

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 35: Frequency of Vigorous Physical Activity in the Past Week Among California Adolescents (N=1,256)

On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	Percent of Adolescents			
	Number of Days Adolescent Reported 20 Minutes or More of Vigorous Physical Activity in the Past Week			
	0-1	2-3	4-5	6-7
Total	12.5	25.0	35.5	27.0
Gender				
Male	6.8	23.5	36.4	33.2
Female	18.5	26.5	34.4	20.5
Ethnicity				
White	11.3	20.4	35.1	33.2
African American	9.8	23.8	39.7	26.7
Latino	16.6	28.6	36.9	17.8
Asian/Other	5.7	27.8	30.0	36.5
Gender by Age				
Males				
12-13	2.9	25.8	39.4	32.0
14-15	7.0	23.5	33.8	35.7
16-17	10.7	21.2	36.1	31.9
Females				
12-13	11.0	33.7	30.8	24.5
14-15	16.6	21.4	45.6	16.4
16-17	28.4	24.2	26.9	20.5
Income				
<\$15,000	17.2	28.7	37.1	17.0
\$15,000 - \$24,999	15.6	30.0	32.8	21.6
\$25,000 - \$34,999	15.1	28.4	33.5	23.0
\$35,000 - \$49,999	21.9	19.2	34.0	24.8
\$50,000 - \$74,999	7.0	23.1	50.8	19.0
≥\$75,000	10.9	25.3	30.6	33.3
Food Stamp Status, % FPL¹				
Participant, ≤130%	13.4	31.0	39.3	16.3
Likely Eligible, ≤130%	16.7	28.7	34.2	20.4
Not Eligible, >185%	10.2	21.7	33.6	34.4
Smoking Status				
Non-Smoker	12.7	24.8	35.2	27.2
Smoker	9.6	25.1	41.9	23.4
Overweight Status				
Not Overweight	12.0	24.6	34.7	28.7
Overweight/Obese	14.4	23.6	40.5	21.4

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 35a: Days in the Past Week Reporting an Hour or More of Physical Activity Among California Adolescents (N=1,256)

Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	Percent of Adolescents			
	Number of Days Adolescent Reported 60 Minutes or More of Physical Activity in the Past Week			
	0-1	2-3	4-5	6-7
Total	20.9	30.8	27.9	20.3
Gender				
Male	13.8	31.2	29.9	25.0
Female	28.5	30.4	25.8	15.4
Ethnicity				
White	16.5	28.5	31.3	23.7
African American	21.6	40.9	22.9	14.6
Latino	24.8	33.6	26.4	15.3
Asian/Other	21.6	23.8	26.0	28.7
Gender by Age				
Males				
12-13	11.4	29.7	32.1	26.8
14-15	17.4	28.7	26.9	27.0
16-17	12.6	35.4	30.6	21.3
Females				
12-13	23.0	34.2	24.4	18.4
14-15	34.9	28.3	24.3	12.5
16-17	27.6	28.4	29.0	15.0
Income				
<\$15,000	22.8	31.1	29.8	16.2
\$15,000 - \$24,999	19.2	42.5	22.6	15.8
\$25,000 - \$34,999	21.9	37.3	26.7	14.1
\$35,000 - \$49,999	16.6	30.4	31.1	21.9
\$50,000 - \$74,999	14.5	30.3	35.7	19.5
≥\$75,000	21.0	27.3	28.2	23.5
Food Stamp Status, % FPL¹				
Participant, ≤130%	20.2	31.7	29.6	18.4
Likely Eligible, ≤130%	25.0	36.4	22.5	16.2
Not Eligible, >185%	18.3	28.0	30.6	23.2
Smoking Status				
Non-Smoker	21.0	31.2	27.8	19.9
Smoker	19.6	23.1	26.3	31.0
Overweight Status				
Not Overweight	20.0	31.4	26.5	22.2
Overweight/Obese	23.9	26.5	35.0	14.6

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day (N=1,250)

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking?

