

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

Table 26: Consumption of 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 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?

| | Food Eaten From Each Category Yesterday, Percent of Adolescents | | | | | |
|---------------------------------|--|--------------|---------------------------|------------------------|-------------------------|---------------------------|
| | Regular Soda | Candy | Chips/Fried Snacks | Bakery Desserts | Deep Fried Foods | Breakfast Pastries |
| Total | 70 | 34 | 39 | 39 | 20 | 24 |
| Gender | | | | | | |
| Males | 72 | 31 | 40 | 39 | 20 | 27 * |
| Females | 67 | 36 | 37 | 40 | 20 | 22 |
| Ethnicity | | | | | | |
| White | 65 ** | 29 ** | 37 | 39 ** | 16 ** | 26 *** |
| African American | 82 | 45 | 48 | 58 | 20 | 39 |
| Latino | 71 | 36 | 37 | 36 | 22 | 20 |
| Asian/Other | 74 | 36 | 43 | 38 | 27 | 21 |
| Gender by Age | | | | | | |
| Males | | | | | | |
| 12-13 | 70 | 32 | 42 | 42 | 19 | 27 |
| 14-15 | 73 | 34 | 42 | 40 | 19 | 23 |
| 16-17 | 72 | 29 | 37 | 35 | 22 | 30 |
| Females | | | | | | |
| 12-13 | 71 | 36 * | 40 | 37 | 20 | 24 |
| 14-15 | 69 | 42 | 35 | 44 | 19 | 20 |
| 16-17 | 61 | 29 | 35 | 39 | 20 | 21 |
| Smoking Status | | | | | | |
| Non-Smokers | 69 | 34 | 38 | 39 | 20 * | 25 |
| Smokers | 79 | 25 | 49 | 38 | 10 | 20 |
| Physical Activity Status | | | | | | |
| Regular | 70 | 33 | 41 ** | 40 | 18 * | 26 * |
| Irregular | 67 | 36 | 31 | 36 | 25 | 19 |
| Overweight Status | | | | | | |
| Not at Risk | 69 | 35 | 40 | 39 | 20 | 25 |
| At Risk/Overweight | 73 | 31 | 36 | 40 | 16 | 22 |
| Income Related Food Risk | | | | | | |
| Yes | 72 | 36 | 42 | 37 | 24 | 16 ** |
| No | 69 | 33 | 37 | 39 | 19 | 27 |

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

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

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 | 3 or More |
| Total | 31 | 29 | 22 | 18 | 69 | 40 |
| Gender | | | | | | |
| Males | 31 | 28 | 22 | 19 | 69 | 41 |
| Females | 31 | 31 | 21 | 17 | 69 | 38 |
| Ethnicity | | | | | | |
| White | 35 | 31 | 19 | 15 | 65 | 34 |
| African American | 14 | 25 | 25 | 36 | 86 | 61 |
| Latino | 31 | 28 | 23 | 18 | 69 | 41 |
| Asian/Other | 25 | 32 | 24 | 19 | 75 | 43 |
| Gender by Age | | | | | | |
| Males | | | | | | |
| 12-13 | 29 | 29 | 25 | 17 | 71 | 43 |
| 14-15 | 26 | 34 | 21 | 19 | 74 | 39 |
| 16-17 | 37 | 21 | 21 | 22 | 63 | 42 |
| Females | | | | | | |
| 12-13 | 31 | 26 | 25 | 18 | 69 | 43 |
| 14-15 | 27 | 35 | 20 | 18 | 73 | 38 |
| 16-17 | 34 | 33 | 18 | 15 | 66 | 33 |
| Smoking Status | | | | | | |
| Non-Smokers | 30 | 30 | 22 | 18 | 69 | 40 |
| Smokers | 33 | 29 | 21 | 17 | 67 | 38 |
| Physical Activity Status | | | | | | |
| Regular | 29 | 30 | 22 | 19 | 71 | 40 |
| Irregular | 37 | 25 | 22 | 16 | 63 | 38 |
| Overweight Status | | | | | | |
| Not at Risk | 29 | 31 | 22 | 18 | 71 | 40 |
| At Risk/Overweight | 33 | 27 | 23 | 17 | 66 | 40 |
| Income Related Food Risk | | | | | | |
| Yes | 26 | 34 | 23 | 17 | 73 | 40 |
| No | 32 | 29 | 21 | 18 | 68 | 39 |

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<.001

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

Table 67: Consumption of Diet Soft Drinks or Diet Sweetened Beverages among California Adolescents

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like sugar free Snapple, Kool-Aid, Arizona, or Sobe did you drink?

