

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

**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
<b>Total</b>	<b>4.5</b>	<b>3.4</b>	<b>1.1</b>
<b>Gender</b>			
Males	4.7 <sup>*</sup>	3.5 <sup>*</sup>	1.2
Females	4.3	3.2	1.1
<b>Ethnicity</b>			
White	4.7	3.3	1.4 <sup>b</sup> ***
African American	4.1	3.1	1.0 <sup>a</sup>
Latino	4.5	3.6	0.9 <sup>a</sup>
Asian/Other	4.2	3.2	1.0 <sup>a</sup>
<b>Gender by Age</b>			
<b>Males</b>			
12-13	5.2 <sup>b</sup> *	4.1 <sup>b</sup> ***	1.1
14-15	4.5 <sup>a</sup>	3.4 <sup>a</sup>	1.1
16-17	4.4 <sup>a</sup>	3.1 <sup>a</sup>	1.3
<b>Females</b>			
12-13	4.8 <sup>b</sup> *	3.6 <sup>b</sup> *	1.2
14-15	4.0 <sup>a</sup>	2.9 <sup>a</sup>	1.1
16-17	4.2 <sup>ab</sup>	3.1 <sup>ab</sup>	1.1
<b>Smoking Status</b>			
Non-Smokers	4.5	3.4	1.1
Smokers	5.0	3.6	1.4
<b>Physical Activity Status</b>			
Regular	4.6 <sup>*</sup>	3.4	1.2 <sup>***</sup>
Irregular	4.1	3.2	0.8
<b>Overweight Status</b>			
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

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

**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]?

	<b>Ate 5 or More Servings of Fruits and Vegetables, Percent of Adolescents</b>
<b>Total</b>	<b>44</b>
<b>Gender</b>	
Males	47
Females	41
<b>Ethnicity</b>	
White	46
African American	42
Latino	44
Asian/Other	38
<b>Gender by Age</b>	
<b>Males</b>	
12-13	56
14-15	44
16-17	41
<b>Females</b>	
12-13	49
14-15	39
16-17	37
<b>Smoking Status</b>	
Non-Smokers	44
Smokers	47
<b>Physical Activity Status</b>	
Regular	46
Irregular	38
<b>Overweight Status</b>	
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

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

**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 <sup>1</sup>	Vegetables
<b>Total</b>	<b>1.7</b>	<b>1.7</b>	<b>0.2</b>	<b>0.9</b>
<b>Gender</b>				
Males	1.8	1.8	0.2	1.0
Females	1.6	1.6	0.2	0.9
<b>Ethnicity</b>				
White	1.5 <sup>a</sup> **	1.7	0.3	1.2 <sup>b</sup> ***
African American	1.5 <sup>ab</sup>	1.6	0.2	0.8 <sup>ab</sup>
Latino	1.9 <sup>b</sup>	1.7	0.1	0.7 <sup>a</sup>
Asian/Other	1.9 <sup>ab</sup>	1.3	0.2	0.7 <sup>a</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	2.1 <sup>b</sup> **	2.0 <sup>b</sup> *	0.2	0.9
14-15	1.8 <sup>ab</sup>	1.6 <sup>a</sup>	0.2	0.9
16-17	1.4 <sup>a</sup>	1.7 <sup>ab</sup>	0.3	1.0
<b>Females</b>				
12-13	1.7	1.8 <sup>b</sup> *	0.2	1.0
14-15	1.6	1.4 <sup>a</sup>	0.2	0.8
16-17	1.5	1.6 <sup>ab</sup>	0.2	0.9
<b>Smoking Status</b>				
Non-Smokers	1.7	1.6 *	0.2	0.9 *
Smokers	1.5	2.1	0.1	1.3
<b>Physical Activity Status</b>				
Regular	1.7	1.7	0.2	1.0 **
Irregular	1.6	1.7	0.2	0.7
<b>Overweight Status</b>				
Not at Risk	1.7	1.7	0.2	0.9
At Risk/Overweight	1.6	1.6	0.2	1.0

