

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

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 for [meal or snack] yesterday?

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 ¹	Fruits and Juices ¹	Salads and Vegetables
Total	4.4	3.2	1.2
Gender			
Males	4.6 *	3.5 **	1.1
Females	4.2	3.0	1.2
Ethnicity			
White	4.3	3.0	1.3 ^b *
African American	4.4	3.2	1.2 ^{ab}
Latino	4.5	3.5	1.0 ^a
Asian/Other	4.3	3.1	1.2 ^{ab}
Gender by Age			
Males			
12-13	4.9	3.7	1.2
14-15	4.5	3.4	1.1
16-17	4.4	3.3	1.2
Females			
12-13	4.9 ^b ***	3.6 ^b ***	1.3
14-15	3.9 ^a	2.9 ^a	1.1
16-17	3.6 ^a	2.4 ^a	1.2
Smoking Status			
Non-Smokers	4.4	3.2	1.2
Smokers	4.3	3.0	1.3
Physical Activity Status			
Regular	4.5 *	3.3 *	1.2
Irregular	4.0	2.9	1.1
Overweight Status			
Not at Risk	4.5	3.2	1.3 **
At Risk/Overweight	4.1	3.2	1.0
Income Related Food Risk			
Yes	4.4	3.4	1.0 *
No	4.3	3.1	1.2

¹ Juices include only 100% fruit juices

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<.01

*** p<.001

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

Table 2a: Consumption of Five or More Servings of Fruits and Vegetables among 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 for [meal or snack] yesterday?

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

	Ate 5 or More Servings of Fruits and Vegetables, Percent of Adolescents
Total	42
Gender	
Males	45 *
Females	38
Ethnicity	
White	40
African American	42
Latino	45
Asian/Other	40
Gender by Age	
 Males	
12-13	50
14-15	44
16-17	43
 Females	
12-13	50 ***
14-15	35
16-17	30
Smoking Status	
Non-Smokers	42
Smokers	42
Physical Activity Status	
Regular	44 **
Irregular	36
Overweight Status	
Not at Risk	42
At Risk/Overweight	41
Income Related Food Risk	
Yes	40
No	42

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

2004 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 for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice

	Percent of Adolescents		
	Reported Having Less than 1 Serving of Fruits or Vegetables ¹	Reported No Servings of Fruits of Juices ²	Reported No Servings of Vegetables or Salad ²
Total	10	16	50
Gender			
Males	10	15	53
Females	11	16	47
Ethnicity			
White	9	18	42
African American	11	17	50
Latino	9	12	60
Asian/Other	15	18	47
Gender by Age			
Males			
12-13	9	14	51
14-15	9	15	52
16-17	11	16	58
Females			
12-13	8	12	44
14-15	10	15	51
16-17	14	22	47
Smoking Status			
Non-Smokers	10	15	50
Smokers	16	21	53
Physical Activity Status			
Regular	10	15	49
Irregular	11	18	53
Overweight Status			
Not at Risk	9	15	48
At Risk/Overweight	14	20	56
Income Related Food Risk			
Yes	14	18	60
No	9	15	48

¹ Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than 1 serving of fruits and vegetables.

² 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

2004 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 for [meal or snack] yesterday?

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 ² for Fruits and Vegetables, Percent of Adolescents
	0 ¹	1-2	3-4	5+	
Total	10	23	25	42	33
Gender					
Males	10	23	22	45	28
Females	11	24	27	38	38
Ethnicity					
White	9	22	29	40	32
African American	11	22	25	42	32
Latino	9	25	21	45	35
Asian/Other	15	21	23	40	33
Gender by Age					
Males					
12-13	9	21	20	50	30
14-15	9	27	21	44	28
16-17	11	20	26	43	27
Females					
12-13	8	20	23	50	50
14-15	10	25	29	35	35
16-17	14	26	30	30	30
Smoking Status					
Non-Smokers	10	23	25	42	33
Smokers	16	23	19	42	34
Physical Activity Status					
Regular	10	22	24	44	34
Irregular	11	29	25	35	29
Overweight Status					
Not at Risk	9	23	26	42	35
At Risk/Overweight	14	25	20	41	29
Income Related Food Risk					
Yes	14	19	26	40	32
No	9	25	25	42	32

¹ Categorized as having less than .5 servings of fruits and vegetables.

² Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

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

2004 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+
Total	8	33	59
Gender			
Males	8	31	60
Females	8	34	58
Ethnicity			
White	6	31	63
African American	14	39	47
Latino	11	33	57
Asian/Other	5	34	61
Gender by Age			
Males			
12-13	11	27	62
14-15	8	33	59
16-17	6	34	60
Females			
12-13	9	35	57
14-15	8	36	56
16-17	8	32	60
Smoking Status			
Non-Smokers	8	33	59
Smokers	10	32	57
Physical Activity Status			
Regular	7	32	62
Irregular	12	36	52
Overweight Status			
Not at Risk	7	31	62
At Risk/Overweight	7	35	58
Income Related Food Risk			
Yes	11	33	56
No	8	31	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.

