

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 1: Healthy Eating Practices Score¹ Among California Adolescents

	Average California Daily Food Guide Healthy Eating Practices Score
Total	3.1
Gender	
Males	3.0 **
Females	3.2
Ethnicity	
White	3.1 ^a **
African American	2.6 ^b
Latino	3.2 ^a
Asian/Other	2.9 ^{ab}
Gender by Age	
Males	
12-13	3.2 ^b **
14-15	2.8 ^a
16-17	2.8 ^a
Females	
12-13	3.4
14-15	3.2
16-17	3.0
Smoking Status	
Non-Smokers	3.2 ***
Smokers	2.4
Physical Activity Status	
Regular	3.2 ***
Irregular	2.7
Overweight Status	
Not at Risk	3.2 ***
At Risk/Overweight	2.8

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ The score reflects the average of healthy eating behaviors practices on the previous day against California Daily Food Guide standards. One point was awarded for each: having a fruits and a vegetable; males eating 7 or more servings of fruits and vegetables and females eating 5 or more servings; having any milk, yogurt, or cheese; having any 1% or fat free milk or yogurt; having any whole grain breads/corn tortillas; having any high fiber cereal; and having any beans. The maximum score was seven.

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<.01
 *** p<.001

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Table 2: Servings of Fruits and Vegetables Eaten by California Adolescents

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?

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, Vegetables, Salads and Juices	Fruits and Juices	Salads and Vegetables
Total	4.3	3.0	1.3
Gender			
Males	4.4	3.2**	1.2
Females	4.2	2.8	1.3
Ethnicity			
White	4.1 ^a *	2.6 ^a ***	1.4 ^b ***
African American	4.4 ^{ab}	2.8 ^{ab}	1.6 ^{ab}
Latino	4.6 ^b	3.5 ^b	1.1 ^a
Asian/Other	4.0 ^{ab}	3.0 ^{ab}	0.9 ^a
Gender by Age			
Males			
12-13	4.8 ^b *	3.4	1.4 ^b *
14-15	4.2 ^a	3.2	1.0 ^a
16-17	4.2 ^{ab}	2.9	1.3 ^{ab}
Females			
12-13	4.5	3.2 ^b *	1.3
14-15	4.0	2.7 ^{ab}	1.3
16-17	4.0	2.6 ^a	1.4
Smoking Status			
Non-Smokers	4.4***	3.1***	1.3**
Smokers	3.2	2.3	0.9
Physical Activity Status			
Regular	4.4**	3.1**	1.3
Irregular	3.8	2.7	1.1
Overweight Status			
Not at Risk	4.4*	3.1**	1.3
At Risk/Overweight	3.9	2.6	1.3

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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?

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	Salads ¹	Vegetables
Total	1.5	1.5	0.2	1.1
Gender				
Males	1.5	1.7 ***	0.2	1.1
Females	1.5	1.3	0.2	1.2
Ethnicity				
White	1.3 ^a ***	1.4 ^a *	0.2 *	1.2 ^c ***
African American	1.4 ^{ab}	1.5 ^{ab}	0.1	1.4 ^{bc}
Latino	1.8 ^b	1.7 ^b	0.1	1.0 ^{ab}
Asian/Other	1.5 ^{ab}	1.5 ^{ab}	0.2	0.7 ^a
Gender by Age				
Males				
12-13	1.8 ^b *	1.6	0.2	1.2 ^b *
14-15	1.5 ^{ab}	1.8	0.2	0.8 ^a
16-17	1.3 ^a	1.6	0.2	1.2 ^{ab}
Females				
12-13	1.6	1.5	0.1	1.2
14-15	1.5	1.2	0.2	1.1
16-17	1.4	1.3	0.2	1.2
Smoking Status				
Non-Smokers	1.6 ***	1.5	0.2	1.1 ***
Smokers	1.0	1.3	0.2	0.6
Physical Activity Status				
Regular	1.6 *	1.5	0.2 **	1.1
Irregular	1.3	1.4	0.1	1.0
Overweight Status				
Not at Risk	1.5	1.6 *	0.2	1.1
At Risk/Overweight	1.3	1.3	0.1	1.2

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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 1 Serving of Fruits and Vegetables, No Fruits or Juices and No Vegetables or Salads

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?

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

	Reported Mean Servings of Fruits and Vegetables		
	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	6	13	48
Gender			
Males	7	14	50
Females	6	12	46
Ethnicity			
White	6	14	40 ***
African American	8	19	49
Latino	7	11	56
Asian/Other	6	11	51
Gender by Age			
Males			
12-13	7	11 *	47
14-15	4	11	57
16-17	9	20	46
Females			
12-13	3	8	47
14-15	8	13	47
16-17	6	15	44
Smoking Status			
Non-Smokers	6 ***	11 ***	46 *
Smokers	14	28	57
Physical Activity Status			
Regular	5 ***	12	45 **
Irregular	11	16	57
Overweight Status			
Not at Risk	6	12	47
At Risk/Overweight	8	16	48

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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

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 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 juice for [meal or snack] yesterday?

Which fruits, vegetables or juice did you have?

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

	Servings of Fruits and Vegetables, %				Met the Recommendations ¹ for Fruits and Vegetables, %
	0 ²	1-2	3-4	5+	
Total	6	24	29	40	30
Gender					
Males	7	23	28	42	23 ***
Females	6	26	30	38	38
Ethnicity					
White	6	27	29	38	28
African American	8	21	29	42	31
Latino	7	22	28	43	35
Asian/Other	6	26	31	38	24
Gender by Age					
Males					
12-13	7	16	25	52 **	27
14-15	4	29	28	38	20
16-17	9	23	31	36	22
Females					
12-13	3	25	31	40	40
14-15	8	26	27	38	38
16-17	6	28	32	34	34
Smoking Status					
Non-Smokers	6	23	30	42 ***	32 ***
Smokers	14	38	22	27	17
Physical Activity Status					
Regular	5	22	30	42 ***	31
Irregular	11	33	23	33	26
Overweight Status					
Not at Risk	6	24	30	41	32 *
At Risk/Overweight	8	29	28	36	23

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

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

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 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

	Servings of Fruits and Vegetables Believed Needed, % of Adolescents		
	0-2	3-4	5+
Total	9	44	47
Gender			
Males	10	41	49
Females	8	48	44
Ethnicity			
White	7	45	48
African American	8	42	50
Latino	11	45	43
Asian/Other	10	41	49
Gender by Age			
Males			
12-13	9	35	56
14-15	6	47	47
16-17	14	41	45
Females			
12-13	6	40	54
14-15	7	51	42
16-17	11	53	36
Smoking Status			
Non-Smokers	8	44	48
Smokers	13	47	41
Physical Activity Status			
Regular	8	42	50
Irregular	12	53	34
Overweight Status			
Not at Risk	8	44	47
At Risk/Overweight	9	45	46

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 7: Cross Tabulation of Fruit and Vegetable Consumption Among California Adolescents by Belief in the Number of Servings Needed

How many total servings of fruits and vegetables do you think you should eat every day to be healthy?
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack] (yesterday)?

		Believed Number of Servings, % of Adolescents	Servings of Fruits and Vegetables Eaten, % of Adolescents		
			0-2	3-4	5+
Servings of Fruits and Vegetables Believed to be Needed	0-2	9	47	26	26
	3-4	44	37	30	33
	5+	47	22	29	49

**

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<.01

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Table 8: Reasons Why California Adolescents Are Eating More Fruits and Vegetables

What is the main reason you eat fruits and vegetables or drink fruit juice?

