

2008 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

Table 1: Cups of Fruits and Vegetables Consumed by California Adolescents (N=1,256)

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 ¹	Fruits and Juices ¹	Salads and Vegetables
Total	2.3	1.7	0.7
Gender			
Male	2.3	1.7	0.6*
Female	2.3	1.6	0.7
Ethnicity			
White	2.4 ^b **	1.5 ^a ***	0.8 ^b ***
African American	1.7 ^a	1.2 ^a	0.6 ^a
Latino	2.4 ^b	1.9 ^b	0.5 ^a
Asian/Other	2.2 ^{ab}	1.5 ^a	0.7 ^{ab}
Gender by Age			
Males			
12-13	2.6 ^b **	1.9 ^b **	0.6 ^{ab} *
14-15	2.4 ^b	1.7 ^{ab}	0.7 ^b
16-17	2.0 ^a	1.5 ^a	0.5 ^a
Females			
12-13	2.5 ^b *	1.9 ^b ***	0.7
14-15	2.1 ^a	1.4 ^a	0.7
16-17	2.2 ^{ab}	1.5 ^a	0.7
Income			
<\$15,000	2.6 ^{ab} *	2.0 ^b ***	0.6
\$15,000 - \$24,999	2.7 ^b	2.2 ^b	0.5
\$25,000 - \$34,999	2.3 ^{ab}	1.7 ^{ab}	0.6
\$35,000 - \$49,999	2.3 ^{ab}	1.7 ^{ab}	0.6
\$50,000 - \$74,999	2.5 ^{ab}	1.8 ^{ab}	0.7
≥\$75,000	2.2 ^a	1.4 ^a	0.7
Food Stamp Status, % FPL²			
Participant, ≤130%	2.6 ^b **	2.0 ^b ***	0.6 ^{ab} ***
Likely Eligible, ≤130%	2.3 ^a	1.8 ^b	0.5 ^a
Not Eligible, >185%	2.2 ^a	1.5 ^a	0.8 ^b
Smoking Status			
Non-Smoker	2.3*	1.7	0.7
Smoker	1.8	1.4	0.5
Physical Activity Status			
Regular	2.3	1.7	0.7
Irregular	2.2	1.5	0.7
Overweight Status			
Not Overweight	2.4*	1.7	0.7*
Overweight/Obese	2.1	1.6	0.6

¹ Juices include only 100% fruit juices.

² 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 (Tukey's 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 Consumed by California Adolescents (N=1,256)

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 ¹	Fruits and Juices ¹	Salads and Vegetables
Total	4.2	2.8	1.3
Gender			
Male	4.1	2.9	1.2 *
Female	4.2	1.6	1.4
Ethnicity			
White	4.4 ^b ***	2.7 ^b ***	1.7 ^b ***
African American	3.1 ^a	2.0 ^a	1.1 ^a
Latino	4.3 ^b	3.2 ^c	1.0 ^a
Asian/Other	3.9 ^{ab}	2.6 ^{ab}	1.3 ^{ab}
Gender by Age			
Males			
12-13	4.6 ^b ***	3.4 ^b ***	1.2 ^{ab} *
14-15	4.3 ^b	2.9 ^{ab}	1.4 ^b
16-17	3.5 ^a	2.5 ^a	1.0 ^a
Females			
12-13	4.6 ^b *	3.3 ^b ***	1.4
14-15	3.9 ^a	2.4 ^a	1.5
16-17	4.0 ^{ab}	2.5 ^a	1.5
Income			
<\$15,000	4.6 ^{ab} *	3.4 ^{bc} ***	1.2
\$15,000 - \$24,999	4.8 ^b	3.7 ^c	1.0
\$25,000 - \$34,999	4.0 ^{ab}	2.8 ^{ab}	1.2
\$35,000 - \$49,999	4.1 ^{ab}	2.9 ^{abc}	1.1
\$50,000 - \$74,999	4.6 ^{ab}	3.2 ^{abc}	1.4
≥\$75,000	3.9 ^a	2.5 ^a	1.5
Food Stamp Status, % FPL²			
Participant, ≤130%	4.7 ^b *	3.5 ^b ***	1.3 ^{ab} ***
Likely Eligible, ≤130%	4.1 ^a	3.1 ^b	1.0 ^a
Not Eligible, >185%	4.1 ^a	2.6 ^a	1.5 ^b
Smoking Status			
Non-Smoker	4.2 *	2.9	1.3
Smoker	3.2	2.3	0.9
Physical Activity Status			
Regular	4.2	2.9	1.3
Irregular	4.0	2.6	1.3
Overweight Status			
Not Overweight	4.2 *	2.9	1.4 *
Overweight/Obese	3.8	2.7	1.1

¹ Juices include only 100% fruit juices.