Chi Square Test

** p<.01

2004 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 vegetables, or drink more juice?

	Barriers Reported to Eating More Fruits and Vegetables, Percent of Adolescents						
	Don't Like Taste	Not Available	Don't Think About It	Choose Other Foods	No Time	Not Hungry	Eat Enough / Other ¹
Total	19	18	13	18	8	14	10
Gender							
Males	17	15	15	19	8	15	11
Females	21	21	11	16	9	13	9
Ethnicity							
White	19	22	10	17	9	12	10
African American	26	14	20	13	5	10	12
Latino	20	12	14	18	8	16	12
Asian/Other	13	25	14	22	8	14	4
Gender by Age							
Males							
12-13	19	11	12	16	7	22	13
14-15	14	18	13	26	9	7	13
16-17	18	17	19	15	7	15	9
Females							
12-13	28	15	12	14	3	18	10
14-15	18	17	13	19	12	12	10
16-17	16	30	10	15	14	8	7
Smoking Status							
Non-Smokers	19	18	13	17	9	14	10
Smokers	16	17	17	20	6	16	9
Physical Activity Status							
Regular	17	19	13	17	9	14	10
Irregular	24	14	12	20	6	14	10
Overweight Status							
Not at Risk	19	18	13	17	9	13	11
At Risk/Overweight	15	21	14	19	6	16	9
Income Related Food Risk							
Yes	21	19	13	17	4	14	11
No	18	17	14	18	9	13	10

¹ Other includes "not important", "poor quality", "don't want to gain weight", "too much sugar", "too much fiber", and "don't want to get sick"; none of which exceeded 1 percent.

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

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

Table 11: Total Servings of Whole Grain Products Eaten by California Adolescents

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.

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Serving of Whole Grain Products ¹ Reported, Percent of Adolescents			
	0	1-3	4+	
Total	25	58	17	
Gender				
Males	22	57	21	***
Females	29	58	13	
Ethnicity				
White	18	60	22	***
African American	27	62	10	
Latino	29	58	14	
Asian/Other	33	50	17	
Gender by Age				
Males				
12-13	24	64	13	***
14-15	15	63	22	
16-17	26	45	29	
Females				
12-13	23	59	19	***
14-15	23	69	8	
16-17	42	46	11	
Smoking Status				
Non-Smokers	25	59	17	**
Smokers	38	39	23	
Physical Activity Status				
Regular	23	58	19	***
Irregular	33	56	11	
Overweight Status				
Not at Risk	24	56	20	*
At Risk/Overweight	27	60	13	
Income Related Food Risk				
Yes	34	50	16	**
No	24	59	17	

¹ Includes whole grain bread and whole wheat tortillas and cereal that is a good source of fiber (≥ 2.5 grams per 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

*** p<.001

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

Table 15: Servings of Beans Eaten by California Adolescents

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils.

	Percent of Adolescents				Reported Eating Beans
	Servings of Beans Reported				
	0	1	2+		
Total	73	17	9		27
Gender					
Males	70	18	12	***	30
Females	77	17	6		23
Ethnicity					
White	79	14	7	***	21
African American	69	15	16		31
Latino	66	23	11		34
Asian/Other	82	13	5		18
Gender by Age					
Males					
12-13	69	19	12		31
14-15	70	18	12		30
16-17	70	18	13		30
Females					
12-13	76	16	8		24
14-15	74	21	5		26
16-17	82	13	5		18
Smoking Status					
Non-Smokers	73	17	9		27
Smokers	77	17	7		23
Physical Activity Status					
Regular	74	16	10		26
Irregular	71	22	8		29
Overweight Status					
Not at Risk	74	18	8	*	26
At Risk/Overweight	77	12	11		23
Income Related Food Risk					
Yes	66	18	16	***	34
No	75	18	8		25