	Reason Reported for Eating Fruits and Vegetables, % of Adolescents		
	Health	Like Taste	Other ¹
Total	51	33	16
Gender			
Males	51	32	17
Females	51	34	14
Ethnicity			
White	45	38	17
African American	67	22	10
Latino	55	29	16
Asian/Other	55	31	15
Gender by Age			
Males			
12-13	58	27	15
14-15	52	35	13
16-17	45	34	21
Females			
12-13	62	27	11
14-15	49	35	16
16-17	43	40	16
Smoking Status			
Non-Smokers	54	31	15
Smokers	40	41	18
Physical Activity Status			
Regular	51	33	16
Irregular	53	32	15
Overweight Status			
Not at Risk	48	35	17
At Risk/Overweight	61	27	12

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Available," "Weight Control," "Important to Parents," and "Important to Me"

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 to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents

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

	Barriers Reported to Eating More Fruits and Vegetables, % of Adolescents									
	Not Available	Choose Other Foods	Don't		Other ¹	Not		Not Important	Don't Know	
			Think About It	Like Taste		Eat Enough	Time			
Total	20	17	16	14	9	8	7	5	5	
Gender										
Males	18	15	17	15	10	7	7	5	5	*
Females	23	19	15	12	8	9	7	4	4	
Ethnicity										
White	24	18	17	10	8	7	7	3	4	***
African American	16	16	13	12	18	7	5	8	3	
Latino	14	15	16	18	9	10	6	5	6	
Asian/Other	21	19	13	13	10	5	7	7	4	
Gender by Age										
Males										
12-13	10	20	17	17	11	9	5	3	8	**
14-15	18	13	16	15	9	9	7	7	6	
16-17	25	12	18	14	10	4	8	6	2	
Females										
12-13	15	20	20	14	9	7	4	6	5	***
14-15	21	20	11	15	10	9	8	2	4	
16-17	32	19	13	6	6	10	8	3	2	
Smoking Status										
Non-Smokers	18	17	17	14	9	8	6	5	5	
Smokers	27	19	11	11	10	7	8	3	4	
Physical Activity Status										
Regular	20	16	17	13	9	8	7	4	5	
Irregular	18	20	13	16	11	8	5	5	5	
Overweight Status										
Not at Risk	22	17	16	13	8	8	7	4	4	
At Risk/Overweight	13	18	18	14	13	7	6	5	5	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Other includes "Poor Quality" and "Allergic."

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 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported, % of Adolescents		
	0	1-3	4+
Total	29	53	18
Gender			
Males	30	51	19
Females	28	56	16
Ethnicity			
White	31	51	18
African American	33	47	20
Latino	27	56	17
Asian/Other	27	59	14
Gender by Age			
Males			
12-13	26	57	17
14-15	32	48	21
16-17	33	48	19
Females			
12-13	22	61	17
14-15	28	55	18
16-17	36	52	13
Smoking Status			
Non-Smokers	44	40	16
Smokers	26	57	17
Physical Activity Status			
Regular	28	52	20
Irregular	36	56	8
Overweight Status			
Not at Risk	29	53	18
At Risk/Overweight	29	54	17

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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<.001

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Table 11: Total Servings of Whole Grain Products¹ Eaten by California Adolescents

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas. Yesterday, how many bowls of cereal did you eat? What cereal did you eat the most of yesterday?

	Serving of Whole Grain Products ¹ Reported, % of Adolescents		
	0	1-3	4+
Total	28	53	19
Gender			
Males	29	50	21
Females	27	55	17
Ethnicity			
White	30	49	21
African American	32	49	19
Latino	26	56	18
Asian/Other	26	58	15
Gender by Age			
Males			
12-13	25	55	20
14-15	29	49	22
16-17	32	46	22
Females			
12-13	21	60	18
14-15	26	54	20
16-17	35	52	13
Smoking Status			
Non-Smokers	25	56	19
Smokers	41	42	17
Physical Activity Status			
Regular	27	51	22
Irregular	34	57	9
Overweight Status			
Not at Risk	28	52	20
At Risk/Overweight	27	55	18

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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<.001

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Table 12: Consumption of Cereal and Whole Grain Cereal by California Adolescents

Yesterday, how many bowls of cereal did you eat?
 What cereal did you eat the most of yesterday?

	Reported Eating Cereal, % of Adolescents		
	Any Cereal	Whole Grain Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	51	9	17
Gender			
Males	57 ***	10	17
Females	45	8	17
Ethnicity			
White	51	11 *	22 *
African American	47	7	15
Latino	51	8	15
Asian/Other	51	5	9
Gender by Age			
Males			
12-13	67 ***	10	15
14-15	59	11	19
16-17	46	8	18
Females			
12-13	55 ***	8	14
14-15	43	9	20
16-17	35	7	18
Smoking Status			
Non-Smokers	53 ***	9	16
Smokers	36	8	22
Physical Activity Status			
Regular	51	10 *	19
Irregular	48	6	12
Overweight Status			
Not at Risk	51	10	19
At Risk/Overweight	49	7	14

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

* p<.05



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Table 13: Cross Tabulation of Whole Grain Consumption Among California Adolescents by Belief in the Number of Servings Needed

How many total servings of whole grain bread, tortillas and cereal do you think you should eat every day to be healthy?

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

Yesterday, how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Believed Number of Servings, % of Adolescents	Servings of Whole Grain Products ¹ Eaten, % of Adolescents				
		0	1-3	4+		
Servings of Whole Grain Believed to be Needed	0-1	9	35	60	6	***
	2-3	38	37	55	8	
	4+	53	21	50	29	

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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<.001

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Table 14: Belief by California Adolescents About the Number of Servings of Whole Grain Breads, Tortillas and High Fiber Cereal Needed Each Day for Good Health

How many total servings of whole grain bread, tortillas and cereal do you think you should eat every day to be healthy?

	Servings of Whole Grain Products ¹ Believed Needed, % of Adolescents	
	3 or Less	4+
Total	47	53
Gender		
Males	45	55
Females	49	51
Ethnicity		
White	39	61
African American	54	46
Latino	54	46
Asian/Other	53	46
Gender by Age		
Males		
12-13	45	55
14-15	42	58
16-17	48	52
Females		
12-13	42	58
14-15	49	51
16-17	57	43
Smoking Status		
Non-Smokers	46	54
Smokers	54	46
Physical Activity Status		
Regular	45	55
Irregular	56	44
Overweight Status		
Not at Risk	46	54
At Risk/Overweight	49	51

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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 15: Servings of Beans Eaten by California Adolescents

Yesterday, how many servings of beans did you eat? This would include kidney beans, refried beans, chili beans, black beans, bean soup, bean salad, or lentils.

	Servings of Beans Reported, % of Adolescents	
	0	1+
Total	55	45
Gender		
Males	55	45
Females	55	45
Ethnicity		
White	59	41
African American	74	26
Latino	43	57
Asian/Other	67	33
Gender by Age		
Males		
12-13	51	49
14-15	60	39
16-17	54	46
Females		
12-13	53	47
14-15	54	45
16-17	57	43
Smoking Status		
Non-Smokers	54	46
Smokers	64	36
Physical Activity Status		
Regular	54	46
Irregular	59	41
Overweight Status		
Not at Risk	55	45
At Risk/Overweight	57	43

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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<.001

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Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents

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 cheese on a cheeseburger, 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, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings ¹ of Milk Products Reported Yesterday				
	All Milk Products	Milk	Cheese	Yogurt ²	Dairy Desserts
Total	4.0	2.1	1.2	0.2	0.6
Gender					
Males	4.4 ***	2.3 ***	1.3 ***	0.2	0.6
Females	3.6	1.9	1.0	0.1	0.5
Ethnicity					
White	4.4 ^c ***	2.5 ^b ***	1.3 ^c ***	0.2	0.5
African American	3.6 ^{ac}	1.8 ^a	0.9 ^{ab}	0.1	0.6
Latino	3.7 ^{ab}	1.8 ^a	1.2 ^{bc}	0.2	0.6
Asian/Other	3.8 ^{ac}	2.2 ^{ab}	0.8 ^a	0.1	0.6
Gender by Age					
Males					
12-13	4.5	2.2	1.3	0.2	0.7 ^a **
14-15	4.2	2.2	1.2	0.2	0.6 ^{ab}
16-17	4.4	2.4	1.5	0.2	0.4 ^b
Females					
12-13	4.1 ^b **	2.2 ^b *	1.0	0.2	0.7 ^a ***
14-15	3.6 ^{ab}	1.9 ^{ab}	1.1	0.2	0.5 ^b
16-17	3.2 ^a	1.8 ^a	1.0	0.1	0.4 ^c
Smoking Status					
Non-Smokers	4.0	2.1	1.2	0.2	0.6
Smokers	4.2	2.2	1.3	0.2	0.5
Physical Activity Status					
Regular	4.2 ***	2.2 ***	1.2 ***	0.2	0.6
Irregular	3.3	1.7	0.9	0.1	0.5
Overweight Status					
Not at Risk	4.2 *	2.2 **	1.2	0.2	0.6 **
At Risk/Overweight	3.7	1.9	1.3	0.1	0.4

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

² Data should be interpreted with caution due to small sample size in each cell.