	Percent of Adolescents ¹	Mean
	One Hour or More of Moderate or Vigorous Physical Activity Yesterday	Minutes of Moderate and Vigorous Physical Activity Yesterday ²
Total	50.1	69.0
Gender		
Male	54.9 ***	77.0 ***
Female	45.1	60.7
Ethnicity		
White	54.3 **	73.1
African American	45.4	80.6
Latino	50.7	66.0
Asian/Other	39.6	60.7
Gender by Age		
Males		
12-13	56.8	76.0
14-15	56.2	81.8
16-17	51.7	73.4
Females		
12-13	46.6	64.7 ^b **
14-15	45.2	67.0 ^b
16-17	43.4	50.0 ^a
Income		
<\$15,000	34.7 **	53.1 ^a **
\$15,000 - \$24,999	48.8	65.7 ^{ab}
\$25,000 - \$34,999	62.3	72.9 ^{ab}
\$35,000 - \$49,999	56.3	88.8 ^b
\$50,000 - \$74,999	45.9	54.4 ^a
≥\$75,000	50.1	74.2 ^{ab}
Food Stamp Status, % FPL³		
Participant, ≤130%	40.2 **	61.9
Likely Eligible, ≤130%	54.3	69.4
Not Eligible, >185%	52.1	73.1
Smoking Status		
Non-Smoker	50.5	69.3
Smoker	46.3	66.3
Overweight Status		
Not Overweight	51.8	70.2
Overweight/Obese	45.2	67.8

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

Chi Square Test¹

ANOVA²

** p<.01

*** p<.001

³ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health (N=1,256)

About how many minutes do you think you should exercise or be physically active each day for good health? This includes all activities like bicycling, dancing, and playing basketball that you do at school, at home, and anywhere else you get exercise.

	Minutes of Physical Activity Believed Needed		
	0-29 minutes	30-59 minutes	60+ minutes
Total	4.4	26.6	69.0
Gender			
Male	4.0	26.8	69.1
Female	4.8	26.3	68.9
Ethnicity			
White	4.3	18.6	77.1
African American	2.1	26.8	71.2
Latino	5.9	33.1	61.0
Asian/Other	1.7	29.6	68.6
Gender by Age			
Males			
12-13	4.1	22.2	73.7
14-15	4.4	26.7	69.0
16-17	3.7	31.8	64.6
Females			
12-13	6.7	16.0	77.3
14-15	4.0	28.8	67.2
16-17	3.4	34.7	61.8
Income			
<\$15,000	9.2	20.4	70.4
\$15,000 - \$24,999	6.3	35.2	58.5
\$25,000 - \$34,999	2.9	26.6	70.5
\$35,000 - \$49,999	1.8	25.7	72.5
\$50,000 - \$74,999	5.1	19.7	75.2
≥\$75,000	6.2	24.5	69.3
Food Stamp Status, % FPL¹			
Participant, ≤130%	4.8	30.4	64.8
Likely Eligible, ≤130%	5.1	32.8	62.1
Not Eligible, >185%	3.9	23.0	73.2
Smoking Status			
Non-Smoker	4.2	25.9	69.9
Smoker	8.8	36.6	54.6
Physical Activity Status			
Regular	3.4	24.5	72.0
Irregular	7.8	33.9	58.4
Overweight Status			
Not Overweight	4.5	25.9	69.6
Overweight/Obese	3.7	29.5	66.8

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents (N=1,256)

Do you currently take physical education class in school?
 How many times a week do you have physical education class in school?
 How many minutes did you spend in physical education class?
 Other than physical education class, are you currently involved in any team or individual sports or activities, such as school team sports, intramural sports, or out-of school programs?