<sup>1</sup> 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

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

**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 <sup>1</sup> , Percent of Adolescents	Reported No Servings of Fruits or Juices <sup>2</sup> , Percent of Adolescents	Reported No Servings of Vegetables or Salad <sup>2</sup> , Percent of Adolescents
<b>Total</b>	<b>9</b>	<b>14</b>	<b>51</b>
<b>Gender</b>			
Males	9	14	51
Females	10	14	51
<b>Ethnicity</b>			
White	6	12	41
African American	19	25	55
Latino	10	12	62
Asian/Other	13	18	55
<b>Gender by Age</b>			
<b>Males</b>			
12-13	8	10	53
14-15	6	10	51
16-17	11	20	49
<b>Females</b>			
12-13	7	13	44
14-15	15	18	54
16-17	8	12	55
<b>Smoking Status</b>			
Non-Smokers	9	13	51
Smokers	16	20	50
<b>Physical Activity Status</b>			
Regular	8	13	50
Irregular	12	16	56
<b>Overweight Status</b>			
Not at Risk	8	13	48
At Risk/Overweight	10	15	55

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

<sup>2</sup> 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

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

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

<sup>1</sup> Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

<sup>2</sup> 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+
<b>Total</b>	<b>10</b>	<b>35</b>	<b>55</b>
<b>Gender</b>			
Males	9	34	57
Females	10	37	53
<b>Ethnicity</b>			
White	7	32	61
African American	16	44	41
Latino	12	39	49
Asian/Other	11	31	59
<b>Gender by Age</b>			
<b>Males</b>			
12-13	9	28	62
14-15	6	33	60
16-17	12	40	48
<b>Females</b>			
12-13	9	36	55
14-15	12	37	51
16-17	10	36	54
<b>Smoking Status</b>			
Non-Smokers	10	35	55
Smokers	11	35	54
<b>Physical Activity Status</b>			
Regular	9	34	58
Irregular	15	42	43
<b>Overweight Status</b>			
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 <sup>1</sup>
<b>Total</b>	<b>58</b>	<b>29</b>	<b>13</b>
<b>Gender</b>			
Males	57	29	15
Females	59	29	12
<b>Ethnicity</b>			
White	49	36	15
African American	76	19	6
Latino	66	24	10
Asian/Other	58	23	19
<b>Gender by Age</b>			
<b>Males</b>			
12-13	63	25	13
14-15	59	29	12
16-17	49	32	19
<b>Females</b>			
12-13	69	23	8
14-15	60	26	14
16-17	48	39	13
<b>Smoking Status</b>			
Non-Smokers	58	29	13
Smokers	51	30	20
<b>Physical Activity Status</b>			
Regular	57	30	13
Irregular	64	23	13
<b>Overweight Status</b>			
Not at Risk	56	31	13
At Risk/Overweight	62	24	14

<sup>1</sup> 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 <sup>1</sup>	Eat Enough	Not Enough Time	Not Important	Don't Know
<b>Total</b>	<b>16</b>	<b>22</b>	<b>23</b>	<b>16</b>	<b>5</b>	<b>10</b>	<b>3</b>	<b>2</b>	<b>3</b>
<b>Gender</b>									
Males	14	22	22	17	4	12	3	2	3
Females	19	12	23	14	6	9	4	1	3
<b>Ethnicity</b>									
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
<b>Gender by Age</b>									
<b>Males</b>									
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
<b>Females</b>									
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
<b>Smoking Status</b>									
Non-Smokers	15	22	23	16	5	10	3	2	3
Smokers	33	17	17	18	4	8	3	2	0
<b>Physical Activity Status</b>									
Regular	17	22	23	15	5	11	3	2	2
Irregular	16	19	22	19	5	7	5	1	5
<b>Overweight Status</b>									
Not at Risk	17	23	21	17	5	10	4	2	2
At Risk/Overweight	17	17	29	11	6	11	2	1	5

<sup>1</sup> 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 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?

	<b>Ate One or More Salads, Percent of Adolescents</b>	<b>Used Low Fat/ Reduced Fat/ Fat Free Salad Dressing<sup>1</sup>, Percent Who Ate Salad</b>
<b>Total</b>	<b>14</b>	<b>41</b>
<b>Gender</b>		
Males	13	43
Females	14	38
<b>Ethnicity</b>		
White	17	39
African American	14	43
Latino	10	49
Asian/Other	13	32
<b>Gender by Age</b>		
<b>Males</b>		
12-13	12	36
14-15	12	46
16-17	15	48
<b>Females</b>		
12-13	17	37
14-15	14	41
16-17	11	37
<b>Smoking Status</b>		
Non-Smokers	14	40
Smokers	9	59
<b>Physical Activity Status</b>		
Regular	14	42
Irregular	12	36
<b>Overweight Status</b>		
Not at Risk	14	37
At Risk/Overweight	13	55

<sup>1</sup> 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