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

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

Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents

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 cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings ¹ of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
Total	3.5	1.9	0.9	0.7
Gender				
Males	3.9 ***	2.2 ***	1.0	0.7
Females	3.1	1.6	0.9	0.6
Ethnicity				
White	4.0 ^c ***	2.3 ^c ***	1.0	0.7
African American	2.5 ^a	1.2 ^a	0.9	0.5
Latino	3.3 ^b	1.7 ^b	0.9	0.6
Asian/Other	3.3 ^b	1.9 ^b	0.8	0.7
Gender by Age				
Males				
12-13	4.2 ^b *	2.4	0.9	0.9 ^b ***
14-15	3.8 ^{ab}	2.2	1.0	0.7 ^a
16-17	3.5 ^a	2.1	1.0	0.5 ^a
Females				
12-13	3.5 ^b **	1.7 ^b *	1.0	0.7 ^b **
14-15	3.2 ^b	1.7 ^{ab}	0.9	0.7 ^b
16-17	2.7 ^a	1.4 ^a	0.8	0.5 ^a
Smoking Status				
Non-Smokers	3.5	1.9	0.9 **	0.7
Smokers	3.9	2.1	1.2	0.5
Physical Activity Status				
Regular	3.7 ***	2.0 ***	1.0	0.7 *
Irregular	3.0	1.6	0.8	0.6
Overweight Status				
Not at Risk	3.7 ***	2.0 **	1.0 **	0.7 **
At Risk/Overweight	3.1	1.7	0.8	0.5
Income Related Food Risk				
Yes	3.4	1.8	0.9	0.7
No	3.5	1.9	0.9	0.6

¹ Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

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 (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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

2004 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
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

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

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

2004 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 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

2004 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 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

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

Table 29: Prevalence of Hunger among California Adolescents

Have you ever gone hungry because there was not enough money to buy food for your house or home?

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	Percent of Adolescents	
	Reported Ever Having Gone Hungry	Gone Hungry Last 12 Months
Total	7	4
Gender		
Males	8	4
Females	6	4
Ethnicity		
White	4	2
African American	10	8
Latino	9	4
Asian/Other	10	6
Gender by Age		
Males		
12-13	7	Insufficient Sample Size
14-15	8	
16-17	9	
Females		
12-13	6	Insufficient Sample Size
14-15	5	
16-17	6	
Smoking Status		
Non-Smokers	7	3
Smokers	14	7
Physical Activity Status		
Regular	7	3
Irregular	7	5
Overweight Status		
Not at Risk	6	4
At Risk/Overweight	8	3
Income Related Food Risk		
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<.01

2004 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?

- Food Stamps
- WIC

	Household Receives Food Assistance, Percent of Adolescents	
	Food Stamps	WIC
Total	16	12
Gender		
Males	15	11
Females	17	13
Ethnicity		
White	10 ***	3 ***
African American	31	17
Latino	18	19
Asian/Other	17	13
Gender by Age		
Males		
12-13	21 **	16 *
14-15	10	7
16-17	13	10
Females		
12-13	24 **	17
14-15	11	10
16-17	16	13
Smoking Status		
Non-Smokers	16	12
Smokers	12	16
Physical Activity Status		
Regular	14 *	12
Irregular	20	13
Overweight Status		
Not at Risk	14 **	10 *
At Risk/Overweight	20	15
Income Related Food Risk		
Yes	NA	NA
No	NA	NA

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

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

Table 97: Income Related Food Risk Among California Adolescents

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?
 During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	At Income Related Food Risk, Percent of Adolescents	
Total	17	
Gender		
Males	17	
Females	18	
Ethnicity		
White	10	***
African American	32	
Latino	20	
Asian/Other	20	
Gender by Age		
Males		
12-13	22	*
14-15	12	
16-17	16	
Females		
12-13	24	*
14-15	13	
16-17	17	
Smoking Status		
Non-Smokers	17	
Smokers	18	
Physical Activity Status		
Regular	16	**
Irregular	22	
Overweight Status		
Not at Risk	15	*
At Risk/Overweight	21	
Income Related Food Risk		
Yes	NA	
No	NA	

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

2004 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

Yesterday, did you participate in any physical activities, exercise, sports or physical education class?
 Was there another physical activity, exercise or sport that you participated in yesterday?
 For how many minutes or hours did you do this activity?

	One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents
Total	40
Gender	
Males	47 ***
Females	33
Ethnicity	
White	47 ***
African American	32
Latino	35
Asian/Other	41
Gender by Age	
Males	
12-13	43
14-15	50
16-17	48
Females	
12-13	34
14-15	33
16-17	33
Smoking Status	
Non-Smokers	40
Smokers	48
Physical Activity Status	
Regular	46 ***
Irregular	23
Overweight Status	
Not at Risk	43
At Risk/Overweight	39
Income Related Food Risk	
Yes	29 ***
No	45

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

Chi Square Test

*** p<.001

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

Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents

What type of physical activity, exercise or sport did you spend the most time doing yesterday?

Was there another physical activity, exercise or sport that you participated in yesterday?

What type of physical activity, exercise, or sport was it?

For how many minutes or hours did you do this activity?

