

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 26: Consumption by Each Category of High Calorie, Low Nutrient Foods Among California Adolescents (N=1,216)

Yesterday did you eat any pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or poparts?
 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, Cheetos, 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 beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink?
 How many servings of french fries did you eat yesterday?

	Food Eaten From Each Category Yesterday, Percent of Adolescents						
	Regular Soda	Candy	Bakery Desserts	Chips/Fried Snacks	Deep Fried Foods	Breakfast Pastries	French Fries
Total	44.2	22.7	35.3	29.2	14.2	19.6	14.8
Gender							
Male	48.3 **	22.8	35.5	29.8	14.7	20.2	15.8
Female	39.9	22.7	35.1	28.5	13.6	19.0	13.8
Ethnicity							
White	38.9 **	23.8 **	40.4 **	24.5 *	10.1 **	15.2 **	10.6 **
African American	44.6	15.3	38.8	30.6	23.7	25.3	20.1
Latino	50.9	26.1	30.0	33.6	15.9	20.2	17.8
Asian/Other	39.4	14.1	34.5	28.6	15.1	26.7	15.1
Gender by Age							
Male							
12-13	40.0 **	22.8 *	28.5 *	27.0	15.2	22.2	18.3
14-15	54.6	27.4	41.8	33.1	14.1	19.9	17.7
16-17	49.0	17.0	34.7	28.6	14.9	18.5	10.9
Female							
12-13	48.9 **	28.9 *	28.6 *	27.0	10.7	18.0	15.2
14-15	33.9	22.9	34.6	28.4	15.5	22.6	11.1
16-17	39.0	15.8	42.7	30.2	14.1	14.8	16.1
Income							
<\$15,000	51.7 **	25.8 ***	30.1 *	33.2	20.4 *	19.6 *	18.8 **
\$15,000 - \$24,999	52.9	26.5	34.1	30.7	15.2	23.0	21.4
\$25,000 - \$34,999	42.1	26.8	33.8	35.7	16.9	23.8	14.8
\$35,000 - \$49,999	41.2	16.0	29.8	27.3	9.8	9.9	4.9
\$50,000 - \$74,999	46.9	35.5	46.6	24.8	9.1	13.3	14.4
≥ \$75,000	37.5	17.0	37.4	26.5	12.9	21.0	12.6
CalFresh Status, % FPL¹							
Participant	55.9 ***	23.9 **	30.5	34.6 *	16.7	21.3	20.1 *
Likely Eligible ≤ 130%	44.7	29.1	35.3	32.0	16.8	21.0	16.2
Not Eligible > 185%	38.0	19.6	38.8	25.3	12.0	18.9	12.5
Smoking Status							
Non-Smoker	43.2 **	22.3	35.7	28.7	14.3	20.3 *	14.8
Smoker	60.2	29.0	29.9	36.6	12.5	8.7	15.2
Physical Activity Status							
Regular	44.1	22.9	34.0	26.4 **	14.4	19.9	14.2
Irregular	44.4	22.5	37.4	33.7	13.8	19.0	15.8
Overweight Status							
Not Overweight	42.7	25.9 ***	36.3	30.1	13.4	20.1	14.0
Overweight/Obese	48.3	16.4	34.0	28.6	12.9	16.3	14.2

¹Survey 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

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Table 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents (N=1,215)

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, Cheetos, 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 beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink?

	Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday,				
	Percent of Adolescents				2 or More
	0-1	2	3	4+	
Total	47.3	30.5	16.3	5.9	52.7
Gender					
Male	44.2	32.0	18.4	5.5	55.8 *
Female	50.7	28.9	14.1	6.3	49.3
Ethnicity					
White	54.7	25.5	14.6	5.3	45.3 ***
African American	43.0	26.9	17.6	12.4	57.0
Latino	43.4	30.8	18.8	7.0	56.6
Asian/Other	41.2	44.8	13.3	0.8	58.8
Gender by Age					
Male					
12-13	50.4	28.3	16.2	5.2	49.6 ***
14-15	34.1	38.5	19.9	7.5	65.9
16-17	50.4	27.6	18.6	3.4	49.6
Female					
12-13	54.7	18.8	17.9	8.5	45.3
14-15	49.7	32.0	13.1	5.2	50.3
16-17	47.9	35.2	11.5	5.4	52.1
Income					
<\$15,000	43.6	30.7	18.4	7.4	56.4 ***
\$15,000 - \$24,999	43.5	25.8	16.6	14.1	56.5
\$25,000 - \$34,999	36.8	44.2	13.9	5.1	63.2
\$35,000 - \$49,999	64.6	16.1	16.1	3.2	35.4
\$50,000 - \$74,999	47.6	24.2	22.1	6.2	52.4
≥ \$75,000	50.4	31.8	15.0	2.7	49.6
CalFresh Status, % FPL²					
Participant	43.3	28.2	18.6	9.9	56.7 *
Likely Eligible ≤ 130%	43.2	31.3	16.9	8.6	56.8
Not Eligible > 185%	51.3	30.2	15.6	2.9	48.7
Smoking Status					
Non-Smoker	48.2	29.3	16.6	5.9	51.8 *
Smoker	34.7	47.9	11.8	5.6	65.3
Physical Activity Status					
Regular	48.7	31.4	13.8	6.2	51.3
Irregular	45.2	29.0	20.4	5.4	54.8
Overweight Status					
Not Overweight	45.4	32.0	16.2	6.5	54.6
Overweight/Obese	51.6	28.0	16.2	4.2	48.4

¹Each report of "any" was counted as one serving.

²Survey 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

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Table 67: Consumption of Diet Soft Drinks or Diet Sweetened Beverages Among California Adolescents (N=1,218)

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

	Mean Diet Soda or Diet Sweetened Beverages Drank by Adolescents ¹
Total	0.2
Gender	
Male	0.2
Female	0.2
Ethnicity	
White	0.2
African American	0.2
Latino	0.3
Asian/Other	0.1
Gender by Age	
Male	
12-13	0.2
14-15	0.2
16-17	0.3
Female	
12-13	0.2
14-15	0.2
16-17	0.2
Income	
<\$15,000	0.4 ^a
\$15,000 - \$24,999	0.2 ^{ab}
\$25,000 - \$34,999	0.2 ^{ab}
\$35,000 - \$49,999	0.3 ^{ab}
\$50,000 - \$74,999	0.1 ^b
≥ \$75,000	0.2 ^b
CalFresh Status, % FPL²	
Participant	0.3 ^a
Likely Eligible ≤ 130%	0.2 ^{ab}
Not Eligible > 185%	0.2 ^b
Smoking Status	
Non-Smoker	0.2
Smoker	0.4
Physical Activity Status	
Regular	0.2
Irregular	0.2
Overweight Status	
Not Overweight	0.2
Overweight/Obese	0.3

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

²Survey 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

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,219)

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

	Mean Regular Sodas or Sweetened Beverages Drank by Adolescents Yesterday	
Total	0.7	
Gender		
Male	0.9	***
Female	0.6	
Ethnicity		
White	0.7 ^{ab}	**
African American	1.0 ^a	
Latino	0.8 ^a	
Asian/Other	0.5 ^b	
Gender by Age		
Male		
12-13	0.6 ^a	***
14-15	0.8 ^a	
16-17	1.2 ^b	
Female		
12-13	0.8 ^a	*
14-15	0.5 ^b	
16-17	0.6 ^{ab}	
Income		
<\$15,000	0.8	
\$15,000 - \$24,999	0.9	
\$25,000 - \$34,999	0.6	
\$35,000 - \$49,999	0.8	
\$50,000 - \$74,999	0.7	
≥ \$75,000	0.7	
CalFresh Status, % FPL¹		
Participant	0.9 ^a	*
Likely Eligible ≤ 130%	0.8 ^{ab}	
Not Eligible > 185%	0.7 ^b	
Smoking Status		
Non-Smoker	0.7	***
Smoker	1.2	
Physical Activity Status		
Regular	0.8	
Irregular	0.7	
Overweight Status		
Not Overweight	0.7	**
Overweight/Obese	0.9	

