

2002 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	3.0	
Gender		
Males	2.9	*
Females	3.1	
Ethnicity		
White	3.1 ^b	**
African American	2.6 ^a	
Latino	3.0 ^b	
Asian/Other	2.9 ^{ab}	
Gender by Age		
Males		
12-13	3.1 ^b	**
14-15	2.8 ^a	
16-17	2.8 ^a	
Females		
12-13	3.2	
14-15	3.1	
16-17	3.0	
Smoking Status		
Non-Smokers	3.0	
Smokers	2.9	
Physical Activity Status		
Regular	3.1	***
Irregular	2.7	
Overweight Status		
Not at Risk	3.0	*
At Risk/Overweight	2.8	
Income Related Food Risk		
Yes	3.1	
No	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<.01

*** p<.001