | | |
| 12-13 | 43.3 | 29.2 | 17.3 | 10.2 | 56.7 |
| 14-15 | 48.3 | 25.6 | 17.0 | 9.0 | 51.6 |
| 16-17 | 38.7 | 25.2 | 19.9 | 16.2 | 60.9 |
| Income | | | | | |
| <\$15,000 | 34.8 | 30.5 | 19.6 | 15.1 | 65.2 |
| \$15,000 - \$24,999 | 31.9 | 28.2 | 24.6 | 15.4 | 68.0 |
| \$25,000 - \$34,999 | 35.4 | 25.9 | 29.0 | 9.6 | 64.6 |
| \$35,000 - \$49,999 | 39.0 | 16.8 | 27.3 | 17.0 | 61.0 |
| \$50,000 - \$74,999 | 46.5 | 22.4 | 18.6 | 12.5 | 53.5 |
| ≥\$75,000 | 39.2 | 30.8 | 17.2 | 12.8 | 60.6 |
| Food Stamp Status, % FPL | | | | | |
| Participant, ≤130% | 43.0 | 27.8 | 13.4 | 15.8 | 56.9 |
| Likely Eligible, ≤130% | 36.0 | 26.5 | 24.6 | 13.0 | 64.0 |
| Potentially Eligible, 131-185% | 38.2 | 23.4 | 30.8 | 7.5 | 61.6 |
| Not Eligible, >185% | 41.2 | 28.2 | 17.8 | 12.8 | 58.7 |
| Smoking Status | | | | | |
| Non-Smokers | 40.8 | 27.4 | 19.5 | 12.3 | 59.1 *** |
| Smokers | 14.6 | 34.5 | 25.7 | 25.2 | 85.4 |
| Physical Activity Status | | | | | |
| Regular | 41.0 | 27.7 | 19.5 | 11.8 | 58.8 |
| Irregular | 35.9 | 27.7 | 20.6 | 15.9 | 64.1 |
| Overweight Status | | | | | |
| Not at Risk | 39.2 | 29.2 | 19.2 | 12.4 | 60.7 |
| At Risk/Overweight | 40.8 | 22.7 | 21.7 | 14.8 | 59.2 |

¹ 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

*** p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 67: Mean Consumption of Diet Soft Drinks or Diet Sweetened Beverages Among California Adolescents (N=1,225)

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like sugar free Snapple, Kool-Aid, Arizona, or Sobe did you drink?

| | Mean Servings of Diet Soda or Diet Sweetened Beverages Drank by Adolescents Yesterday ¹ |
|---------------------------------|---|
| Total | 0.5 |
| Gender | |
| Males | 0.4 |
| Females | 0.5 |
| Ethnicity | |
| White | 0.6 |
| African American | 0.1 |
| Latino | 0.5 |
| Asian/Other | 0.2 |
| Gender by Age | |
| Males | |
| 12-13 | 0.8 |
| 14-15 | 0.3 |
| 16-17 | 0.2 |
| Females | |
| 12-13 | 0.6 |
| 14-15 | 0.4 |
| 16-17 | 0.7 |
| Income | |
| <\$15,000 | 0.2 |
| \$15,000 - \$24,999 | 0.5 |
| \$25,000 - \$34,999 | 0.2 |
| \$35,000 - \$49,999 | 0.2 |
| \$50,000 - \$74,999 | 0.2 |
| ≥\$75,000 | 0.5 |
| Food Stamp Status, % FPL | |
| Participant, ≤130% | 0.3 |
| Likely Eligible, ≤130% | 0.4 |
| Potentially Eligible, 131-185% | 0.2 |
| Not Eligible, >185% | 0.6 |
| Smoking Status | |
| Non-Smokers | 0.5 |
| Smokers | 0.4 |
| Physical Activity Status | |
| Regular | 0.4 |
| Irregular | 0.5 |
| Overweight Status | |
| Not Overweight | 0.5 |
| Overweight/Obese | 0.4 |

¹ Data should be interpreted with caution due to the small sample size in each cell.

A serving is defined as a single glass or can. Size of servings was not collected.