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 (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 17: Total Servings of Milk and Milk Products (Cheese, Yogurt and Dairy Desserts) Consumed by California Adolescents

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 cheese on a cheeseburger, 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, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Servings ¹ of Milk and Milk Products Reported Yesterday, % of Adolescents			
	0	1-2	3+	
Total	3	28	70	
Gender				
Males	3	22	75	***
Females	3	34	63	
Ethnicity				
White	3	21	76	***
African American	8	47	45	
Latino	3	30	67	
Asian/Other	1	31	68	
Gender by Age				
Males				
12-13	4	18	77	
14-15	3	22	76	
16-17	3	26	71	
Females				
12-13	2	27	70	***
14-15	2	26	72	
16-17	4	49	47	
Smoking Status				
Non-Smokers	2	26	71	**
Smokers	8	28	65	
Physical Activity Status				
Regular	3	24	73	***
Irregular	4	40	56	
Overweight Status				
Not at Risk	2	26	72	**
At Risk/Overweight	5	33	62	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

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<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 18: Type of Milk Consumed by California Adolescents

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, % Out of All Milk Drinkers				Out of Everyone, 1% or Nonfat Milk
	Nonfat	1%	2%	Whole	
Total	20	19	44	17	35
Gender					
Males	15	19	47	20	30
Females	25	20	40	15	40
Ethnicity					
White	18	23	49	10	37
African American	10	11	53	26	17
Latino	20	17	38	24	33
Asian/Other	29	14	30	26	40
Gender by Age					
Males					
12-13	20	23	43	14	40
14-15	13	19	46	22	28
16-17	11	15	51	23	23
Females					
12-13	24	21	44	12	40
14-15	28	17	41	14	40
16-17	24	23	35	18	39
Smoking Status					
Non-Smokers	22	20	41	17	38
Smokers	11	17	51	21	23
Physical Activity Status					
Regular	20	20	45	16	36
Irregular	20	15	39	25	30
Overweight Status					
Not at Risk	21	22	41	17	38
At Risk/Overweight	15	11	58	16	22

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 19: Consumption of Other Milk Products by California Adolescents

How many times did you have cheese yesterday including cheese on a cheeseburger, 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, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Consumption of Other Milk Products, ¹ % of Adolescents				
	Any Cheese	Any Yogurt	Dairy Desserts, Consumption ¹		
			0	1	2+
Total	68	12	57	34	9
Gender					
Males	70	12	58	32	11
Females	66	12	56	37	7
Ethnicity					
White	72**	12	56	36	7
African American	63	6	61	34	5
Latino	68	13	55	32	12
Asian/Other	57	12	60	32	9
Gender by Age					
Males					
12-13	66	14	47	39	14
14-15	74	10	58	31	11
16-17	70	11	68	24	8
Females					
12-13	67	15**	43	47	10
14-15	71	16	56	35	8
16-17	61	9	68	29	3
Smoking Status					
Non-Smokers	68	13	54	37	9
Smokers	68	9	67	21	12
Physical Activity Status					
Regular	70*	12	55	34	10
Irregular	62	12	61	34	5
Overweight Status					
Not at Risk	68	12	55	35	10
At Risk/Overweight	70	11	65	30	5

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

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 20: Belief by California Adolescents About the Number of Servings of Dairy Products Needed Each Day for Good Health

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

	Servings of Dairy Products Believed Needed, % of Adolescents	
	0-2	3+
Total	24	76
Gender		
Males	23	77
Females	35	75
Ethnicity		
White	16	84
African American	28	72
Latino	31	68
Asian/Other	30	70
Gender by Age		
Males		
12-13	21	79
14-15	23	77
16-17	23	77
Females		
12-13	18	82
14-15	25	75
16-17	33	67
Smoking Status		
Non-Smokers	24	76
Smokers	20	80
Physical Activity Status		
Regular	22	78
Irregular	31	69
Overweight Status		
Not at Risk	21	79
At Risk/Overweight	28	72

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

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 cheese on a cheeseburger, 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, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	% of Adolescents	Milk Products Eaten, Mean Servings ¹				
		Milk	Yogurt	Cheese	Dairy Dessert	Total
Servings of Milk Products Believed to Be Needed						
0-2	24	1.3 ***	0.1	0.9 *	0.5	2.8 ***
3+	76	2.4	0.2	1.3	0.6	4.4

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

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

ANOVA
 *p<.05
 *** p<.001

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Table 22: Reasons Why California Adolescents Drink 1% or Nonfat Milk

What is the main reason you drink nonfat, skim, fat-free or 1% fat milk?

	Reasons Reported for Drinking 1% of Nonfat Milk, % of Adolescents			
	Health ¹	It's Available	Like Taste	Habit/Other/ Don't Know
Total	44	24	23	8
Gender				
Males	42	29	22	8
Females	46	20	25	9
Ethnicity				
White	36	28	28	7
African American	44	9	32	15
Latino	56	20	18	7
Asian/Other	49	20	14	16
Gender by Age				
Males				
12-13	56	17	22	4
14-15	28	36	26	10
16-17	35	38	17	10
Females				
12-13	38	20	29	12
14-15	43	16	28	13
16-17	56	23	18	4
Smoking Status				
Non-Smokers	45	24	23	8
Smokers	41	26	25	8
Physical Activity Status				
Regular	44	24	23	8
Irregular	44	21	26	8
Overweight Status				
Not at Risk	43	24	25	8
At Risk/Overweight	48	25	18	9

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Parents think it's healthy" and "Others think it's healthy"

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

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Table 23: Barriers to Drinking 1% of Nonfat Milk Among California Adolescents

What is the main reason you don't drink nonfat, skim, fat-free, or 1% fat milk?

	Barriers Reported to Drinking 1% or Nonfat Milk, % of Adolescents		
	Don't Like Taste	Not Available	Other ¹
Total	56	30	14
Gender			
Males	58	27	15
Females	54	33	12
Ethnicity			
White	56	34	9
African American	60	32	7
Latino	49	26	24
Asian/Other	68	15	16
Gender by Age			
Males			
12-13	67	22	11
14-15	54	28	18
16-17	54	30	17
Females			
12-13	58	33	9
14-15	52	32	16
16-17	52	35	12
Smoking Status			
Non-Smokers	54	31	15
Smokers	57	34	9
Physical Activity Status			
Regular	56	31	13
Irregular	58	25	17
Overweight Status			
Not at Risk	54	31	15
At Risk/Overweight	63	25	11

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Habit," "Not Important," and "Don't need to reduce fat intake"

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<.001

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Table 24: Consumption of Beef and Belief About the Number of Servings of Meat Needed for Good Health Among California Adolescents

Yesterday did you eat any beef, such as hamburgers, tacos, ground beef, steaks, or hamburger in casseroles?

How many servings of meat, chicken or fish do you think you should eat every day to be healthy?

	Ate Beef Yesterday, % of Adolescents	Servings of Meat Believed Needed, % of Adolescents		
		0-1	2	3+
Total	59	24	33	43
Gender				
Males	67 ***	24	32	44
Females	50	25	33	41
Ethnicity				
White	55	22	31	46
African American	57	19	32	48
Latino	63	27	36	37
Asian/Other	60	28	30	42
Gender by Age				
Males				
12-13	65	18	31	51
14-15	64	25	33	42
16-17	71	28	33	39
Females				
12-13	54	18	34	48 **
14-15	47	25	31	44
16-17	48	32	36	32
Smoking Status				
Non-Smokers	59	24	32	44
Smokers	57	29	37	35
Physical Activity Status				
Regular	59	24	32	44
Irregular	56	25	36	39
Overweight Status				
Not at Risk	57 *	25	32	43
At Risk/Overweight	64	23	36	41

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 25: Cross Tabulation of Beef Consumption Among California Adolescents by Belief in the Number of Servings of Meat Needed

Yesterday did you eat any beef, such as hamburgers, tacos, ground beef, steaks, or hamburger in casseroles?

