

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 39: Proportion of California Adolescents Reporting Taking Physical Education in School**

Do you currently take physical education class in school?

	Participate in Physical Education at School, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	76.3%	75.1%	76.1%	77.7%	73.4%	-1.2%	1.0%	1.6%	-4.3%	-2.9%
<b>Gender</b>										
Male	76.6%	77.0%	78.2%	75.2%	75.2%	0.4%	1.2%	-3.0%	0.0%	-1.4%
Female	75.9%	73.0%	73.8%	75.3%	71.4%	-2.8%	0.8%	1.5%	-3.9%	-4.4%
<b>Ethnicity</b>										
White	75.5%	72.7%	78.8%	70.8%	71.5%	-2.8%	6.1%	-8.0%	0.7%	-4.0%
African American	77.8%	79.3%	79.1%	70.0%	82.5%	1.5%	-0.2%	-9.1%	12.6%	4.7%
Latino	77.7%	78.6%	75.2%	79.0%	73.9%	0.9%	-3.4%	3.8%	-5.0%	-3.8%
Asian/ Other	73.6%	70.5%	69.7%	79.6%	71.9%	-3.1%	-0.9%	9.9%	-7.6%	-1.7%
<b>Food Stamp Status, % FPL<sup>1</sup></b>										
Participant, ≤130				80.3%	81.3%				1.0%	
Likely Eligible, ≤130				83.0%	76.9%				-6.0%	
Not Eligible, >185				70.1%	68.9%				-1.2%	
<b>Smoking Status</b>										
Non-Smokers	77.6%	76.5%	76.7%	75.8%	74.1%	-1.1%	0.2%	-0.9%	-1.7%	-3.5%
Smokers	58.6%	52.4%	64.6%	62.5%	60.1%	-6.3%	12.3%	-2.1%	-2.4%	1.5%
<b>Overweight Status</b>										
Not Overweight	76.2%	74.9%	75.6%	76.2%	72.9%	-1.3%	0.6%	0.7%	-3.3%	-3.3%
Overweight/Obese	76.0%	74.0%	74.2%	71.5%	72.8%	-2.0%	0.2%	-2.8%	1.3%	-3.2%
<b>Physical Activity</b>										
Regular	78.8%	79.8%	82.4%	76.0%	70.7%	1.0%	2.6%	-6.4%	-5.3%	-8.2%
Irregular	64.7%	57.4%	57.7%	73.2%	82.8%	-7.3%	0.3%	15.5%	9.6%	18.1%

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

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

**2000-2008 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 29: California Adolescents Reporting Going Hungry in Last 12 Months Because Family Could Not Afford to Buy Food**

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	Reported Gone Hungry in Last 12 Months, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	7.8%	2.5%	3.7%	3.9%	6.6%	-5.2%	1.1%	0.2%	2.7%	-1.2%
<b>Gender</b>										
Male	7.9%	1.6%	3.7%	4.1%	5.5%	-6.3%	2.1%	0.4%	1.5%	-2.4%
Female	7.6%	3.5%	3.6%	3.7%	7.6%	-4.1%	0.1%	0.1%	3.9%	0.1%
<b>Ethnicity</b>										
White	3.7%	1.3%	1.8%	2.6%	5.2%	-2.4%	0.5%	0.8%	2.6%	1.5%
African American	10.1%	4.6%	8.3%	3.5%	10.6%	-5.5%	3.7%	-4.8%	7.1%	0.5%
Latino	10.7%	2.7%	3.6%	4.7%	6.7%	-8.0%	0.9%	1.1%	2.0%	-4.0%
Asian/ Other	13.3%	5.5%	6.5%	5.6%	7.8%	-7.9%	1.0%	-0.9%	2.2%	-5.5%
<b>Food Stamp Status, % FPL<sup>1</sup></b>										
Participant, ≤130				6.0%	15.1%				9.2%	
Likely Eligible, ≤130				5.0%	7.2%				2.2%	
Not Eligible, >185				1.9%	2.4%				0.5%	
<b>Smoking Status</b>										
Non-Smokers	7.3%	2.3%	3.4%	3.4%	6.0%	-5.0%	1.1%	-0.1%	2.6%	-1.3%
Smokers	13.3%	5.8%	7.3%	13.3%	18.4%	-7.5%	1.6%	6.0%	5.1%	5.1%
<b>Overweight Status</b>										
Not Overweight	7.7%	2.8%	3.6%	2.8%	6.2%	-4.9%	0.8%	-0.8%	3.4%	-1.6%
Overweight/Obese	7.2%	1.8%	2.7%	6.6%	8.3%	-5.4%	0.9%	3.8%	1.7%	1.1%
<b>Physical Activity</b>										
Regular	7.3%	2.2%	3.3%	3.2%	5.8%	-5.1%	1.0%	-0.1%	2.7%	-1.5%
Irregular	9.8%	3.6%	4.7%	5.6%	9.1%	-6.2%	1.1%	0.9%	3.5%	-0.7%

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

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

**2000-2008 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 69: Proportion of California Adolescents Reporting Drinking Soda or Sweetened Beverages on the Previous Day**