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,221)

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, Redbull, Rockstar or Sobe did you drink?

| | Mean Servings of Regular Sodas or Sweetened Beverages Drunk by Adolescents Yesterday | |
|---------------------------------|---|-----|
| Total | 1.1 | |
| Gender | | |
| Males | 1.4 | *** |
| Females | 0.9 | |
| Ethnicity | | |
| White | 1.0 | |
| African American | 1.3 | |
| Latino | 1.2 | |
| Asian/Other | 1.0 | |
| Gender by Age | | |
| Males | | |
| 12-13 | 1.2 | |
| 14-15 | 1.5 | |
| 16-17 | 1.4 | |
| Females | | |
| 12-13 | 0.8 | |
| 14-15 | 0.9 | |
| 16-17 | 0.9 | |
| Income | | |
| <\$15,000 | 1.1 ^a | *** |
| \$15,000 - \$24,999 | 1.3 ^{ab} | |
| \$25,000 - \$34,999 | 1.0 ^a | |
| \$35,000 - \$49,999 | 1.8 ^a | |
| \$50,000 - \$74,999 | 1.2 ^a | |
| ≥\$75,000 | 1.0 ^a | |
| Food Stamp Status, % FPL | | |
| Participant, ≤130% | 1.0 | |
| Likely Eligible, ≤130% | 1.3 | |
| Potentially Eligible, 131-185% | 1.3 | |
| Not Eligible, >185% | 1.1 | |
| Smoking Status | | |
| Non-Smokers | 1.1 | ** |
| Smokers | 1.7 | |
| Physical Activity Status | | |
| Regular | 1.2 | |
| Irregular | 1.0 | |
| Overweight Status | | |
| Not Overweight | 1.1 | * |
| Overweight/Obese | 1.2 | |

A serving is defined as a single glass or can. Size of servings was not collected.

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 69: Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,220)

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?

| | Drank Regular Soda or Sweetened Beverages Yesterday, Percent of Adolescents | |
|---------------------------------|---|-------------|
| | 0 | 1+ |
| Total | 40.2 | 59.8 |
| Gender | | |
| Males | 30.9 | 69.1 |
| Females | 50.2 | 49.8 |
| Ethnicity | | |
| White | 46.0 | 54.0 |
| African American | 32.4 | 67.6 |
| Latino | 36.6 | 63.4 |
| Asian/Other | 38.8 | 61.2 |
| Gender by Age | | |
| Males | | |
| 12-13 | 40.6 | 59.4 |
| 14-15 | 25.3 | 74.7 |
| 16-17 | 26.5 | 73.5 |
| Females | | |
| 12-13 | 52.9 | 47.1 |
| 14-15 | 50.8 | 49.2 |
| 16-17 | 46.7 | 53.3 |
| Income | | |
| <\$15,000 | 38.6 | 61.4 |
| \$15,000 - \$24,999 | 38.0 | 62.0 |
| \$25,000 - \$34,999 | 33.3 | 66.7 |
| \$35,000 - \$49,999 | 27.4 | 72.6 |
| \$50,000 - \$74,999 | 48.6 | 51.4 |
| ≥\$75,000 | 41.3 | 58.7 |
| Food Stamp Status, % FPL | | |
| Participant, ≤130% | 46.7 | 53.3 |
| Likely Eligible, ≤130% | 32.6 | 67.4 |
| Potentially Eligible, 131-185% | 35.9 | 64.1 |
| Not Eligible, >185% | 42.2 | 57.8 |
| Smoking Status | | |
| Non-Smokers | 40.6 | 59.4 |
| Smokers | 31.2 | 68.8 |
| Physical Activity Status | | |
| Regular | 40.4 | 59.6 |
| Irregular | 39.8 | 60.2 |
| Overweight Status | | |
| Not Overweight | 42.8 | 57.2 |
| Overweight/Obese | 34.1 | 65.9 |

A serving is defined as a single glass or can. Size of servings was not collected.

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 70: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit, Vegetables, and Milk Among California Adolescents (N=1,220)

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona or Sobe 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 | Percent of Adolescents | | | | |
|--------------------|---------|-----------------------------------|------|----------|-------------------|------------------------|
| | | Servings of Fruits and Vegetables | | | Servings of Fruit | Servings of Vegetables |
| | | 0-2 | 3-4 | 5+ | 2+ | 3+ |
| Yes | 59.8 | 64.8 | 50.2 | 60.6 *** | 56.3 *** | 57.3 |
| No | 40.2 | 35.2 | 49.8 | 39.4 | 43.7 | 42.7 |

| Drank Regular Soda | Percent | Percent of Adolescents | | | |
|--------------------|---------|------------------------|------|--|------|
| | | Servings of Milk | | Believed Servings of Milk Products (not milk) Needed for Good Health | |
| | | 0-2 | 3+ | 0-2 | 3+ |
| Yes | 59.8 | 58.7 | 62.3 | 63.9 | 58.4 |
| No | 40.2 | 41.3 | 37.7 | 36.1 | 41.6 |

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

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

Chi-Square Test

*** p<.001