

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 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