

1998 California Teen Eating, Exercise, and Nutrition Survey

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

		% of Adolescents	Mean Servings of Fruits and Vegetables	Healthy Eating Practice Scores
Self-Efficacy				
Can you find healthy foods in your home?	Yes	98	4.3 ***	3.2 ***
	No	2	2.2	2.1
Do you think you could eat more fruits and vegetables?	Yes	97	4.3 *	3.2
	No	3	5.3	3.5
Behavioral Capability				
Do you know how to pick out healthy foods from menus?	Yes	82	4.4 ***	3.3 ***
	No	18	3.6	2.7
Did anyone ever teach you how to cook foods in a healthy way?	Yes	66	4.5 ***	3.3 ***
	No	34	3.8	2.9
In the last year, have you taken a class in which the health effects of good eating habits were discussed?	Yes	58	4.6 ***	3.2 ***
	No	42	3.9	2.8
Reinforcement				
Do you feel bad about yourself on days when you haven't eaten healthy?	Yes	34	4.7 ***	3.4 ***
	No	66	4.1	3.0
Do your parents or the adults you live with notice when you haven't eaten healthy foods?	Yes	56	4.6 ***	3.4 ***
	No	43	3.8	2.9
Environment				
Do you like the food served at your school?	Yes	59	4.3	3.2
	No	41	4.2	3.1
In general, are fruits, vegetables and juices available to you when you are hungry?	Yes	87	4.3	3.2 *
	No	13	4.0	2.9
Reciprocal Determinism				
Have you ever worked in a garden to grow fruits and vegetables?	Yes	45	4.7 ***	3.5 ***
	No	55	4.0	2.9

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

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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?
Do your parents or the adults you live with notice when you have not eaten healthy food?

	Reporting Yes, % of Adolescents	
	Feel Bad About Yourself When Haven't Eaten Healthy Food	Parents Notice When You Haven't Eaten Healthy Foods
Total	34	56
Gender		
Males	23 ***	54
Females	46	59
Ethnicity		
White	32 *	50 ***
African American	22	54
Latino	36	65
Asian/Other	41	58
Gender by Age		
Males		
12-13	26	59
14-15	20	48
16-17	22	55
Females		
12-13	45	67 *
14-15	41	58
16-17	51	53
Smoking Status		
Non-Smokers	36 **	58
Smokers	24	50
Physical Activity Status		
Regular	36 **	58
Irregular	26	52
Overweight Status		
Not at Risk	34	55
At Risk/Overweight	35	59

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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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 % of Adolescents	Mean Servings of Fruit, Juice and Vegetables for Adolescents Who Have Gardened ²		
		Yes	No	
Total	45	4.7	4.0	***
Gender				
Males	48	4.9	4.0	
Females	43	4.4	4.0	
Ethnicity				
White	55 ***	4.5	3.6	
African American	31	4.5	4.4	
Latino	36	5.1	4.3	
Asian/Other	45	4.6	3.4	
Gender by Age				
Males				
12-13	56 *	5.8	4.5	
14-15	45	4.6	4.3	
16-17	42	4.9	4.0	
Females				
12-13	53 ***	5.5	4.5	
14-15	44	4.7	3.8	
16-17	30	4.9	3.9	
Smoking Status				
Non-Smokers	46 *	4.8	4.0	
Smokers	36	3.2	3.2	
Physical Activity Status				
Regular	48 ***	4.8	4.0	
Irregular	34	3.9	3.7	
Overweight Status				
Not at Risk	47	4.9	3.9	*
At Risk/Overweight	42	3.9	3.9	

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¹ Chi Square Test

² ANOVA

* p<.05

*** p<.001

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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?

