

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

**Table 71: Access in School to Fast Food, High Calorie, Low Nutrient Foods Through Vending Machines and Student Stores among California Adolescents**

Does your school serve food from fast food restaurants like Burger King, McDonald's, Taco Bell, or Subway every day?

Does your school have a student store where chips, cookies or soda are sold?

Does your school have a soda vending machine that students can use?

Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?

	<b>2 or More Unhealthy Foods Available at School, Percent of Adolescents</b>
<b>Total</b>	<b>81</b>
<b>Gender</b>	
Males	81
Females	80
<b>Ethnicity</b>	
White	78
African American	80
Latino	84
Asian/Other	82
<b>Gender by Age</b>	
<b>Males</b>	
12-13	62 ***
14-15	89
16-17	94
<b>Females</b>	
12-13	56 ***
14-15	95
16-17	91
<b>Smoking Status</b>	
Non-Smokers	81
Smokers	82
<b>Physical Activity Status</b>	
Regular	83 **
Irregular	74
<b>Overweight Status</b>	
Not at Risk	82
At Risk/Overweight	79
<b>Income Related Food Risk</b>	
Yes	81
No	82

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

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

**Table 81a: Cross Tabulation of Consumption of School Breakfast by Healthy Eating Practices**

Did you eat a complete school breakfast yesterday?

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]?

What cereal did you eat the most of yesterday?

What percent fat was most of the milk you drank yesterday?

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?

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

Ate School Breakfast	%	Percent of Adolescents			Percent of Adolescents			
		Servings of Fruits and Vegetables			Servings of Fruit		Servings of Vegetables	
		0-2	3-4	5+	0-1	2+	0-2	3+
Yes	24	15	19	66	14	86	83	17
No	76	32	28	40	30	70	79	21

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Milk		Milk Fat Type (Out of Milk Drinkers)		
		0-2	3+	Non-Fat /	2%	Whole
Yes	24	62	38	43	40	17
No	76	70	30	36	45	20

Ate School Breakfast	%	Percent of Adolescents				
		Servings of Whole Grain Bread			Ate Hi-Fiber Cereal <sup>1</sup>	
		0	1-3	4+	Yes	No
Yes	24	27	58	14	7	93
No	76	29	55	15	20	80

<sup>1</sup> High Fiber cereals are defined as having  $\geq 2.5$  grams of fiber per serving

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Chi Square Test

\*  $p < .05$

\*\*\*  $p < .001$

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

**Table 81b: Cross Tabulation of Consumption of School Breakfast by Unhealthy Eating Practices**

Did you eat a complete school breakfast yesterday?

Yesterday did you eat any pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

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

Ate School Breakfast	%	Percent of Adolescents		
		Servings of Regular Soda Consumed		
		0	1	2+
Yes	24	29	42	29
No	76	35	32	33

Ate School Breakfast	%	Percent of Adolescents			
		Ate Pastries Yesterday		Ate Sweet Snacks Yesterday	
		Yes	No	Yes	No
Yes	24	32	68	38	62
No	76	27	73	42	58

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Chi Square Test

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

**Table 83: Cross Tabulation of School Breakfast Consumption and Taking a Class on Healthy Eating by Healthy Eating Recommendations**

Did you eat a complete school breakfast yesterday?

In the last year, have you taken a class or course at school in which the health effects of good eating habits were discussed?

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 times did you have cheese yesterday, including on a cheese burger, 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, pudding, or frozen yogurt in a smoothie?

		Percent of Adolescents	Percent of Adolescents	
			Ate 5 or More Servings of Fruits and Vegetables <sup>1</sup>	Ate 3 or More Servings of Dairy Products <sup>1</sup>
<b>Ate School Breakfast</b>	<b>Yes</b>	24	66	74
	<b>No</b>	76	40	63
<b>Had Class on Healthy Eating</b>	<b>Yes</b>	61	46	63
	<b>No</b>	39	35	61

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.

<sup>1</sup>Chi Square Test

<sup>2</sup>ANOVA

\* p<.05

\*\*\* p<.001

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

**Table 88: Type of Transportation to School among California Adolescents**

How do you usually get to school?  
How do you usually get home from school?

	Walk or Ride Bike to School, Percent of Adolescents	Walk or Ride Bike from School, Percent of Adolescents
<b>Total</b>	<b>20</b>	<b>31</b>
<b>Gender</b>		
Males	23 *	36 ***
Females	16	25
<b>Ethnicity</b>		
White	14 ***	24 ***
African American	28	34
Latino	26	39
Asian/Other	16	29
<b>Gender by Age</b>		
<b>Males</b>		
12-13	22	33
14-15	26	41
16-17	19	33
<b>Females</b>		
12-13	26 ***	34 **
14-15	10	23
16-17	13	18
<b>Smoking Status</b>		
Non-Smokers	20	31
Smokers	16	27
<b>Physical Activity Status</b>		
Regular	20	30
Irregular	19	32
<b>Overweight Status</b>		
Not at Risk	19	30
At Risk/Overweight	20	31
<b>Income Related Food Risk</b>		
Yes	25	42 ***
No	20	29

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

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

**Table 90: Food Assistance Among California Adolescents**

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

	Household Receives Food Assistance, Percent of Adolescents	
	Food Stamps	WIC
<b>Total</b>	<b>12</b>	<b>9</b>
<b>Gender</b>		
Males	13	8
Females	11	10
<b>Ethnicity</b>		
White	6	3
African American	19	17
Latino	17	17
Asian/Other	16	1
<b>Gender by Age</b>		
<b>Males</b>		
12-13	15	11
14-15	13	8
16-17	10	6
<b>Females</b>		
12-13	16	12
14-15	10	9
16-17	8	8
<b>Smoking Status</b>		
Non-Smokers	12	9
Smokers	9	10
<b>Physical Activity Status</b>		
Regular	11	8
Irregular	17	11
<b>Overweight Status</b>		
Not at Risk	11	7
At Risk/Overweight	13	11
<b>Income Related Food Risk</b>		
Yes	N/A	N/A
No	N/A	N/A

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

Chi Square Test

\* p<.05

\*\*\* p<.001

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

**Table 90a: California Adolescents that Received Free or Reduced Price School Meals**

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

	<b>Receive Free or Reduced Price School Meals, Percent of Adolescents</b>	
<b>Total</b>	<b>20</b>	
<b>Gender</b>		
Males	19	
Females	21	
<b>Ethnicity</b>		
White	13	***
African American	42	
Latino	25	
Asian/Other	19	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	25	*
14-15	15	
16-17	17	
<b>Females</b>		
12-13	25	*
14-15	14	
16-17	24	
<b>Smoking Status</b>		
Non-Smokers	20	
Smokers	22	
<b>Physical Activity Status</b>		
Regular	20	
Irregular	19	
<b>Overweight Status</b>		
Not at Risk	17	***
At Risk/Overweight	27	
<b>Income Related Food Risk</b>		
Yes	46	***
No	13	

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Chi Square Test

\* p<.05

\*\*\* p<.001