

2004 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 26: Consumption by 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, 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 candy bars or packages of candy?
 Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona or Sobe did you drink?
 How many servings of french fries did you eat yesterday?

	Food Eaten From Each Category Yesterday, Percent of Adolescents						
	Regular Soda	Candy	Chips/Fried Snacks	Bakery Desserts	Deep Fried Foods	Breakfast Pastries	French Fries
Total	62	31	39	38	18	24	18
Gender							
Males	67 ***	30	40	37	20	24	21 *
Females	57	31	38	38	16	24	16
Ethnicity							
White	59 ***	29	36 *	40 ***	14 **	23	16 *
African American	73	35	29	27	30	21	25
Latino	67	34	40	33	19	26	21
Asian/Other	53	24	47	51	21	24	13
Gender by Age							
Males							
12-13	70	31	45	41	26 *	25	20
14-15	62	27	40	38	16	27	21
16-17	71	33	35	33	17	21	22
Females							
12-13	62 *	33	42	36	19	26	16
14-15	59	30	41	35	15	25	15
16-17	49	30	31	43	14	22	16
Smoking Status							
Non-Smokers	62	31	39	37	18	24	18
Smokers	73	31	36	44	19	28	24
Physical Activity Status							
Regular	62	30	41 **	38	19	24	19
Irregular	62	32	32	36	16	24	16
Overweight Status							
Not at Risk	60 *	31	39	39	17	25	18
At Risk/Overweight	68	31	39	35	21	20	19
Income Related Food Risk							
Yes	67	36 *	46 *	42	22	25	24 *
No	61	29	38	37	17	25	17

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 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents

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, 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 candy bars or packages of candy?

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona or Sobe did you drink?

	Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday, Percent of Adolescents				
	0-1	2	3	4+	2 or More
Total	35	29	22	14	65
Gender					
Males	32	31	22	15	68*
Females	38	27	21	14	62
Ethnicity					
White	39	28	21	12	61
African American	38	25	21	16	62
Latino	31	30	22	17	69
Asian/Other	33	29	23	14	67
Gender by Age					
Males					
12-13	32	23	25	20	68*
14-15	29	35	24	12	71
16-17	34	35	18	13	66
Females					
12-13	33	26	25	15	67
14-15	40	26	19	15	60
16-17	41	29	19	11	59
Smoking Status					
Non-Smokers	35	29	22	14	65
Smokers	34	28	16	21	66
Physical Activity Status					
Regular	34	29	22	15	66
Irregular	38	28	22	11	62
Overweight Status					
Not at Risk	35	29	22	14	65
At Risk/Overweight	33	29	22	16	67
Income Related Food Risk					
Yes	27	30	23	20	73**
No	36	29	22	14	64

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

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Table 34b: Typical Weekly Frequency of Eating at Fast Food Restaurants among California Adolescents

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Number of Times Ate at Fast Food Restaurants Per Week, Percent of Adolescents			
	0	1	2	3+
Total	16	44	23	16
Gender				
Males	16	44	23	17
Females	17	45	23	16
Ethnicity				
White	24	40	20	16
African American	20	39	23	18
Latino	7	52	24	17
Asian/Other	22	39	25	14
Gender by Age				
Males				
12-13	21	42	25	12
14-15	13	49	23	15
16-17	13	42	20	24
Females				
12-13	19	45	26	10
14-15	17	46	19	17
16-17	15	42	22	20
Smoking Status				
Non-Smokers	17	45	23	15
Smokers	13	26	24	36
Physical Activity Status				
Regular	17	44	23	16
Irregular	15	47	21	17
Overweight Status				
Not at Risk	17	43	23	16
At Risk/Overweight	12	48	22	18
Income Related Food Risk				
Yes	11	49	20	20
No	17	45	23	15

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 68: Mean Consumption of Soft Drinks or Sweetened Beverages among California Adolescents

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?

	Mean Regular Sodas or Sweetened Beverages Drank by Adolescents Yesterday
Total	1.2
Gender	
Males	1.3 ***
Females	1.0
Ethnicity	
White	1.1
African American	1.3
Latino	1.3
Asian/Other	1.2
Gender by Age	
Males	
12-13	1.2 ^a ***
14-15	1.1 ^a
16-17	1.7 ^b
Females	
12-13	1.1
14-15	1.0
16-17	0.9
Smoking Status	
Non-Smokers	1.1 ***
Smokers	2.2
Physical Activity Status	
Regular	1.2
Irregular	1.3
Overweight Status	
Not at Risk	1.1 ***
At Risk/Overweight	1.5
Income Related Food Risk	
Yes	1.4 *
No	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).

ANOVA

* p<.05

*** p<.001

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Table 69: Consumption of Soft Drinks or Sweetened Beverages among California Adolescents

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?

	Drank Regular Soda or Sweetened Beverages Yesterday, Percent of Adolescents		
	0	1	2+
Total	38	32	31
Gender			
Males	33	32	35
Females	43	31	26
Ethnicity			
White	41	33	27
African American	27	43	31
Latino	33	32	35
Asian/Other	47	22	30
Gender by Age			
Males			
12-13	30	37	32
14-15	38	29	32
16-17	29	30	41
Females			
12-13	38	33	29
14-15	41	32	28
16-17	51	27	22
Smoking Status			
Non-Smokers	38	32	30
Smokers	27	21	51
Physical Activity Status			
Regular	38	31	32
Irregular	38	34	28
Overweight Status			
Not at Risk	40	33	27
At Risk/Overweight	32	27	41
Income Related Food Risk			
Yes	33	33	34
No	39	31	30

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

Chi-Square Test

*** p<.001