	Percent of Adolescents		Mean	
	Taking Physical Education in School ¹	Involved in Organized Sports ¹	Reported Days of Physical Education per Week ^{2,3}	Reported Minutes of Physical Education per Class ^{2,3}
Total	73.4	52.3	4.3	55.8
Gender				
Male	75.2	57.3 ***	4.3	56.3
Female	71.4	47.0	4.3	55.5
Ethnicity				
White	71.5	60.6 ***	4.2	62.6 ^b ***
African American	82.5	58.3	4.3	51.2 ^{ab}
Latino	73.9	45.5	4.4	52.1 ^a
Asian/Other	71.9	45.9	4.3	48.4 ^a
Gender by Age				
Males				
12-13	95.1 ***	57.0 ***	4.3	46.1 ^a ***
14-15	84.4	68.2	4.3	58.1 ^b
16-17	45.8	46.9	4.3	71.4 ^b
Females				
12-13	92.9 ***	45.0	4.2	50.9 ^a ***
14-15	82.5	46.9	4.4	64.8 ^b
16-17	37.6	49.1	4.3	51.0 ^a
Income				
<\$15,000	78.6 **	31.2 ***	4.6 ^b **	53.8
\$15,000 - \$24,999	74.8	40.0	4.5 ^b	47.9
\$25,000 - \$34,999	85.2	48.9	4.1 ^{ab}	60.6
\$35,000 - \$49,999	63.6	43.2	3.9 ^a	53.7
\$50,000 - \$74,999	74.9	59.6	4.2 ^{ab}	65.8
≥\$75,000	67.4	64.3	4.2 ^{ab}	63.3
Food Stamp Status, % FPL⁴				
Participant, ≤130%	81.3 ***	35.5 ***	4.4	51.6
Likely Eligible, ≤130%	76.9	46.1	4.3	58.3
Not Eligible, >185%	68.9	61.9	4.2	57.0
Smoking Status				
Non-Smoker	74.2 *	53.0	4.3	56.1
Smoker	60.1	40.8	4.3	47.4
Physical Activity Status				
Regular	70.7 ***	55.4 ***	4.3	57.2
Irregular	82.8	41.2	4.3	51.2
Overweight Status				
Not Overweight	72.9	55.3 **	4.3	55.9
Overweight/Obese	72.8	44.3	4.3	57.0

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).

¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

³ Of those taking Physical Education

⁴ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 39a: Percent of Adolescents Participating in Physical Education Classes Daily (N=921)

Do you currently take physical education class in school?
 How many times a week do you have physical education class in school?

	Percent of Adolescents ¹
Total	66.2
Gender	
Male	64.6
Female	67.9
Ethnicity	
White	63.4
African American	59.2
Latino	70.3
Asian/Other	65.8
Gender by Age	
Males	
12-13	65.2
14-15	61.0
16-17	70.1
Females	
12-13	66.3
14-15	72.2
16-17	62.5
Income	
<\$15,000	77.8
\$15,000 - \$24,999	78.9
\$25,000 - \$34,999	60.3
\$35,000 - \$49,999	56.0
\$50,000 - \$74,999	58.1
≥\$75,000	61.6
Food Stamp Status, % FPL²	
Participant, ≤130%	73.3
Likely Eligible, ≤130%	66.3
Not Eligible, >185%	61.0
Smoking Status	
Non-Smoker	66.1
Smoker	73.4
Physical Activity Status	
Regular	66.0
Irregular	66.6
Overweight Status	
Not Overweight	64.8
Overweight/Obese	69.6

¹ Of those taking Physical Education

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Chi Square Test

* p<.05

** p<.01

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40: Amount of Time Spent Watching Television and Using Computers Among California Adolescents (N=1,017)

On an average school day, how many minutes or hours did you watch television or videos or play video games?
 On an average school day, how many minutes or hours do you play computer games or use a computer for something that is not school work? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Video Games	Mean Minutes Spent on Computer for Non-School Work	Mean Minutes Spent Doing Homework on the Computer
Total	114.3	54.0	46.9
Gender			
Male	118.8	51.8	44.0*
Female	109.2	56.3	50.0
Ethnicity			
White	108.4 ^a *	50.6 ^a **	45.2 ^a ***
African American	136.7 ^b	51.2 ^{ab}	35.2 ^a
Latino	118.5 ^{ab}	51.1 ^a	42.5 ^a
Asian/Other	104.0 ^a	72.5 ^b	70.3 ^b
Gender by Age			
Males			
12-13	99.0 ^a ***	34.6 ^a ***	37.6 ^a **
14-15	117.9 ^{ab}	54.4 ^b	41.3 ^a
16-17	140.4 ^b	66.9 ^b	53.4 ^b
Females			
12-13	105.0	40.9 ^a ***	45.9 ^a **
14-15	118.1	56.0 ^{ab}	44.2 ^a
16-17	104.5	72.7 ^b	60.3 ^b
Income			
<\$15,000	128.6 ^{ab} ***	54.4	43.4 ^a *
\$15,000 - \$24,999	148.4 ^b	45.9	50.8 ^a
\$25,000 - \$34,999	135.5 ^b	52.1	41.0 ^a
\$35,000 - \$49,999	106.2 ^{ab}	54.8	35.2 ^a
\$50,000 - \$74,999	114.6 ^{ab}	46.7	44.7 ^a
≥\$75,000	99.7 ^a	56.0	55.3 ^a
Food Stamp Status, % FPL¹			
Participant, ≤130%	129.1 ^b ***	49.8	41.8 ^a **
Likely Eligible, ≤130%	127.8 ^b	48.3	41.5 ^a
Not Eligible, >185%	102.6 ^a	57.2	52.6 ^b
Smoking Status			
Non-Smoker	114.3	52.7	47.8*
Smoker	113.7	66.0	29.3
Physical Activity Status			
Regular	113.3	54.9	47.7
Irregular	117.6	50.5	44.4
Overweight Status			
Not Overweight	108.3***	52.2*	48.4
Overweight/Obese	131.5	63.9	43.9