| | Mean Diet Soda or Diet Sweetened Beverages Drank by Adolescents Yesterday¹ |
|---------------------------------|--|
| Total | 0.2 |
| Gender | |
| Males | 0.3 |
| Females | 0.2 |
| Ethnicity | |
| White | 0.3 ^a |
| African American | 0.1 ^a |
| Latino | 0.2 ^a |
| Asian/Other | 0.2 ^a |
| Gender by Age | |
| Males | |
| 12-13 | 0.3 |
| 14-15 | 0.2 |
| 16-17 | 0.3 |
| Females | |
| 12-13 | 0.2 |
| 14-15 | 0.3 |
| 16-17 | 0.2 |
| Smoking Status | |
| Non-Smokers | 0.2 |
| Smokers | 0.2 |
| Physical Activity Status | |
| Regular | 0.2 |
| Irregular | 0.2 |
| Overweight Status | |
| Not at Risk | 0.2 |
| At Risk/Overweight | 0.2 |
| Income Related Food Risk | |
| Yes | 0.3 |
| No | 0.2 |

¹ 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

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

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 beverages like Snapple, Kool-Aid, Arizona or Sobe did you drink?

| | Mean Regular Sodas Drank or Sweetened Beverages by Adolescents Yesterday |
|---------------------------------|---|
| Total | 1.4 |
| Gender | |
| Males | 1.6 *** |
| Females | 1.2 |
| Ethnicity | |
| White | 1.3 ^a *** |
| African American | 1.9 ^b |
| Latino | 1.4 ^a |
| Asian/Other | 1.3 ^a |
| Gender by Age | |
| Males | |
| 12-13 | 1.4 |
| 14-15 | 1.6 |
| 16-17 | 1.7 |
| Females | |
| 12-13 | 1.2 |
| 14-15 | 1.2 |
| 16-17 | 1.1 |
| Smoking Status | |
| Non-Smokers | 1.3 *** |
| Smokers | 2.0 |
| Physical Activity Status | |
| Regular | 1.4 ** |
| Irregular | 1.1 |
| Overweight Status | |
| Not at Risk | 1.3 ** |
| At Risk/Overweight | 1.6 |
| Income Related Food Risk | |
| Yes | 1.3 |
| No | 1.4 |

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).

Chi Square Test

** p<.01

*** p<.001

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

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

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

| | Drank Regular Soda or Sweetened Beverages, Percent of Adolescents | | |
|---------------------------------|--|-----------|-----------|
| | 0 | 1 | 2+ |
| Total | 30 | 35 | 35 |
| Gender | | | |
| Males | 28 | 32 | 40 |
| Females | 33 | 38 | 29 |
| Ethnicity | | | |
| White | 35 | 35 | 30 |
| African American | 18 | 30 | 53 |
| Latino | 29 | 34 | 37 |
| Asian/Other | 26 | 41 | 32 |
| Gender by Age | | | |
| Males | | | |
| 12-13 | 30 | 33 | 38 |
| 14-15 | 27 | 32 | 41 |
| 16-17 | 28 | 33 | 39 |
| Females | | | |
| 12-13 | 29 | 40 | 32 |
| 14-15 | 31 | 40 | 29 |
| 16-17 | 39 | 33 | 28 |
| Smoking Status | | | |
| Non-Smokers | 31 | 35 | 34 |
| Smokers | 21 | 33 | 47 |
| Physical Activity Status | | | |
| Regular | 30 | 34 | 36 |
| Irregular | 33 | 38 | 29 |
| Overweight Status | | | |
| Not at Risk | 31 | 35 | 33 |
| At Risk/Overweight | 27 | 31 | 42 |
| Income Related Food Risk | | | |
| Yes | 28 | 40 | 31 |
| No | 31 | 33 | 36 |

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

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

Table 70: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit and Vegetables and Milk among California Adolescents

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

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

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

| Drank Regular Soda | % | Percent of Adolescents | | | | | | | | |
|--------------------|----|---|-----|----|-------------------|----|------------------------|----|--|----|
| | | Ate 5 or More Servings of Fruits and Vegetables | | | Servings of Fruit | | Servings of Vegetables | | Servings of Fruits and Vegetables Believed for Good Health | |
| | | 0-2 | 3-4 | 5+ | 0-1 | 2+ | 0-2 | 3+ | 0-4 | 5+ |
| Yes | 70 | 35 25 39 | | | 32 | 68 | 84 16 | | 33 67 | |
| No | 30 | 28 26 46 | | | 32 | 68 | 76 24 | | 27 73 | |

| Drank Regular Soda | % | Percent of Adolescents | | | |
|--------------------|----|------------------------|----|--|----|
| | | Servings of Milk | | Believed Servings of Milk Needed for Good Health | |
| | | 0-2 | 3+ | 0-2 | 3+ |
| Yes | 70 | 70 | 30 | 24 | 22 |
| No | 30 | 72 | 28 | 76 | 78 |

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

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

Chi-Square Test

* p<.05

*** p<.001