¹Survey 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 (Tukeys test at a procedure-wise error rate=.05). ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 69: Consumption of Soft Drinks and Other Sweetened Beverages Among California Adolescents (N=1,218)

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

	Percent of Adolescents		
	Soda and Sweetened Beverages	Sports Drinks	Soda/SSB or Sports Drinks
Total	44.2	20.0	53.0
Gender			
Male	48.3 **	24.4 ***	60.0 ***
Female	39.9	15.4	45.6
Ethnicity			
White	38.9 **	18.9 ***	49.0 ***
African American	44.6	20.9	54.5
Latino	50.9	24.4	59.9
Asian/Other	39.4	10.2	43.9
Gender by Age			
Male			
12-13	40.0 **	21.2	49.7 ***
14-15	54.6	26.1	69.6
16-17	49.0	25.6	58.6
Female			
12-13	48.9 **	19.2	54.2 *
14-15	33.9	14.2	39.7
16-17	39.0	13.0	45.2
Income			
<\$15,000	51.7 **	29.1 **	61.4 **
\$15,000 - \$24,999	52.9	20.7	56.7
\$25,000 - \$34,999	42.1	17.2	53.5
\$35,000 - \$49,999	41.2	16.0	48.2
\$50,000 - \$74,999	46.9	20.6	60.5
≥ \$75,000	37.5	17.1	46.4
CalFresh Status, % FPL¹			
Participant	55.9 ***	24.3 *	63.0 ***
Likely Eligible ≤ 130%	44.7	23.0	53.9
Not Eligible > 185%	38.0	17.8	47.8
Smoking Status			
Non-Smoker	43.2 **	19.1 **	52.1 **
Smoker	60.2	33.6	67.4
Physical Activity Status			
Regular	44.1	22.0 *	54.8
Irregular	44.4	16.7	50.2
Overweight Status			
Not Overweight	42.7	18.8	51.2 *
Overweight/Obese	48.3	22.9	58.0

¹Survey 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

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Table 70: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit and Vegetables and Milk Among California Adolescents (N=1,208)

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 of Adolescents	
	Yes	No
Ate 5 or More Servings of Fruit and Vegetables		
0-2	48.1	51.9
3-4	44.2	55.8
5+	41.2	58.8
Servings of Fruit		
2+	44.8	55.2
Servings of Vegetables		
3+	40.6	59.4
Servings of Milk		
0-2	45.0	55.0
3+	41.2	58.8
Servings of Milk Products Believed Needed for Good Health		
0-2	39.4	60.6
3+	47.3	52.7

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

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Table 92: California Adolescents Whose Report Parents Limit Soda and Low Nutrient Snack Food at Home (N=1,212)

Do your parents or adults you live with limit how much soda or other sweetened drinks you drink at home?
 Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?

	Percent of Adolescents	
	Parents Limit Soda and Sweetened Drinks (N=1,185)	Parents Limit Low Nutrient Snack Food (N=1,212)
Total	76.1	72.7
Gender		
Male	80.7 ***	75.6 *
Female	71.2	69.7
Ethnicity		
White	76.4	69.7
African American	75.7	77.9
Latino	73.3	74.0
Asian/Other	83.2	74.4
Gender by Age		
Male		
12-13	92.5 ***	90.5 ***
14-15	82.1	73.8
16-17	67.0	62.5
Female		
12-13	78.5 ***	77.7 ***
14-15	81.7	75.3
16-17	47.4	52.7
Income		
<\$15,000	69.6	70.0
\$15,000 - \$24,999	76.4	77.4
\$25,000 - \$34,999	84.5	72.8
\$35,000 - \$49,999	75.0	73.8
\$50,000 - \$74,999	77.8	70.5
≥ \$75,000	76.9	72.1
CalFresh Status, % FPL¹		
Participant	70.4 *	72.0
Likely Eligible ≤ 130%	76.1	73.1
Not Eligible > 185%	78.5	72.4
Smoking Status		
Non-Smoker	77.6 ***	73.8 ***
Smoker	54.3	56.2
Physical Activity Status		
Regular	77.2	71.9
Irregular	74.3	74.1
Overweight Status		
Not Overweight	74.6	70.5
Overweight/Obese	79.3	76.1

¹Survey 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