	Mean Minutes		
	Vigorous Physical Activity	Moderate Physical Activity	Moderate and Vigorous Physical Activity
Total	40.2	15.7	55.9
Gender			
Males	45.5 **	16.7	62.1 **
Females	34.7	14.7	49.2
Ethnicity			
White	42.5	23.3 ^b ***	65.7 ^b **
African American	37.1	6.7 ^a	43.3 ^{ab}
Latino	35.6	12.4 ^a	47.9 ^a
Asian/Other	48.8	9.5 ^a	58.3 ^{ab}
Gender by Age			
Males			
12-13	41.4	10.5 ^a *	51.9
14-15	52.7	14.9 ^{ab}	67.3
16-17	42.6	25.0 ^b	67.5
Females			
12-13	38.0	16.2	53.9
14-15	34.9	10.7	45.6
16-17	30.9	17.2	47.9
Smoking Status			
Non-Smokers	40.2	15.9	56.0
Smokers	41.8	13.8	54.9
Physical Activity Status			
Regular	46.7 ***	17.9 **	64.4 ***
Irregular	21.6	9.5	31.1
Overweight Status			
Not at Risk	45.8 ***	15.6	61.3 *
At Risk/Overweight	28.9	19.2	48.1
Income Related Food Risk			
Yes	30.5 **	15.0	45.4 **
No	43.9	16.6	60.4

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).

ANOVA

* p<.05

** p<.01

*** p<.001

2004 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 per Day and Number of Days per Week

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least one hour?

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.

	Percent of Adolescents					
	Days of Physical Activity Believed Needed			Minutes of Physical Activity Believed Needed		
	3 or less days	4-6 days	7 days	0-29 minutes	30-59 minutes	60+ minutes
Total	26	52	23	12	38	51
Gender						
Males	23	52	25	10	32	58
Females	29	51	20	13	44	43
Ethnicity						
White	18	55	27	12	33	55
African American	33	47	20	18	38	44
Latino	34	49	17	10	43	47
Asian/Other	20	52	28	11	35	54
Gender by Age						
Males						
12-13	27	47	26	15	30	55
14-15	22	47	31	6	30	64
16-17	19	62	19	9	35	56
Females						
12-13	25	51	24	13	43	45
14-15	33	45	22	16	40	44
16-17	30	57	13	12	49	39
Smoking Status						
Non-Smokers	26	51	23	12	38	50
Smokers	29	56	16	7	34	59
Physical Activity Status						
Regular	22	53	25	12	33	55
Irregular	37	48	15	11	51	38
Overweight Status						
Not at Risk	27	50	23	12	35	53
At Risk/Overweight	21	59	20	10	44	46
Income Related Food Risk						
Yes	32	45	23	15	38	47
No	25	53	22	11	37	52

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

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

Table 39: Participation in School Physical Education and Organized Sports among California Adolescents

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	76	44	4.3	53
Gender				
Males	78	50 ***	4.3	56 **
Females	74	37	4.3	50
Ethnicity				
White	79	49	4.2 ^a *	54
African American	79	39	4.4 ^{ab}	48
Latino	75	42	4.3 ^{ab}	52
Asian/Other	70	39	4.6 ^b	56
Gender by Age				
Males				
12-13	90 ***	50	4.3	50 ^a **
14-15	87	51	4.4	57 ^{ab}
16-17	57	49	4.3	64 ^b
Females				
12-13	90 ***	41 **	4.2	45 ^a **
14-15	87	43	4.4	55 ^b
16-17	43	28	4.5	46 ^{ab}
Smoking Status				
Non-Smokers	77 *	43	4.3	53
Smokers	65	54	4.3	55
Physical Activity Status				
Regular	82 ***	50 ***	4.4 ***	53
Irregular	58	26	3.8	50
Overweight Status				
Not at Risk	76	48 ***	4.3	53
At Risk/Overweight	74	35	4.4	55
Income Related Food Risk				
Yes	76	38 *	4.2 *	47 *
No	76	46	4.4	55

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

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

Table 40: Amount of Time Spent Watching Television and using Computers among California Adolescents

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

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
Total	129	28
Gender		
Males	137 *	30
Females	122	26
Ethnicity		
White	114 ^a ***	28 ^a ***
African American	165 ^b	16 ^a
Latino	125 ^a	22 ^a
Asian/Other	164 ^b	52 ^b
Gender by Age		
Males		
12-13	134	21 ^a ***
14-15	134	25 ^a
16-17	142	45 ^b
Females		
12-13	122	21
14-15	120	28
16-17	123	29
Smoking Status		
Non-Smokers	128 *	28
Smokers	159	29
Physical Activity Status		
Regular	125 *	28
Irregular	142	27
Overweight Status		
Not at Risk	120 ***	30
At Risk/Overweight	159	25
Income Related Food Risk		
Yes	159 ***	23
No	119	28

Analyses performed on log transformed data.

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

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

Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms

Do you have a television set in your bedroom?

