

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

Table 71: Access in School to Fast Food, High Calorie, Low Nutrient Foods Through Vending Machines and Student Stores Among California Adolescents (N=1,209)

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?

	Percent of Adolescents				
	Reported Available at School				
	Fast Food	Student Store with High Cal Low Nutrient	Soda Vending	Low Nutrient Food Vending	2 or More Unhealthy Foods
Total	10.1	63.4	29.0	33.4	40.9
Gender					
Male	10.2	64.6	30.1	34.5	44.1 *
Female	10.0	62.0	27.9	32.3	37.4
Ethnicity					
White	11.4 **	63.7 *	24.5 **	36.4	38.5
African American	13.9	73.2	28.9	29.6	41.7
Latino	11.0	59.6	29.5	33.2	41.8
Asian/Other	2.0	67.8	40.5	27.9	44.8
Gender by Age					
Males					
12-13	8.0	55.2 **	15.3 ***	11.8 ***	23.1 ***
14-15	9.9	71.0	34.3	40.4	50.5
16-17	12.8	68.0	41.2	52.0	59.5
Females					
12-13	6.4 **	53.9 ***	8.6 ***	7.9 ***	13.9 ***
14-15	8.4	75.0	41.8	43.6	51.3
16-17	15.9	57.2	35.0	47.8	49.2
Income					
<\$15,000	11.0	63.0	24.6	33.5 *	57.4 *
\$15,000 - \$24,999	10.3	66.1	31.2	31.2	59.5
\$25,000 - \$34,999	8.2	63.7	21.1	20.6	69.0
\$35,000 - \$49,999	15.2	51.6	19.6	26.2	65.6
\$50,000 - \$74,999	3.0	53.7	29.7	31.0	65.4
≥\$75,000	11.2	65.8	32.1	38.8	52.5
Food Stamp Status, % FPL¹					
Participant, ≤130%	12.1	64.1	35.5	28.4	41.1
Likely Eligible, ≤130%	8.6	60.9	29.0	32.4	38.6
Not Eligible, >185%	9.3	65.3	27.0	34.2	41.8
Smoking Status					
Non-Smoker	◆	63.3	28.7 *	33.1	40.5
Smoker		63.5	42.1	44.1	54.7
Physical Activity Status					
Regular	9.5	62.8	29.3	32.5	41.4
Irregular	12.2	65.5	28.3	36.7	39.1
Overweight Status					
Not Overweight	9.3	65.2 *	28.7	33.7	40.6
Overweight/Obese	11.2	58.5	32.3	33.3	43.1

¹ 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.

◆ Insufficient Sample Size

Chi Square Test

* p<.05

** p<.01

*** p<.001

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

Table 71a: Cross Tabulation of Schools Reported to Have Fast Food, Student Stores, and Vending Machines by Recommended Servings of Fruits and Vegetables, Dairy Foods, and by Consumption of Unhealthy Foods Among California Adolescents (N=1,209)

Does your school serve food from fast food restaurants like Burger King, McDonald's or Taco Bell 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?
 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 times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as a snack?
 How many times did you have yogurt yesterday, not including frozen yogurt?
 How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in a smoothie?

	Percent of Adolescents			
	School Serves Fast Food	School Has Student Store Selling Chips, Cookies, Etc.	School Has Soda Vending	School Has Low Nutrient Vending
Total	10.1	63.4	29.0	33.4
Ate 5 Servings of Fruits and Vegetables				
Yes	43.0	39.1	34.1 *	33.8 **
No	38.1	38.6	41.0	41.5
Ate 3 Servings of Dairy Products				
Yes	63.0	57.8	55.4	55.7
No	57.3	58.9	59.2	59.4
Ate Any Fast Food				
Yes	25.2	19.3	20.5	21.6
No	18.9	19.4	18.9	18.2
Drank any Soda				
Yes	53.5	50.3	50.9	51.1
No	49.9	49.4	49.8	49.5
Ate Any Fried Food				
Yes	17.3	16.4	16.8	15.0
No	15.2	13.8	15.0	15.7
Ate 2+ Unhealthy Foods				
Yes	61.2	59.0 **	62.3 **	54.7
No	56.0	51.3	53.8	56.9

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

Unhealthy foods are defined as soda, candy, chips or other fried snacks, bakery desserts, deep fried foods and pastries.

Chi Square Test

* p<.05

** p<.01

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

Table 74: Percent of California Adolescents Reporting Open Campus for Lunch (N=1,230)

Does the school have an open campus for lunch?

