

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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	3.1
Ethnicity	
White	3.2 ^c
African American	2.6 ^a
Latino	3.1 ^{bc}
Asian/Other	2.8 ^{ab}
Gender by Age	
Males	
12-13	3.2
14-15	3.1
16-17	2.9
Females	
12-13	3.3 ^b
14-15	3.1 ^{ab}
16-17	2.9 ^a
Smoking Status	
Non-Smokers	3.1
Smokers	3.1
Physical Activity Status	
Regular	3.1
Irregular	2.9
Overweight Status	
Not at Risk	3.1
At Risk/Overweight	3.0

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<.05

*** 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	4.5	3.4	1.1
Gender			
Males	4.7 [*]	3.5 [*]	1.2
Females	4.3	3.2	1.1
Ethnicity			
White	4.7	3.3	1.4 ^b ***
African American	4.1	3.1	1.0 ^a
Latino	4.5	3.6	0.9 ^a
Asian/Other	4.2	3.2	1.0 ^a
Gender by Age			
Males			
12-13	5.2 ^b *	4.1 ^b ***	1.1
14-15	4.5 ^a	3.4 ^a	1.1
16-17	4.4 ^a	3.1 ^a	1.3
Females			
12-13	4.8 ^b *	3.6 ^b *	1.2
14-15	4.0 ^a	2.9 ^a	1.1
16-17	4.2 ^{ab}	3.1 ^{ab}	1.1
Smoking Status			
Non-Smokers	4.5	3.4	1.1
Smokers	5.0	3.6	1.4
Physical Activity Status			
Regular	4.6 [*]	3.4	1.2 ^{***}
Irregular	4.1	3.2	0.8
Overweight Status			
Not at Risk	4.6	3.4	1.2
At Risk/Overweight	4.4	3.2	1.1

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<.001

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Table 2a: Consumption of Five or More Servings of Fruits and Vegetables among California Adolescents

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]?

	Ate 5 or More Servings of Fruits and Vegetables, Percent of Adolescents
Total	44
Gender	
Males	47
Females	41
Ethnicity	
White	46
African American	42
Latino	44
Asian/Other	38
Gender by Age	
Males	
12-13	56
14-15	44
16-17	41
Females	
12-13	49
14-15	39
16-17	37
Smoking Status	
Non-Smokers	44
Smokers	47
Physical Activity Status	
Regular	46
Irregular	38
Overweight Status	
Not at Risk	45
At Risk/Overweight	44

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 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	1.7	1.7	0.2	0.9
Gender				
Males	1.8	1.8	0.2	1.0
Females	1.6	1.6	0.2	0.9
Ethnicity				
White	1.5 ^a **	1.7	0.3	1.2 ^b ***
African American	1.5 ^{ab}	1.6	0.2	0.8 ^{ab}
Latino	1.9 ^b	1.7	0.1	0.7 ^a
Asian/Other	1.9 ^{ab}	1.3	0.2	0.7 ^a
Gender by Age				
Males				
12-13	2.1 ^b **	2.0 ^b *	0.2	0.9
14-15	1.8 ^{ab}	1.6 ^a	0.2	0.9
16-17	1.4 ^a	1.7 ^{ab}	0.3	1.0
Females				
12-13	1.7	1.8 ^b *	0.2	1.0
14-15	1.6	1.4 ^a	0.2	0.8
16-17	1.5	1.6 ^{ab}	0.2	0.9
Smoking Status				
Non-Smokers	1.7	1.6 *	0.2	0.9 *
Smokers	1.5	2.1	0.1	1.3
Physical Activity Status				
Regular	1.7	1.7	0.2	1.0 **
Irregular	1.6	1.7	0.2	0.7
Overweight Status				
Not at Risk	1.7	1.7	0.2	0.9
At Risk/Overweight	1.6	1.6	0.2	1.0

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 One 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 , Percent of Adolescents	Reported No Servings of Fruits or Juices ² , Percent of Adolescents	Reported No Servings of Vegetables or Salad ² , Percent of Adolescents
Total	9	14	51
Gender			
Males	9	14	51
Females	10	14	51
Ethnicity			
White	6 ***	12 **	41 ***
African American	19	25	55
Latino	10	12	62
Asian/Other	13	18	55
Gender by Age			
Males			
12-13	8	10 **	53
14-15	6	10	51
16-17	11	20	49
Females			
12-13	7 *	13	44
14-15	15	18	54
16-17	8	12	55
Smoking Status			
Non-Smokers	9 *	13	51
Smokers	16	20	50
Physical Activity Status			
Regular	8	13	50
Irregular	12	16	56
Overweight Status			
Not at Risk	8	13	48 *
At Risk/Overweight	10	15	55

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, Percent of Adolescents				Met the Recommendations ¹ for Fruits and Vegetables, Percent of Adolescents
	0 ²	1-2	3-4	5+	
Total	9	20	27	44	35
Gender					
Males	9	19	25	47	28
Females	10	20	29	41	41
Ethnicity					
White	6	21	27	46	36
African American	19	21	18	42	31
Latino	10	19	27	44	35
Asian/Other	13	17	32	38	29
Gender by Age					
Males					
12-13	8	14	21	56	36
14-15	6	26	23	44	25
16-17	11	18	30	41	24
Females					
12-13	7	17	27	49	49
14-15	15	20	26	39	39
16-17	8	23	33	37	37
Smoking Status					
Non-Smokers	9	20	27	44	34
Smokers	16	12	26	47	39
Physical Activity Status					
Regular	8	20	26	46	36
Irregular	12	19	31	38	29
Overweight Status					
Not at Risk	8	20	28	45	36
At Risk/Overweight	10	21	25	44	31

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents		
	0-2	3-4	5+
Total	10	35	55
Gender			
Males	9	34	57
Females	10	37	53
Ethnicity			
White	7	32	61
African American	16	44	41
Latino	12	39	49
Asian/Other	11	31	59
Gender by Age			
Males			
12-13	9	28	62
14-15	6	33	60
16-17	12	40	48
Females			
12-13	9	36	55
14-15	12	37	51
16-17	10	36	54
Smoking Status			
Non-Smokers	10	35	55
Smokers	11	35	54
Physical Activity Status			
Regular	9	34	58
Irregular	15	42	43
Overweight Status			
Not at Risk	9	33	57
At Risk/Overweight	11	40	48

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Servings of Fruits and Vegetables Believed to be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Fruits and Vegetables Eaten, Percent of Adolescents			
		0-2	3-4	5+	
0-2	10	38	29	33	***
3-4	35	37	28	35	
5+	55	21	26	53	

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

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

	Reason Reported for Eating Fruits and Vegetables, Percent of Adolescents		
	Health	Like Taste	Other ¹
Total	58	29	13
Gender			
Males	57	29	15
Females	59	29	12
Ethnicity			
White	49	36	15
African American	76	19	6
Latino	66	24	10
Asian/Other	58	23	19
Gender by Age			
Males			
12-13	63	25	13
14-15	59	29	12
16-17	49	32	19
Females			
12-13	69	23	8
14-15	60	26	14
16-17	48	39	13
Smoking Status			
Non-Smokers	58	29	13
Smokers	51	30	20
Physical Activity Status			
Regular	57	30	13
Irregular	64	23	13
Overweight Status			
Not at Risk	56	31	13
At Risk/Overweight	62	24	14

¹ Includes "Available", "Weight Control", "Important to Parents", "Easy to Find or Fix", "Served with Meals", "Important to Others", 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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents								
	Not Available	Choose Other Foods	Don't Think About It	Don't Like Taste	Other ¹	Eat Enough	Not Enough Time	Not Important	Don't Know
Total	16	22	23	16	5	10	3	2	3
Gender									
Males	14	22	22	17	4	12	3	2	3
Females	19	12	23	14	6	9	4	1	3
Ethnicity									
White	20	23	24	14	4	8	3	2	2
African American	13	14	24	21	6	13	3	3	3
Latino	9	23	23	16	6	12	3	2	5
Asian/Other	25	17	18	19	7	10	3	0	2
Gender by Age									
Males									
12-13	9	24	15	24	6	14	1	4	3
14-15	16	24	21	14	3	14	4	1	4
16-17	18	20	31	13	4	7	3	2	2
Females									
12-13	10	18	30	15	10	9	2	1	3
14-15	17	25	18	17	5	11	1	3	4
16-17	28	19	22	11	4	6	7	0	1
Smoking Status									
Non-Smokers	15	22	23	16	5	10	3	2	3
Smokers	33	17	17	18	4	8	3	2	0
Physical Activity Status									
Regular	17	22	23	15	5	11	3	2	2
Irregular	16	19	22	19	5	7	5	1	5
Overweight Status									
Not at Risk	17	23	21	17	5	10	4	2	2
At Risk/Overweight	17	17	29	11	6	11	2	1	5

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents		
	0	1-3	4+
Total	32	52	16
Gender			
Males	34	48	19
Females	31	57	12
Ethnicity			
White	30	50	20
African American	41	46	13
Latino	33	56	12
Asian/Other	37	51	13
Gender by Age			
Males			
12-13	32	49	19
14-15	29	50	21
16-17	40	44	16
Females			
12-13	32	57	11
14-15	31	54	14
16-17	30	58	12
Smoking Status			
Non-Smokers	32	52	16
Smokers	36	50	14
Physical Activity Status			
Regular	33	51	16
Irregular	32	56	12
Overweight Status			
Not at Risk	31	52	16
At Risk/Overweight	36	52	12

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents		
	0	1-3	4+
Total	32	51	17
Gender			
Males	33	48	20
Females	31	55	14
Ethnicity			
White	29	49	22
African American	41	45	13
Latino	32	56	12
Asian/Other	37	50	13
Gender by Age			
Males			
12-13	30	49	21
14-15	29	50	22
16-17	40	44	16
Females			
12-13	31	58	11
14-15	31	53	16
16-17	30	54	16
Smoking Status			
Non-Smokers	32	52	17
Smokers	36	44	20
Physical Activity Status			
Regular	32	50	18
Irregular	32	57	12
Overweight Status			
Not at Risk	31	51	18
At Risk/Overweight	34	53	13

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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 12: Consumption of Cereal¹ 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?