	Have a Television in Bedroom, Percent of Adolescents	
Total	60	
Gender		
Males	63	
Females	58	
Ethnicity		
White	53	***
African American	75	
Latino	68	
Asian/Other	49	
Gender by Age		
Males		
12-13	61	*
14-15	69	
16-17	57	
Females		
12-13	62	
14-15	55	
16-17	55	
Smoking Status		
Non-Smokers	59	**
Smokers	77	
Physical Activity Status		
Regular	60	
Irregular	59	
Overweight Status		
Not at Risk	59	*
At Risk/Overweight	66	
Income Related Food Risk		
Yes	69	***
No	57	

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

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

Table 40c: Duration of Sedentary Activities among California Adolescents

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

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun and Homework
Total	157
Gender	
Males	166 *
Females	147
Ethnicity	
White	142 ^a ***
African American	181 ^{bc}
Latino	145 ^{ab}
Asian/Other	216 ^c
Gender by Age	
Males	
12-13	152 ^a *
14-15	159 ^{ab}
16-17	186 ^b
Females	
12-13	142
14-15	148
16-17	152
Smoking Status	
Non-Smokers	155 *
Smokers	187
Physical Activity Status	
Regular	153
Irregular	169
Overweight Status	
Not at Risk	150 ***
At Risk/Overweight	182
Income Related Food Risk	
Yes	182 ***
No	147

Analyses performed on log transformed data.

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

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

Table 42: Barriers to Getting More Physical Activity among California Adolescents

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

	Barriers to Getting More Physical Activity, Percent of Adolescents						
	No Time	Too Tired	Already Get Enough	Lazy	Too Busy	Rather Do Something Else	Other ¹
Total	31	14	6	17	15	6	10
Gender							
Males	30	18	7	16	14	7	8
Females	32	11	5	18	17	5	13
Ethnicity							
White	35	9	7	15	17	7	10
African American	18	19	8	17	14	6	19
Latino	30	20	5	15	13	6	11
Asian/Other	29	11	5	30	16	3	5
Gender by Age							
Males							
12-13	31	17	10	13	13	7	9
14-15	31	16	6	17	12	9	9
16-17	29	20	5	20	16	6	5
Females							
12-13	22	13	4	13	20	10	18
14-15	34	11	7	17	14	3	14
16-17	41	8	3	23	16	1	8
Smoking Status							
Non-Smokers	31	14	6	17	15	6	11
Smokers	28	16	2	25	13	7	8
Physical Activity Status							
Regular	34	14	8	15	15	6	9
Irregular	24	16	1	23	17	6	13
Overweight Status							
Not at Risk	33	14	7	17	15	5	8
At Risk/Overweight	28	14	4	19	14	8	14
Income Related Food Risk							
Yes	21	21	7	21	11	5	14
No	35	13	6	16	15	6	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

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

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

Table 93: Top Ten Most Common Forms of Exercise or Physical Activity

What type of physical activity, exercise or sport did you spend the most time doing yesterday?
 Was there another physical activity, exercise or sport that you participated in yesterday?
 What type of physical activity, exercise, or sport was it?

Rank	State Total	Boys	Girls
1st	Running or jogging/ running on a treadmill	Basketball	Running or jogging/ running on a treadmill
2nd	Basketball	Running or jogging/ running on a treadmill	Basketball
3rd	Soccer	Weight lifting	Walking/ walking on a treadmill
4th	Walking/ walking on a treadmill	Soccer	Calisthenics/ Aerobics
5th	Swimming laps	Bicycling for pleasure/ bike machine	Softball/Baseball
6th	Softball/Baseball	Swimming laps	Soccer
7th	Weight lifting	Softball/Baseball	Dancing - Aerobics/ballet
8th	Calisthenics/ Aerobics ¹	Walking/ walking on a treadmill	Swimming laps
9th	Bicycling for pleasure/ bike machine	Football	Volleyball
10th	Dancing - Aerobics/ballet	Tennis	Other

Rank	White	African-American	Latino	Asian/Other
1st	Running or jogging/ running on a treadmill	Basketball	Running or jogging/ running on a treadmill	Running or jogging/ running on a treadmill
2nd	Basketball	Running or jogging/ running on a treadmill	Basketball	Basketball
3rd	Swimming laps	Walking/ walking on a treadmill	Soccer	Calisthenics
4th	Walking/ walking on a treadmill	Volleyball	Softball/Baseball	Soccer
5th	Weight lifting	Dancing - Aerobics/ballet	Weight lifting	Volleyball
6th	Softball/Baseball	Other	Swimming laps	Dancing - Aerobics/ballet
7th	Soccer	Softball/Baseball	Walking/ walking on a treadmill	Bicycling for pleasure/ bike machine
8th	Bicycling for pleasure/ bike machine	Soccer	Bicycling for pleasure/ bike machine	Tennis
9th	Other	Weight lifting	Calisthenics/ Aerobics	Weight lifting
10th	Tennis	Swimming laps	Dancing - Aerobics/ballet	Football