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

	Reported One or More Soda or Sweetened Beverage Yesterday, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	67.6%	69.6%	62.3%	59.8%	49.5%	2.0%	-7.3%	-2.6%	-10.3%	-18.1%
<b>Gender</b>										
Male	75.6%	71.9%	67.5%	69.1%	51.0%	-3.6%	-4.4%	1.7%	-18.1%	-24.6%
Female	59.1%	67.1%	56.9%	49.8%	47.9%	8.0%	-10.2%	-7.1%	-1.9%	-11.2%
<b>Ethnicity</b>										
White	65.0%	65.0%	59.3%	54.0%	39.8%	0.0%	-5.7%	-5.3%	-14.1%	-25.2%
African American	58.9%	82.4%	73.3%	67.6%	54.1%	23.5%	-9.1%	-5.7%	-13.6%	-4.8%
Latino	73.1%	71.2%	66.7%	63.4%	60.1%	-1.9%	-4.5%	-3.3%	-3.3%	-13.0%
Asian/ Other	66.8%	74.0%	52.7%	61.2%	43.3%	7.1%	-21.3%	8.5%	-17.9%	-23.5%
<b>FSNE Eligibility<sup>1</sup></b>										
≤130% FPL w/FS				53.3%	61.4%			53.3%	8.0%	
≤130% FPL w/o FS				67.4%	63.4%			67.4%	-4.0%	
>185% FPL				57.8%	39.2%			57.8%	-18.7%	
<b>Smoking Status</b>										
Non-Smokers	67.0%	69.0%	61.8%	59.4%	49.3%	2.0%	-7.2%	-2.4%	-10.1%	-17.7%
Smokers	74.7%	79.4%	72.6%	68.8%	48.3%	4.8%	-6.8%	-3.8%	-20.5%	-26.3%
<b>Overweight Status</b>										
Not Overweight	67.1%	68.9%	60.0%	57.2%	48.2%	1.8%	-8.9%	-2.8%	-9.1%	-18.9%
Overweight/Obese	67.8%	73.3%	67.8%	65.9%	54.1%	5.5%	-5.5%	-2.0%	-11.8%	-13.7%
<b>Physical Activity</b>										
Regular	67.9%	70.3%	62.4%	59.6%	48.1%	2.3%	-7.8%			-19.8%
Irregular	66.4%	67.0%	62.0%	60.2%	54.5%	0.6%	-5.1%			-11.9%

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

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

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 27: Consumption of More than One Serving of High Calorie, Low Nutrient Beverages Among California Adolescents** **Foods and**

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, 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 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?

	Reported Consumption of More than One High Serving <sup>1</sup> of Calorie, Low Nutrient Food or Beverage, Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	73.2%	69.2%	65.1%	60.3%	55.6%	-4.0%	-4.1%	-4.8%	-4.7%	-17.6%
<b>Gender</b>										
Male	75.8%	69.2%	68.1%	63.9%	55.4%	-6.6%	-1.1%	-4.2%	-8.5%	-20.4%
Female	70.4%	69.1%	61.9%	56.4%	55.7%	-1.3%	-7.2%	-5.5%	-0.7%	-14.7%
<b>Ethnicity</b>										
White	72.4%	65.0%	61.5%	56.2%	46.2%	-7.5%	-3.5%	-5.3%	-10.1%	-26.3%
African American	82.2%	86.3%	61.6%	72.7%	66.6%	4.1%	-24.7%	11.1%	-6.1%	-15.6%
Latino	72.6%	68.9%	68.5%	63.6%	59.2%	-3.7%	-0.4%	-5.0%	-4.3%	-13.3%
Asian/ Other	72.1%	74.8%	67.1%	55.3%	64.9%	2.8%	-7.8%	-11.8%	9.6%	-7.1%
<b>Food Stamp Status, % FPL<sup>2</sup></b>										
Participant, ≤130				56.9%	59.2%				2.3%	
Likely Eligible, ≤130				64.0%	59.7%				-4.3%	
Not Eligible, >185				58.7%	52.3%				-6.5%	
<b>Smoking Status</b>										
Non-Smokers	72.9%	69.3%	65.1%	59.1%	55.6%	-3.6%	-4.3%	-6.0%	-3.5%	-17.3%
Smokers	77.3%	67.0%	65.9%	85.4%	49.7%	-10.3%	-1.1%	19.5%	-35.7%	-27.6%
<b>Overweight Status</b>										
Not Overweight	72.7%	70.8%	65.1%	60.7%	55.7%	-1.9%	-5.7%	-4.4%	-5.1%	-17.1%
Overweight/Obese	73.8%	66.5%	66.6%	59.2%	53.3%	-7.4%	0.1%	-7.4%	-5.9%	-20.6%
<b>Physical Activity</b>										
Regular	73.4%	70.8%	66.3%	58.8%	54.7%	-2.6%	-4.5%	-7.5%	-4.1%	-18.7%
Irregular	72.3%	63.2%	61.7%	64.1%	58.7%	-9.1%	-1.6%	2.4%	-5.4%	-13.6%

<sup>1</sup> Each report of "any" was counted as one serving.