	Percent of Adolescents		
	Any Cereal	Whole Grain Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	47	7	14
Gender			
Males	41	8	14
Females	54	6	13
Ethnicity			
White	48	10	20
African American	56	6	14
Latino	45	4	8
Asian/Other	46	5	10
Gender by Age			
Males			
12-13	34	8	12
14-15	39	7	11
16-17	49	11	21
Females			
12-13	42	6	10
14-15	54	7	15
16-17	65	6	16
Smoking Status			
Non-Smokers	46	7	13
Smokers	55	14	27
Physical Activity Status			
Regular	47	8	16
Irregular	47	3	6
Overweight Status			
Not at Risk	45	8	14
At Risk/Overweight	52	7	14

¹ One bowl equals one serving.

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Servings of Whole Grain Believed to Be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Whole Grain Products ¹ Eaten, Percent of Adolescents		
		0	1-3	4+
0-1	7	46	49	5
2-3	41	38	56	6
4+	52	26	49	25

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents	
	3 or Less	4+
Total	48	52
Gender		
Males	46	54
Females	51	49
Ethnicity		
White	38	62
African American	65	35
Latino	57	43
Asian/Other	54	46
Gender by Age		
Males		
12-13	43	57
14-15	43	57
16-17	52	48
Females		
12-13	51	49
14-15	53	47
16-17	48	52
Smoking Status		
Non-Smokers	49	51
Smokers	47	53
Physical Activity Status		
Regular	46	54
Irregular	60	40
Overweight Status		
Not at Risk	47	53
At Risk/Overweight	55	45

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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents	
	0	1+
Total	72	28
Gender		
Males	70	30
Females	75	25
Ethnicity		
White	77	23
African American	84	16
Latino	61	39
Asian/Other	79	21
Gender by Age		
Males		
12-13	69	31
14-15	74	26
16-17	67	33
Females		
12-13	71	29
14-15	74	26
16-17	79	21
Smoking Status		
Non-Smokers	72	28
Smokers	75	25
Physical Activity Status		
Regular	74	26
Irregular	68	32
Overweight Status		
Not at Risk	73	27
At Risk/Overweight	72	28

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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	3.7	1.9	1.1	0.1	0.6
Gender					
Males	4.0 ***	2.2 ***	1.1	0.1	0.6
Females	3.4	1.7	1.0	0.2	0.6
Ethnicity					
White	4.0 ^b **	2.2 ^b ***	1.2 ^b *	0.2	0.5
African American	3.4 ^{ab}	1.7 ^{ab}	1.1 ^{ab}	0.1	0.6
Latino	3.4 ^a	1.8 ^a	0.9 ^a	0.2	0.6
Asian/Other	3.5 ^{ab}	1.7 ^a	1.0 ^{ab}	0.1	0.7
Gender by Age					
Males					
12-13	4.1	2.3	1.0	0.2	0.6
14-15	3.9	2.1	1.1	0.1	0.6
16-17	3.9	2.1	1.2	0.1	0.5
Females					
12-13	3.7 ^b **	1.9 ^b *	1.0	0.2	0.6 ^b **
14-15	3.6 ^b	1.7 ^{ab}	1.0	0.1	0.7 ^b
16-17	3.0 ^a	1.5 ^a	1.0	0.1	0.4 ^a
Smoking Status					
Non-Smokers	3.7	1.9	1.1	0.2	0.6
Smokers	4.1	2.2	1.2	0.1	0.6
Physical Activity Status					
Regular	3.8 ***	2.0 ***	1.1 **	0.1	0.6
Irregular	3.2	1.5	0.9	0.2	0.5
Overweight Status					
Not at Risk	3.9 ***	2.0 *	1.1 *	0.2	0.6 **
At Risk/Overweight	3.2	1.7	0.9	0.1	0.4

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

	Servings¹ of Milk and Milk Products Reported		
	Yesterday, Percent of Adolescents		
	0	1-2	3+
Total	5	30	65
Gender			
Males	5	26	70
Females	5	35	60
Ethnicity			
White	3	27	69
African American	6	37	57
Latino	7	30	63
Asian/Other	3	38	59
Gender by Age			
Males			
12-13	4	26	71
14-15	5	23	71
16-17	5	28	67
Females			
12-13	4	30	66
14-15	4	35	61
16-17	7	41	52
Smoking Status			
Non-Smokers	5	31	64
Smokers	3	23	74
Physical Activity Status			
Regular	4	28	67
Irregular	6	40	54
Overweight Status			
Not at Risk	4	30	67
At Risk/Overweight	7	32	61

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.

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

Chi Square Test

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 18: Type of Milk Consumed by California Adolescents

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

	Type of Milk Consumed, Percent Out of All Milk Drinkers				1% or Nonfat Milk, Percent of Adolescents
	Nonfat	1%	2%	Whole	
Total	20	14	44	22	28
Gender					
Males	19	16	43	22	29
Females	20	13	46	21	26
Ethnicity					
White	17	19	47	17	30
African American	14	8	56	22	16
Latino	23	11	38	28	28
Asian/Other	25	8	45	22	27
Gender by Age					
Males					
12-13	22	14	42	22	31
14-15	22	19	44	16	35
16-17	14	15	42	29	23
Females					
12-13	21	13	49	17	30
14-15	20	17	37	25	31
16-17	19	8	51	21	19
Smoking Status					
Non-Smokers	20	15	43	22	28
Smokers	19	11	54	15	25
Physical Activity Status					
Regular	20	15	45	20	29
Irregular	20	10	41	29	22
Overweight Status					
Not at Risk	19	15	44	22	28
At Risk/Overweight	23	14	42	21	29

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 , Percent of Adolescents				
	Any Cheese	Any Yogurt	Dairy Desserts, Consumption ¹		
			0	1	2+
Total	65	12	55	36	8
Gender					
Males	64	11	56	36	8
Females	66	13	55	37	8
Ethnicity					
White	70	13	55	38	7
African American	68	5	58	31	11
Latino	59	15	56	35	9
Asian/Other	63	6	51	38	11
Gender by Age					
Males					
12-13	60	14	50	44	6
14-15	63	12	54	35	10
16-17	71	8	63	29	8
Females					
12-13	64	17	55	35	10
14-15	64	13	48	41	11
16-17	69	10	62	34	4
Smoking Status					
Non-Smokers	65	13	56	36	8
Smokers	69	6	52	36	11
Physical Activity Status					
Regular	66	11	55	36	8
Irregular	61	18	57	35	8
Overweight Status					
Not at Risk	67	13	54	37	9
At Risk/Overweight	61	11	60	35	5

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents	
	0-2	3+
Total	24	76
Gender		
Males	21	79
Females	26	74
Ethnicity		
White	15	85
African American	24	76
Latino	33	67
Asian/Other	30	70
Gender by Age		
Males		
12-13	19	81
14-15	24	76
16-17	21	79
Females		
12-13	22	78
14-15	28	72
16-17	29	71
Smoking Status		
Non-Smokers	24	76
Smokers	24	76
Physical Activity Status		
Regular	22	78
Irregular	32	68
Overweight Status		
Not at Risk	21	79
At Risk/Overweight	28	72

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Servings of Milk Products Believed to Be Needed	Percent of Adolescents	Milk Products Eaten, Mean Servings ¹				
		Milk	Yogurt	Cheese	Dairy Desserts	Total
0-2	24	1.2	0.1	0.9	0.6	1.5
3+	76	2.2	0.2	1.1	0.6	1.7