¹ Calisthenics/Aerobics included calisthenics, aerobics class, home exercise, and health club exercise

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

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index¹

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status ² , Percent of Adolescents			
	Not at Risk	At Risk for Overweight	Overweight	At Risk and Overweight
Total	71	16	12	29
Gender				
Males	68	15	17	32
Females	75	17	7	25
Ethnicity				
White	82	11	6	18
African American	66	25	8	34
Latino	63	18	20	37
Asian/Other	66	21	13	34
Gender by Age				
Males				
12-13	65	23	13	35
14-15	71	14	15	29
16-17	67	9	23	33
Females				
12-13	69	19	12	31
14-15	80	12	8	20
16-17	76	21	3	24
Smoking Status				
Non-Smokers	71	16	13	29
Smokers	73	18	9	27
Physical Activity Status				
Regular	72	16	12	28
Irregular	67	17	16	32
Overweight Status				
Not at Risk	N/A	N/A	N/A	NA
At Risk/Overweight	N/A	N/A	N/A	NA
Income Related Food Risk				
Yes	65	19	17	35
No	73	16	11	27

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = BMI ≥ 95th percentile.

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

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

Table 46a: Perception of Ideal Weight in Relation to Body Mass Index¹ as Reported by California Adolescents

What do you think is the best weight for you?
About how tall are you without shoes?

	Ideal Weight and Height Calculated Body Mass Index by Weight Status Category ² , Percent of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
Total	84	11	5
Gender			
Males	76	16	8
Females	93	5	2
Ethnicity			
White	89	8	3
African American	81	16	4
Latino	79	14	7
Asian/Other	85	9	6
Gender by Age			
Males			
12-13	75	18	6
14-15	79	13	8
16-17	74	16	10
Females			
12-13	91	6	3
14-15	92	7	2
16-17	96	3	1
Smoking Status			
Non-Smokers	84	11	5
Smokers	80	10	10
Physical Activity Status			
Regular	84	11	5
Irregular	85	10	5
Overweight Status			
Not at Risk	97	3	0
At Risk/Overweight	52	31	17
Income Related Food Risk			
Yes	83	10	8
No	85	11	4

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = BMI ≥ 95th percentile.

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

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

Table 49a: Weight Loss and Dieting Practices of California Adolescents

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Most Common Way to Lose Weight, Percent of Adolescents Reported Trying to Lose Weight in the Past 30 Days ¹	
	Go on a Diet/Fasting ²	Exercise or Workout
Total	19	81
Gender		
Males	14	86
Females	23	77
Ethnicity		
White	24	76
African American	14	86
Latino	15	85
Asian/Other	23	77
Gender by Age		
Males		
12-13	12	88
14-15	9	91
16-17	19	81
Females		
12-13	15	85
14-15	21	79
16-17	32	68
Smoking Status		
Non-Smokers	19	81
Smokers	22	78
Physical Activity Status		
Regular	14	86
Irregular	30	70
Overweight Status		
Not at Risk	24	76
At Risk/Overweight	16	84
Income Related Food Risk		
Yes	14	86
No	19	81

¹ Smoking as a form of dieting was dropped from the analysis due to low response (<1%)

² "Fasting" was included with dieting because it did not exceed 2 percent of total respondents

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

Chi Square Test

* p<.05

*** p<.001

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

Table 49b: Dieting Behaviors among California Adolescents Reporting Recent Attempt at Weight Loss

During the past 30 days, what is the most common thing you have been doing to try to lose weight?
 Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?
 Did you do anything else?
 What kind of diet did you use?

	Type of Diet Reported, Percent of Adolescents Dieting in the Past 30 Days
Eating less food/fewer calories	49
Eating foods low in fat	23
Eating foods low in sugar or carbohydrates	23
A "popular" diet	5
Eating more protein	3
Skipping one or more meals each day	3
Other ¹	3

¹ Other includes "Eating or drinking meal replacement shakes or bars", "A weight loss program", "Diet pills, herbal medicines or other weight loss products not prescribed by your doctor", and "Supervised weight loss program through Doctor, Hospital, Health Clinic, or HMO", none of which equaled more than 1 percent.

Percents do not add up to 100 due to participants being able to answer "yes" to more than one type of diet.

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

Table 94: California Adolescents' Weight Goals

Which of the following are you trying to do about your weight?