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40a: Proportion of California Adolescents Meeting Healthy People 2010 Television Viewing Recommendation (N=1,105)

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

	Percent of Adolescents	
	Met Healthy People 2010 Recommendation ¹ for 2 hours or Less TV Watching on a School Day	
Total	50.9	
Gender		
Male	48.0 *	
Female	54.2	
Ethnicity		
White	59.0 ***	
African American	39.3	
Latino	47.3	
Asian/Other	47.5	
Gender by Age		
Males		
12-13	57.9 ***	
14-15	47.8	
16-17	37.9	
Females		
12-13	58.5	
14-15	48.6	
16-17	55.2	
Income		
<\$15,000	45.9 *	
\$15,000 - \$24,999	45.2	
\$25,000 - \$34,999	44.7	
\$35,000 - \$49,999	56.6	
\$50,000 - \$74,999	46.3	
≥\$75,000	58.6	
Food Stamp Status, % FPL²		
Participant, ≤130%	44.6 **	
Likely Eligible, ≤130%	45.5	
Not Eligible, >185%	56.6	
Smoking Status		
Non-Smoker	50.4	
Smoker	60.5	
Physical Activity Status		
Regular	52.7 *	
Irregular	44.8	
Overweight Status		
Not Overweight	52.1	
Overweight/Obese	47.5	

¹ Healthy People 2010 22-11: Increase the proportion of adolescents who view television 2 or fewer hours on a school day, with a goal of 75 percent.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms (N=1,256)

Do you have a television set in your bedroom?

	Percent of Adolescents	
	Have a Television in Bedroom	
Total	52.0	
Gender		
Male	56.0	**
Female	47.6	
Ethnicity		
White	37.3	***
African American	72.9	
Latino	68.0	
Asian/Other	35.2	
Gender by Age		
Males		
12-13	49.4	*
14-15	56.1	
16-17	62.8	
Females		
12-13	48.6	
14-15	52.5	
16-17	41.7	
Income		
<\$15,000	72.5	***
\$15,000 - \$24,999	70.2	
\$25,000 - \$34,999	71.4	
\$35,000 - \$49,999	64.1	
\$50,000 - \$74,999	55.7	
≥\$75,000	30.5	
Food Stamp Status, % FPL¹		
Participant, ≤130%	69.8	***
Likely Eligible, ≤130%	70.8	
Not Eligible, >185%	35.4	
Smoking Status		
Non-Smoker	52.1	
Smoker	55.0	
Physical Activity Status		
Regular	49.8	**
Irregular	59.5	
Overweight Status		
Not Overweight	48.2	***
Overweight/Obese	65.3	

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40d: Parental Limits on Screen Time Among California Adolescents (N=1,254)

On school days, do your parents or adults you live with limit how much time you spend watching television or videos, playing video or computer games, or being on the computer that is not for school work?
How many minutes or hours is that time limit?