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

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

**2000-2008 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 40a: Proportion of California Adolescents Who Watch More Than 120 Minutes of Television on Schooldays**

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

	Report More than 120 Minutes of Television on Schooldays <sup>1</sup> , Percent of Adolescents					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	61.9%	32.4%	32.8%	34.2%	49.1%	-29.5%	0.3%	1.5%	14.8%	-12.8%
<b>Gender</b>										
Male	42.7%	33.0%	34.1%	34.7%	52.0%	-9.7%	1.1%	0.6%	17.3%	9.3%
Female	32.8%	31.8%	31.4%	33.7%	45.8%	-1.0%	-0.5%	2.4%	12.1%	13.0%
<b>Ethnicity</b>										
White	35.2%	28.8%	20.7%	30.9%	41.0%	-6.4%	-8.1%	10.2%	10.1%	5.8%
African American	49.7%	50.0%	22.5%	35.0%	60.7%	0.3%	-27.5%	12.5%	25.6%	10.9%
Latino	38.5%	30.9%	29.0%	37.9%	52.7%	-7.6%	-1.9%	8.9%	14.8%	14.1%
Asian/ Other	40.2%	39.4%	28.2%	32.5%	52.5%	-0.8%	-11.3%	4.4%	19.9%	12.3%
<b>Food Stamp Status, % FPL<sup>2</sup></b>										
Participant, ≤130				36.2%	55.4%				19.2%	
Likely Eligible, ≤130				36.7%	54.5%				17.8%	
Not Eligible, >185				31.6%	43.4%				11.8%	
<b>Smoking Status</b>										
Non-Smokers	38.3%	32.8%	32.3%	34.6%	49.6%	-5.4%	-0.6%	2.4%	14.9%	11.3%
Smokers	35.6%	24.5%	41.7%	25.2%	39.5%	-11.1%	17.2%	-16.5%	14.3%	3.9%
<b>Overweight Status</b>										
Not Overweight	37.7%	31.7%	28.5%	32.3%	47.9%	-6.0%	-3.2%	3.8%	15.6%	10.2%
Overweight/Obese	38.2%	34.7%	45.0%	38.6%	52.5%	-3.5%	10.2%	-6.4%	13.9%	14.3%
<b>Physical Activity</b>										
Regular	36.6%	29.5%	31.3%	30.9%	47.3%	-7.2%	1.8%	-0.4%	16.4%	10.7%
Irregular	44.8%	42.7%	37.0%	43.2%	55.2%	-2.2%	-5.7%	6.3%	12.0%	10.4%

<sup>1</sup> Healthy People 2020 recommends 120 minutes or less television on schooldays.

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

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

2002-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 71a: Proportion of California Adolescents Reporting Fast Food in School**

Does your school serve food from fast food restaurants like Burger King, McDonald's, Taco Bell, or Subway 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?

	Reported Fast Food Present in School, Percent of Adolescents				Trend Analysis			
	2002	2004	2006	2008	02-04	04-06	06-08	02-08
<b>Total</b>	41.0%	30.0%	23.1%	10.1%	-11.1%	-6.9%	-13.0%	-30.9%
<b>Gender</b>								
Male	40.4%	28.9%	20.1%	10.2%	-11.5%	-8.8%	-9.9%	-30.2%
Female	41.7%	31.2%	26.2%	10.0%	-10.6%	-4.9%	-16.2%	-31.7%
<b>Ethnicity</b>								
White	45.2%	31.1%	23.0%	11.4%	-14.1%	-8.1%	-11.6%	-33.8%
African American	37.0%	25.6%	8.2%	13.9%	-11.4%	-17.4%	5.7%	-23.1%
Latino	38.4%	26.0%	22.6%	11.0%	-12.3%	-3.4%	-11.6%	-27.3%
Asian/ Other	34.9%	39.4%	32.6%	2.0%	4.5%	-6.9%	-30.6%	-33.0%
<b>Food Stamp Status, % FPL<sup>1</sup></b>								
Participant, ≤130			20.7%	12.1%			-8.7%	
Likely Eligible, ≤130			15.4%	8.7%			-6.7%	
Not Eligible, >185			27.4%	9.3%			-18.2%	
<b>Smoking Status</b>								
Non-Smokers	40.9%	29.1%	22.7%	9.9%	-11.8%	-6.4%	-12.8%	-31.0%
Smokers	43.3%	47.1%	30.9%	15.7%	3.9%	-16.2%	-15.2%	-27.6%
<b>Overweight Status</b>								
Not Overweight	42.2%	30.9%	21.0%	9.3%	-11.3%	-10.0%	-11.7%	-32.9%
Overweight/Obese	41.2%	27.1%	28.1%	11.3%	-14.2%	1.0%	-16.8%	-30.0%
<b>Physical Activity</b>								
Regular	42.4%	31.4%	21.6%	9.5%	-11.0%	-9.8%	-12.0%	-32.9%
Irregular	35.1%	25.6%	27.3%	12.2%	-9.5%	1.7%	-15.1%	-22.9%

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

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

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 71b: Proportion of California Adolescents Reporting School Has a Student Store with High Calorie, Low Nutrient Food**

Does your school have a student store where chips, cookies, candy, or soda are sold?