	Percent of Adolescents			
	Lose Weight	Gain Weight	Stay the Same / Nothing	
Total	38	11	51	
Gender				
Males	31	17	52	***
Females	45	5	49	
Ethnicity				
White	30	11	59	***
African American	32	23	45	
Latino	47	9	44	
Asian/Other	37	12	51	
Gender by Age				
Males				
12-13	34	10	55	*
14-15	26	23	51	
16-17	33	17	50	
Females				
12-13	45	5	50	
14-15	39	7	53	
16-17	51	3	45	
Smoking Status				
Non-Smokers	38	11	51	
Smokers	38	20	42	
Physical Activity Status				
Regular	37	13	51	*
Irregular	42	7	51	
Overweight Status				
Not at Risk	23	15	62	***
At Risk/Overweight	72	2	26	
Income Related Food Risk				
Yes	44	14	43	*
No	37	10	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<.05

*** p<.001

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

Table 56a: Availability of Food Options Healthy Outside of the Home among California Adolescents

The kinds of healthy food I want are not available at school.

The kinds of healthy food I want are not available when eating out, at sports events, or where I work.

	Percent of Adolescents Agreeing,	
	Healthy Foods Not Available at School	Healthy Foods Not Available at Restaurants/Sports Events/Work
Total	51	47
Gender		
Males	48	46
Females	54	49
Ethnicity		
White	47	42
African American	59	50
Latino	53	51
Asian/Other	50	50
Gender by Age		
Males		
12-13	49	47
14-15	43	40
16-17	51	51
Females		
12-13	47	46
14-15	55	49
16-17	62	53
Smoking Status		
Non-Smokers	51	48
Smokers	51	43
Physical Activity Status		
Regular	51	47
Irregular	50	48
Overweight Status		
Not at Risk	51	46
At Risk/Overweight	50	51
Income Related Food Risk		
Yes	57	55
No	50	45

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

Chi Square Test

* p<.05

** p<.01

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

Table 63: Access to a Safe Place to Exercise among California Adolescents

Do you live near a school, park or other place where you feel safe to exercise or workout?

	Live Near Safe Place to Exercise, Percent of Adolescents
Total	88
Gender	
Males	89
Females	87
Ethnicity	
White	88
African American	92
Latino	85
Asian/Other	93
Gender by Age	
Males	
12-13	87
14-15	91
16-17	90
Females	
12-13	87
14-15	81
16-17	91
Smoking Status	
Non-Smokers	89
Smokers	78
Physical Activity Status	
Regular	88
Irregular	86
Overweight Status	
Not at Risk	88
At Risk/Overweight	86
Income Related Food Risk	
Yes	86
No	88

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

Chi Square Test

* p<.05

** p<.01

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

Table 65: Range of Available Spending Money Reported by California Adolescents

About how much money do you have each week to spend on yourself any way you want to?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	47	27	26
Gender			
Males	45	26	29
Females	49	28	23
Ethnicity			
White	49	26	25
African American	31	38	31
Latino	44	29	28
Asian/Other	58	21	21
Gender by Age			
Males			
12-13	60	24	16
14-15	47	28	26
16-17	28	28	44
Females			
12-13	59	24	16
14-15	49	30	20
16-17	37	30	33
Smoking Status			
Non-Smokers	48	27	25
Smokers	23	34	43
Physical Activity Status			
Regular	47	27	26
Irregular	47	28	25
Overweight Status			
Not at Risk	43	27	30
At Risk/Overweight	53	27	20
Income Related Food Risk			
Yes	53	27	19
No	46	27	27

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

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

Table 92: Californian Adolescents Whose Parents Limit Soda and Low Nutrient Snack Food at Home

Do your parents or adults you live with limit how much soda you drink at home?
 Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?

	Percent of Adolescents	
	Parents Limit Soda	Parents Limit Low Nutrient Snack Food
Total	67	66
Gender		
Males	70	65
Females	63	66
Ethnicity		
White	68	69
African American	69	70
Latino	70	67
Asian/Other	53	53
Gender by Age		
Males		
12-13	80	77
14-15	75	71
16-17	56	47
Females		
12-13	75	84
14-15	62	67
16-17	53	47
Smoking Status		
Non-Smokers	69	68
Smokers	37	26
Physical Activity Status		
Regular	68	66
Irregular	65	66
Overweight Status		
Not at Risk	64	65
At Risk/Overweight	74	68
Income Related Food Risk		
Yes	63	62
No	68	66

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

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

Table 95: Perception of Healthy Eating and Physical Education among Policies at School California Adolescents

Your school should have healthy eating policies for food sold outside of the cafeteria. Would you say you...
High schools should require students to take 4 years of Physical Education class? Would you say you...