	Percent of Adolescents	
	Open Campus for Lunch	
Total	60.1	
Gender		
Male	59.9	
Female	60.4	
Ethnicity		
White	56.5	
African American	64.8	
Latino	62.0	
Asian/Other	62.5	
Gender by Age		
Males		
12-13	57.0	
14-15	61.6	
16-17	61.0	
Females		
12-13	60.0	***
14-15	73.0	
16-17	48.4	
Income		
<\$15,000	66.3	***
\$15,000 - \$24,999	69.0	
\$25,000 - \$34,999	61.2	
\$35,000 - \$49,999	70.3	
\$50,000 - \$74,999	66.1	
≥\$75,000	50.8	
Food Stamp Status, % FPL¹		
Participant, ≤130%	62.8	**
Likely Eligible, ≤130%	67.7	
Not Eligible, >185%	55.8	
Smoking Status		
Non-Smoker	61.1	**
Smoker	42.9	
Physical Activity Status		
Regular	60.6	
Irregular	58.2	
Overweight Status		
Not Overweight	59.3	
Overweight/Obese	62.5	

¹ 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<.01

*** p<.001

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

Table 74a: Cross Tabulation of Open Campus for Lunch by Adolescents' Dietary Behaviors (N=1,256)

Does the school have an open campus for lunch?

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?

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

Yesterday did you eat any pastries, such as doughnuts, danishes, 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? Do not include french fries.

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks like cake, pie, cookies, or brownies? Do not include ice cream or reduced fat or fat-free bakery items or lower fat dairy items like ice milk, light ice cream, frozen yogurt, or sherbet.

Yesterday did you eat any candy bars or packages of candy?

	Percent of Adolescents	
	School Has Open Campus for Lunch	
Total	60.1	
Ate 5 Servings of Fruits and Vegetables		
Yes	37.4	
No	42.2	
Ate 3 Servings of Dairy Products		
Yes	54.4	
No	64.0	
Ate Any Fast Food		
Yes	19.7	
No	19.5	
Drank any Soda		
Yes	50.3	
No	48.2	
Ate Any Fried Food		
Yes	16.6	
No	14.1	
Ate 2+ Unhealthy Foods¹		
Yes	56.5	
No	54.2	

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

¹ Unhealthy foods are defined as soda, candy, chips or other fried snacks, bakery desserts, deep fried foods and pastries.

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

Table 77: Cross Tabulation of Adolescents Purchasing Soda or High Calorie, Low Nutrient Foods From Vending Machines or Student Store by Servings of Fruits and Vegetables and Milk

Yesterday, did you buy chips, cookies, candy or soda from the student store?
 Yesterday, did you buy a soda from your school vending machine?
 Yesterday, did you buy chips, cookies, candy from your school vending machine?
 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?

		Percent of Adolescents		Mean
		Ate 5 or More Servings of Fruits and Vegetables ¹	Ate 3 or More Servings of Dairy ¹	Servings of Fruits and Vegetables ²
Bought High Calorie, Low Nutrient Foods from Student Store (N=763)	Yes	37.2	58.2	3.8
	No	39.4	57.4	4.2
Bought Soda from School Vending Machine (N=350)	Yes	29.3	58.4	3.3
	No	34.9	54.9	3.8
Bought High Calorie, Low Nutrient Foods from Vending Machine (N=403)	Yes	28.7	74.4	3.4
	No	34.5	52.7	3.8

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

¹Chi Square Test

²ANOVA

** p<.01

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

Table 80: Cross Tabulation of Liking for School Food by Purchase from Vending Machines or Student Stores and Consumption of Fruits and Vegetables among California Adolescents (N=891)

Do you like the food served at school?

Yesterday, did you buy chips, cookies, candy or soda from the student store?

Yesterday, did you buy a soda from your school vending machine?

Yesterday, did you buy chips, cookies, candy from your school vending machine?

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]?

Adolescents Reporting Liked Food At School	Percent of Adolescents	Percent of Adolescents	
		Bought High Fat, Low Nutrient Foods from Student Store or Vending Machine	Ate 5 or More Servings of Fruits and Vegetables
Usually	39.5	37.6	41.6
Sometimes	45.3	45.3	46.0
Seldom/Never	15.2	17.2	12.4

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

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

Table 85: Cross Tabulation of Adolescents Being Physically Active for One or More Hours by Enrollment in Health or Physical Education Class (N=1,237)

In the last year, have you taken a class or course at school in which the health effects of physical activity are exercise were discussed?

Do you currently take physical education class in school?

How many times a week do you have physical education class in school?

Yesterday, did you participate in any physical activities, exercise, sports?

For how many minutes or hours did you do this activity?

Physically Active for 1 or More Hours Yesterday	Percent of Adolescents	Percent of Adolescents		Mean Physical Education Classes Per Week ²
		Had Class on Benefits of Exercise ¹	Currently Enrolled in Physical Education ¹	
Yes	50.1	51.5	53.2***	4.3
No	49.9	48.5	46.8	4.3

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.

¹Chi Square Test

²ANOVA

*** p<.001

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

Table 88: Active Transport to and from School Among California Adolescents (N=1,209)

How many days in a usual week do you walk, ride a bike, or skateboard TO school?
 How many days in a usual week do you walk, ride a bike, or skateboard FROM school?