	Reported Student Store with High Calorie, Low Nutrient Food and Beverages, Percent of Adolescents			Trend Analysis		
	2004	2006	2008	04-06	06-08	04-08
<b>Total</b>	85.2%	79.3%	63.4%	-5.9%	-15.9%	-21.8%
<b>Gender</b>						
Male	87.2%	77.6%	64.6%	-9.6%	-13.0%	-22.6%
Female	83.0%	81.0%	62.0%	-2.0%	-18.9%	-21.0%
<b>Ethnicity</b>						
White	84.9%	79.9%	63.7%	-5.0%	-16.2%	-21.2%
African American	88.0%	82.5%	73.2%	-5.5%	-9.2%	-14.8%
Latino	85.9%	75.0%	59.6%	-10.9%	-15.4%	-26.3%
Asian/ Other	82.6%	86.1%	67.8%	3.5%	-18.3%	-14.8%
<b>Food Stamp Status, % FPL <sup>1</sup></b>						
Participant, ≤130		80.1%	64.1%		-16.0%	
Likely Eligible, ≤130		78.2%	60.9%		-17.3%	
Not Eligible, >185		78.6%	65.3%		-13.3%	
<b>Smoking Status</b>						
Non-Smokers	85.3%	79.4%	63.3%	-5.8%	-16.2%	-22.0%
Smokers	84.9%	75.6%	63.5%	-9.3%	-12.1%	-21.4%
<b>Overweight Status</b>						
Not Overweight	87.7%	79.7%	65.2%	-8.0%	-14.4%	-22.4%
Overweight/Obese	82.8%	77.4%	58.5%	-5.4%	-18.9%	-24.3%
<b>Physical Activity</b>						
Regular	84.4%	77.1%	62.8%	-7.3%	-14.3%	-21.6%
Irregular	87.8%	85.3%	65.5%	-2.4%	-19.9%	-22.3%

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

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

2002-2008 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 90: California Adolescents Reporting Household Food Stamp Participation

	Reported Household Food Stamp Participation, Percent of Adolescents				Trend Analysis			
	2002	2004	2006	2008	02-04	04-06	06-08	02-08
<b>Total</b>	12.1%	15.8%	17.1%	18.8%	3.6%	1.3%	1.7%	6.6%
<b>Gender</b>								
Male	12.8%	14.6%	17.6%	16.4%	1.8%	3.0%	-1.2%	3.6%
Female	11.4%	17.0%	16.5%	21.3%	5.6%	-0.5%	4.8%	9.9%
<b>Ethnicity</b>								
White	6.2%	9.9%	9.9%	9.6%	3.6%	0.0%	-0.3%	3.3%
African American	18.8%	31.5%	26.0%	34.4%	12.7%	-5.4%	8.4%	15.6%
Latino	16.7%	18.2%	21.9%	25.3%	1.5%	3.7%	3.4%	8.6%
Asian/ Other	16.1%	16.6%	18.8%	17.7%	0.5%	2.1%	-1.1%	1.6%
<b>Smoking Status</b>								
Non-Smokers	12.3%	15.9%	16.5%	18.7%	3.6%	0.6%	2.2%	6.4%
Smokers	8.9%	12.5%	29.9%	23.0%	3.6%	17.5%	-6.9%	14.1%
<b>Overweight Status</b>								
Not Overweight	10.8%	13.6%	16.6%	14.1%	2.8%	3.0%	-2.5%	3.3%
Overweight/Obese	12.6%	20.1%	17.1%	33.6%	7.6%	-3.0%	16.5%	21.0%
<b>Physical Activity</b>								
Regular	10.7%	14.2%	15.0%	18.8%	3.5%	0.8%	3.8%	8.1%
Irregular	16.7%	20.5%	22.7%	18.8%	3.8%	2.2%	-4.0%	2.1%

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

**2002-2008 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 90b: California Adolescents Reporting Free or Reduced Price School Lunch Participation**

In the last 12 months, has you or anyone in your household received food assistance from any of the following sources?  
 - Free or reduced price school lunch

	Reported Participation in Free or Reduced Price School Lunch, Percent of Adolescents				Trend Analysis			
	2002	2004	2006	2008	02-04	04-06	06-08	02-08
<b>Total</b>	20.0%	32.8%	34.2%	32.9%	12.8%	1.4%	-1.2%	12.9%
<b>Gender</b>								
Male	18.9%	33.9%	34.7%	33.4%	15.0%	0.8%	-1.3%	14.5%
Female	21.2%	31.6%	33.6%	32.4%	10.4%	2.0%	-1.2%	11.2%
<b>Ethnicity</b>								
White	12.5%	16.7%	18.0%	12.3%	4.2%	1.3%	-5.7%	-0.2%
African American	42.1%	35.7%	55.5%	45.7%	-6.4%	19.9%	-9.9%	3.6%
Latino	24.8%	48.1%	51.6%	53.1%	23.3%	3.5%	1.4%	28.3%
Asian/ Other	18.8%	30.2%	18.6%	25.9%	11.4%	-11.6%	7.3%	7.1%
<b>Smoking Status</b>								
Non-Smokers	19.9%	33.3%	34.2%	33.1%	13.4%	0.9%	-1.2%	13.2%
Smokers	22.0%	23.4%	32.8%	26.6%	1.4%	9.4%	-6.2%	4.6%
<b>Overweight Status</b>								
Not Overweight	17.4%	26.1%	31.2%	28.6%	8.7%	5.1%	-2.6%	11.1%
Overweight/Obese	27.3%	42.8%	39.6%	44.6%	15.6%	-3.2%	4.9%	17.3%
<b>Physical Activity</b>								
Regular	20.1%	30.4%	33.4%	31.9%	10.3%	3.0%	-1.5%	11.8%
Irregular	19.4%	39.6%	36.3%	36.5%	20.2%	-3.3%	0.3%	17.1%

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

**2004-2008 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 90a: California Adolescents Reporting  
Free or Reduced Price School Breakfast Participation**

In the last 12 months, has you or anyone in your household received food assistance from any of the following sources?

