

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 53: Cross Tabulation of Fruit and Vegetable Consumption and Healthy Eating Practice Score among California Adolescents By Behavioral Theories

		Percent of Adolescents ¹	Mean Servings of Fruits and Vegetables ²	Healthy Eating Practice Scores ²
Self-Efficacy				
Can you find healthy foods in your home?	Yes	99	4.5	3.0
	No	1	2.3	2.4
Do you think you could eat more fruits and vegetables?	Yes	98	4.5	3.0
	No	2	6.7	3.4
Behavioral Capability				
Do you know how to pick out healthy foods from menus?	Yes	86	4.7	3.1
	No	14	3.4	2.7
Did anyone ever teach you how to cook foods in a healthy way?	Yes	65	4.8	3.1
	No	35	3.9	2.8
In the last year, have you taken a class, or course at school in which the health effects of good eating habits were discussed?	Yes	58	4.8	3.1
	No	42	4.1	2.8
Reinforcement				
Do you feel bad about yourself on days when you haven't eaten healthy?	Yes	36	4.7	3.1
	No	64	4.4	2.9
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	61	4.7	3.1
	No	39	4.2	2.9
Environment				
Do you like the food served at your school?	Yes	53	4.6	3.1
	No	47	4.4	2.9
In general, are fruits, vegetables and juices available to you when you are hungry?	Yes	86	4.6	3.0
	No	14	3.9	2.8
Reciprocal Determinism				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	46	5.1	3.2
	No	54	4.0	2.8

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 Test¹

ANOVA²

* p<.05

** p<.01

*** p<.001

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Table 54: Reinforcement for Healthy Eating among California Adolescents

Do you feel bad about yourself on days when you haven't eaten healthy food?
 Do your parents or the adults you live with notice when you haven't eaten healthy foods?

	Percent of Adolescents	
	Feel Bad About Yourself When Haven't Eaten Healthy Food	Parents Notice When You Haven't Eaten Healthy Foods
Total	36	61
Gender		
Males	26	58
Females	48	65
Ethnicity		
White	34	58
African American	29	50
Latino	40	66
Asian/Other	40	66
Gender by Age		
Males		
12-13	35	64
14-15	25	59
16-17	18	51
Females		
12-13	48	71
14-15	45	61
16-17	50	64
Smoking Status		
Non-Smokers	37	62
Smokers	29	54
Physical Activity Status		
Regular	36	60
Irregular	37	68
Overweight Status		
Not at Risk	34	59
At Risk/Overweight	42	69

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

Chi Square Test

- * p<.05
- ** p<.01
- *** p<.001

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Table 55: Association of Gardening with Fruit and Vegetable Consumption among California Adolescents

Have you ever worked in a garden to grow fruits and vegetables?
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Worked in a Garden ¹ , Percent of Adolescents	Mean Servings of Fruit, Juice and Vegetables for Adolescents Who Have Gardened ²	
		Yes	No
Total	46	5.1	4.0 ***
Gender			
Males	50 **	5.1	4.3
Females	41	5.0	3.8
Ethnicity			
White	57 ***	5.2	4.0
African American	26	5.0	3.7
Latino	36	5.1	4.2
Asian/Other	45	4.4	4.0
Gender by Age			
Males			
12-13	52	NA ³	NA
14-15	52	NA	NA
16-17	47	NA	NA
Females			
12-13	50 **	NA	NA
14-15	39	NA	NA
16-17	34	NA	NA
Smoking Status			
Non-Smokers	45	5.1	4.0 *
Smokers	51	4.7	5.2
Physical Activity Status			
Regular	48 **	5.2	4.1
Irregular	36	4.3	3.9
Overweight Status			
Not at Risk	48 **	5.2	4.0
At Risk/Overweight	39	4.8	4.1

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¹ Chi Square Test

² ANOVA

* p<.05

** p<.01

*** p<.001

³ Not available at this time.

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 56: Environmental Factors for Healthy Eating among California Adolescents

Do you like the food served at your school?

In general, are fruits, vegetables, and juice available to you when you are hungry?

Do you usually eat dinner with your family or people you live with?

	Percent of Adolescents		
	Like Food at School	Fruits, Vegetables and Juice Available when Hungry	Usually Eat Dinner with Family
Total	53	86	88
Gender			
Males	55	88 *	90 *
Females	51	83	86
Ethnicity			
White	55	88 **	89
African American	46	74	86
Latino	52	86	86
Asian/Other	53	82	88
Gender by Age			
Males			
12-13	58 *	87	94 ***
14-15	60	91	93
16-17	46	85	83
Females			
12-13	58 **	83	92 ***
14-15	54	85	88
16-17	39	82	78
Smoking Status			
Non-Smokers	54 *	86	90 ***
Smokers	42	85	61
Physical Activity Status			
Regular	54 *	87 **	88
Irregular	45	80	86
Overweight Status			
Not at Risk	51	85	87
At Risk/Overweight	56	86	89

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 57: Self-Efficacy for Healthy Eating among California Adolescents

Do you think you could eat more fruits and vegetables?