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<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents			
	Health ¹	It's Available	Like Taste	Habit/Other/ Don't Know
Total	41	23	27	10
Gender				
Males	38	26	27	9
Females	43	19	27	10
Ethnicity				
White	34	26	32	8
African American	46	4	31	19
Latino	49	20	22	9
Asian/Other	43	24	20	13
Gender by Age				
Males				
12-13	42	16	38	5
14-15	43	30	18	9
16-17	27	30	28	15
Females				
12-13	53	16	24	7
14-15	44	22	23	11
16-17	32	20	36	13
Smoking Status				
Non-Smokers	42	22	26	9
Smokers	20	29	40	12
Physical Activity Status				
Regular	41	24	28	8
Irregular	41	17	22	20
Overweight Status				
Not at Risk	43	20	27	10
At Risk/Overweight	33	32	26	9

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 23: Barriers to Drinking 1% or 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, Percent of Adolescents		
	Don't Like Taste	Not Available	Other ¹
Total	58	26	16
Gender			
Males	55	25	20
Females	62	26	13
Ethnicity			
White	57	28	15
African American	67	25	8
Latino	58	23	19
Asian/Other	57	23	20
Gender by Age			
Males			
12-13	55	25	21
14-15	48	28	23
16-17	60	23	16
Females			
12-13	56	32	12
14-15	72	16	11
16-17	57	28	15
Smoking Status			
Non-Smokers	57	26	17
Smokers	72	18	10
Physical Activity Status			
Regular	57	26	17
Irregular	62	23	15
Overweight Status			
Not at Risk	58	26	15
At Risk/Overweight	58	24	18

¹ Includes "Not Important", "Extra Calories", 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<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 24: Consumption of Meat and Belief about the Number of Servings of Meat Needed for Good Health among California Adolescents

Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?

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

	Ate Meat Yesterday, Percent of Adolescents	Servings of Meat Believed Needed, Percent of Adolescents		
		0-1	2	3+
Total	81	20	30	50
Gender				
Males	85	18	30	53
Females	77	22	30	47
Ethnicity				
White	85	15	31	54
African American	72	22	42	36
Latino	76	30	28	43
Asian/Other	88	10	23	67
Gender by Age				
Males				
12-13	82	18	30	52
14-15	84	16	29	55
16-17	88	19	30	50
Females				
12-13	82	25	26	50
14-15	74	21	33	46
16-17	77	22	32	47
Smoking Status				
Non-Smokers	81	20	30	50
Smokers	81	21	24	55
Physical Activity Status				
Regular	83	17	29	53
Irregular	73	32	33	36
Overweight Status				
Not at Risk	82	18	29	53
At Risk/Overweight	81	24	36	41

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

Yesterday how many servings of meat, poultry, fish, and eggs did you eat?

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

Servings of Meat Believed to be Needed	Believed Number of Servings, Percent of Adolescents	Servings of Meat Eaten, Percent of Adolescents		
		0	1	2+
0-1	20	29	43	28
2	30	16	44	40
3+	50	15	24	62

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

*** $p < .001$

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 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 or candy bars?
 Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

	Food Eaten From Each Category Yesterday, Percent of Adolescents					
	Regular Soda	Candy	Chips/Fried Snacks	Bakery Desserts	Deep Fried Foods	Breakfast Pastries
Total	68	32	41	38	32	24
Gender						
Males	76 ***	33	40	38	33	27 *
Females	59	30	42	37	31	21
Ethnicity						
White	65 *	30	39	40 *	30	23
African American	59	43	51	47	39	27
Latino	73	30	39	34	30	25
Asian/Other	67	35	45	31	39	25
Gender by Age						
Males						
12-13	69 *	37	36	38	35	26
14-15	76	34	40	38	34	28
16-17	81	27	44	39	31	27
Females						
12-13	61	26	46	41	30	21
14-15	64	35	44	36	35	22
16-17	52	30	35	33	27	22
Smoking Status						
Non-Smokers	67	31	41	38 *	31 **	24
Smokers	75	38	36	25	45	33
Physical Activity Status						
Regular	68	32	41	38	31	25
Irregular	66	30	40	36	36	23
Overweight Status						
Not at Risk	67	32	41	39	31	25
At Risk/Overweight	68	28	40	34	33	21

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 27: Consumption of More Than One 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 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 or candy bars?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

	Servings¹ of High Calorie, Low Nutrient Foods Reported Yesterday, Percent of Adolescents				
	0-1	2	3	4+	2 or More
Total	27	30	24	18	73
Gender					
Males	24	29	25	22	76
Females	30	32	24	15	70
Ethnicity					
White	28	32	22	18	72
African American	18	27	32	23	82
Latino	27	31	25	17	73
Asian/Other	28	25	27	20	72
Gender by Age					
Males					
12-13	27	31	22	20	73
14-15	26	23	25	26	74
16-17	20	32	28	19	80
Females					
12-13	27	36	20	17	73
14-15	24	28	30	18	76
16-17	37	32	21	10	63
Smoking Status					
Non-Smokers	27	30	24	18	73
Smokers	23	29	26	23	77
Physical Activity Status					
Regular	27	30	24	19	73
Irregular	28	30	25	17	72
Overweight Status					
Not at Risk	27	28	26	19	73
At Risk/Overweight	26	37	20	17	74

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<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 One or More Salads, Percent of Adolescents	Used Low Fat/ Reduced Fat/ Fat Free Salad Dressing¹, Percent Who Ate Salad
Total	14	41
Gender		
Males	13	43
Females	14	38
Ethnicity		
White	17	39
African American	14	43
Latino	10	49
Asian/Other	13	32
Gender by Age		
Males		
12-13	12	36
14-15	12	46
16-17	15	48
Females		
12-13	17	37
14-15	14	41
16-17	11	37
Smoking Status		
Non-Smokers	14	40
Smokers	9	59
Physical Activity Status		
Regular	14	42
Irregular	12	36
Overweight Status		
Not at Risk	14	37
At Risk/Overweight	13	55

¹ 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<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents
Total	8
Gender	
Males	8
Females	8
Ethnicity	
White	4
African American	10
Latino	11
Asian/Other	13
Gender by Age	
Males	
12-13	6
14-15	8
16-17	9
Females	
12-13	7
14-15	8
16-17	7
Smoking Status	
Non-Smokers	7
Smokers	13
Physical Activity Status	
Regular	7
Irregular	10
Overweight Status	
Not at Risk	8
At Risk/Overweight	7

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Yesterday, did you eat or drink anything between [specified meal] time and [specified meal] time?

	Meals Reported, Percent of Adolescents			
	Breakfast	Lunch	Dinner	Snacks ¹
Total	77	90	94	92
Gender				
Males	79	91	94	92
Females	76	89	93	92
Ethnicity				
White	81	92	96	93
African American	68	88	93	85
Latino	78	86	90	93
Asian/Other	69	95	96	88
Gender by Age				
Males				
12-13	83	92	95	92
14-15	75	90	92	91
16-17	78	90	95	92
Females				
12-13	84	90	94	90
14-15	69	91	94	94
16-17	76	84	91	91
Smoking Status				
Non-Smokers	79	90	93	92
Smokers	62	88	97	92
Physical Activity Status				
Regular	79	91	94	91
Irregular	71	82	92	95
Overweight Status				
Not at Risk	79	91	94	93
At Risk/Overweight	74	89	93	90

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

***p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 31: Consumption of School Lunch among California Adolescents

Did you eat a lunch from the school cafeteria yesterday?

	Type of Lunch Reported, Percent of Adolescents Who Attended School Previous Day		
	School Lunch	Other Lunch	No Lunch
Total	35	48	17
Gender			
Males	38	47	15
Females	32	48	20
Ethnicity			
White	28	57	15
African American	36	46	19
Latino	39	39	22
Asian/Other	50	43	8
Gender by Age			
Males			
12-13	50	37	14
14-15	34	52	14
16-17	30	53	16
Females			
12-13	33	50	16
14-15	37	48	14
16-17	26	46	28
Smoking Status			
Non-Smokers	36	47	17
Smokers	19	60	21
Physical Activity Status			
Regular	36	50	14
Irregular	32	39	29
Overweight Status			
Not at Risk	36	48	16
At Risk/Overweight	34	49	17

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 lunch from the school cafeteria yesterday?

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

Were fruits, vegetables, or juices 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	4.5	4.7	1.1	1.1	2.0	2.0
Gender						
Males	4.9	4.9	1.2	1.0	2.2	2.3
Females	4.0	4.4	0.9	1.2	1.7	1.6
Ethnicity						
White	4.5	4.7	0.8	1.2	2.3	2.1
African American	3.8	4.2	0.8	0.6	1.5	2.0
Latino	4.8	4.6	1.3	1.0	2.0	1.9
Asian/Other	4.1	4.9	1.1	1.3	1.8	1.7
Age						
12-13	5.0	5.2	1.3	1.3	2.1	2.1
14-15	3.8	4.2	0.8	1.0	2.0	2.0
16-17	4.6	4.8	1.1	1.0	2.0	1.8
Smoking Status						
Non-Smokers	4.5	4.6	1.1	1.1	2.0	1.9
Smokers	4.4	5.5	0.3	1.1	2.0	2.3
Physical Activity Status						
Regular	4.6	4.7	1.1	1.1	2.2	2.1
Irregular	3.9	4.7	1.0	0.9	1.3	1.5
Overweight Status						
Not at Risk	4.5	4.6	1.0	1.1	2.1	2.1
At Risk/Overweight	4.2	5.1	1.2	1.2	1.8	1.8

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

Did you eat a lunch from the school cafeteria yesterday?