How many servings of meat, chicken or fish do you think you should eat every day to be healthy?

		Believed Number of Servings, % of Adolescents	Servings of Beef Eaten, % of Adolescents			
			0	1	2+	
Servings of Meat Believed to be Needed	0-1	24	52	36	12	***
	2	33	38	44	18	
	3+	43	37	40	23	

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<.001

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Table 26: Consumption of Each Category of High Calorie, Low Nutrient Foods Among California Adolescents

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 french fries, 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 boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

	Food Eaten From Each Category Yesterday, % of Adolescents				
	Candy/ Regular Soda	Chips/Fried Snacks	Bakery Desserts	Deep Fried Foods	Breakfast Pastries
Total	62	42	40	38	29
Gender					
Males	65 *	45 **	41	42 **	33 **
Females	59	38	40	34	25
Ethnicity					
White	64	36 **	39	36	26
African American	59	46	48	41	30
Latino	61	48	41	40	33
Asian/Other	62	41	38	36	29
Gender by Age					
Males					
12-13	57 *	46	40	42	32
14-15	69	47	42	45	35
16-17	69	43	41	40	33
Females					
12-13	63	44 **	45	40	23
14-15	56	40	36	28	27
16-17	58	29	39	33	25
Smoking Status					
Non-Smokers	60 *	42 *	41	38	29
Smokers	70	31	42	40	30
Physical Activity Status					
Regular	62	42	42 *	37	29
Irregular	65	42	34	43	30
Overweight Status					
Not at Risk	62	42	40	38	32 ***
At Risk/Overweight	63	40	41	37	20

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 1 Serving of High Calorie, Low Nutrient Foods by California Adolescents

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 french fries, 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 boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

	Servings ¹ of High Calorie, Low Nutrient Foods Reported Yesterday, % of Adolescents				
	0-1	2	3	4+	2 or More
Total	32	32	22	14	68
Gender					
Males	26	33	24	16	74 ***
Females	37	32	20	11	63
Ethnicity					
White	34	33	22	11	65
African American	24	34	31	11	76
Latino	29	33	22	17	71
Asian/Other	34	30	22	14	66
Gender by Age					
Males					
12-13	30	32	20	17	69 *
14-15	20	39	25	16	80
16-17	28	29	27	16	72
Females					
12-13	32	32	22	15	68
14-15	40	29	23	8	60
16-17	40	34	16	9	59
Smoking Status					
Non-Smokers	32	33	22	14	68
Smokers	30	32	23	15	70
Physical Activity Status					
Regular	31	34	23	12	69 *
Irregular	35	27	20	18	65
Overweight Status					
Not at Risk	30	32	24	14	70
At Risk/Overweight	35	33	20	12	65

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

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<.001

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Table 28: Proportion of California Adolescents Who Ate Salad and Used Low Fat/Reduced Fat Salad Dressing

Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

	Ate Salad, ¹ %	Used Low Fat/Reduced Fat/ Fat Free Salad Dressing, ² %
Total	12	46
Gender		
Males	12	46
Females	12	47
Ethnicity		
White	14	43
African American	9	15
Latino	9	52
Asian/Other	13	66
Gender by Age		
Males		
12-13	13	49
14-15	12	24
16-17	12	64
Females		
12-13	10	36
14-15	13	45
16-17	12	59
Smoking Status		
Non-Smokers	12	46
Smokers	14	60
Physical Activity Status		
Regular	14	47
Irregular	7	43
Overweight Status		
Not at Risk	12	47
At Risk/Overweight	12	42

Highlighted data were revised from the original Canteens 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Out of everyone, those who had one or more salads.

² Out of those who ate salad, percent reporting any low fat, reduced fat, or fat-free dressing at any eating occasion.

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

Chi Square Test

** p<.01

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 29: Prevalence of Hunger Among California Adolescents

Have you ever gone hungry because there was not enough money to buy food for your house or home?

	Reported Ever Having Gone Hungry, % of Adolescents
Total	7
Gender	
Males	7
Females	6
Ethnicity	
White	4 *
African American	12
Latino	8
Asian/Other	8
Gender by Age	
Males	
12-13	9
14-15	6
16-17	7
Females	
12-13	5
14-15	7
16-17	6
Smoking Status	
Non-Smokers	6 *
Smokers	11
Physical Activity Status	
Regular	5 ***
Irregular	13
Overweight Status	
Not at Risk	7
At Risk/Overweight	6

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

* p<.05

*** p<.001

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Table 30: Consumption of Meals Among California Adolescents

Yesterday, did you eat or drink anything for breakfast?
 Did you eat or drink anything for lunch yesterday?
 Did you eat anything for dinner yesterday?
 Did you eat or drink anything between [specified meals] yesterday?

	Meals Reported, % of Adolescents			
	Breakfast	Lunch	Dinner	Snacks ¹
Total	80	89	93	92
Gender				
Males	81	89	94	93
Females	79	89	93	92
Ethnicity				
White	84 *	91 **	95 **	94 **
African American	70	82	98	92
Latino	79	86	90	93
Asian/Other	79	92	91	85
Gender by Age				
Males				
12-13	86	90	92	92
14-15	81	85	96	93
16-17	77	92	94	95
Females				
12-13	81	92	93	95
14-15	81	88	95	87
16-17	76	86	91	92
Smoking Status				
Non-Smokers	80	90	93	92
Smokers	76	86	91	93
Physical Activity Status				
Regular	82 *	89	94	93
Irregular	75	89	92	91
Overweight Status				
Not at Risk	82 *	90	94	93
At Risk/Overweight	76	87	94	90

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Reported a snack at any occasion (Morning, Afternoon or Evening).

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

Chi Square Test

* p<.05

** p<.01

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Table 31: Consumption of School Lunch Among California Adolescents

Did you eat a school lunch yesterday?

	Type of Lunch Reported, % of Adolescents ¹		
	School Lunch	Other Lunch	No Lunch
Total	42	40	17
Gender			
Males	47	35	17
Females	37	46	17
Ethnicity			
White	36	50	14
African American	38	31	31
Latino	45	34	20
Asian/Other	59	27	13
Gender by Age			
Males			
12-13	56	28	15
14-15	43	34	23
16-17	42	44	14
Females			
12-13	44	44	12
14-15	36	44	20
16-17	30	50	20
Smoking Status			
Non-Smokers	44	40	16
Smokers	38	39	23
Physical Activity Status			
Regular	40	42	17
Irregular	49	32	18
Overweight Status			
Not at Risk	41	43	16
At Risk/Overweight	44	36	20

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes only those adolescents who attended school on the day before the interview.

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 32: Comparison of Consumption of Fruits, Vegetables, and Milk for California Adolescents Who Did and Did not Eat a School Lunch

Did you eat a school lunch yesterday?

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

Were there any fruits and vegetables served with your school lunch?

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

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?

	Mean Servings of Fruits and Vegetables Eaten Yesterday by Type of Lunch		Mean Servings of Fruits and Vegetables Eaten at Lunch if They Were Offered		Mean Servings of Milk Consumed Yesterday by Type of Lunch	
	School Lunch	Other Lunch	School Lunch	Other Lunch	School Lunch	Other Lunch
Total	4.6	4.1 *	1.2	0.9 *	2.3	2.3
Gender						
Males	4.5	4.3	1.2	0.9	2.4	2.7 *
Females	4.7	4.0	1.2	1.0	2.3	1.9
Ethnicity						
White	4.1	4.3 *	0.9	0.9	2.6	2.6
African American	5.1	2.8	1.7	0.9	2.1	1.2
Latino	5.1	4.1	1.5	0.9	2.1	1.7
Asian/Other	4.2	4.0	1.0	1.2	2.3	2.6
Age						
12-13	5.1	4.0 **	1.4	1.0	2.4	2.4
14-15	4.6	4.0	1.1	1.0	2.2	2.1
16-17	3.9	4.4	1.0	0.8	2.3	2.3
Smoking Status						
Non-Smokers	4.9	4.1	1.3	0.9	2.3	2.2
Smokers	2.8	3.3	0.7	0.9	2.3	1.8
Physical Activity Status						
Regular	4.9	4.2	1.2	0.9	2.5	2.4
Irregular	3.7	3.7	1.0	1.1	1.9	1.8
Overweight Status						
Not at Risk	4.8	4.3	1.2	0.9	2.4	2.3
At Risk/Overweight	4.1	3.6	1.2	1.0	2.3	2.2

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

ANOVA

* p<.05

** p<.01

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 33: Cross Tabulation of the Effect of School Lunch or Fast Food on Consumption of Fruits and Vegetables, Dairy Products, Whole Grains, and High Calorie, Low Nutrient Foods

		%	Deep Fried Foods	Chips, Fried Snacks	Bakery Sweets/ Desserts	Breakfast Pastries	Regular Salad Dressing ²
Adolescents Eating Fast Food	Yes	32	62 ***	46	40	31	41
	No	68	27	40	40	28	57
Adolescents Eating School Lunch¹	Yes	51	46 ***	45	42	32	55
	No	49	33	49	38	30	44

		%	5 Servings of Fruits and Vegetables	1 or More Servings of Beans	Whole Grain Bread	3 or More Servings of Dairy
Adolescents Eating Fast Food	Yes	32	36	50	67	73
	No	68	42	43	72	68
Adolescents Eating School Lunch¹	Yes	51	44	49	71	76
	No	49	38	43	76	72

¹ Includes only those adolescents who both ate lunch and attended school on the previous day.