	Percent of Adolescents					
	Days Using Active Transport to School in a Typical Week			Days Using Active Transport from School in a Typical Week		
	0	1-3	4+	0	1-3	4+
Total	54.8	12.8	32.4	49.8	16.4	33.8
Gender						
Male	55.9	9.8	34.2	49.0	13.8	37.2
Female	53.5	16.1	30.4	50.6	19.1	30.2
Ethnicity						
White	67.6	9.1	23.3	62.2	12.4	25.4
African American	51.7	3.6	44.7	45.6	9.1	45.2
Latino	43.6	17.0	39.4	37.3	19.6	43.0
Asian/Other	51.7	16.6	31.7	52.4	22.1	25.5
Gender by Age						
Males						
12-13	48.4	10.6	41.0	44.9	15.2	39.9
14-15	57.8	9.1	33.1	47.0	12.6	40.4
16-17	61.8	9.9	28.3	55.3	13.6	31.0
Females						
12-13	43.7	20.2	36.1	42.6	17.8	39.6
14-15	59.8	14.6	25.6	46.5	26.6	26.9
16-17	58.0	12.8	29.2	64.4	12.5	23.1
Income						
<\$15,000	36.8	16.8	46.4	36.4	17.5	46.1
\$15,000 - \$24,999	34.1	19.5	46.4	27.5	22.5	49.9
\$25,000 - \$34,999	49.4	6.7	43.8	42.9	13.6	43.6
\$35,000 - \$49,999	47.2	14.9	37.9	38.9	23.7	37.4
\$50,000 - \$74,999	54.3	11.6	34.1	43.6	15.4	41.0
≥\$75,000	70.6	8.4	21.1	62.2	12.2	25.6
Food Stamp Status, % FPL¹						
Participant, ≤130%	37.2	15.7	47.1	38.2	21.2	40.7
Likely Eligible, ≤130%	43.6	13.9	42.5	37.4	16.6	46.0
Not Eligible, >185%	66.4	11.0	22.6	59.7	14.8	25.5
Smoking Status						
Non-Smoker	54.5	13.0	32.5	49.4	16.5	34.1
Smoker	64.5	9.6	25.9	60.7	16.2	23.1
Physical Activity Status						
Regular	55.2	12.2	32.6	49.7	15.8	34.5
Irregular	53.2	15.2	31.6	49.9	18.4	31.6
Overweight Status						
Not Overweight	57.2	13.3	29.5	51.4	17.2	31.4
Overweight/Obese	47.5	12.1	40.4	46.3	13.8	39.9

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

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Chi Square Test

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

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

Table 88a: Reported Distance Between Home and School Among California Adolescents (N=1,201)

How far is school from your house?

	Percent of Adolescents				
	Reported Distance Between Home and School				
	Less Than Half Mile	Half to One Mile	One to Two Miles	Two or More Miles	
Total	18.0	19.7	23.4	39.0	
Gender					
Male	18.0	18.2	18.6	45.2	***
Female	18.0	21.3	28.5	32.1	
Ethnicity					
White	13.9	15.2	25.5	45.4	***
African American	22.0	10.0	17.3	50.6	
Latino	24.6	23.8	20.8	30.8	
Asian/Other	8.7	25.8	27.7	37.8	
Gender by Age					
Males					
12-13	21.0	19.4	22.4	37.2	**
14-15	16.9	20.7	20.9	41.5	
16-17	15.9	14.4	12.2	57.5	
Females					
12-13	22.7	23.7	24.2	29.4	*
14-15	17.5	22.6	32.6	27.4	
16-17	13.3	17.3	29.2	40.2	
Income					
<\$15,000	21.3	26.2	18.7	33.8	***
\$15,000 - \$24,999	30.1	27.9	14.5	27.5	
\$25,000 - \$34,999	18.2	21.4	22.5	37.8	
\$35,000 - \$49,999	23.8	24.5	18.1	33.6	
\$50,000 - \$74,999	24.0	19.0	16.7	40.2	
≥\$75,000	10.4	19.8	20.8	49.1	
Food Stamp Status, % FPL¹					
Participant, ≤130%	24.1	22.9	23.2	29.8	***
Likely Eligible, ≤130%	24.2	22.1	18.6	35.1	
Not Eligible, >185%	12.6	17.2	24.1	46.2	
Smoking Status					
Non-Smoker	18.2	19.4	23.8	38.5	
Smoker	14.6	19.9	14.9	50.6	
Physical Activity Status					
Regular	17.3	19.9	24.7	38.0	
Irregular	20.5	18.8	18.5	42.2	
Overweight Status					
Not Overweight	18.6	17.7	23.8	39.9	
Overweight/Obese	16.1	24.9	21.6	37.3	

¹ 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