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-th-Box, Pizza Hut, or KFC?

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, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

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?

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?

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

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.

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?

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.

		%	Deep Fried Foods	Chips, Fried Snacks	Bakery Sweets/ Desserts	Pastries	Regular Salad Dressing ²
Adolescents Eating Fast Food	Yes	28	60	41	40	25	78
	No	72	21	41	37	24	52
Adolescents Eating School Lunch¹	Yes	42	34	40	38	25	70
	No	58	29	43	37	22	32

		%	5 Servings of Fruits and Vegetables	1 or More Servings of Beans	Whole Grain Bread	Whole/ 2% Milk ³	3 or More Servings or Dairy Products
Adolescents Eating Fast Food	Yes	28	38	27	69	72	69
	No	72	47	28	67	63	63
Adolescents Eating School Lunch¹	Yes	42	44	25	69	69	69
	No	58	45	25	70	56	65

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

² Out of Salad Eater.

³ Out of Milk Drinkers.

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 34: Prevalence of Eating at Fast Food Restaurants among California Adolescents

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-th-Box, Pizza Hut, or KFC?

	Number of Meals and Snacks Eaten Yesterday at Fast Food Restaurants, Percent of Adolescents		
	0	1	2+
Total	72	25	3
Gender			
Males	69	28	3
Females	75	22	3
Ethnicity			
White	73	25	2
African American	60	33	7
Latino	73	24	3
Asian/Other	70	23	6
Gender by Age			
Males			
12-13	69	28	3
14-15	67	30	3
16-17	71	25	3
Females			
12-13	78	21	1
14-15	71	28	2
16-17	75	18	6
Smoking Status			
Non-Smokers	73	25	3
Smokers	58	32	10
Physical Activity Status			
Regular	73	25	3
Irregular	68	27	4
Overweight Status			
Not at Risk	72	25	3
At Risk/Overweight	71	26	3

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

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

Chi Square Test

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 34a: Consumption of Fast Food among California Adolescents

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

	Ate Fast Food Yesterday, Percent of Adolescents
Total	28
Gender	
Males	31 *
Females	25
Ethnicity	
White	27
African American	40
Latino	27
Asian/Other	30
Gender by Age	
Males	
12-13	31
14-15	33
16-17	29
Females	
12-13	22
14-15	29
16-17	25
Smoking Status	
Non-Smokers	27 **
Smokers	42
Physical Activity Status	
Regular	27
Irregular	32
Overweight Status	
Not at Risk	28
At Risk/Overweight	29

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

Chi Square Test

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

How many times during the past week did you participate in physical activities, exercise or sports?
(If you exercised more than once a day, include each time. Also, include time spent in physical education class.)

	Number of Times Adolescent Reported Physical Activity in the Past Week, Percent of Adolescents				
	Any Physical Activity	0	1-2	3-4	5+
Total	94	6	12	21	61
Gender					
Males	96	4	12	19	65
Females	91	9	12	23	56
Ethnicity					
White	97	3	10	21	66
African American	93	7	17	11	66
Latino	88	12	13	22	53
Asian/Other	94	6	15	20	59
Gender by Age					
Males					
12-13	97	3	14	12	71
14-15	96	4	8	22	65
16-17	94	6	13	22	59
Females					
12-13	95	5	8	18	69
14-15	92	8	17	22	53
16-17	87	13	13	28	47
Smoking Status					
Non-Smokers	93	7	12	20	61
Smokers	94	6	12	29	53
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	94	6	12	20	61
At Risk/Overweight	93	7	10	23	61

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

	One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents
Total	40
Gender	
Males	50 ***
Females	29
Ethnicity	
White	48 ***
African American	33
Latino	34
Asian/Other	33
Gender by Age	
Males	
12-13	51
14-15	45
16-17	53
Females	
12-13	37 *
14-15	27
16-17	25
Smoking Status	
Non-Smokers	40
Smokers	41
Physical Activity Status	
Regular	45 ***
Irregular	20
Overweight Status	
Not at Risk	40
At Risk/Overweight	43

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

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

What type of physical activity, exercise 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 type of physical activity, exercise or sport was it?

	Reporting 1 Hour or More of Vigorous Physical Activity ¹ Percent of Adolescents	Mean Minutes of Vigorous Physical Activity ²	Mean Minutes of Moderate Physical Activity ²
Total	26	45	21
Gender			
Males	32 ***	53 ***	27 ***
Females	20	36	14
Ethnicity			
White	31 *	53 ^b *	26 ^b **
African American	25	41 ^{ab}	14 ^{ab}
Latino	23	38 ^a	16 ^a
Asian/Other	21	40 ^{ab}	18 ^{ab}
Gender by Age			
Males			
12-13	30	53	31 ^b **
14-15	33	50	17 ^a
16-17	34	57	34 ^b
Females			
12-13	25	45	19
14-15	19	31	12
16-17	17	33	10
Smoking Status			
Non-Smokers	27	46	21
Smokers	24	36	23
Physical Activity Status			
Regular	29 ***	48 **	23 ***
Irregular	14	30	10
Overweight Status			
Not at Risk	27	45	20
At Risk/Overweight	27	47	24

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining 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 , Percent of Adolescents		
	Vigorous Physical Activity	Moderate Physical Activity	Less than 30	30-59	60+
Total	81	70	0	7	93
Gender					
Males	87**	74**	0	5	95*
Females	74	66	1	8	91
Ethnicity					
White	79	71	0	6	94*
African American	87	82	2	6	92
Latino	83	68	0	6	93
Asian/Other	76	68	1	12	87
Gender by Age					
Males					
12-13	90	79	0	9	91*
14-15	84	76	1	3	97
16-17	85	68	0	4	96
Females					
12-13	76	69	2	8	90
14-15	84	65	1	8	91
16-17	63	64	0	8	92
Smoking Status					
Non-Smokers	81	70	1	6	93
Smokers	74	68	0	12	88
Physical Activity Status					
Regular	79	71	1	6	93
Irregular	87	67	0	10	90
Overweight Status					
Not at Risk	82	70	0	7	92
At Risk/Overweight	80	73	1	5	94

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

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 competitive school team sports, intramural sports, or out-of school programs?

	Taking Physical Education in School ¹ , Percent of Adolescents	Mean Reported Days of Physical Education per Week ²	Involved in Organized Sports ¹ , Percent of Adolescents
Total	76	4.4	58
Gender			
Males	77	4.4	61 *
Females	76	4.4	55
Ethnicity			
White	75	4.3	66 ***
African American	78	4.3	54
Latino	78	4.5	52
Asian/Other	74	4.5	51
Gender by Age			
Males			
12-13	93 ***	4.2 ^a **	69 *
14-15	83	4.5 ^b	60
16-17	55	4.6 ^b	56
Females			
12-13	92 ***	4.3	59
14-15	83	4.4	53
16-17	53	4.3	54
Smoking Status			
Non-Smokers	78 ***	4.4	60 ***
Smokers	59	4.5	37
Physical Activity Status			
Regular	79 ***	4.5 ***	61 ***
Irregular	65	3.9	47
Overweight Status			
Not at Risk	76	4.4	59
At Risk/Overweight	76	4.5	57

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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	134	26
Gender		
Males	144 **	28
Females	124	25
Ethnicity		
White	124 ^a **	25 ^a ***
African American	174 ^b	25 ^a
Latino	136 ^a	20 ^a
Asian/Other	141 ^{ab}	54 ^b
Gender by Age		
Males		
12-13	152	26
14-15	143	29
16-17	138	29
Females		
12-13	129 ^{ab} *	20
14-15	138 ^b	30
16-17	104 ^a	25
Smoking Status		
Non-Smokers	136	27
Smokers	117	22
Physical Activity Status		
Regular	130 *	26
Irregular	152	30
Overweight Status		
Not at Risk	130 *	25
At Risk/Overweight	148	32

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40a: Prevalence of Extended Television Time 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?

	Watched More than 120 Minutes of Television, Percent of Adolescents
Total	38
Gender	
Males	43
Females	33
Ethnicity	
White	35
African American	50
Latino	39
Asian/Other	40
Gender by Age	
Males	
12-13	41
14-15	39
16-17	48
Females	
12-13	36
14-15	36
16-17	26
Smoking Status	
Non-Smokers	38
Smokers	36
Physical Activity Status	
Regular	37
Irregular	45
Overweight Status	
Not at Risk	38
At Risk/Overweight	38

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 41: Reasons Why California Adolescents Are Physically Active

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

	Main Reasons Reported, Percent of Adolescents				
	Health	Strength/ Fitness	Other ¹	Fun	
Total	31	31	13	25	
Gender					
Males	28	30	13	29	**
Females	34	32	13	20	
Ethnicity					
White	28	28	15	30	***
African American	30	43	8	19	
Latino	36	33	11	20	
Asian/Other	31	31	16	21	
Gender by Age					
Males					
12-13	31	29	10	30	*
14-15	34	30	14	23	
16-17	21	30	15	34	
Females					
12-13	41	27	8	24	**
14-15	29	33	18	20	
16-17	33	38	14	15	
Smoking Status					
Non-Smokers	32	31	12	25	**
Smokers	22	33	24	20	
Physical Activity Status					
Regular	31	30	12	26	
Irregular	32	34	16	18	
Overweight Status					
Not at Risk	30	30	13	27	*
At Risk/Overweight	32	35	15	18	

¹ Includes "Feels Good", "Lose Weight", "Friends do it", "Important to Me", "Important to Parents", "Important to Others", "Reduce Stress", and "Transportation".