	Percent of Adolescents	
	Parents Limit Non-Academic Screen Time on School Days	Screen Time Limited to 30 Minutes or Less Per School Day ¹
Total	52.9	18.8
Gender		
Male	52.4	22.2 *
Female	53.5	15.3
Ethnicity		
White	53.8	21.7
African American	47.3	15.8
Latino	53.1	16.8
Asian/Other	52.8	18.1
Gender by Age		
Males		
12-13	67.8 ***	17.3
14-15	54.5	29.4
16-17	34.5	20.9
Females		
12-13	72.8 ***	19.0
14-15	43.9	15.3
16-17	43.0	8.5
Income		
<\$15,000	50.3 ***	14.5 *
\$15,000 - \$24,999	60.1	7.9
\$25,000 - \$34,999	34.4	33.2
\$35,000 - \$49,999	65.2	15.6
\$50,000 - \$74,999	58.2	22.0
≥\$75,000	48.0	16.2
Food Stamp Status, % FPL²		
Participant, ≤130%	61.5 *	15.0
Likely Eligible, ≤130%	49.6	22.0
Not Eligible, >185%	51.4	19.8
Smoking Status		
Non-Smoker	54.5 ***	Insufficient Sample Size
Smoker	24.6	
Physical Activity Status		
Regular	53.2	19.7
Irregular	52.0	15.6
Overweight Status		
Not Overweight	52.5	21.0 *
Overweight/Obese	53.4	12.8

¹ Out of adolescents reporting that parents limit non-academic screen time on school days

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Chi Square Test

* p<.05

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 42: Barriers to Getting More Physical Activity Among California Adolescents (N=1,220)

What is the main reason you don't get more exercise or physical activity?

	Percent of Adolescents						
	Barriers to Getting More Physical Activity						
	No Time	Too Tired	Already Get Enough	Lazy	Too Busy	Rather Do Something Else	Other ¹
Total	28.2	7.4	9.0	8.8	9.5	5.1	32.2
Gender							
Male	32.3	7.8	12.3	7.4	7.3	5.4	27.6 ***
Female	23.8	6.9	5.6	10.2	11.7	4.8	37.0
Ethnicity							
White	31.5	5.0	10.3	5.9	9.0	6.5	31.8 ***
African American	30.0	15.3	7.7	3.7	12.3	2.0	29.0
Latino	21.5	8.3	7.8	12.7	10.2	4.6	34.9
Asian/Other	36.3	7.2	9.7	8.1	7.4	4.2	27.2
Gender by Age							
Males							
12-13	22.4	11.8	12.9	3.9	8.0	8.5	32.4 ***
14-15	37.5	5.6	11.7	6.9	6.7	6.3	25.4
16-17	37.2	5.9	12.2	11.4	7.3	1.3	24.9
Females							
12-13	22.0	8.2	3.4	8.8	7.9	2.2	47.5 ***
14-15	26.3	7.0	6.8	14.9	11.6	8.3	25.0
16-17	23.3	5.4	6.6	7.0	15.7	3.9	38.0
Income							
<\$15,000	Insufficient Sample Size						
\$15,000 - \$24,999							
\$25,000 - \$34,999							
\$35,000 - \$49,999							
\$50,000 - \$74,999							
≥\$75,000							
Food Stamp Status, % FPL²							
Participant, ≤130%	17.2	10.6	10.4	7.8	11.5	9.2	33.3 ***
Likely Eligible, ≤130%	16.6	9.2	8.9	13.3	11.1	4.6	36.2
Not Eligible, >185%	37.6	4.9	8.8	7.0	7.4	3.6	30.6
Smoking Status							
Non-Smoker	28.6	7.7	8.8	8.6	9.0	5.0	32.3 **
Smoker	20.7	0.0	13.6	13.3	21.5	6.4	24.5
Physical Activity Status							
Regular	29.0	8.0	10.4	7.8	9.0	5.5	30.3 ***
Irregular	25.2	5.1	4.1	12.0	11.2	3.7	38.7
Overweight Status							
Not Overweight	30.2	7.4	10.0	8.2	9.2	4.2	30.8 **
Overweight/Obese	22.3	7.7	6.7	11.6	11.4	8.4	31.9

¹ Includes "Don't like it", "Don't look good while doing it", "Don't have a safe place", "Not important", "Don't have right equipment", "Physically unable", "Afraid of getting hurt", "Weather too hot", and "No current sports program"; none of which exceeded 3 percent.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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<.01

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed (N=1,250)

About how many minutes do you think you should exercise or be physically active each day for good health?
 What type of physical activity, exercise or sport did you spend the most time doing yesterday?
 For how many minutes or hours did you do this activity?