² Out of Salad Eater. Data should be interpreted with caution due to small sample size within cells.

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

Chi Square

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 34: Prevalence of Eating at Fast Food Restaurant Among California Adolescents

Yesterday, how many times did you eat a meal or snack at a fast food restaurant like McDonalds?

	Number of Meals and Snacks Eaten Yesterday at Fast Food Restaurants, % of Adolescents		
	0	1	2+
Total	68	27	5
Gender			
Males	66	29	6
Females	71	26	4
Ethnicity			
White	70	24	6
African American	58	38	4
Latino	67	30	3
Asian/Other	70	25	5
Gender by Age			
Males			
12-13	70	24	6
14-15	65	30	5
16-17	62	31	6
Females			
12-13	73	24	3
14-15	74	26	0
16-17	65	27	8
Smoking Status			
Non-Smokers	69	26	4
Smokers	57	37	6
Physical Activity Status			
Regular	69	26	5
Irregular	65	32	3
Overweight Status			
Not at Risk	67	29	4
At Risk/Overweight	68	25	7

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 35: Frequency of Physical Activity in the Past Week Among California Adolescents

Within the last week, did you participate in any physical activities, exercise or sports? Include time spent in physical education class.

How many times during the past week did you participate in physical activities, exercise or sports?

	Number of Times Adolescent Reported Physical Activity in the Past Week, % of Adolescents				
	Any Physical Activity	0	1-2	3-4	5+
Total	90	10	10	22	58
Gender					
Males	94 ***	6	10	21	62 ***
Females	86	14	10	22	54
Ethnicity					
White	93 *	7	8	22	64 ***
African American	86	14	14	16	56
Latino	88	12	13	21	53
Asian/Other	90	10	9	28	52
Gender by Age					
Males					
12-13	96 *	4	13	17	66 *
14-15	96	4	9	26	61
16-17	90	10	9	22	59
Females					
12-13	96 ***	4	12	24	60 ***
14-15	84	16	8	20	56
16-17	78	22	10	23	45
Smoking Status					
Non-Smokers	91	9	11	21	59
Smokers	88	12	5	27	56
Physical Activity Status					
Regular	N/A	N/A	N/A	N/A	N/A
Irregular	N/A	N/A	N/A	N/A	N/A
Overweight Status					
Not at Risk	90	10	9	21	60
At Risk/Overweight	92	8	11	26	54

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day

Yesterday, did you participate in any physical activities, exercise or sports?
For how many minutes or hours did you do this activity?

	One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, % of Adolescents
Total	41
Gender	
Males	51 ***
Females	30
Ethnicity	
White	44 *
African American	44
Latino	35
Asian/Other	42
Gender by Age	
Males	
12-13	42 ***
14-15	52
16-17	59
Females	
12-13	31
14-15	34
16-17	26
Smoking Status	
Non-Smokers	38 **
Smokers	52
Physical Activity Status	
Regular	N/A
Irregular	N/A
Overweight Status	
Not at Risk	42
At Risk/Overweight	42

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents

What type of physical activity or sport did you spend the most time doing yesterday?

How far did you Jog/Run/Swim/Walk yesterday?

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

Was there another physical activity, exercise or sport that you participated in yesterday? What?

How far? For how many minutes or hours?

	Reporting 1 Hour or More of Vigorous Physical Activity ¹ % of Adolescents	Mean Minutes of Vigorous Physical Activity ²	Mean Minutes of Moderate Physical Activity ²
Total	29	47	24
Gender			
Males	37 ***	62 ***	30 **
Females	20	30	18
Ethnicity			
White	30 **	49 ^a ***	30 ^a **
African American	31	50 ^{abc}	28 ^{ab}
Latino	24	36 ^b	20 ^{ab}
Asian/Other	38	68 ^c	8 ^b
Gender by Age			
Males			
12-13	31 *	51	18 ^a *
14-15	35	64	40 ^b
16-17	44	70	33 ^b
Females			
12-13	22	34 ^{ab} *	18
14-15	23	36 ^a	16
16-17	15	22 ^b	18
Smoking Status			
Non-Smokers	28	45	19 ***
Smokers	31	50	51
Physical Activity Status			
Regular	34 ***	55 ***	29 ***
Irregular	8	13	6
Overweight Status			
Not at Risk	31 *	48	22 *
At Risk/Overweight	23	45	33

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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).

¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 38: Belief by California Adolescents About the Amount of Moderate and Vigorous Physical Activity Needed for Good Health

For good health, how many days a week do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports?

On these days, how many minutes or hours do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports for good health?

	Mean Minutes of Physical Activity Believed Needed ¹		Minutes of Physical Activity Believed Needed, ² % of Adolescents		
	Vigorous Physical Activity	Moderate Physical Activity	Less than 30	30-59	60+
Total	20	21	10	62	28
Gender					
Males	19	21	12	60	27
Females	21	22	8	63	28
Ethnicity					
White	20	22	9	65	27
African American	19	21	18	56	27
Latino	20	21	13	60	28
Asian/Other	22	23	3	63	35
Gender by Age					
Males					
12-13	19	22	13	58	29
14-15	19	18	15	63	22
16-17	19	22	9	61	30
Females					
12-13	20 ^{ab} *	21	9	67	24
14-15	19 ^a	22	7	68	25
16-17	24 ^b	22	9	56	35
Smoking Status					
Non-Smokers	19	22	11	62	28
Smokers	23	20	10	55	35
Physical Activity Status					
Regular	20	22	9	63	28
Irregular	20	21	15	58	27
Overweight Status					
Not at Risk	20	22	9	64	27
At Risk/Overweight	21	22	14	54	33

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 100 percent due to rounding.

¹ ANOVA

² Chi Square Test

* p<.05

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents

Do you currently take physical education class in school?
 How many times a week do you have physical education class in school?
 Other than physical education class, are you currently involved in any team or individual sports or activities such as school sports, intramural sports, or out-of school programs?

	Taking Physical Education in School, ¹ % of Adolescents	Mean Reported Days of Physical Education per Week ²	Involved in Organized Sports, ¹ % of Adolescents
Total	76	4.4	41
Gender			
Males	77	4.3	47***
Females	75	4.5	35
Ethnicity			
White	74	4.4	46**
African American	70	4.2	37
Latino	78	4.4	36
Asian/Other	79	4.5	38
Gender by Age			
Males			
12-13	91***	4.1 ^a **	50
14-15	85	4.5 ^b	41
16-17	56	4.5 ^b	48
Females			
12-13	95***	4.3 ^a **	41
14-15	79	4.6 ^b	34
16-17	50	4.6 ^b	30
Smoking Status			
Non-Smokers	78***	4.4*	42**
Smokers	57	4.6	30
Physical Activity Status			
Regular	81***	4.4**	45***
Irregular	56	4.1	27
Overweight Status			
Not at Risk	74**	4.4	43**
At Risk/Overweight	82	4.5	32

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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).

¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 40: Duration of Sedentary Activities Among California Adolescents

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

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
Total	131	22
Gender		
Males	134	24
Females	126	21
Ethnicity		
White	110 ^a ***	23 ^a ***
African American	188 ^c	17 ^a
Latino	139 ^b	17 ^a
Asian/Other	143 ^b	42 ^b
Gender by Age		
Males		
12-13	138 ^b *	26
14-15	142 ^{ab}	23
16-17	124 ^a	22
Females		
12-13	136 ^c ***	27 ^b **
14-15	130 ^{bc}	20 ^{ab}
16-17	112 ^a	16 ^a
Smoking Status		
Non-Smokers	133	23
Smokers	124	22
Physical Activity Status		
Regular	127 *	23
Irregular	144	20
Overweight Status		
Not at Risk	127 *	22
At Risk/Overweight	145	24

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

Analyses performed on log transformed data.

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 41: Reasons Why California Adolescents Are Physically Active

What is the main reason you get exercise or physical activity?

	Main Reasons Reported, % of Adolescents			
	Health	Strength/ Exercise	Other ¹	Fun
Total	30	30	21	20
Gender				
Males	28	32	15	25
Females	32	26	26	16
Ethnicity				
White	26	28	20	26
African American	28	41	24	7
Latino	33	30	20	17
Asian/Other	31	26	22	20
Gender by Age				
Males				
12-13	33	28	13	26
14-15	24	31	18	27
16-17	25	38	15	21
Females				
12-13	40	20	20	20
14-15	25	33	32	11
16-17	30	27	26	16
Smoking Status				
Non-Smokers	31	28	21	21
Smokers	23	38	20	19
Physical Activity Status				
Regular	29	31	19	21
Irregular	32	24	27	16
Overweight Status				
Not at Risk	28	30	20	23
At Risk/Overweight	31	29	25	14

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Feels Good," "Lose Weight," "Friends do it," "Important," and "Reduce stress"

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 42: Barriers to Getting More Physical Activity Among California Adolescents

What is the main reason you don't get more exercise or physical activity?

	Barriers to Getting More Physical Activity, % of Adolescents			
	No Time	Other ¹	Too Tired	Already Get Enough
Total	52	25	14	9
Gender				
Males	50	24	15	11
Females	55	25	13	7
Ethnicity				
White	57	23	10	10
African American	42	33	20	5
Latino	47	25	18	10
Asian/Other	56	24	12	8
Gender by Age				
Males				
12-13	46	27	16	11
14-15	50	22	17	11
16-17	52	23	13	11
Females				
12-13	52	27	11	10
14-15	60	26	9	5
16-17	52	23	18	6
Smoking Status				
Non-Smokers	52	24	13	10
Smokers	55	24	18	3
Physical Activity Status				
Regular	55	22	14	10
Irregular	41	35	16	8
Overweight Status				
Not at Risk	55	23	13	10
At Risk/Overweight	43	31	19	7

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes "Don't like," "Not important," "Don't have safe place," "Don't look good while doing it," "Physically unable," and "Don't have the right equipment."

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 43: Cross Tabulation of Level of Physical Activity Among California Adolescents with Belief About How Much Physical Activity Is Needed

For good health, how many days a week do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports?

How many times during the past week did you participate in physical activities, exercise or sports?

What type of physical activity or sport did you spend the most time doing yesterday?

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

		Mean			
		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Think You Should be Moderately Active 5+ Days/Week	Yes	5.6 ***	28 *	53 **	81 ***
	No	4.7	20	41	61

		Mean			
		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Think You Should be Vigorously Active 5+ Days/Week	Yes	5.2 **	25	48 *	73 **
	No	4.1	12	28	40

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

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity Is Needed

On days when you do physical activity, exercise or sports how many minutes or hours do you think you should participate in [HARD/MODERATE] physical activity, exercise or sports for good health?
 What type of physical activity or sport did you spend the most time doing yesterday?
 For how many minutes or hours did you do this activity?

		Believed Amount Needed % of Adolescents	Time Spent in Physical Activity, % of Adolescents		
			Less than 30	30-59	60+
Minutes Thought Were Needed	Less than 30	10	43	44	48
	30-59	62	12	22	22
	60+	28	44	34	29

Some numbers may not add to 100 percent due to rounding.

Differences are not statistically significant.

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Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index¹

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

	Overweight Sataus ² , % of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
Total	79	13	8
Gender			
Males	75	16	9
Females	83	10	7
Ethnicity			
White	85	11	5
African American	61	20	19
Latino	74	15	10
Asian/Other	80	13	6
Gender by Age			
Males			
12-13	76	15	9
14-15	72	20	7
16-17	77	14	10
Females			
12-13	81	11	9
14-15	79	11	10
16-17	89	8	3
Smoking Status			
Non-Smokers	78	13	9
Smokers	79	17	4
Physical Activity Status			
Regular	79	13	8
Irregular	78	13	10
Overweight Status			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²)

² Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = BMI ≥ 95th percentile

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 46: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescents

About how much do you weight without shoes?
What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds
Total	130	139
Gender		
Males	137 ***	147 *
Females	122	130
Ethnicity		
White	128 ^a ***	132
African American	145 ^b	155
Latino	131 ^a	145
Asian/Other	123 ^a	136
Gender by Age		
Males		
12-13	110 ^a ***	127 ^a **
14-15	138 ^b	155 ^b
16-17	161 ^a	158 ^b
Females		
12-13	109 ^a ***	124
14-15	128 ^b	133
16-17	130 ^b	133
Smoking Status		
Non-Smokers	128 ***	137
Smokers	139	152
Physical Activity Status		
Regular	130	137
Irregular	130	146
Overweight Status		
Not at Risk	120 ***	127 ***
At Risk/Overweight	167	156

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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 47: Cross Tabulation of Trying to Lose Weight and Eating High Calorie, Low Nutrient Foods Among California Adolescents

Do you ever do anything to try to lose weight?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or poparts?

Yesterday did you eat any deep-fried foods, such as french fries, 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 boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Food	Portion Who Ate Each Food Yesterday	
	Have Ever Tried to Lose Weight, % of Adolescents	Have Not Ever Tried to Lose Weight, % of Adolescents
Pastry	26	32
Fried Foods	35	41
Chips or Fried Snacks	40	43
Sweet Snacks or Dessert	40	41
Candy or Soda	56	68
Fast Food	25	30

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

Chi Square Test

* p<.05

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 48: Cross Tabulation of Trying to Lose Weight and Exercising Among California Adolescents

Yesterday did you participate in any physical activity, exercise or sports?
Do you ever do anything to try to lose weight?

	Trying to Lose Weight, % of Adolescents	Not Trying to Lose Weight, % of Adolescents
Proportion Who Exercised Yesterday	74	73

Differences are not statistically significant.

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Table 49: Weight Loss and Dieting Practices of California Adolescents

Do you ever do anything to try to lose weight?

What is the most common thing you do to try to lose weight? Would you say go on a diet, fast, exercise or workout, smoke, or some other way.

Are you dieting to lose weight now?

	Tried to Lose Weight Ever, % of Adolescents	Dieting to Lose Weight Now, % of Adolescents	Practices Adolescents Reported Using to Lose Weight ¹	
			Exercise	Diet
Total	50	12	85	15
Gender				
Males	43 ***	7 ***	92	8 ***
Females	57	17	78	22
Ethnicity				
White	45 **	10 *	86	14 *
African American	56	18	71	29
Latino	56	14	87	13
Asian/Other	45	10	81	19
Gender by Age				
Males				
12-13	51 *	11 *	76	4
14-15	38	5	87	13
16-17	40	6	93	7
Females				
12-13	49 ***	15	84	16
14-15	54	17	87	23
16-17	67	19	75	25
Smoking Status				
Non-Smokers	51 *	12	86	14 *
Smokers	40	12	74	26
Physical Activity Status				
Regular	48	12	87	13 ***
Irregular	55	13	75	25
Overweight Status				
Not at Risk	42 ***	9 ***	85	15
At Risk/Overweight	75	26	82	18

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Dieting and Exercise represent all but 17 respondents who indicated "other"

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 50: California Adolescents Who Reported Being Vegetarians

Are you a vegetarian?