- Free or reduced price school breakfast

	Reported Participation in Free or Reduced Price School Breakfast, Percent of Adolescents			Trend Analysis		
	2004	2006	2008	04-06	06-08	04-08
<b>Total</b>	24.4%	27.0%	24.0%	2.6%	-3.0%	-0.4%
<b>Gender</b>						
Male	26.3%	28.0%	24.3%	1.6%	-3.7%	-2.0%
Female	22.3%	26.0%	23.6%	3.7%	-2.4%	1.3%
<b>Ethnicity</b>						
White	13.0%	12.8%	8.3%	-0.2%	-4.5%	-4.7%
African American	30.5%	50.1%	34.5%	19.6%	-15.6%	4.0%
Latino	34.7%	41.1%	38.2%	6.4%	-2.9%	3.5%
Asian/ Other	22.0%	15.1%	21.2%	-6.9%	6.2%	-0.8%
<b>Smoking Status</b>						
Non-Smokers	24.5%	27.2%	23.5%	2.7%	-3.7%	-0.9%
Smokers	22.2%	22.4%	28.8%	0.1%	6.5%	6.6%
<b>Overweight Status</b>						
Not Overweight	19.7%	24.4%	20.5%	4.6%	-3.9%	0.7%
Overweight/Obese	31.2%	31.6%	34.3%	0.4%	2.7%	3.2%
<b>Physical Activity</b>						
Regular	21.8%	26.5%	23.3%	4.7%	-3.2%	1.5%
Irregular	31.8%	28.3%	26.3%	-3.5%	-2.0%	-5.5%

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

1998-2008 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 16: Mean Servings of Milk Products, Including Cheese and Yogurt, Reported Consumed on the Previous Day by California Adolescents

	Mean Servings of Milk Products Reported						Trend Analysis					
	1998	2000	2002	2004	2006	2008	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	4.0	3.7	3.2	3.5	3.6	3.1	-0.3	-0.6	0.3	0.1	-0.5	-0.9
<b>Gender</b>												
Male	4.4	4.0	3.6	3.9	4.1	3.4	-0.4	-0.4	0.2	0.2	-0.6	-1.0
Female	3.6	3.4	2.7	3.1	3.1	2.8	-0.2	-0.8	0.5	0.0	-0.3	-0.8
<b>Ethnicity</b>												
White	4.4	4.0	3.4	4.0	3.8	3.6	-0.4	-0.6	0.5	-0.2	-0.2	-0.8
African American	3.6	3.4	2.8	2.5	3.4	2.6	-0.2	-0.6	-0.3	0.9	-0.8	-1.1
Latino	3.7	3.4	2.9	3.3	3.3	2.9	-0.3	-0.5	0.3	0.1	-0.4	-0.8
Asian/ Other	3.8	3.5	3.0	3.3	3.9	2.6	-0.3	-0.5	0.4	0.5	-1.3	-1.2
<b>Food Stamp Status, % FPL<sup>1</sup></b>												
Participant, ≤ 130%					3.7	3.2					-0.5	
Likely Eligible, ≤ 130%					3.3	2.8					-0.5	
Not Eligible, >185%					3.6	3.3					-0.3	
<b>Smoking Status</b>												
Non-Smokers	4.0	3.7	3.1	3.5	3.6	3.1	-0.3	-0.6	0.4	0.1	-0.5	-0.9
Smokers	4.2	4.1	3.6	3.9	3.6	2.8	-0.1	-0.5	0.3	-0.3	-0.8	-1.4
<b>Overweight Status</b>												
Not Overweight	3.7	3.2	3.1	3.1	3.6	0.0	-0.4	-0.1	0.0	0.5	-3.6	-3.7
Overweight/Obese	4.2	3.9	3.2	3.7	3.6	3.2	-0.3	-0.7	0.5	-0.1	-0.4	-0.9
<b>Physical Activity</b>												
Regular	4.2	3.8	3.4	3.7	3.9	0.0	-0.4	-0.4	0.3	0.2	-3.9	-4.2
Irregular	3.3	3.2	2.3	3.0	2.8	3.2	-0.1	-0.8	0.7	-0.2	0.3	-0.2