	Reporting Yes, % of Adolescents		
	Like Food at School	Fruits, Vegetables and Juice Available when Hungry	Usually Eat Dinner with Family
Total	59	87	89
Gender			
Males	64 ***	86	92 ***
Females	53	88	86
Ethnicity			
White	60 ***	84	91
African American	40	90	88
Latino	60	89	88
Asian/Other	67	88	88
Gender by Age			
Males			
12-13	69	86	97 ***
14-15	65	84	91
16-17	59	87	88
Females			
12-13	60	92	94 ***
14-15	53	86	84
16-17	47	86	81
Smoking Status			
Non-Smokers	60	88	91 ***
Smokers	52	85	79
Physical Activity Status			
Regular	61 ***	87	90 **
Irregular	49	85	84
Overweight Status			
Not at Risk	59	86	88
At Risk/Overweight	58	90	91

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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Chi Square Test

** 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?

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

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Chi Square Test
* p<.05

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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?

	Can Pick Healthy Foods From Menus, ¹ % of Adolescents	Taught to Cook Healthy, ¹ % of Adolescents	Weekly Frequency of Cooking for Family ^{2,3}	Adolescents Who Cooked for Family > 1 Time a Week, ¹ % of Adolescents
Total	82	66	1.9	57
Gender				
Males	83	61 ***	1.9	49 ***
Females	82	71	2	65
Ethnicity				
White	88 ***	64 ***	1.8 ^a **	56
African American	90	84	2.0 ^{ab}	67
Latino	72	67	2.0 ^{ab}	57
Asian/Other	87	60	2.4 ^b	55
Gender by Age				
Males				
12-13	83	64	1.6 ^a ***	50
14-15	81	59	1.7 ^a	46
16-17	83	61	2.3 ^b	50
Females				
12-13	84	81 ***	1.7 ^a ***	68
14-15	82	67	2.1 ^b	63
16-17	81	64	2.1 ^{ab}	64
Smoking Status				
Non-Smokers	82	66	1.9 ***	57
Smokers	82	66	2.5	51
Physical Activity Status				
Regular	84 **	68 **	1.9	57
Irregular	76	58	1.9	57
Overweight Status				
Not at Risk	84	65	1.9 *	56
At Risk/Overweight	81	70	2.1	61

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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

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001

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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?

		Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Activity Yesterday
Had Class on Health Benefits of Exercise	Yes	5.4 ***	27	49 *	76 *
	No	4.7	20	39	59
Had Class on Benefits of Healthy Eating	Yes	5.3	26	46	72
	No	5.0	22	45	67

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

ANOVA

* p<.05

** p<.01

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Table 60: Cross Tabulation of Physical Activity Among California Adolescents by Behavioral Theories

		% of Adolescents	Minutes Physically Active Yesterday
Self-Efficacy			
Do you think you could do hard exercise every day?	Yes	76	78 ***
	No	24	
Behavioral Capability			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	63	76 **
	No	37	
Reinforcement			
Do you feel bad about yourself on days when you don't get any physical activity?	Yes	44	74
	No	56	68
Environment			
Do you live near a school, park or other place where you can exercise or workout?	Yes	91	72
	No	9	61
Bonding and Belonging			
Do you exercise or play sports with your family or the people you live with?	Yes	53	72
	No	47	69
Do you exercise or play sports with your friends?	Yes	93	74 ***
	No	7	
Do you like the adults who organize or teach your sports or activities?	Yes	88	71
	No	12	66

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

ANOVA

** p<.01

*** p<.001

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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?
Do you think you could do hard exercise every day?

	Reporting Yes, % of Adolescents	
	Feel Bad About Yourself When Not Physically Active	Could Do Hard Exercise Everyday
Total	44	76
Gender		
Males	40 **	86 ***
Females	49	66
Ethnicity		
White	48 **	80 ***
African American	32	68
Latino	46	78
Asian/Other	33	63
Gender by Age		
Males		
12-13	37	88
14-15	39	85
16-17	43	85
Females		
12-13	49	75 ***
14-15	46	67
16-17	52	57
Smoking Status		
Non-Smokers	46	75 *
Smokers	38	84
Physical Activity Status		
Regular	47 ***	79 ***
Irregular	35	66
Overweight Status		
Not at Risk	45	78
At Risk/Overweight	43	73

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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Chi Square Test

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

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Table 62: Bonding and Belonging Construct 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?

