

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 51: School Night Sleep Habits of California Adolescents (N=1,139)

On a typical school night, how many hours of sleep do you get?

	Mean Hours Sleep Reported on Typical School Night ¹		Meeting HP2020 Sleep Recommendation, Percent of Adolescents ^{2,3}	
Total	8.0		67.2	
Gender				
Male	8.1	**	70.0	*
Female	7.8		64.2	
Ethnicity				
White	7.9 ^a	***	65.5	**
African American	7.3 ^b		50.0	
Latino	8.1 ^a		71.3	
Asian/Other	8.1 ^a		64.2	
Gender by Age				
Male				
12-13	8.6 ^a	***	84.4	***
14-15	8.0 ^b		70.4	
16-17	7.6 ^c		54.9	
Female				
12-13	8.6 ^a	***	84.1	***
14-15	7.7 ^b		59.3	
16-17	7.3 ^c		50.4	
Income				
<\$15,000	8.0 ^{ab}	*	69.1	***
\$15,000 - \$24,999	8.1 ^{ab}		71.2	
\$25,000 - \$34,999	8.0 ^{ab}		72.8	
\$35,000 - \$49,999	8.3 ^a		76.9	
\$50,000 - \$74,999	8.1 ^{ab}		75.0	
> \$75,000	7.7 ^b		57.2	
CalFresh Status, % FPL⁴				
Participant	8.2 ^a	***	73.7	***
Likely Eligible < 130%	8.0 ^{ab}		71.7	
Not Eligible > 185%	7.8 ^b		58.6	
Physical Activity Status				
Regular	8.0	**	69.9	***
Irregular	7.7		57.8	
Overweight Status				
Not Overweight	8.0		67.6	
Overweight/Obese	7.9		65.3	

¹HP2020 defines sufficient sleep for adolescents in grades 9-12 as "8 or more hours of sleep on an average school night".

²Chi Square Test

³ANOVA

* p<.05, ** p<.01, *** p<.001

⁴Survey 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

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Table 52: Prevalence of Tobacco Use among California Adolescents (N=1,143)

Think about the last 30 days. On how many of these days did you smoke?

	Used Tobacco in Last 30 Days ¹ , Percent of Adolescents	
Total	2.8	
Gender		
Male	4.5	***
Female	1.0	
Ethnicity		
White	3.4	*
African American	0.6	
Latino	3.7	
Asian/Other	0.0	
Gender by Age		
Male		
12-13	0.6	***
14-15	3.6	
16-17	9.6	
Female		
12-13	1.9	
14-15	0.1	
16-17	1.2	
Income		
<\$15,000	5.0	**
\$15,000 - \$24,999	4.9	
\$25,000 - \$34,999	0.3	
\$35,000 - \$49,999	5.1	
\$50,000 - \$74,999	1.1	
> \$75,000	1.0	
CalFresh Status, % FPL²		
Participant	4.2	*
Likely Eligible < 130%	3.9	
Not Eligible > 185%	1.5	
Physical Activity Status		
Regular	2.5	
Irregular	4.1	
Overweight Status		
Not Overweight	3.2	
Overweight/Obese	2.4	

¹Used tobacco on one or more days.

²Survey 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