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

T-test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1998-2008 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	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	4.3	4.5	4.3	4.4	4.2	4.2	0.2	-0.2	0.1	-0.2	0.0	-0.1
<b>Gender</b>												
Male	4.4	4.7	4.3	4.6	4.1	4.1	0.3	-0.4	0.3	-0.5	0.0	-0.3
Female	4.2	4.3	4.3	4.2	4.3	4.2	0.1	0.0	-0.2	0.1	-0.1	0.0
<b>Ethnicity</b>												
White	4.1	4.7	4.0	4.3	3.8	4.4	0.6	-0.7	0.3	-0.5	0.5	0.2
African American	4.4	4.1	4.1	4.4	4.0	3.1	-0.4	0.0	0.3	-0.4	-0.9	-1.3
Latino	4.6	4.5	4.7	4.5	4.4	4.3	-0.1	0.3	-0.3	0.0	-0.2	-0.3
Asian/ Other	4.0	4.2	4.5	4.3	4.5	3.9	0.2	0.3	-0.2	0.2	-0.6	-0.1
<b>Food Stamp Status, % FPL<sup>1</sup></b>												
Participant, ≤ 130%					4.5	4.7					0.2	
Likely Eligible, ≤ 130%					4.4	4.1					-0.4	
Not Eligible, >185%					4.0	4.1					0.1	
<b>Smoking Status</b>												
Non-Smokers	4.4	4.5	4.3	4.4	4.2	4.2	0.1	-0.1	0.0	-0.2	0.0	-0.2
Smokers	3.2	5.0	3.9	4.3	3.4	3.2	1.8	-1.1	0.4	-0.9	-0.2	0.1
<b>Overweight Status</b>												
Not Overweight	3.9	4.4	4.9	4.1	4.3	3.8	0.4	0.6	-0.8	0.2	-0.5	-0.1
Overweight/Obese	4.4	4.6	4.2	4.5	4.1	4.2	0.2	-0.4	0.3	-0.4	0.1	-0.1
<b>Physical Activity</b>												
Regular	4.4	4.6	3.7	4.5	4.4	4.2	0.2	-0.9	0.8	-0.1	-0.2	-0.2
Irregular	3.8	4.1	4.5	4.0	3.5	4.0	0.3	0.4	-0.5	-0.5	0.4	0.2

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

T-test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1998-2008 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 34: Proportion of California Adolescents Reporting Consumption of Fast Food the Previous Day

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

	Reported Consumption of Fast Food the Previous Day, Percent of Adolescents						Trend Analysis					
	1998	2000	2002	2004	2006	2008	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	31.9%	28.2%	30.6%	25.6%	22.8%	19.9%	-3.7%	2.4%	-4.9%	-2.9%	-2.8%	-12.0%
<b>Gender</b>												
Male	34.3%	30.9%	31.7%	24.5%	23.4%	20.6%	-3.4%	0.7%	-7.2%	-1.1%	-2.8%	-13.6%
Female	29.4%	25.3%	29.4%	26.9%	22.1%	19.2%	-4.1%	4.1%	-2.5%	-4.8%	-2.9%	-10.2%
<b>Ethnicity</b>												
White	29.5%	26.7%	28.5%	23.5%	21.7%	15.4%	-2.8%	1.8%	-5.0%	-1.8%	-6.2%	-14.1%
African American	42.0%	39.8%	36.7%	38.2%	33.6%	24.7%	-2.2%	-3.1%	1.5%	-4.6%	-8.9%	-17.3%
Latino	33.4%	27.0%	31.4%	26.4%	24.2%	26.3%	-6.4%	4.5%	-5.1%	-2.2%	2.1%	-7.1%
Asian/ Other	29.9%	29.9%	31.9%	22.6%	15.9%	11.6%	0.0%	2.0%	-9.3%	-6.7%	-4.3%	-18.3%
<b>Food Stamp Status, % FPL<sup>1</sup></b>												
Participant, ≤130					24.5%	22.9%					-1.7%	
Likely Eligible, ≤130					22.7%	26.6%					4.0%	
Not Eligible, >185					20.9%	16.0%					-5.0%	
<b>Smoking Status</b>												
Non-Smokers	30.6%	27.1%	30.6%	25.5%	21.7%	19.9%	-3.5%	3.5%	-5.1%	-3.9%	-1.7%	-10.7%
Smokers	43.4%	42.4%	30.0%	28.1%	46.8%	15.7%	-1.0%	-12.4%	-1.9%	18.8%	-31.1%	-27.6%
<b>Overweight Status</b>												
Not at Risk	32.6%	28.3%	32.5%	25.4%	20.6%	19.5%	-4.3%	4.2%	-7.1%	-4.8%	-1.1%	-13.1%
At Risk/Overweight	31.9%	29.1%	25.9%	25.2%	29.3%	22.6%	-2.8%	-3.2%	-0.7%	4.1%	-6.8%	-9.4%
<b>Physical Activity</b>												
Regular	31.2%	27.3%	30.3%	25.5%	22.4%	17.8%	-3.8%	3.0%	-4.8%	-3.1%	-4.7%	-13.4%
Irregular	35.0%	31.8%	31.4%	26.0%	23.6%	27.6%	-3.2%	-0.3%	-5.5%	-2.4%	4.0%	-7.3%

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

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

1998-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 45: Prevalence of Overweight and Obesity Among California Adolescents Based on Body Mass Index**