Minutes Thought Were Needed	Percent of Adolescents	Percent of Adolescents			
		Time in Minutes Spent in Physical Activity			
		Less than 30	30-59	60+	
Less than 30	4.4	6.9	6.6	2.0	***
30-59	26.5	33.3	36.5	18.5	
60+	69.1	59.8	56.9	79.5	

Based on the Dietary Guidelines for Americans, 2005: Adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

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

Chi Square Test

*** p<.001

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 111a: Days in the Last 7 Days Teens Were Active on School Grounds
in an After School Program (N=1,242)**

Next I would like to ask you about the kinds of places you might be physically active. In the past 7 days, how many days did you participate in physical activity or sports on school grounds during after school care?

	Days in Last 7 Days Teens Were Active in After School Program,			
	Percent of Teens			
	0	1-2	3-4	5+
Total	56.6	12.8	8.1	22.5
Gender				
Male	54.5	12.4	7.9	25.1
Female	58.7	13.2	8.2	19.8
Ethnicity				
White	58.5	12.3	4.9	24.3
African American	57.0	13.9	10.8	18.3
Latino	54.6	13.4	12.4	19.5
Asian/Other	56.9	11.8	2.9	28.5
Gender by Age				
Males				
12-13	60.0	11.0	8.7	20.3
14-15	45.8	15.6	10.0	28.6
16-17	57.9	10.6	5.0	26.5
Females				
12-13	57.7	15.2	14.8	12.3
14-15	59.4	11.8	5.6	23.2
16-17	59.2	12.4	3.9	24.4
Income				
<\$15,000	56.3	15.4	10.9	17.4
\$15,000 - \$24,999	52.6	10.6	19.6	17.2
\$25,000 - \$34,999	53.1	13.7	10.1	23.1
\$35,000 - \$49,999	62.6	10.6	18.4	8.4
\$50,000 - \$74,999	44.7	26.8	4.8	23.7
≥\$75,000	60.5	10.9	3.3	25.4
Food Stamp Status, % FPL¹				
Participant, ≤130%	53.1	12.6	10.9	23.3
Likely Eligible, ≤130%	54.6	12.7	13.4	19.3
Not Eligible, >185%	59.2	11.9	5.3	23.7
Smoking Status				
Non-Smoker	56.8	12.8	8.1	22.4
Smoker	56.7	8.0	8.0	27.3
Physical Activity Status				
Regular	54.9	12.0	7.7	25.4
Irregular	62.7	15.4	9.4	12.5
Overweight Status				
Not Overweight	56.6	13.4	7.6	22.3
Overweight/Obese	55.2	9.2	10.1	25.5

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 111b: Days in the Last 7 Days Teens Were Active on School Grounds Outside of After School Programs (N=1,255)

In the past 7 days, how many days did you participate in physical activity or sports on school grounds after school? Was that part of the after school care you just told me about?

	Days in Last 7 Days Teens Were Active on School Grounds Outside of After School Programs, Percent of Teens			
	0	1-2	3-4	5+
Total	62.6	17.2	9.5	10.7
Gender				
Male	58.9	18.0	11.2	11.8
Female	66.4	16.4	7.7	9.6
Ethnicity				
White	67.7	19.0	5.5	7.9
African American	55.7	12.2	12.2	20.0
Latino	55.7	20.5	13.4	10.3
Asian/Other	71.5	5.9	7.8	14.8
Gender by Age				
Males				
12-13	50.2	20.7	11.5	17.6
14-15	58.8	17.5	11.6	12.0
16-17	67.9	15.8	10.6	5.6
Females				
12-13	60.2	20.4	8.9	10.5
14-15	72.9	12.5	4.6	10.0
16-17	66.3	16.1	9.5	8.1
Income				
<\$15,000	59.1	21.2	8.3	11.4
\$15,000 - \$24,999	53.8	20.6	14.2	11.4
\$25,000 - \$34,999	50.1	16.6	11.2	22.2
\$35,000 - \$49,999	63.4	15.1	9.3	12.2
\$50,000 - \$74,999	60.3	16.9	16.3	6.5
≥\$75,000	65.9	16.5	8.6	9.0
Food Stamp Status, % FPL¹				
Participant, ≤130%	59.8	15.7	8.5	16.1
Likely Eligible, ≤130%	55.3	21.6	11.9	11.2
Not Eligible, >185%	66.9	15.2	9.1	8.8
Smoking Status				
Non-Smoker	62.1	17.4	9.5	11.1
Smoker	75.8	9.7	10.9	3.5
Physical Activity Status				
Regular	63.4	13.8	10.4	12.4
Irregular	59.4	29.4	6.5	4.8
Overweight Status				
Not Overweight	64.6	16.6	9.3	9.5
Overweight/Obese	56.1	19.1	10.9	13.8