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents			
	No Time	Other ¹	Too Tired	Already Get Enough
Total	50	17	20	13
Gender				
Males	46	18	22	14
Females	54	16	18	12
Ethnicity				
White	56	14	16	15
African American	36	23	32	9
Latino	45	19	24	12
Asian/Other	52	19	17	11
Gender by Age				
Males				
12-13	44	21	21	13
14-15	45	17	23	16
16-17	50	15	22	14
Females				
12-13	41	19	25	15
14-15	49	22	16	13
16-17	70	9	14	7
Smoking Status				
Non-Smokers	49	17	20	13
Smokers	56	13	23	8
Physical Activity Status				
Regular	51	15	19	14
Irregular	46	24	22	7
Overweight Status				
Not at Risk	51	15	21	13
At Risk/Overweight	49	20	16	14

¹ Includes "Don't Like it", "Don't Look Good Doing it", "Not Important", "No Safe Place", "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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Think You Should be Moderately Active 5+ Days/Week	Mean				
	%	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Yes	51	6.1	23	50	74
No	49	5.4	18	40	58

Think You Should be Vigorously Active 5+ Days/Week	Mean				
	%	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Yes	86	5.9	21	47	68
No	14	4.7	19	37	56

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

ANOVA

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, exercise or sport did you spend the most time doing yesterday?

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

Minutes Thought Were Needed	Believed Amount Needed, Percent of Adolescents	Time Spent in Physical Activity, Percent of Adolescents			
		Less than 30	30-59	60+	
Less than 30	0	82	0	18	***
30-59	7	60	22	18	
60+	93	40	18	42	

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

Chi Square Test

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 , Percent of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
Total	76	14	11
Gender			
Males	73	14	12
Females	78	13	9
Ethnicity			
White	83	10	7
African American	71	12	17
Latino	66	19	15
Asian/Other	79	12	9
Gender by Age			
Males			
12-13	73	18	9
14-15	73	16	11
16-17	75	9	16
Females			
12-13	74	16	10
14-15	81	11	8
16-17	79	12	9
Smoking Status			
Non-Smokers	76	14	11
Smokers	77	11	11
Physical Activity Status			
Regular	75	14	11
Irregular	77	13	10
Overweight Status			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A

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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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	125
Gender		
Males	137 ***	134 ***
Females	122	115
Ethnicity		
White	128 ^a *	125
African American	135 ^a	128
Latino	132 ^a	125
Asian/Other	125 ^a	123
Gender by Age		
Males		
12-13	114 ^a ***	111 ^a ***
14-15	138 ^b	135 ^b
16-17	157 ^c	156 ^c
Females		
12-13	110 ^a ***	102 ^a ***
14-15	124 ^b	117 ^b
16-17	132 ^c	125 ^c
Smoking Status		
Non-Smokers	129 ***	124 ***
Smokers	145	142
Physical Activity Status		
Regular	130	125
Irregular	129	124
Overweight Status		
Not at Risk	120 ***	121 ***
At Risk/Overweight	162	141

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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

During the past 30 days, have you done 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	
	Tried to Lose Weight in the Past 30 Days, Percent of Adolescents	Have Not Tried to Lose Weight in the Past 30 Days, Percent of Adolescents
Pastry	24	24
Fried Foods	31	33
Chips or Fried Snacks	35	44
Sweet Snacks or Dessert	34	39
Candy or Soda	59	52
Fast Food	27	29

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

Chi Square Test

* $p < .05$

*** $p < .001$

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

Yesterday did you participate in any physical activity, exercise, sports?
During the past 30 days, have you done anything to try to lose weight?

	Trying to Lose Weight, Percent of Adolescents	Not Trying to Lose Weight, Percent of Adolescents
Proportion Who Exercised Yesterday	67	68

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49: Weight Loss and Dieting Practices of California Adolescents

During the past 30 days, have you done anything to try to lose weight?

During the past 30 days, 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 Past 30 Days, Percent of Adolescents	Currently Dieting to Lose Weight, Percent of Adolescents	Practices Adolescents Reported Using to Lose Weight	
			Exercise/Working Out	Other ¹
Total	36	11	85	15
Gender				
Males	30 ***	6 ***	95	5 ***
Females	43	15	78	22
Ethnicity				
White	31 *	8 **	85	15
African American	38	13	79	21
Latino	41	14	88	12
Asian/Other	38	9	79	21
Gender by Age				
Males				
12-13	36 ***	7	94	6
14-15	34	7	98	2
16-17	20	5	92	8
Females				
12-13	38	14	84	16 **
14-15	47	17	66	34
16-17	43	15	85	15
Smoking Status				
Non-Smokers	36	11	86	14
Smokers	32	12	79	21
Physical Activity Status				
Regular	35	10	88	12 **
Irregular	38	12	75	25
Overweight Status				
Not at Risk	27 ***	7 ***	86	14
At Risk/Overweight	62	22	82	18

¹ Includes "Going on a Diet", "Fasting", and "Smoking".

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 50: California Adolescents Who Report Being Vegetarians

Are you a vegetarian?

	Reported Being a Vegetarian, Percent of Adolescents
Total	4
Gender	
Males	3
Females	6
Ethnicity	
White	4
African American	3
Latino	4
Asian/Other	9
Gender By Age	
Males	
12-13	2
14-15	4
16-17	3
Females	
12-13	3
14-15	7
16-17	9
Smoking Status	
Non-Smokers	4
Smokers	5
Physical Activity Status	
Regular	4
Irregular	5
Overweight Status	
Not at Risk	5
At Risk/Overweight	2

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

Chi Square Test

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 51: California Adolescents Who Reported Using Nutritional Supplements

Are you taking any vitamins or nutritional supplements now?

	Reported Taking Supplements, Percent of Adolescents	
Total	31	
Gender		
Males	31	
Females	32	
Ethnicity		
White	40	***
African American	27	
Latino	24	
Asian/Other	24	
Gender by Age		
Males		
12-13	38	**
14-15	24	
16-17	31	
Females		
12-13	35	
14-15	29	
16-17	31	
Smoking Status		
Non-Smokers	31	*
Smokers	42	
Physical Activity Status		
Regular	33	**
Irregular	22	
Overweight Status		
Not at Risk	34	*
At Risk/Overweight	27	

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 Days¹, Percent of Adolescents
Total	7
Gender	
Males	8
Females	6
Ethnicity	
White	8
African American	4
Latino	6
Asian/Other	11
Gender by Age	
Males	
12-13	1
14-15	6
16-17	17
Females	
12-13	2
14-15	6
16-17	11
Smoking Status	
Non-Smokers	N/A
Smokers	N/A
Physical Activity Status	
Regular	7
Irregular	7
Overweight Status	
Not at Risk	7
At Risk/Overweight	7

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<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

		Percent of Adolescents ¹	Mean Servings of Fruits and Vegetables ²	Healthy Eating Practice Scores ²
Self-Efficacy				
Can you find healthy foods in your home?	Yes	99	4.5	3.0
	No	1	2.3	2.4
Do you think you could eat more fruits and vegetables?	Yes	98	4.5	3.0
	No	2	6.7	3.4
Behavioral Capability				
Do you know how to pick out healthy foods from menus?	Yes	86	4.7	3.1
	No	14	3.4	2.7
Did anyone ever teach you how to cook foods in a healthy way?	Yes	65	4.8	3.1
	No	35	3.9	2.8
In the last year, have you taken a class, or course at school in which the health effects of good eating habits were discussed?	Yes	58	4.8	3.1
	No	42	4.1	2.8
Reinforcement				
Do you feel bad about yourself on days when you haven't eaten healthy?	Yes	36	4.7	3.1
	No	64	4.4	2.9
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	61	4.7	3.1
	No	39	4.2	2.9
Environment				
Do you like the food served at your school?	Yes	53	4.6	3.1
	No	47	4.4	2.9
In general, are fruits, vegetables and juices available to you when you are hungry?	Yes	86	4.6	3.0
	No	14	3.9	2.8
Reciprocal Determinism				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	46	5.1	3.2
	No	54	4.0	2.8

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 Test¹

ANOVA²

* p<.05

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 54: Reinforcement for Healthy Eating among California Adolescents

