

2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

Table 16: Mean 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, and Yogurt	Milk	Cheese	Yogurt	Dairy Desserts
Total	3.7	3.2	1.9	1.0	0.2	0.5
Gender						
Males	4.1 ***	3.6 ***	2.2 ***	1.2 ***	0.2	0.5
Females	3.2	2.7	1.6	0.9	0.2	0.5
Ethnicity						
White	3.9 ^b **	3.4 ^b **	2.1 ^b **	1.1	0.2	0.5 ^a *
African American	3.4 ^{ab}	2.8 ^{ab}	1.7 ^{ab}	1.0	0.2	0.6 ^{ab}
Latino	3.4 ^a	2.9 ^a	1.7 ^a	1.0	0.2	0.5 ^a
Asian/Other	3.7 ^{ab}	3.0 ^{ab}	1.8 ^{ab}	1.0	0.2	0.7 ^b
Gender by Age						
Males						
12-13	4.3	3.8	2.3	1.2	0.2	0.5
14-15	4.3	3.7	2.2	1.3	0.2	0.6
16-17	3.9	3.4	2.1	1.1	0.2	0.4
Females						
12-13	3.6 ^b **	3.0 ^b **	1.9 ^b ***	0.9	0.2	0.6
14-15	3.0 ^a	2.5 ^a	1.5 ^a	0.9	0.1	0.5
16-17	3.0 ^a	2.4 ^a	1.4 ^a	0.8	0.2	0.5
Smoking Status						
Non-Smokers	3.6 *	3.1	1.9	1.0 **	0.2	0.5
Smokers	4.3	3.6	2.0	1.4	0.2	0.7
Physical Activity Status						
Regular	3.9 ***	3.4 ***	2.0 ***	1.1 ***	0.2 **	0.5
Irregular	2.8	2.3	1.4	0.8	0.1	0.5
Overweight Status						
Not at Risk	3.8	3.2	2.0	1.1	0.2	0.6 ***
At Risk/Overweight	3.5	3.1	1.8	1.1	0.2	0.4
Income Related Food Risk						
Yes	3.6	3.0	1.9	0.9 *	0.3	0.5
No	3.7	3.2	1.9	1.1	0.2	0.5

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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

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

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

How many times did you have yogurt yesterday, not including frozen yogurt?

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

	Servings¹ of Milk and Milk Products Reported Yesterday, Percent of Adolescents		
	0	1-2	3+
Total	5	32	62
Gender			
Males	3	27	69
Females	7	38	55
Ethnicity			
White	3	30	66
African American	5	37	58
Latino	7	33	60
Asian/Other	5	36	59
Gender by Age			
Males			
12-13	3	24	73
14-15	2	28	70
16-17	4	31	65
Females			
12-13	5	32	63
14-15	7	44	49
16-17	9	38	53
Smoking Status			
Non-Smokers	5	33	62
Smokers	6	30	64
Physical Activity Status			
Regular	4	29	67
Irregular	9	44	47
Overweight Status			
Not at Risk	4	31	65
At Risk/Overweight	10	34	56
Income Related Food Risk			
Yes	4	30	65
No	5	33	62

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<.001

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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				1% or Nonfat Milk, Percent of Adolescents
	Nonfat	1%	2%	Whole	
Total	23	15	44	19	30
Gender					
Males	20	14	46	20	29
Females	25	16	42	18	31
Ethnicity					
White	24	18	51	8	34
African American	11	12	48	28	18
Latino	20	14	35	31	27
Asian/Other	31	8	37	24	32
Gender by Age					
Males					
12-13	30	16	36	18	41
14-15	19	11	48	21	26
16-17	12	14	53	20	22
Females					
12-13	30	16	41	14	39
14-15	29	12	40	19	31
16-17	15	19	45	22	23
Smoking Status					
Non-Smokers	23	15	43	19	31
Smokers	14	11	53	22	20
Physical Activity Status					
Regular	23	14	45	19	30
Irregular	23	19	38	21	29
Overweight Status					
Not at Risk	22	15	46	16	31
At Risk/Overweight	22	13	40	25	26
Income Related Food Risk					
Yes	23	15	37	25	33
No	23	15	45	17	30

¹Out of Milk Drinkers that knew fat percentage. (n=917)

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

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

Chi Square Test

* p<.05

** p<.01

*** p<.001

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

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

	Servings of Dairy Products Believed Needed, Percent of Adolescents	
	0-2	3+
Total	23	77
Gender		
Males	23	77
Females	24	76
Ethnicity		
White	17	83
African American	30	70
Latino	31	69
Asian/Other	19	81
Gender by Age		
Males		
12-13	25	75
14-15	22	78
16-17	23	77
Females		
12-13	25	75
14-15	19	81
16-17	28	72
Smoking Status		
Non-Smokers	24	76
Smokers	18	82
Physical Activity Status		
Regular	19	81
Irregular	37	63
Overweight Status		
Not at Risk	21	79
At Risk/Overweight	27	73
Income Related Food Risk		
Yes	33	67
No	22	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.

Chi Square Test

* p<.05

*** p<.001