	Percent of Adolescents	
	Agree ¹ School Should Have Healthy Eating Policy	Agree ¹ School Should Require 4 Years of Physical Education
Total	89	68
Gender		
Males	86	71
Females	92	64
Ethnicity		
White	88	65
African American	92	69
Latino	90	74
Asian/Other	88	59
Gender by Age		
Males		
12-13	92	79
14-15	84	72
16-17	82	62
Females		
12-13	92	82
14-15	92	56
16-17	91	54
Smoking Status		
Non-Smokers	89	69
Smokers	90	46
Physical Activity Status		
Regular	88	69
Irregular	91	65
Overweight Status		
Not at Risk	88	66
At Risk/Overweight	91	71
Income Related Food Risk		
Yes	88	72
No	89	65

¹ Agree includes "Strongly Agree" and "Agree".

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

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

Table 96: Perception of Advertising and Menu Labeling Policy among California Adolescents

Fast food restaurants should have to put the calories of each food item on the menu. Would you say you...
 TV advertising encourages people to eat unhealthy foods. Would you say you...
 TV advertising encourages people to eat too much food. Would you say you...

	Percent of Adolescents		
	Agree Calories Should be Included on Fast Food Menus	Agree TV Advertising Encourages Unhealthy Foods	Agree TV Advertising Encourages Overeating
Total	84	73	54
Gender			
Males	82	71	53
Females	87	75	55
Ethnicity			
White	82	73	52
African American	81	78	47
Latino	86	74	58
Asian/Other	86	70	50
Gender by Age			
Males			
12-13	81	65	55
14-15	83	75	56
16-17	82	75	48
Females			
12-13	86	69	57
14-15	85	78	49
16-17	89	79	58
Smoking Status			
Non-Smokers	85	73	54
Smokers	77	76	51
Physical Activity Status			
Regular	85	73	53
Irregular	83	74	57
Overweight Status			
Not at Risk	82	74	51
At Risk/Overweight	90	74	60
Income Related Food Risk			
Yes	85	67	55
No	84	75	54

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

Chi Square Test

* p<.05

** p<.01

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

Table 78a: Prevalence of Fast Food, Student Stores, and Vending Machines at School Among California Adolescents

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

	Percent of Adolescents			
	School Serves Fast Food	School Has Student Store	School Has Soda Vending	School Has Low Nutrient Food Vending
Total	30	85	70	38
Gender				
Males	29	87	73	38
Females	31	83	68	39
Ethnicity				
White	31 *	85	70 *	38 **
African American	26	88	68	46
Latino	26	86	66	33
Asian/Other	39	83	81	48
Gender by Age				
Males				
12-13	23 **	82 *	51 ***	19 ***
14-15	26	90	79	42
16-17	38	90	89	53
Females				
12-13	22 **	74 ***	42 ***	12 ***
14-15	36	90	79	44
16-17	36	86	84	63
Smoking Status				
Non-Smokers	29 **	85	70	38
Smokers	47	85	74	45
Physical Activity Status				
Regular	31	84	70	38
Irregular	26	88	70	39
Overweight Status				
Not at Risk	31	88 *	72	40
At Risk/Overweight	27	83	69	36
Income Related Food Risk				
Yes	22 **	81 *	66 *	30 **
No	32	87	74	41

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

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

Table 88: Walking and Biking to and from 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
Total	22	29
Gender		
Males	25	31
Females	19	26
Ethnicity		
White	17	25
African American	19	25
Latino	29	36
Asian/Other	18	25
Gender by Age		
Males		
12-13	28	40
14-15	26	30
16-17	19	23
Females		
12-13	28	39
14-15	16	21
16-17	14	19
Smoking Status		
Non-Smokers	22	29
Smokers	20	19
Physical Activity Status		
Regular	21	28
Irregular	27	31
Overweight Status		
Not at Risk	21	25
At Risk/Overweight	20	32
Income Related Food Risk		
Yes	30	34
No	19	28

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

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

Table 90a: Prevalence of Free or Reduced Price Breakfast or Lunch among California Adolescents

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

- Free or reduced price school breakfast
- Free or reduced price school lunch

	Percent of Adolescents	
	Receive Free or Reduced Price School Breakfast	Receive Free or Reduced Price School Lunch
Total	24	33
Gender		
Males	26	34
Females	22	32
Ethnicity		
White	13	17
African American	30	36
Latino	35	48
Asian/Other	22	30
Gender by Age		
Males		
12-13	23	33
14-15	22	37
16-17	34	32
Females		
12-13	25	41
14-15	23	26
16-17	18	28
Smoking Status		
Non-Smokers	24	33
Smokers	22	23
Physical Activity Status		
Regular	22	30
Irregular	32	40
Overweight Status		
Not at Risk	20	26
At Risk/Overweight	31	43
Income Related Food Risk		
Yes	44	60
No	17	24

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

Chi Square Test

** p<.01

*** p<.001