	Reported Yes, % of Adolescents		
	Exercise with Family	Exercise with Friends	Like the Adults Who Organizes Sports
Total	53	93	88
Gender			
Males	53	96***	89
Females	53	90	88
Ethnicity			
White	45***	93	87
African American	52	94	93
Latino	60	93	90
Asian/Other	66	95	88
Gender by Age			
Males			
12-13	69***	98	88**
14-15	45	96	84
16-17	46	95	94
Females			
12-13	67***	97***	91
14-15	47	90	86
16-17	45	81	87
Smoking Status			
Non-Smokers	58***	94	90***
Smokers	32	92	78
Physical Activity Status			
Regular	54	96***	90**
Irregular	51	84	83
Overweight Status			
Not at Risk	54	93	90
At Risk/Overweight	50	95	86

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Chi Square Test

** p<.01

*** 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, % of Adolescents
Total	91
Gender	
Males	92
Females	90
Ethnicity	
White	88
African American	95
Latino	93
Asian/Other	91
Age	
12-13	91
14-15	91
16-17	90
Smoking Status	
Non-Smokers	91
Smokers	89
Physical Activity Status	
Regular	92
Irregular	87
Overweight Status	
Not at Risk	92
At Risk/Overweight	87

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Chi Square Test

* p<.05

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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 ^a ***
Average	2.9 ^a
Better Than Average	3.2 ^b
Much Better than Average	3.4 ^b

School Performance	Tobacco Use ²
Below Average	19 ***
Average	17
Better Than Average	8
Much Better than Average	8

School Performance	Taken a Class on Healthy Eating ²
Below Average	44
Average	58
Better Than Average	56
Much Better than Average	62

School Performance	Taken a Class on Physical Activity ²
Below Average	40 ***
Average	59
Better Than Average	66
Much Better than Average	70

School Performance	Mean Minutes of any Physical Activity ^{1,3}
Below Average	36 ^a *
Average	70 ^{ab}
Better Than Average	69 ^{ab}
Much Better than Average	80 ^b

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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

³ Analysis performed on log transformed data.

* p<.05

*** p<.001

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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?
Do you have a paid part-time or full-time job?

	Range of Spending Money Per Week Reported, % of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	50	28	22
Gender			
Males	49	25	25
Females	52	31	18
Ethnicity			
White	52	27	21
African American	46	36	18
Latino	50	28	23
Asian/Other	51	27	22
Gender by Age			
Males			
12-13	76	15	9
14-15	49	27	24
16-17	24	34	12
Females			
12-13	67	26	7
14-15	50	32	18
16-17	39	33	28
Smoking Status			
Non-Smokers	55	27	18
Smokers	33	32	35
Physical Activity Status			
Regular	51	28	21
Irregular	47	29	24
Overweight Status			
Not at Risk	50	27	23
At Risk/Overweight	51	33	16

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Chi Square Test

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

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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?

	Adolescents Who reported Having a Job, ¹ % of Adolescents	Mean Weekly Spending Money ²	
		Adolescents Who Have Jobs	Adolescents Who Do Not Have Jobs
Total	19	\$43.85	\$18.45 ***
Gender			
Males	20	\$53.42	\$20.05 ***
Females	17	\$32.44	\$16.80
Ethnicity			
White	23 ***	\$42.05	\$16.71
African American	8	\$31.72	\$21.21
Latino	17	\$44.33	\$17.72
Asian/Other	14	\$58.91	\$24.45
Gender by Age			
Male		\$32.47	\$12.87 ***
12-13	13 ***	\$42.63	\$16.95
14-15	15	\$100.59	\$28.07
16-17	39		
Female		\$20.97	\$12.61
12-13	6 ***	\$31.00	\$20.75
14-15	9	\$47.28	\$27.66
16-17	37		
Smoking Status			
Non-Smokers	16 ***	\$41.68	\$16.77
Smokers	31	\$48.00	\$29.60
Physical Activity Status			
Regular	19	\$38.98	\$18.32 ***
Irregular	20	\$60.76	\$19.03
Overweight Status			
Not at Risk	20	\$43.49	\$19.33
At Risk/Overweight	16	\$41.26	\$15.10

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¹ Chi Square Test

² ANOVA

** p<.01

*** p<.001