² 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 (Tukey's 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=1,256)

For each meal and snack:

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

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

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

	Reported Mean Servings of Fruits and Vegetables		
	Fruits	Juices ¹	Vegetables
Total	2.8	0.9	1.3
Gender			
Male	2.9	1.0*	1.2*
Female	2.8	0.8	1.4
Ethnicity			
White	2.7 ^b ***	0.8 ^a ***	1.7 ^b ***
African American	2.0 ^a	0.7 ^a	1.1 ^a
Latino	3.2 ^c	1.1 ^b	1.0 ^a
Asian/Other	2.6 ^{ab}	0.9 ^{ab}	1.3 ^{ab}
Gender by Age			
Males			
12-13	3.4 ^a ***	1.0	1.3
14-15	2.9 ^{ab}	1.0	1.4
16-17	2.5 ^b	1.0	1.2
Females			
12-13	3.3 ^a ***	0.9	1.4
14-15	2.4 ^b	0.7	1.5
16-17	2.5 ^b	0.9	1.5
Income			
<\$15,000	3.4 ^b ***	1.2 ^b **	1.2
\$15,000 - \$24,999	3.7 ^{bc}	1.2 ^b	1.0
\$25,000 - \$34,999	2.8 ^{ab}	1.1 ^{ab}	1.2
\$35,000 - \$49,999	2.9 ^{abc}	0.9 ^{ab}	1.1
\$50,000 - \$74,999	3.2 ^{abc}	0.8 ^{ab}	1.4
≥\$75,000	2.5 ^a	0.8 ^a	1.5
Food Stamp Status, % FPL²			
Participant, ≤130%	3.5 ^b ***	1.1 ^b ***	1.3 ^{ab} ***
Likely Eligible, ≤130%	3.1 ^b	1.1 ^b	1.0 ^a
Not Eligible, >185%	2.6 ^a	0.8 ^a	1.5 ^b
Smoking Status			
Non-Smoker	2.9	0.9	1.3
Smoker	2.3	0.8	0.9
Physical Activity Status			
Regular	2.9	0.9	1.3
Irregular	2.6	0.8	1.3
Overweight Status			
Not Overweight	2.9	0.9	1.4*
Overweight/Obese	2.7	0.8	1.1

¹ Juices include only 100% fruit juices

² 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 (Tukey's 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=1,256)

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 1 Serving of Fruits or Vegetables ¹	Reported No Servings of Fruits or Juices ²	Reported No Servings of Vegetables or Salad ²
Total	21.2	16.7	47.7
Gender			
Male	23.3	16.0	51.2**
Female	19.0	17.4	43.9
Ethnicity			
White	16.9***	15.0***	35.5***
African American	35.7	34.1	56.2
Latino	21.4	13.9	56.8
Asian/Other	24.6	20.1	50.4
Gender by Age			
Males			
12-13	16.3***	10.8*	48.3*
14-15	19.3	17.1	47.0
16-17	34.4	20.3	58.6
Females			
12-13	12.8**	12.4	42.9
14-15	25.3	21.2	50.0
16-17	19.2	18.8	38.5
Income			
<\$15,000	18.2	13.0*	52.7
\$15,000 - \$24,999	17.8	12.3	48.3
\$25,000 - \$34,999	31.5	24.7	54.2
\$35,000 - \$49,999	13.5	22.0	42.5
\$50,000 - \$74,999	18.1	9.5	51.9
≥\$75,000	20.6	15.5	41.3
Food Stamp Status, % FPL³			
Participant, ≤130%	16.0	10.9*	45.0***
Likely Eligible, ≤130%	24.0	16.0	59.1
Not Eligible, >185%	21.0	18.4	41.8
Smoking Status			
Non-Smoker	20.4**	16.3	47.3
Smoker	36.7	16.4	57.4
Physical Activity Status			
Regular	21.0	16.2	47.4
Irregular	22.0	18.4	48.8
Overweight Status			
Not Overweight	19.5**	16.4	46.4
Overweight/Obese	28.2	19.1	49.9

¹ Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and

² Categorized as having less than .5 servings of fruits or vegetables.

³ 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.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables (N=1,256)

