

The *California Teen Eating, Exercise and Nutrition Survey (CalTEENS)* is the most extensive dietary and physical activity assessment of adolescents between 12 and 17 in the state of California. *CalTEENS* was designed in 1997 and is administered biennially in even years. *CalTEENS* was designed to monitor dietary trends, especially fruit and vegetable consumption, among California teens for evaluating their progress toward meeting the 2010 Dietary Guidelines for Americans and the Healthy People 2020 Objectives. In 2010, the survey sample (n=1,220) was selected in part through random digit-dial (RDD) and in part through a list of low-income households in the state. This document highlights the most notable findings from the 2010 survey and references the more detailed findings posted to the [Nutrition Education and Obesity Prevention Branch’s website](#).

Key Demographics

Race/Ethnicity

- White
- Hispanic
- African American
- Asian/Pacific Islander

Household SNAP/CalFresh Status, Federal Poverty Level (FPL) %

- Participant
- Likely Eligible, ≤130% FPL
- Ineligible, >185% FPL

Fruits & Vegetables:

- Fruit and vegetable consumption among adolescents was 2.4 cups per day, a full cup below the lowest recommended amount for any teen. The *2010 Dietary Guidelines for Americans* recommends adolescents consume between 3.5 and 6.5 cups of fruits and vegetables each day, depending on gender, age, and activity level. **(Table 1)**
- African American teens are consuming the smallest amount of fruits and vegetables, 1.8 cups per day, compared to 2.4-2.6 cups consumed daily by White, Latino, and Asian teens. **(Table 1)**
- Half of California teens reported not eating any vegetables the day before the survey. **(Table 4)**
- Adolescents who report that fruits, vegetables and juices are generally available to them when they are hungry reported consuming 1.7 more servings of fruits and vegetables on the day before the survey. **(Table 53)** Therefore, when fruits, vegetables and juices are made available to adolescents, this may lead to higher intake and more teens meeting the recommended amounts.
- Almost three-quarters of adolescents reported that they have been taught how to cook healthy food. **(Table 58)** These teens reported consuming over a serving more fruits and vegetables than their peers who have not learned healthy cooking skills. **(Table 53)** Cooking classes in schools and after-school programs provide opportunities to promote healthy eating habits.

Sugar-Sweetened Beverages and High Calorie Foods:

- Since 2000, the percent of adolescents drinking soda and other sugary drinks has decreased by one-third. **(Trend Table 69)**
- Teens from homes participating in CalFresh more often report drinking soda and sugary drinks than teens from likely eligible and ineligible households. **(Table 69)**



- Teens with more money to spend on themselves were more likely to report eating fast food or purchasing high calorie, low nutrient foods or beverages at school the day before the survey. **(Tables 65a and 65b)**

Physical Activity (PA):

- Only four out of ten adolescents reported being physically active for at least 60 minutes, the recommended amount of PA they should get every day. **(Table 36)**
- Teen boys were more likely than teen girls to meet the PA guideline, and also got nearly a half hour more PA more per day, on average. **(Table 36)**
- One-third of adolescents were not able to correctly identify the recommended amount of PA they should get each day. **(Table 38)**
- Adolescents who engage in PA with friends reported more than twice as much total physical activity on the prior day than teens who do not engage in PA with friends. **(Table 60)**
- One-third of students reported walking, biking, or skateboarding to or from school four or more times in a typical week. About half of CalFresh participants reported actively commuting to and from school four or more days per week. **(Table 88)**
- Overall, adolescents are not getting enough PA, and adolescent girls are getting less than boys. Interventions targeting teen girls may be warranted to address this gender gap. Because many teens cannot correctly identify how much PA they should be getting, education in this area may contribute to better outcomes, as well as helping teens to find ways to buddy up with friends.

Overweight and Obesity:

- One of every eight adolescents was obese, based on self-reported height and weight. Rates of obesity were even higher among teens from CalFresh and likely eligible households. **(Table 45)**
- Over a quarter of adolescents were overweight or obese. **(Table 45)**
- Since CalTEENS began tracking adolescent BMI in 1998, obesity prevalence has increased by 54% among all California teens. **(Trend Table 45a)**

School Environment:

- Students who report liking the lunches served at school are less likely to be overweight. **(Table 53)** Providing appealing food choices at school can increase the likelihood that students will eat healthy school meals and may lead to improved long-term health outcomes.
- Access to high calorie, low nutrient foods at school was reported by most California adolescents, from fast food outlets, student stores, or vending machines. **(Table 71)**
- Three out of ten teens reported advertising for name brand foods or beverages on school property, and 18% reported that free samples for name brand foods or beverages had been distributed at school. **(Table 79)**
- More than three-quarters of teens said that they are interested in taking action to improve nutrition in their school and community, while 15% say that they already have. **(Table 117)**