

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