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight and Obese <sup>1</sup> , Percent of Adolescents						Trend Analysis					
	1998	2000	2002	2004	2006	2008	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	21.3%	24.3%	23.5%	28.6%	26.7%	21.8%	3.0%	-0.8%	5.2%	-1.9%	-4.9%	0.6%
<b>Gender</b>												
Male	25.0%	26.5%	27.5%	32.2%	29.1%	22.9%	1.5%	0.9%	4.8%	-3.1%	-6.1%	-2.1%
Female	17.3%	21.8%	19.2%	24.8%	24.2%	20.6%	4.5%	-2.6%	5.6%	-0.6%	-3.6%	3.3%
<b>Ethnicity</b>												
White	15.2%	16.9%	19.8%	17.6%	20.7%	12.0%	1.7%	2.9%	-2.1%	3.1%	-8.7%	-3.2%
African American	38.7%	29.2%	29.4%	33.6%	35.1%	39.9%	-9.5%	0.2%	4.2%	1.5%	4.8%	1.2%
Latino	25.9%	34.4%	30.7%	37.1%	33.9%	29.5%	8.5%	-3.7%	6.4%	-3.2%	-4.5%	3.6%
Asian/ Other	19.7%	21.4%	13.2%	33.8%	19.8%	18.0%	1.8%	-8.2%	20.6%	-14.0%	-1.8%	-1.7%
<b>Food Stamp Status, % FPL<sup>2</sup></b>												
Participant, ≤130					27.3%	39.6%					12.3%	
Likely Eligible, ≤130					29.9%	26.4%					-3.5%	
Not Eligible, >185					25.3%	13.5%					-11.8%	
<b>Smoking Status</b>												
Non-Smokers	21.7%	24.4%	23.0%	28.7%	26.1%	21.1%	2.7%	-1.4%	5.8%	-2.7%	-5.0%	-0.7%
Smokers	21.4%	22.6%	30.6%	26.6%	39.8%	39.4%	1.2%	8.0%	-4.0%	13.3%	-0.5%	18.0%
<b>Physical Activity</b>												
Regular	21.1%	24.7%	23.4%	27.5%	27.1%	22.6%	3.6%	-1.3%	4.2%	-0.4%	-4.5%	1.5%
Irregular	22.1%	22.7%	23.6%	32.7%	25.6%	19.1%	0.5%	1.0%	9.0%	-7.1%	-6.5%	-3.1%

<sup>1</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

Overweight = BMI ≥ 85th < 95th percentile.

Obese = BMI ≥ 95th percentile.

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

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

1998-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 45a: Prevalence of Obesity Among California Adolescents Based on Body Mass Index**

About how much do you weigh without shoes?  
About how tall are you without shoes?

	Obese <sup>1</sup> , Percent of Adolescents						Trend Analysis					
	1998	2000	2002	2004	2006	2008	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	8.0%	10.6%	8.8%	12.4%	12.6%	8.7%	2.6%	-1.8%	3.6%	0.2%	-3.9%	0.8%
<b>Gender</b>												
Male	8.7%	12.2%	12.0%	17.0%	16.0%	11.4%	3.5%	-0.2%	5.0%	-1.0%	-4.6%	2.7%
Female	7.2%	8.9%	5.4%	7.5%	9.1%	5.9%	1.7%	-3.5%	2.1%	1.6%	-3.2%	-1.3%
<b>Ethnicity</b>												
White	4.6%	6.6%	7.7%	6.3%	9.3%	2.9%	2.0%	1.2%	-1.5%	3.0%	-6.3%	-1.6%
African American	19.1%	17.2%	16.1%	8.1%	21.9%	18.1%	-1.9%	-1.1%	-8.0%	13.7%	-3.7%	-1.0%
Latino	10.5%	15.1%	9.4%	19.5%	16.4%	14.4%	4.6%	-5.6%	10.1%	-3.2%	-2.0%	3.9%
Asian/ Other	6.4%	9.4%	6.1%	12.6%	7.3%	4.1%	3.0%	-3.3%	6.5%	-5.3%	-3.2%	-2.3%
<b>Food Stamp Status, % FPL<sup>2</sup></b>												
Participant, ≤130					12.9%	18.1%					5.2%	
Likely Eligible, ≤130					15.3%	14.1%					-1.2%	
Not Eligible, >185					10.6%	3.6%					-7.0%	
<b>Smoking Status</b>												
Non-Smokers	9.1%	10.5%	8.8%	12.6%	12.2%	8.5%	1.4%	-1.7%	3.7%	-0.4%	-3.7%	-0.6%
Smokers	3.9%	11.5%	7.8%	8.8%	20.7%	13.4%	7.6%	-3.7%	1.0%	11.9%	-7.3%	9.6%
<b>Physical Activity</b>												
Regular	7.6%	10.8%	8.3%	11.5%	12.4%	8.9%	3.2%	-2.6%	3.2%	0.9%	-3.5%	1.3%
Irregular	9.5%	9.6%	11.1%	15.5%	13.3%	8.1%	0.0%	1.5%	4.4%	-2.2%	-5.2%	-1.4%

<sup>1</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.  
Obese = BMI ≥ 95th percentile.