Can you find healthy foods in your home?

	Percent of Adolescents	
	Can Eat More Fruits and Vegetables	Can Find Healthy Food at Home
Total	98	99
Gender		
Males	97	99
Females	98	98
Ethnicity		
White	98	98
African American	97	98
Latino	98	99
Asian/Other	96	98
Gender by Age		
Males		
12-13	98	97
14-15	98	100
16-17	96	99
Females		
12-13	96	100
14-15	99	98
16-17	100	97
Smoking Status		
Non-Smokers	98	99
Smokers	95	95
Physical Activity Status		
Regular	98	99
Irregular	98	98
Overweight Status		
Not at Risk	98	99
At Risk/Overweight	98	97

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

Chi Square Test

* $p < .05$

** $p < .01$

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Table 58: Behavioral Capability of California Adolescents

Did you know how to pick out healthy foods from menus?

Did anyone ever teach you how to cook foods in a healthy way?

How many times per week do you cook for your family or the people you live with?

	Percent of Adolescents			Mean
	Can Pick Healthy Foods From Menus ¹	Taught to Cook Healthy ¹	Adolescents Who Cooked for Family > 1 Time a Week ¹	Weekly Frequency of Cooking for Family ^{2,3}
Total	86	65	57	1.9
Gender				
Males	86	61 ***	52 ***	1.8 *
Females	85	70	63	2.0
Ethnicity				
White	92 ***	67	57	1.9
African American	95	73	62	1.9
Latino	77	61	56	1.9
Asian/Other	79	68	59	2.0
Gender by Age				
Males				
12-13	91 *	59	50	1.9
14-15	87	60	51	1.7
16-17	81	63	54	1.8
Females				
12-13	85	72	62	1.8
14-15	83	70	62	2.1
16-17	86	68	64	2.2
Smoking Status				
Non-Smokers	86 *	64 **	57	1.9
Smokers	78	79	62	1.9
Physical Activity Status				
Regular	87 *	65	58	1.9
Irregular	80	66	55	2.0
Overweight Status				
Not at Risk	87	66	58	1.9
At Risk/Overweight	84	64	54	1.9

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

¹ Chi Square Test

² ANOVA

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 59: Cross Tabulation of Health Education With Physical Activity among California Adolescents

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

In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?

How many times during the past week did you participate in physical activities, exercise or sports?

Yesterday, did you participate in any physical activities, exercise or sports?

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

Had Class on Health Benefits of Exercise	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	6.1 **	23 *	49 *	72 **
No	5.0	16	39	54
Had Class on Benefits of Healthy Eating	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Yes	6.2 **	22	47	70
No	5.1	18	42	61

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

ANOVA

* p<.05

** p<.01

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 60: Cross Tabulation of Physical Activity among California Adolescents By Behavioral Theories

		Percent of Adolescents	Minutes Physically Active Yesterday
Self-Efficacy			
Do you think you could do hard exercise every day?	Yes	79	71
	No	21	47
Behavioral Capability			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	67	72
	No	33	54
Reinforcement			
Do you feel bad about yourself on days when you don't get any physical activity or exercise?	Yes	46	63
	No	54	68
Environment			
Do you live near a school, park or other place where you can exercise or workout?	Yes	91	68
	No	9	41
Bonding and Belonging			
Do you exercise or play sports with your family or the people you live with?	Yes	54	67
	No	46	65
Do you exercise or play sports with your friends?	Yes	91	69
	No	9	33
Do you like the adults who organize or teach your sports or activities?	Yes	90	66
	No	10	78

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

ANOVA

** p<.01

*** p<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 61: Reinforcement and Self-Efficacy for Being Physically Active among California Adolescents

Do you feel bad about yourself on days when you don't get any physical activity or exercise?
Do you think you could do hard exercise every day?

	Percent of Adolescents	
	Feel Bad About Yourself When Not Physically Active	Could Do Hard Exercise Everyday
Total	46	79
Gender		
Males	39 ***	86 ***
Females	53	72
Ethnicity		
White	45 **	79 ***
African American	30	85
Latino	49	82
Asian/Other	49	66
Gender by Age		
Males		
12-13	43 *	88
14-15	43	83
16-17	32	86
Females		
12-13	53	75
14-15	51	68
16-17	54	72
Smoking Status		
Non-Smokers	46	80
Smokers	45	71
Physical Activity Status		
Regular	47 *	79
Irregular	39	77
Overweight Status		
Not at Risk	44 *	78
At Risk/Overweight	51	83

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

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 62: Bonding and Belonging Consturct for Physical Activity among California Adolescents

Do you exercise or play sports with your family or the people you live with?