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

	Percent of Adolescents					Met the Recommendations ² for Fruits and Vegetables
	Servings of Fruits and Vegetables					
	0 ¹	1-2	3-4	5+		
Total	10.0	23.8	27.3	39.0		29.1
Gender						
Male	10.0	26.0	24.0	39.9	*	20.6
Female	9.9	21.3	30.8	38.0		38.0
Ethnicity						
White	5.6	24.2	29.5	40.8	***	28.8
African American	22.0	21.5	30.6	25.9		18.1
Latino	11.0	24.7	22.8	41.4		32.2
Asian/Other	12.4	21.1	32.2	34.2		26.9
Gender by Age						
Males						
12-13	7.0	20.7	27.7	44.6	**	23.1
14-15	8.1	25.1	24.1	42.7		24.1
16-17	15.2	32.5	19.9	32.4		14.6
Females						
12-13	7.7	16.3	34.3	41.7		41.7
14-15	11.2	27.3	28.7	32.8		32.8
16-17	10.8	20.5	29.2	39.5		39.5
Income						
<\$15,000	8.0	24.2	22.4	45.4	**	37.6
\$15,000 - \$24,999	8.6	18.3	26.0	47.0		36.1
\$25,000 - \$34,999	22.0	16.5	24.9	36.6		32.3
\$35,000 - \$49,999	5.6	25.1	36.6	32.7		29.5
\$50,000 - \$74,999	6.0	25.5	25.9	42.6		35.8
≥\$75,000	9.3	28.7	25.9	36.1		26.8
Food Stamp Status, % FPL³						
Participant, ≤130%	6.1	20.8	24.5	48.6	**	37.4
Likely Eligible, ≤130%	13.3	21.7	25.7	39.4		27.5
Not Eligible, >185%	8.9	25.7	28.7	36.7		28.1
Smoking Status						
Non-Smoker	9.8	23.1	27.6	39.6	*	29.3
Smoker	12.4	38.9	24.4	24.4		20.3
Physical Activity Status						
Regular	9.4	23.8	27.5	39.4		28.6
Irregular	12.1	23.6	26.6	37.7		30.7
Overweight Status						
Not Overweight	9.9	22.4	27.5	40.2		29.9
Overweight/Obese	10.7	28.9	23.1	37.3		27.4

¹ Categorized as having less than .5 servings of fruits and vegetables.

² Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

³ 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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents (N=1,099)

What is the main reason you don't eat more fruits and vegetables, or drink more juice?

	Percent of Adolescents						
	Barriers Reported to Eating More Fruits and Vegetables						
	Don't Like Taste	Not Available	Don't Think About It	Choose Other Foods	No Time	Not Hungry	Eat Enough Already
Total	21.6	25.7	9.1	11.1	14.0	11.3	7.2
Gender							
Male	21.6	21.4	11.2	10.9	13.0	14.2	7.6
Female	21.5	30.0	7.0	11.3	14.9	8.4	6.8
Ethnicity							
White	16.6	23.1	12.1	12.3	13.8	12.8	9.3
African American	14.8	49.6	12.2	10.2	4.1	3.6	5.6
Latino	26.6	22.8	7.8	12.1	11.6	11.3	7.8
Asian/Other	24.1	30.2	3.2	5.5	25.5	10.6	0.8
Gender by Age							
Males							
12-13	21.4	17.3	6.0	9.8	14.5	21.1	9.9
14-15	23.1	21.9	15.2	13.0	9.5	11.6	5.7
16-17	20.4	25.1	12.4	10.1	14.9	9.8	7.3
Females							
12-13	18.2	29.5	7.3	12.8	10.7	13.0	8.4
14-15	25.1	23.2	6.8	11.3	20.2	6.8	6.6
16-17	21.3	37.1	6.8	9.7	13.9	5.6	5.5
Income							
<\$15,000	31.8	24.4	8.4	11.2	5.6	12.3	6.3
\$15,000 - \$24,999	14.4	32.4	8.9	10.7	12.9	13.1	7.5
\$25,000 - \$34,999	25.6	24.8	4.6	15.1	15.6	10.1	4.2
\$35,000 - \$49,999	23.5	35.8	7.5	8.6	11.5	3.4	9.7
\$50,000 - \$74,999	21.2	24.2	9.9	9.8	14.2	7.5	13.1
≥\$75,000	21.1	28.8	9.5	11.8	12.6	10.4	5.9
Food Stamp Status, % FPL¹							
Participant, ≤130%	23.2	22.7	7.1	11.6	12.3	13.9	9.1
Likely Eligible, ≤130%	28.7	25.9	6.8	10.6	12.1	9.4	6.4
Not Eligible, >185%	18.5	27.5	10.4	10.0	15.5	10.8	7.3
Smoking Status							
Non-Smoker	21.0	25.3	9.4	10.9	14.4	11.6	7.4
Smoker	26.7	39.0	3.3	16.7	4.3	5.1	4.8
Physical Activity Status							
Regular	21.1	24.6	9.8	10.3	13.7	12.4	8.0
Irregular	23.1	29.6	6.6	13.8	15.0	7.3	4.6
Overweight Status							
Not Overweight	21.8	24.8	8.8	11.4	14.1	11.0	8.2
Overweight/Obese	18.2	30.0	9.2	10.3	14.9	13.3	4.2

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

Analysis excludes 1.7% of respondents giving the following responses: don't want to gain weight (0.7%), too much sugar (0.4%), don't want to get sick from eating too much (0.3%), too expensive (1.1%).

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