	Reported Being a Vegetarian, ¹ % of Adolescents	
Total	5	
Gender		
Males	3	**
Females	7	
Ethnicity		
White	5	
African American	1	
Latino	6	
Asian/Other	4	
Age		
12-13	4	*
14-15	7	
16-17	3	
Smoking Status		
Non-Smokers	4	
Smokers	7	
Physical Activity Status		
Regular	5	
Irregular	4	
Overweight Status		
Not at Risk	5	
At Risk/Overweight	3	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Data should be interpreted with caution due to small sample size within the cells.

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

Chi Square Test

* p<.05

** p<.01

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 51: California Adolescents Who Reported Using Nutritional Supplements

Are you taking any vitamins or nutritional supplements now?

	Reported Taking Supplements, % of Adolescents
Total	35
Gender	
Males	34
Females	36
Ethnicity	
White	38
African American	33
Latino	32
Asian/Other	28
Gender by Age	
Males	
12-13	32
14-15	30
16-17	38
Females	
12-13	36
14-15	35
16-17	35
Smoking Status	
Non-Smokers	33
Smokers	34
Physical Activity Status	
Regular	36
Irregular	30
Overweight Status	
Not at Risk	37 *
At Risk/Overweight	29

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

* p<.05

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 52: Prevalence of Tobacco Use Among California Adolescents

Think about the last 30 days. On how many of these days did you smoke?

	Used Tobacco in Last 30 Days, ¹ % of Adolescents
Total	12
Gender	
Males	14
Females	11
Ethnicity	
White	15
African American	9
Latino	10
Asian/Other	11
Gender by Age	
Males	
12-13	2 ***
14-15	17
16-17	25
Females	
12-13	1 ***
14-15	15
16-17	17
Smoking Status	
Non-Smokers	N/A
Smokers	N/A
Physical Activity Status	
Regular	13
Irregular	11
Overweight Status	
Not at Risk	13
At Risk/Overweight	13

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Used tobacco on one or more days.

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

Chi Square Test

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 53: Cross Tabulation of Fruit and Vegetable Consumption and Healthy Eating Practice Score Among California Adolescents by Behavioral Theories

		% of Adolescents	Mean Servings of Fruits and Vegetables	Healthy Eating Practice Scores
Self-Efficacy				
Can you find healthy foods in your home?	Yes	98	4.3 ***	3.2 ***
	No	2	2.2	2.1
Do you think you could eat more fruits and vegetables?	Yes	97	4.3 *	3.2
	No	3	5.3	3.5
Behavioral Capability				
Do you know how to pick out healthy foods from menus?	Yes	82	4.4 ***	3.3 ***
	No	18	3.6	2.7
Did anyone ever teach you how to cook foods in a healthy way?	Yes	66	4.5 ***	3.3 ***
	No	34	3.8	2.9
In the last year, have you taken a class in which the health effects of good eating habits were discussed?	Yes	58	4.6 ***	3.2 ***
	No	42	3.9	2.8
Reinforcement				
Do you feel bad about yourself on days when you haven't eaten healthy?	Yes	34	4.7 ***	3.4 ***
	No	66	4.1	3.0
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	56	4.6 ***	3.4 ***
	No	43	3.8	2.9
Environment				
Do you like the food served at your school?	Yes	59	4.3	3.2
	No	41	4.2	3.1
In general, are fruits, vegetables and juices available to you when you are hungry?	Yes	87	4.3	3.2 *
	No	13	4.0	2.9
Reciprocal Determinism				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	45	4.7 ***	3.5 ***
	No	55	4.0	2.9

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<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 54: Reinforcement for Healthy Eating Among California Adolescents

Do you feel bad about yourself on days when you haven't eaten healthy?
Do your parents or the adults you live with notice when you have not eaten healthy food?

	Reporting Yes, % of Adolescents	
	Feel Bad About Yourself When Haven't Eaten Healthy Food	Parents Notice When You Haven't Eaten Healthy Foods
Total	34	56
Gender		
Males	23 ***	54
Females	46	59
Ethnicity		
White	32 *	50 ***
African American	22	54
Latino	36	65
Asian/Other	41	58
Gender by Age		
Males		
12-13	26	59
14-15	20	48
16-17	22	55
Females		
12-13	45	67 *
14-15	41	58
16-17	51	53
Smoking Status		
Non-Smokers	36 **	58
Smokers	24	50
Physical Activity Status		
Regular	36 **	58
Irregular	26	52
Overweight Status		
Not at Risk	34	55
At Risk/Overweight	35	59

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 55: Association of Gardening with Fruit and Vegetable Consumption Among California Adolescents

Have you ever worked in a garden to grow fruits and vegetables?
How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Worked in a Garden, ¹ % of Adolescents	Mean Servings of Fruit, Juice and Vegetables for Adolescents Who Have Gardened ²		
		Yes	No	
Total	45	4.7	4.0	***
Gender				
Males	48	4.9	4.0	
Females	43	4.4	4.0	
Ethnicity				
White	55 ***	4.5	3.6	
African American	31	4.5	4.4	
Latino	36	5.1	4.3	
Asian/Other	45	4.6	3.4	
Gender by Age				
Males				
12-13	56 *	5.8	4.5	
14-15	45	4.6	4.3	
16-17	42	4.9	4.0	
Females				
12-13	53 ***	5.5	4.5	
14-15	44	4.7	3.8	
16-17	30	4.9	3.9	
Smoking Status				
Non-Smokers	46 *	4.8	4.0	
Smokers	36	3.2	3.2	
Physical Activity Status				
Regular	48 ***	4.8	4.0	
Irregular	34	3.9	3.7	
Overweight Status				
Not at Risk	47	4.9	3.9	*
At Risk/Overweight	42	3.9	3.9	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

¹ Chi Square Test

² ANOVA

* p<.05

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 56: Environmental Factors for Healthy Eating Among California Adolescents

Do you like the food served at your school?
 In general, are fruits, vegetables and juice available to you when you are hungry?
 Do you usually eat dinner with your family or people you live with?

	Reporting Yes, % of Adolescents		
	Like Food at School	Fruits, Vegetables and Juice Available when Hungry	Usually Eat Dinner with Family
Total	59	87	89
Gender			
Males	64 ***	86	92 ***
Females	53	88	86
Ethnicity			
White	60 ***	84	91
African American	40	90	88
Latino	60	89	88
Asian/Other	67	88	88
Gender by Age			
Males			
12-13	69	86	97 ***
14-15	65	84	91
16-17	59	87	88
Females			
12-13	60	92	94 ***
14-15	53	86	84
16-17	47	86	81
Smoking Status			
Non-Smokers	60	88	91 ***
Smokers	52	85	79
Physical Activity Status			
Regular	61 ***	87	90 **
Irregular	49	85	84
Overweight Status			
Not at Risk	59	86	88
At Risk/Overweight	58	90	91

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 57: Self-Efficacy for Healthy Eating Among California Adolescents

Do you think you could eat more fruits and vegetables?
 Can you find healthy foods in your home?

	Reporting Yes, % of Adolescents	
	Can Eat More Fruits and Vegetables	Can Find Healthy Food at Home
Total	97	98
Gender		
Males	97	99
Females	97	98
Ethnicity		
White	97	97 *
African American	97	100
Latino	97	98
Asian/Other	98	100
Gender by Age		
Males		
12-13	96	98
14-15	98	99
16-17	97	99
Females		
12-13	97	99
14-15	98	98
16-17	97	96
Smoking Status		
Non-Smokers	98	98
Smokers	98	97
Physical Activity Status		
Regular	98 *	98 *
Irregular	95	97
Overweight Status		
Not at Risk	97	99
At Risk/Overweight	98	98

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test
 * p<.05

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 58: Behavioral Capability of California Adolescents

Did you know how to pick out healthy foods from menus?

Did anyone ever teach you how to cook foods in a healthy way?

How many times per week do you cook for your family or the people you live with?