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

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

1998-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables**

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 <sup>1</sup> of Fruits and Vegetables, Percent of Adolescents						Trend Analysis					
	1998	2000	2002	2004	2006	2008	98-00	00-02	02-04	04-06	06-08	98-08
<b>Total</b>	30.2%	34.7%	31.2%	33.2%	31.1%	29.1%	4.4%	-3.4%	2.0%	-2.2%	-2.0%	-1.1%
<b>Gender</b>												
Male	23.4%	28.3%	22.5%	28.3%	21.3%	20.6%	4.9%	-5.7%	5.7%	-6.9%	-0.7%	-2.7%
Female	37.6%	41.5%	40.5%	38.4%	41.4%	38.0%	3.9%	-0.9%	-2.1%	2.9%	-3.3%	0.5%
<b>Ethnicity</b>												
White	28.0%	36.4%	26.8%	32.1%	27.1%	28.8%	8.4%	-9.6%	5.2%	-4.9%	1.7%	0.8%
African American	31.0%	30.7%	25.2%	31.9%	28.1%	18.1%	-0.4%	-5.5%	6.7%	-3.8%	-10.0%	-13.0%
Latino	34.8%	35.1%	38.5%	34.5%	34.4%	32.2%	0.3%	3.4%	-3.9%	-0.2%	-2.2%	-2.6%
Asian/ Other	24.4%	29.0%	30.6%	33.3%	33.8%	26.9%	4.6%	1.6%	2.7%	0.5%	-6.9%	2.5%
<b>Food Stamp Status, % FPL<sup>2</sup></b>												
Participant, ≤130					36.1%	37.4%					1.4%	
Likely Eligible, ≤130					33.5%	27.5%					-6.0%	
Not Eligible, >185					27.0%	28.1%					1.1%	
<b>Smoking Status</b>												
Non-Smokers	31.7%	34.3%	31.2%	33.2%	31.2%	29.3%	2.7%	-3.1%	2.0%	-2.0%	-1.9%	-2.3%
Smokers	17.0%	38.7%	28.6%	34.0%	27.2%	20.3%	21.8%	-10.1%	5.4%	-6.8%	-7.0%	3.3%
<b>Overweight Status</b>												
Not Overweight	31.7%	36.3%	31.0%	34.8%	31.2%	29.9%	4.6%	-5.3%	3.9%	-3.6%	-1.3%	-1.8%
Overweight/Obese	23.4%	31.3%	31.0%	29.2%	30.1%	27.4%	7.9%	-0.3%	-1.8%	1.0%	-2.7%	4.0%
<b>Physical Activity</b>												
Regular	31.2%	35.9%	32.2%	34.5%	32.0%	28.6%	4.8%	-3.7%	2.2%	-2.5%	-3.3%	-2.5%
Irregular	26.4%	28.9%	27.0%	29.1%	28.6%	30.7%	2.6%	-2.0%	2.1%	-0.5%	2.1%	4.3%

<sup>1</sup> Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

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

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

2000-2008 California Teen Eating, Exercise, and Nutrition Survey

**Trend Table 68: Mean Servings of Soda or Sweetened Beverages Consumed on the Previous Day by California Adolescents**

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 Soda or Sweetened Beverages					Trend Analysis				
	2000	2002	2004	2006	2008	00-02	02-04	04-06	06-08	00-08
<b>Total</b>	1.3	1.4	1.2	1.1	0.8	0.1	-0.2	-0.1	-0.3	-0.5
<b>Gender</b>										
Male	1.6	1.6	1.3	1.4	0.9	0.0	-0.2	0.0	-0.5	-0.8
Female	1.0	1.2	1.0	0.9	0.8	0.2	-0.2	-0.2	-0.1	-0.2
<b>Ethnicity</b>										
White	1.3	1.3	1.1	1.0	0.6	0.0	-0.2	0.0	-0.4	-0.6
African American	1.1	1.9	1.3	1.3	1.1	0.9	-0.6	0.0	-0.2	0.0
Latino	1.4	1.4	1.3	1.2	1.0	0.1	-0.1	-0.1	-0.2	-0.4
Asian/ Other	1.6	1.3	1.2	1.0	0.7	-0.3	-0.2	-0.1	-0.3	-0.9
<b>Food Stamp Status, % FPL<sup>1</sup></b>										
Participant, ≤ 130%				1.0	1.1				0.1	
Likely Eligible, ≤ 130%				1.3	1.1				-0.1	
Not Eligible, >185%				1.1	0.6				-0.5	
<b>Smoking Status</b>										
Non-Smokers	1.3	1.3	1.1	1.1	0.8	0.1	-0.2	0.0	-0.3	-0.5
Smokers	2.0	2.0	2.2	1.7	1.2	0.0	0.2	-0.5	-0.5	-0.8
<b>Overweight Status</b>										
Not Overweight	1.2	1.6	1.5	1.2	0.9	0.4	-0.1	-0.2	-0.3	-0.3
Overweight/Obese	1.4	1.3	1.1	1.1	0.8	0.0	-0.2	0.0	-0.3	-0.6
<b>Physical Activity</b>										
Regular	1.3	1.4	1.2	1.2	0.8	0.1	-0.3	0.0	-0.4	-0.5
Irregular	1.4	1.1	1.3	1.0	1.0	-0.3	0.1	-0.2	-0.1	-0.5

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

T-test

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