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

	Percent of Adolescents	
	Feel Bad About Yourself When Haven't Eaten Healthy Food	Parents Notice When You Haven't Eaten Healthy Foods
Total	36	61
Gender		
Males	26	58
Females	48	65
Ethnicity		
White	34	58
African American	29	50
Latino	40	66
Asian/Other	40	66
Gender by Age		
Males		
12-13	35	64
14-15	25	59
16-17	18	51
Females		
12-13	48	71
14-15	45	61
16-17	50	64
Smoking Status		
Non-Smokers	37	62
Smokers	29	54
Physical Activity Status		
Regular	36	60
Irregular	37	68
Overweight Status		
Not at Risk	34	59
At Risk/Overweight	42	69

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 , Percent of Adolescents	Mean Servings of Fruit, Juice and Vegetables for Adolescents Who Have Gardened ²	
		Yes	No
Total	46	5.1	4.0 ***
Gender			
Males	50 **	5.1	4.3
Females	41	5.0	3.8
Ethnicity			
White	57 ***	5.2	4.0
African American	26	5.0	3.7
Latino	36	5.1	4.2
Asian/Other	45	4.4	4.0
Gender by Age			
Males			
12-13	52	NA ³	NA
14-15	52	NA	NA
16-17	47	NA	NA
Females			
12-13	50 **	NA	NA
14-15	39	NA	NA
16-17	34	NA	NA
Smoking Status			
Non-Smokers	45	5.1	4.0 *
Smokers	51	4.7	5.2
Physical Activity Status			
Regular	48 **	5.2	4.1
Irregular	36	4.3	3.9
Overweight Status			
Not at Risk	48 **	5.2	4.0
At Risk/Overweight	39	4.8	4.1

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<.01

*** p<.001

³ Not available at this time.

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

	Percent of Adolescents		
	Like Food at School	Fruits, Vegetables and Juice Available when Hungry	Usually Eat Dinner with Family
Total	53	86	88
Gender			
Males	55	88 *	90 *
Females	51	83	86
Ethnicity			
White	55	88 **	89
African American	46	74	86
Latino	52	86	86
Asian/Other	53	82	88
Gender by Age			
Males			
12-13	58 *	87	94 ***
14-15	60	91	93
16-17	46	85	83
Females			
12-13	58 **	83	92 ***
14-15	54	85	88
16-17	39	82	78
Smoking Status			
Non-Smokers	54 *	86	90 ***
Smokers	42	85	61
Physical Activity Status			
Regular	54 *	87 **	88
Irregular	45	80	86
Overweight Status			
Not at Risk	51	85	87
At Risk/Overweight	56	86	89

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

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

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

Chi Square Test

* $p < .05$

** $p < .01$

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

	Percent of Adolescents			Mean
	Can Pick Healthy Foods From Menus ¹	Taught to Cook Healthy ¹	Adolescents Who Cooked for Family > 1 Time a Week ¹	Weekly Frequency of Cooking for Family ^{2,3}
Total	86	65	57	1.9
Gender				
Males	86	61 ***	52 ***	1.8 *
Females	85	70	63	2.0
Ethnicity				
White	92 ***	67	57	1.9
African American	95	73	62	1.9
Latino	77	61	56	1.9
Asian/Other	79	68	59	2.0
Gender by Age				
Males				
12-13	91 *	59	50	1.9
14-15	87	60	51	1.7
16-17	81	63	54	1.8
Females				
12-13	85	72	62	1.8
14-15	83	70	62	2.1
16-17	86	68	64	2.2
Smoking Status				
Non-Smokers	86 *	64 **	57	1.9
Smokers	78	79	62	1.9
Physical Activity Status				
Regular	87 *	65	58	1.9
Irregular	80	66	55	2.0
Overweight Status				
Not at Risk	87	66	58	1.9
At Risk/Overweight	84	64	54	1.9

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

¹ Chi Square Test

² ANOVA

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

Had Class on Health Benefits of Exercise	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	6.1	23	49	72
No	5.0	16	39	54
Had Class on Benefits of Healthy Eating	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	6.2	22	47	70
No	5.1	18	42	61

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

ANOVA

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 60: Cross Tabulation of Physical Activity among California Adolescents By Behavioral Theories

		Percent of Adolescents	Minutes Physically Active Yesterday
Self-Efficacy			
Do you think you could do hard exercise every day?	Yes	79	71
	No	21	47
Behavioral Capability			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	67	72
	No	33	54
Reinforcement			
Do you feel bad about yourself on days when you don't get any physical activity or exercise?	Yes	46	63
	No	54	68
Environment			
Do you live near a school, park or other place where you can exercise or workout?	Yes	91	68
	No	9	41
Bonding and Belonging			
Do you exercise or play sports with your family or the people you live with?	Yes	54	67
	No	46	65
Do you exercise or play sports with your friends?	Yes	91	69
	No	9	33
Do you like the adults who organize or teach your sports or activities?	Yes	90	66
	No	10	78

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 or exercise?
Do you think you could do hard exercise every day?

	Percent of Adolescents	
	Feel Bad About Yourself When Not Physically Active	Could Do Hard Exercise Everyday
Total	46	79
Gender		
Males	39 ***	86 ***
Females	53	72
Ethnicity		
White	45 **	79 ***
African American	30	85
Latino	49	82
Asian/Other	49	66
Gender by Age		
Males		
12-13	43 *	88
14-15	43	83
16-17	32	86
Females		
12-13	53	75
14-15	51	68
16-17	54	72
Smoking Status		
Non-Smokers	46	80
Smokers	45	71
Physical Activity Status		
Regular	47 *	79
Irregular	39	77
Overweight Status		
Not at Risk	44 *	78
At Risk/Overweight	51	83

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 62: Bonding and Belonging Consturct 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?

	Percent of Adolescents		
	Exercise with Family	Exercise with Friends	Like the Adults Who Organizes Sports
Total	54	91	90
Gender			
Males	56	95 ***	89
Females	52	87	92
Ethnicity			
White	51 *	95 ***	88
African American	58	92	89
Latino	59	88	92
Asian/Other	48	89	93
Gender by Age			
Males			
12-13	63	97	91 *
14-15	54	96	92
16-17	51	94	83
Females			
12-13	63 ***	96 ***	94
14-15	52	84	90
16-17	41	81	91
Smoking Status			
Non-Smokers	55 *	92	91 ***
Smokers	41	88	72
Physical Activity Status			
Regular	54	94 ***	91
Irregular	53	79	88
Overweight Status			
Not at Risk	54	92	89
At Risk/Overweight	55	92	91

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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, Percent of Adolescents
Total	91
Gender	
Males	92
Females	90
Ethnicity	
White	92
African American	90
Latino	92
Asian/Other	83
Age	
12-13	92
14-15	90
16-17	90
Smoking Status	
Non-Smokers	91
Smokers	83
Physical Activity Status	
Regular	92
Irregular	87
Overweight Status	
Not at Risk	92
At Risk/Overweight	88

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

Chi Square Test

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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 ^{ab}
Average	2.8 ^a
Better Than Average	3.1 ^{bc}
Much Better than Average	3.4 ^c

School Performance	Tobacco Use ²
Below Average	11
Average	8
Better Than Average	6
Much Better than Average	2

*

School Performance	Taken a Class on Healthy Eating ²
Below Average	50
Average	59
Better Than Average	57
Much Better than Average	59

School Performance	Taken a Class on Physical Activity ²
Below Average	57
Average	66
Better Than Average	68
Much Better than Average	69

School Performance	Mean Minutes of any Physical Activity ^{1,3}
Below Average	90 ^{ab}
Average	57 ^a
Better Than Average	73 ^b
Much Better than Average	68 ^{ab}

**

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

* p<.05

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	47	29	24
Gender			
Males	45	28	27
Females	49	29	22
Ethnicity			
White	46	31	23
African American	41	37	22
Latino	46	26	28
Asian/Other	54	25	21
Gender by Age			
Males			
12-13	66	20	14
14-15	46	36	18
16-17	23	29	48
Females			
12-13	69	23	8
14-15	47	33	21
16-17	30	33	37
Smoking Status			
Non-Smokers	49	28	23
Smokers	16	36	47
Physical Activity Status			
Regular	47	30	23
Irregular	45	26	29
Overweight Status			
Not at Risk	46	29	25
At Risk/Overweight	44	31	25

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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?

	Reported Having a Job ¹ , Percent of Adolescents	Mean Weekly Spending Money ²	
		Adolescents Who Have Jobs	Adolescents Who Do Not Have Jobs
Total	20	\$60.88	\$18.96 ***
Gender			
Males	23 *	\$74.97	\$18.64 ***
Females	17	\$41.23	\$19.28
Ethnicity			
White	22	\$47.82	\$17.94
African American	19	\$83.37	\$16.14
Latino	18	\$73.90	\$20.82
Asian/Other	20	\$70.12	\$18.71
Gender by Age			
Males			
12-13	13 ***	NA ³	NA
14-15	14	NA	NA
16-17	39	NA	NA
Females			
12-13	6 ***	NA	NA
14-15	9	NA	NA
16-17	37	NA	NA
Smoking Status			
Non-Smokers	17 ***	\$58.48	\$18.41
Smokers	56	\$70.45	\$32.13
Physical Activity Status			
Regular	19	\$58.78	\$17.92
Irregular	24	\$68.75	\$24.07
Overweight Status			
Not at Risk	21	\$56.88	\$20.23 **
At Risk/Overweight	19	\$75.30	\$16.58

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

³ Not Available at this time.