	Can Pick Healthy Foods From Menus, ¹ % of Adolescents	Taught to Cook Healthy, ¹ % of Adolescents	Weekly Frequency of Cooking for Family ^{2,3}	Adolescents Who Cooked for Family > 1 Time a Week, ¹ % of Adolescents
Total	82	66	1.9	57
Gender				
Males	83	61 ***	1.9	49 ***
Females	82	71	2	65
Ethnicity				
White	88 ***	64 ***	1.8 ^a **	56
African American	90	84	2.0 ^{ab}	67
Latino	72	67	2.0 ^{ab}	57
Asian/Other	87	60	2.4 ^b	55
Gender by Age				
Males				
12-13	83	64	1.6 ^a ***	50
14-15	81	59	1.7 ^a	46
16-17	83	61	2.3 ^b	50
Females				
12-13	84	81 ***	1.7 ^a ***	68
14-15	82	67	2.1 ^b	63
16-17	81	64	2.1 ^{ab}	64
Smoking Status				
Non-Smokers	82	66	1.9 ***	57
Smokers	82	66	2.5	51
Physical Activity Status				
Regular	84 **	68 **	1.9	57
Irregular	76	58	1.9	57
Overweight Status				
Not at Risk	84	65	1.9 *	56
At Risk/Overweight	81	70	2.1	61

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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).

¹ Chi Square Test

² ANOVA

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 59: Cross Tabulation of Health Education with Physical Activity Among California Adolescents

In the last year, have you taken a class in which the health effects of good eating habits were discussed?

In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?

How many times during the past week did you participate in physical activities, exercise or sports?

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

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

		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Had Class on Health Benefits of Exercise	Yes	5.4 ***	27	49 *	76 *
	No	4.7	20	39	59
Had Class on Benefits of Healthy Eating	Yes	5.3	26	46	72
	No	5.0	22	45	67

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

ANOVA

* p<.05

** p<.01

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 60: Cross Tabulation of Physical Activity Among California Adolescents by Behavioral Theories

		% of Adolescents	Minutes Physically Active Yesterday
Self-Efficacy			
Do you think you could do hard exercise every day?	Yes	76	78 ***
	No	24	
Behavioral Capability			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	63	76 **
	No	37	
Reinforcement			
Do you feel bad about yourself on days when you don't get any physical activity?	Yes	44	74
	No	56	68
Environment			
Do you live near a school, park or other place where you can exercise or workout?	Yes	91	72
	No	9	61
Bonding and Belonging			
Do you exercise or play sports with your family or the people you live with?	Yes	53	72
	No	47	69
Do you exercise or play sports with your friends?	Yes	93	74 ***
	No	7	
Do you like the adults who organize or teach your sports or activities?	Yes	88	71
	No	12	66

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.

ANOVA

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 61: Reinforcement and Self-Efficacy for Being Physically Active Among California Adolescents

Do you feel bad about yourself on days when you don't get any physical activity?
Do you think you could do hard exercise every day?

	Reporting Yes, % of Adolescents	
	Feel Bad About Yourself When Not Physically Active	Could Do Hard Exercise Everyday
Total	44	76
Gender		
Males	40 **	86 ***
Females	49	66
Ethnicity		
White	48 **	80 ***
African American	32	68
Latino	46	78
Asian/Other	33	63
Gender by Age		
Males		
12-13	37	88
14-15	39	85
16-17	43	85
Females		
12-13	49	75 ***
14-15	46	67
16-17	52	57
Smoking Status		
Non-Smokers	46	75 *
Smokers	38	84
Physical Activity Status		
Regular	47 ***	79 ***
Irregular	35	66
Overweight Status		
Not at Risk	45	78
At Risk/Overweight	43	73

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 62: Bonding and Belonging Construct for Physical Activity Among California Adolescents

Do you exercise or play sports with your family or the people you live with?

Do you exercise or play sports with your friends?

Do you like the adults who organize or teach your sports or activities?

	Reported Yes, % of Adolescents		
	Exercise with Family	Exercise with Friends	Like the Adults Who Organizes Sports
Total	53	93	88
Gender			
Males	53	96***	89
Females	53	90	88
Ethnicity			
White	45***	93	87
African American	52	94	93
Latino	60	93	90
Asian/Other	66	95	88
Gender by Age			
Males			
12-13	69***	98	88**
14-15	45	96	84
16-17	46	95	94
Females			
12-13	67***	97***	91
14-15	47	90	86
16-17	45	81	87
Smoking Status			
Non-Smokers	58***	94	90***
Smokers	32	92	78
Physical Activity Status			
Regular	54	96***	90**
Irregular	51	84	83
Overweight Status			
Not at Risk	54	93	90
At Risk/Overweight	50	95	86

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

** p<.01

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 63: Proximity to Exercise Facilities

Do you live near a school, park or other place where you can exercise or workout?

	Live Near Facility, % of Adolescents
Total	91
Gender	
Males	92
Females	90
Ethnicity	
White	88
African American	95
Latino	93
Asian/Other	91
Age	
12-13	91
14-15	91
16-17	90
Smoking Status	
Non-Smokers	91
Smokers	89
Physical Activity Status	
Regular	92
Irregular	87
Overweight Status	
Not at Risk	92
At Risk/Overweight	87

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

Chi Square Test

* p<.05

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 64: Cross Tabulation of Self-Reported School Performance by Other Health Indicators Among California Adolescents

How do you do in school? Would you say much better than average, better than average, average, or below average?

School Performance	Healthy Eating Practices Score ¹
Below Average	2.6 ^a ***
Average	2.9 ^a
Better Than Average	3.2 ^b
Much Better than Average	3.4 ^b

School Performance	Tobacco Use ²
Below Average	19 ***
Average	17
Better Than Average	8
Much Better than Average	8

School Performance	Taken a Class on Healthy Eating ²
Below Average	44
Average	58
Better Than Average	56
Much Better than Average	62

School Performance	Taken a Class on Physical Activity ²
Below Average	40 ***
Average	59
Better Than Average	66
Much Better than Average	70

School Performance	Mean Minutes of any Physical Activity ^{1,3}
Below Average	36 ^a *
Average	70 ^{ab}
Better Than Average	69 ^{ab}
Much Better than Average	80 ^b

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).

¹ ANOVA

² Chi Square Test

³ Analysis performed on log transformed data.

* p<.05

*** p<.001

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 65: Range of Available Spending Money Reported by California Adolescents

About how much money do you have each week to spend on yourself anyway you want to?
Do you have a paid part-time or full-time job?

	Range of Spending Money Per Week Reported, % of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	50	28	22
Gender			
Males	49	25	25
Females	52	31	18
Ethnicity			
White	52	27	21
African American	46	36	18
Latino	50	28	23
Asian/Other	51	27	22
Gender by Age			
Males			
12-13	76	15	9
14-15	49	27	24
16-17	24	34	12
Females			
12-13	67	26	7
14-15	50	32	18
16-17	39	33	28
Smoking Status			
Non-Smokers	55	27	18
Smokers	33	32	35
Physical Activity Status			
Regular	51	28	21
Irregular	47	29	24
Overweight Status			
Not at Risk	50	27	23
At Risk/Overweight	51	33	16

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 66: Proportion of California Adolescents Who Are Employed and Available Spending Money Reported by California Adolescents

About how much money do you have each week to spend on yourself anyway you want to?
Do you have a paid part-time or full-time job?

	Adolescents Who reported Having a Job, ¹ % of Adolescents	Mean Weekly Spending Money ²	
		Adolescents Who Have Jobs	Adolescents Who Do Not Have Jobs
Total	19	\$43.85	\$18.45 ***
Gender			
Males	20	\$53.42	\$20.05 ***
Females	17	\$32.44	\$16.80
Ethnicity			
White	23 ***	\$42.05	\$16.71
African American	8	\$31.72	\$21.21
Latino	17	\$44.33	\$17.72
Asian/Other	14	\$58.91	\$24.45
Gender by Age			
Male		\$32.47	\$12.87 ***
12-13	13 ***	\$42.63	\$16.95
14-15	15	\$100.59	\$28.07
16-17	39		
Female		\$20.97	\$12.61
12-13	6 ***	\$31.00	\$20.75
14-15	9	\$47.28	\$27.66
16-17	37		
Smoking Status			
Non-Smokers	16 ***	\$41.68	\$16.77
Smokers	31	\$48.00	\$29.60
Physical Activity Status			
Regular	19	\$38.98	\$18.32 ***
Irregular	20	\$60.76	\$19.03
Overweight Status			
Not at Risk	20	\$43.49	\$19.33
At Risk/Overweight	16	\$41.26	\$15.10

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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

¹ Chi Square Test

² ANOVA

** p<.01

*** p<.001