Do you exercise or play sports with your friends?

Do you like the adults who organize or teach your sports or activities?

	Percent of Adolescents		
	Exercise with Family	Exercise with Friends	Like the Adults Who Organizes Sports
Total	54	91	90
Gender			
Males	56	95 ***	89
Females	52	87	92
Ethnicity			
White	51 *	95 ***	88
African American	58	92	89
Latino	59	88	92
Asian/Other	48	89	93
Gender by Age			
Males			
12-13	63	97	91 *
14-15	54	96	92
16-17	51	94	83
Females			
12-13	63 ***	96 ***	94
14-15	52	84	90
16-17	41	81	91
Smoking Status			
Non-Smokers	55 *	92	91 ***
Smokers	41	88	72
Physical Activity Status			
Regular	54	94 ***	91
Irregular	53	79	88
Overweight Status			
Not at Risk	54	92	89
At Risk/Overweight	55	92	91

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

Chi Square Test

* p<.05

*** p<.001

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Table 63: Proximity to Exercise Facilities

Do you live near a school, park or other place where you can exercise or workout?

	Live Near Facility, Percent of Adolescents
Total	91
Gender	
Males	92
Females	90
Ethnicity	
White	92
African American	90
Latino	92
Asian/Other	83
Age	
12-13	92
14-15	90
16-17	90
Smoking Status	
Non-Smokers	91
Smokers	83
Physical Activity Status	
Regular	92
Irregular	87
Overweight Status	
Not at Risk	92
At Risk/Overweight	88

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

Chi Square Test

* p<.05

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 64: Cross Tabulation of Self-Reported School Performance by Other Health Indicators among California Adolescents

How do you do in school? Would you say much better than average, better than average, average, or below average?

School Performance	Healthy Eating Practices Score ¹
Below Average	2.6 ^{ab}
Average	2.8 ^a
Better Than Average	3.1 ^{bc}
Much Better than Average	3.4 ^c

School Performance	Tobacco Use ²
Below Average	11
Average	8
Better Than Average	6
Much Better than Average	2

*

School Performance	Taken a Class on Healthy Eating ²
Below Average	50
Average	59
Better Than Average	57
Much Better than Average	59

School Performance	Taken a Class on Physical Activity ²
Below Average	57
Average	66
Better Than Average	68
Much Better than Average	69

School Performance	Mean Minutes of any Physical Activity ^{1,3}
Below Average	90 ^{ab}
Average	57 ^a
Better Than Average	73 ^b
Much Better than Average	68 ^{ab}

**

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 ANOVA

² Chi Square Test

* p<.05

** p<.01

*** p<.001

2000 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 anyway you want to?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	47	29	24
Gender			
Males	45	28	27
Females	49	29	22
Ethnicity			
White	46	31	23
African American	41	37	22
Latino	46	26	28
Asian/Other	54	25	21
Gender by Age			
Males			
12-13	66	20	14
14-15	46	36	18
16-17	23	29	48
Females			
12-13	69	23	8
14-15	47	33	21
16-17	30	33	37
Smoking Status			
Non-Smokers	49	28	23
Smokers	16	36	47
Physical Activity Status			
Regular	47	30	23
Irregular	45	26	29
Overweight Status			
Not at Risk	46	29	25
At Risk/Overweight	44	31	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<.001

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 66: Proportion of California Adolescents Who Are Employed and Available Spending Money Reported by California Adolescents

About how much money do you have each week to spend on yourself anyway you want to?
Do you have a paid part-time or full-time job?

	Reported Having a Job ¹ , Percent of Adolescents	Mean Weekly Spending Money ²	
		Adolescents Who Have Jobs	Adolescents Who Do Not Have Jobs
Total	20	\$60.88	\$18.96 ***
Gender			
Males	23 *	\$74.97	\$18.64 ***
Females	17	\$41.23	\$19.28
Ethnicity			
White	22	\$47.82	\$17.94
African American	19	\$83.37	\$16.14
Latino	18	\$73.90	\$20.82
Asian/Other	20	\$70.12	\$18.71
Gender by Age			
Males			
12-13	13 ***	NA ³	NA
14-15	14	NA	NA
16-17	39	NA	NA
Females			
12-13	6 ***	NA	NA
14-15	9	NA	NA
16-17	37	NA	NA
Smoking Status			
Non-Smokers	17 ***	\$58.48	\$18.41
Smokers	56	\$70.45	\$32.13
Physical Activity Status			
Regular	19	\$58.78	\$17.92
Irregular	24	\$68.75	\$24.07
Overweight Status			
Not at Risk	21	\$56.88	\$20.23 **
At Risk/Overweight	19	\$75.30	\$16.58

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 Not Available at this time.