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 67: Consumption of Diet Soft Drinks among California Adolescents

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like Clearly Canadian did you drink?

	Mean Diet Soda Drank by Adolescents¹
Total	0.2
Gender	
Males	0.2
Females	0.2
Ethnicity	
White	0.2
African American	0.1
Latino	0.2
Asian/Other	0.1
Gender by Age	
Males	
12-13	0.3
14-15	0.2
16-17	0.1
Females	
12-13	0.2 ^b
14-15	0.2 ^{ab}
16-17	0.1 ^a
Smoking Status	
Non-Smokers	0.1
Smokers	0.2
Physical Activity Status	
Regular	0.2
Irregular	0.2
Overweight Status	
Not at Risk	0.2
At Risk/Overweight	0.2

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 68: Mean Consumption of Soft Drinks among California Adolescents

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian did you drink?

	Mean Regular Sodas Drank by Adolescents	
Total	1.3	
Gender		
Males	1.6	***
Females	1.0	
Ethnicity		
White	1.3 ^{ab}	*
African American	1.1 ^a	
Latino	1.4 ^{ab}	
Asian/Other	1.6 ^b	
Gender by Age		
Males		
12-13	1.1 ^a	***
14-15	1.8 ^b	
16-17	1.9 ^b	
Females		
12-13	1.0	
14-15	1.1	
16-17	1.0	
Smoking Status		
Non-Smokers	1.3	***
Smokers	2.0	
Physical Activity Status		
Regular	1.3	
Irregular	1.4	
Overweight Status		
Not at Risk	1.4	
At Risk/Overweight	1.2	

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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).

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 69: Consumption of Soft Drinks among California Adolescents

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian did you drink?

	Drank Regular Soda, Percent of Adolescents
Total	68
Gender	
Males	76 ***
Females	59
Ethnicity	
White	65 *
African American	59
Latino	73
Asian/Other	67
Gender by Age	
Males	
12-13	69 *
14-15	76
16-17	81
Females	
12-13	61
14-15	64
16-17	52
Smoking Status	
Non-Smokers	67
Smokers	75
Physical Activity Status	
Regular	68
Irregular	66
Overweight Status	
Not at Risk	67
At Risk/Overweight	68

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

Chi-Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 70: Cross Tabulation of Consumption of Soda by Servings of Fruit and Vegetables and Milk among California Adolescents

Yesterday how many can or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian 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				
		Ate 5 or More Servings of Fruits and Vegetables			Servings of Fruit	Servings of Vegetables
		0-2	3-4	5+	2+	3+
Yes	68	32	26	43	73	16
No	32	29	25	48	73	19

Drank Regular Soda	%	Percent of Adolescents			
		Servings of Milk		Believed Servings of Milk Needed for Good Health	
		0-2	3+	0-2	3+
Yes	68	73	27	23	77
No	32	70	30	24	76

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 71: Access in School to Fast Food, High Calorie, Low Nutrient Foods Through Vending Machines and Student Stores among California Adolescents

Does your school serve fast food from fast food restaurants like Burger King, McDonald's or Taco Bell every day?

Does your school have a student store where chips, cookies or soda are sold?

Does your school have a soda vending machine that students can use?

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

	2 or More Unhealthy Foods Available at School, Percent of Adolescents
Total	81
Gender	
Males	81
Females	81
Ethnicity	
White	80
African American	85
Latino	81
Asian/Other	81
Gender by Age	
Males	
12-13	63 ***
14-15	86
16-17	94
Females	
12-13	60 ***
14-15	87
16-17	96
Smoking Status	
Non-Smokers	80 *
Smokers	91
Physical Activity Status	
Regular	81
Irregular	81
Overweight Status	
Not at Risk	82
At Risk/Overweight	81

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 72: Purchase of High Calorie, Low Nutrient Foods or Soda from School Vending Machines or Student Stores among California Adolescents

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

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

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

	Bought Soda or 1 or More High Calorie, Low Nutrient Food from School Vending Machine or Student Store, Percent of Adolescents
Total	14
Gender	
Males	16 *
Females	11
Ethnicity	
White	11 **
African American	12
Latino	18
Asian/Other	13
Gender by Age	
Males	
12-13	10 ***
14-15	12
16-17	25
Females	
12-13	6 ***
14-15	19
16-17	10
Smoking Status	
Non-Smokers	13
Smokers	19
Physical Activity Status	
Regular	14
Irregular	14
Overweight Status	
Not at Risk	14
At Risk/Overweight	14

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 73: Purchase of Soda or High Calorie, Low Nutrient Foods from Student Stores among California Adolescents

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

	Bought Low Nutrient, High Fat Foods from Student Store, Percent of Adolescents
Total	35
Gender	
Males	36
Females	34
Ethnicity	
White	32
African American	26
Latino	41
Asian/Other	36
Gender by Age	
Males	
12-13	36
14-15	35
16-17	39
Females	
12-13	33
14-15	40
16-17	29
Smoking Status	
Non-Smokers	36
Smokers	29
Physical Activity Status	
Regular	35
Irregular	34
Overweight Status	
Not at Risk	36
At Risk/Overweight	35

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

Chi Square Test

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 75: Purchase of High Calorie, Low Nutrient Foods from School Vending Machines among California Adolescents

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

	Bought High Calorie, Low Nutrient Foods from School Vending Machine, Percent of Adolescents
Total	18
Gender	
Males	19
Females	16
Ethnicity	
White	13
African American	31
Latino	23
Asian/Other	17
Gender by Age	
Males	
12-13	26
14-15	14
16-17	21
Females	
12-13	16
14-15	20
16-17	13
Smoking Status	
Non-Smokers	18
Smokers	9
Physical Activity Status	
Regular	17
Irregular	20
Overweight Status	
Not at Risk	17
At Risk/Overweight	21

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

Chi Square Test

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 76: Purchase of Soda from School Vending Machines among California Adolescents

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

	Bought Soda from School Vending Machine, Percent of Adolescents
Total	27
Gender	
Males	33 ***
Females	21
Ethnicity	
White	27
African American	24
Latino	32
Asian/Other	20
Gender by Age	
Males	
12-13	23 ***
14-15	27
16-17	43
Females	
12-13	18 *
14-15	28
16-17	18
Smoking Status	
Non-Smokers	26 ***
Smokers	44
Physical Activity Status	
Regular	27
Irregular	28
Overweight Status	
Not at Risk	28
At Risk/Overweight	25

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

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

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

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

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

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

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

		Percent of Adolescents		Mean
		Ate 5 or More Servings of Fruits and Vegetables ¹	Ate 3 or More Servings of Dairy ¹	Servings of Fruits and Vegetables ²
Bought High Calorie, Low Nutrient Foods from Student Store	Yes	44	69	4.7
	No	44	63	4.4
Bought Soda from School Vending Machine	Yes	45	66	4.5
	No	44	64	4.5
Bought High Calorie, Low Nutrient Foods from Vending Machine	Yes	46	71	4.9
	No	41	64	4.5

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

¹Chi Square Test

²ANOVA

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 78: Cross Tabulation of Adolescents with Fast Food, Student Stores, and Vending Machines at School by Recommended Servings of Fruits and Vegetables, Dairy Foods, and by Consumption of Unhealthy Foods

Does your school serve fast food from fast food restaurants like Burger King, McDonald's or Taco Bell every day?
 Does your school have a student store where chips, cookies or soda are sold?
 Does your school have a soda vending machine that students can use?
 Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?
 Yesterday how many cans or glasses of regular soda or sweetened carbonated beverage like Clearly Canadian did you drink?
 Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?
 Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?
 How many times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as
 How many times did you have yogurt yesterday, non including frozen yogurt?
 How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in

	Percent of Adolescents			
	School Serves Fast Food	School Has Student Store	School Has Soda Vending	School Has Low Nutrient Vending
Total	47	87	80	40
Age				
12-13	34	78	59	15
14-15	50	88	85	45
16-17	57	95	97	60
Ate 5 Servings of Fruits and Vegetables				
Yes	46	86	80	42
No	48	89	81	46
Ate 3 Servings of Dairy Products				
Yes	48	87	80	41
No	45	88	82	40
Ate Any Fast Food				
Yes	52	NA ¹	NA	NA
No	45	NA	NA	NA
Drank any Soda				
Yes	46	NA	80	NA
No	49	NA	80	NA
Ate Any Fried Food				
Yes	49	NA	NA	NA
No	46	NA	NA	NA
Ate 2+ Unhealthy Foods				
Yes	48	88	NA	41
No	45	83	NA	40

¹ Not available at this time

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 79: Liking for Food Served at School among California Adolescents

Do you like the food served at school?