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2008 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 112: Frequency of Being Physically Active at Parks, Neighborhoods, and Recreation Facilities Among California Adolescents (N=1,256)

In the past 7 days, how many days did you participate in physical activity or sports: ...at a park or playground
...in a neighborhood? ...at a commercial facility, for example, a YMCA, health club, or a dance studio?

	Out of Past 7 Days, Mean Number of Days Teens Were Active At Site				
	Park or Playground	Neighborhood	Commercial Facility	Public Recreation Center	Other Place (Not a School)
Total	1.4	1.9	0.6	0.5	0.9
Gender					
Male	1.9 ***	2.3 ***	0.5 *	0.4	1.0
Female	1.0	1.5	0.6	0.5	0.8
Ethnicity					
White	1.3 ^a ***	1.9	0.7 ^b ***	0.5	0.9
African American	1.4 ^{ab}	1.8	0.3 ^{ab}	0.5	0.9
Latino	1.8 ^b	1.9	0.3 ^a	0.5	0.9
Asian/Other	1.1 ^a	2.1	1.0 ^c	0.4	1.1
Gender by Age					
Males					
12-13	2.4 ^b ***	3.1 ^b ***	0.4 ^a **	0.7 ^b **	1.1
14-15	1.8 ^a	1.9 ^a	0.3 ^a	0.4 ^{ab}	1.1
16-17	1.3 ^a	2.0 ^a	0.8 ^b	0.3 ^a	0.8
Females					
12-13	1.3 ^b ***	1.8 ^b ***	0.6	0.7	1.0
14-15	1.0 ^{ab}	1.5 ^{ab}	0.6	0.4	0.8
16-17	0.7 ^b	1.1 ^a	0.7	0.5	0.8
Income					
<\$15,000	1.7 ^{ab} **	2.0 ^{abc} ***	0.4 ^{ab} ***	0.5	0.7
\$15,000 - \$24,999	1.8 ^{ab}	2.1 ^{bc}	0.4 ^a	0.4	0.8
\$25,000 - \$34,999	1.4 ^a	1.5 ^{ab}	0.3 ^a	0.6	0.6
\$35,000 - \$49,999	2.2 ^b	2.6 ^c	0.1 ^a	0.2	0.8
\$50,000 - \$74,999	1.4 ^a	1.8 ^{abc}	0.5 ^{ab}	0.7	0.8
≥\$75,000	1.4 ^a	1.5 ^a	0.8 ^b	0.5	1.1
Food Stamp Status, % FPL¹					
Participant, ≤130%	1.7 ^b ***	2.2 ^b *	0.5 ^a ***	0.5	0.9
Likely Eligible, ≤130%	1.8 ^b	2.0 ^{ab}	0.2 ^a	0.5	0.8
Not Eligible, >185%	1.3 ^a	1.7 ^a	0.8 ^b	0.5	1.0
Smoking Status					
Non-Smoker	1.4 *	1.9	0.6	0.5	0.9
Smoker	2.1	2.0	0.4	0.7	1.0
Physical Activity Status					
Regular	1.5 ***	2.1 ***	0.6 **	0.5 *	1.0 ***
Irregular	1.1	1.5	0.3	0.3	0.5
Overweight Status					
Not Overweight	1.4	1.9	0.6 **	0.5	0.9
Overweight/Obese	1.6	2.1	0.4	0.4	1.1

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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