	Like Food Served At School, Percent of Adolescents
Total	50
Gender	
Males	49
Females	52
Ethnicity	
White	44
African American	55
Latino	53
Asian/Other	61
Gender by Age	
Males	
12-13	47
14-15	49
16-17	51
Females	
12-13	48
14-15	47
16-17	59
Smoking Status	
Non-Smokers	51
Smokers	41
Physical Activity Status	
Regular	50
Irregular	50
Overweight Status	
Not at Risk	50
At Risk/Overweight	52

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

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

Do you like the food served at school?

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

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

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

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

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

Adolescents Reporting Liked Food At School	Percent of Adolescents	Percent of Adolescents		Mean
		Bought High Fat, Low Nutrient Foods from Student Store or Vending Machine ¹	Ate 5 or More Servings of Fruits and Vegetables ¹	Servings of Fruits and Vegetables ²
Yes	50	13	45	4.5
No	50	14	44	4.5

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

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

¹Chi Square Test

²ANOVA

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 81: Consumption of School Breakfast among California Adolescents

Did you eat a breakfast from the school cafeteria yesterday?

	Reported Eating Breakfast from School, Percent of Adolescents ¹
Total	12
Gender	
Males	14
Females	9
Ethnicity	
White	6 ***
African American	21
Latino	20
Asian/Other	6
Gender by Age	
Males	
12-13	22 *
14-15	11
16-17	9
Females	
12-13	8
14-15	10
16-17	10
Smoking Status	
Non-Smokers	13
Smokers	3
Physical Activity Status	
Regular	11
Irregular	17
Overweight Status	
Not at Risk	11
At Risk/Overweight	15

¹ Includes only those reporting about eating on a day they attended school.

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

Chi Square Test

* p<.05

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 81a: Cross Tabulation of Consumption of School Breakfast by Healthy Eating Practices

Did you eat a breakfast from the school cafeteria yesterday?

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]?

What cereal did you eat the most of yesterday?

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

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?

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.

Ate School Breakfast	%	Percent of Adolescents			Percent of Adolescents			
		Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables	
		0-2	3-4	5+	0-1	2+	0-2	3+
Yes	12	31	15	54	19	81	81	19
No	88	27	27	46	27	73	83	17

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat / 1%	2%	Whole
Yes	12	63	37	34	53	13
No	88	66	34	40	39	21

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal	
		0	1-3	4+	Yes	No
Yes	12	24	60	16	3	97
No	88	26	57	17	17	83

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

Chi Square Test

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 81b: Cross Tabulation of Consumption of School Breakfast by Unhealthy Eating Practices

Did you eat a breakfast from the school cafeteria yesterday?

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

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

Ate School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes		43	32	25
No		32	36	33

Ate School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes		21	79	43	57
No		22	78	39	61

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

Chi Square Test

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 82: Consumption of Fruits and Vegetables at School Breakfast among California Adolescents

Were there fruits, vegetables, or juices served with your breakfast at school?
 Did you eat the fruits, vegetables, or juices served with your breakfast at school?

	Ate Fruits, Vegetables, or Juices with their School Breakfast, Percent of Adolescents
Total	5
Gender	
Males	7
Females	4
Ethnicity	
White	1 ***
African American	2
Latino	12
Asian/Other	4
Gender by Age	
Males	
12-13	11
14-15	3
16-17	7
Females	
12-13	5
14-15	2
16-17	4
Smoking Status	
Non-Smokers	3
Smokers	5
Physical Activity Status	
Regular	5
Irregular	8
Overweight Status	
Not at Risk	5
At Risk/Overweight	5

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

Chi Square Test

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 82a: Cross Tabulation of Fruit and Vegetable Consumption at School Breakfast by Healthy Eating Recommendations

Were there fruits, vegetables, or juices served with your breakfast at school?

Did you eat the fruits, vegetables, or juices served with your breakfast at school?

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]?

What cereal did you eat the most of yesterday?

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

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?

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.

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents			Percent of Adolescents			
		Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables	
		0-2	3-4	5+	0-1	2+	0-2	3+
Yes	5	10	10	79	0	100	77	23
No	95	28	26	45	27	73	83	17

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat / 1%	2%	Whole
Yes	5	62	38	43	46	11
No	95	66	34	39	41	20

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal	
		0	1-3	4+	Yes	No
Yes	5	24	57	19	3	97
No	95	26	58	16	16	84

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

Chi Square

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 82b: Cross Tabulation of Fruit and Vegetable Consumption at School Breakfast by Unhealthy Eating Practices

Were there fruits, vegetables, or juices served with your breakfast at school?

Did you eat the fruits, vegetables, or juices served with your breakfast at school?

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

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes	5	32	30	38
No	95	33	36	31

Ate Fruits and Vegetables with School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes	5	20	80	43	57
No	95	22	78	39	61

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 83: Cross Tabulation of School Breakfast Consumption and Taking a Class on Healthy Eating by Healthy Eating Recommendations

Did you eat a breakfast from the school cafeteria yesterday?

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

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

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

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as a snack?

How many times did you have yogurt yesterday, non including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in a smoothie?

		Percent of Adolescents	Percent of Adolescents		Mean
			Ate 5 or More Servings of Fruits and Vegetables ¹	Ate 3 or More Servings of Dairy Products ¹	Servings of Fruits and Vegetables ²
Ate School Breakfast	Yes	12	54	72	4.7
	No	88	46	70	5.1
Had Class on Healthy Eating	Yes	58	48 ***	69 **	4.8 ***
	No	42	38	60	4.1

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

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

¹Chi Square Test

²ANOVA

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 84: Cross Tabulation of School Lunch Consumption by Healthy and Unhealthy Eating

Did you eat a lunch from the school cafeteria yesterday?

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

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

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including on a cheese burger, pizza, sandwich, in a main dish or as a snack?

How many times did you have yogurt yesterday, non including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, pudding, or frozen yogurt in a smoothie?

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 or candy bars?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

Ate School Lunch	%	Percent of Adolescents					
		Servings of High Fat, Low Nutrient Foods Eaten ¹				2 or More Servings of Unhealthy Foods Eaten ¹	
		0-1	2	3	4+	Yes	No
Yes	42	28	26	27	19	72	28
No	58	27	28	28	17	73	27

Ate School Lunch	%	Percent of Adolescents			Mean		
		Servings of Dairy Products Eaten ¹			Servings of Fruit ²	Servings of Vegetables ²	Servings of Fruits and Vegetables ²
		0	1-2	3+			
Yes	42	3	29	69	3.4	1.6	4.7
No	58	4	31	65	3.4	1.4	4.5

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

¹ Chi Square Test

² ANOVA

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 85: Cross Tabulation of Adolescents Physically Active for One or More Hours by Enrollment in Health or PE Class

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

Do you currently take physical education class in school?

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

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

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

Physically Active for 1 or More Hours Yesterday	Percent of Adolescents	Percent of Adolescents		Mean
		Had Class on Benefits of Exercise ¹	Currently Enrolled in Physical Education ¹	Physical Education Classes Per Week ²
Yes	40	71	74	4.4
No	60	64	78	4.4

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

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

¹Chi Square Test

²ANOVA

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 86: Participation in Sports Activities Other Than Physical Education Class among California Adolescents

Other than physical education class, are you currently involved in any team or individual sports or activities, such as competitive school sports, intramural sports, or out-of-school programs?

	Involved in Sports Activities Other Than Physical Education Class, Percent of Adolescents
Total	55
Gender	
Males	56
Females	55
Ethnicity	
White	53
African American	59
Latino	56
Asian/Other	66
Gender by Age	
Males	
12-13	46
14-15	56
16-17	69
Females	
12-13	43
14-15	53
16-17	71
Smoking Status	
Non-Smokers	55
Smokers	65
Physical Activity Status	
Regular	58
Irregular	42
Overweight Status	
Not at Risk	58
At Risk/Overweight	51

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

Chi Square Test

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 87: Cross Tabulation of Participation in Sports Activities Other Than Physical Education Class by Amount of Physical Activity among California Adolescents

Other than physical education class, are you currently involved in any team or individual sports or activities, such as competitive school sports, intramural sports, or out-of-school programs?

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

For how many minutes or hours did you do this

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

Involved in Sports Activities Other Than Physical Education Class	Percent of Adolescents	Percent of Adolescents				
		60 or More Minutes of Physical Activity	Number of Days Physically Active Per Week			
			0	1-2	3-4	5+
Yes	55	55	3	7	17	73
No	45	51	4	15	16	65

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 88: Type of Transportation to School among California Adolescents

How do you usually get to school?

	Walk or Ride Bike to School, Percent of Adolescents
Total	22
Gender	
Males	21
Females	18
Ethnicity	
White	17
African American	24
Latino	25
Asian/Other	14
Gender by Age	
Males	
12-13	29
14-15	23
16-17	21
Females	
12-13	20
14-15	20
16-17	16
Smoking Status	
Non-Smokers	21
Smokers	12
Physical Activity Status	
Regular	19
Irregular	24
Overweight Status	
Not at Risk	18
At Risk/Overweight	25

Chi Square Test