

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

Table 92: Actions to Improve Nutrition or Physical Activity in the School and Community (N=1,090)

How interested are you in taking action to make changes to improve nutrition or physical activity in your school or community?
 Have you PERSONALLY ever been active in making changes to improve nutrition or physical activity in your school or community?

	Percent of Adolescents				Ever Been Active in Improving Nutrition or Physical Activity in School and Community
	Interest in Taking Action to Improve Nutrition or Physical Activity in School and Community				
	Very Interested	Somewhat Interested	Not Interested/ No Opinion		
Total	18.9	56.7	24.3		27.4
Gender					
Male	19.1	51.4	29.4	***	25.3
Female	18.7	62.3	19.0		29.7
Ethnicity					
White	14.7	54.6	30.8	***	22.3
African American	23.1	65.9	11.1		44.0
Latino	19.3	60.9	19.8		27.9
Asian/Other	23.7	44.2	32.1		28.7
Gender by Age					
Male					
12-13	28.3	45.1	26.7	**	32.5
14-15	15.0	52.0	33.0		26.9
16-17	14.0	57.4	28.6		16.1
Female					
12-13	17.6	68.0	14.5	**	38.6
14-15	14.1	67.8	18.2		28.3
16-17	24.8	50.9	24.3		22.9
Income					
<\$15,000	18.7	55.7	25.6	**	23.1
\$15,000 - \$24,999	18.1	59.9	22.0		30.3
\$25,000 - \$34,999	12.5	64.7	22.8		38.6
\$35,000 - \$49,999	17.0	54.3	28.7		35.6
\$50,000 - \$74,999	16.0	73.1	10.9		24.4
> \$75,000	18.5	50.2	31.3		19.2
CalFresh Status, % FPL¹					
Participant	20.9	61.5	17.6		37.6
Likely Eligible < 130%	16.2	59.6	24.2		28.9
Not Eligible > 185%	20.1	54.1	25.8		23.0
Physical Activity Status					
Regular	20.1	57.7	22.2	**	29.7
Irregular	14.7	53.5	31.7		19.4
Overweight Status					
Not Overweight	18.5	56.8	24.6		28.2
Overweight/Obese	19.4	56.9	23.7		23.8

¹Survey 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.
 Some numbers may not add to 100 percent due to rounding.
 Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 93: Self-Efficacy for Promoting Healthy Eating and Physical Activity among California Adolescents (N=1,089)

I can start discussions with others about healthy eating and physical activity. Would you say you

	Percent of Adolescents			
	Strongly Agree/Agree	Neither Agree nor Disagree	Strongly Disagree/Disagree	
Total	75.9	17.3	6.8	
Gender				
Male	78.2	13.4	8.4	***
Female	73.5	21.4	5.1	
Ethnicity				
White	72.3	20.6	7.1	
African American	77.3	12.2	10.5	
Latino	77.7	15.5	6.7	
Asian/Other	76.1	18.9	5.0	
Gender by Age				
Male				
12-13	71.5	13.1	15.3	***
14-15	80.1	17.1	2.8	
16-17	83.1	9.8	7.2	
Female				
12-13	73.2	20.6	6.3	
14-15	75.1	19.8	5.2	
16-17	72.1	23.9	4.0	
Income				
<\$15,000	80.6	11.5	7.9	***
\$15,000 - \$24,999	83.6	11.6	4.8	
\$25,000 - \$34,999	88.1	6.0	5.9	
\$35,000 - \$49,999	75.1	18.8	6.1	
\$50,000 - \$74,999	58.2	29.7	12.0	
> \$75,000	68.2	23.7	8.1	
CalFresh Status, % FPL¹				
Participant	82.3	10.9	6.8	***
Likely Eligible < 130%	78.8	15.8	5.4	
Not Eligible > 185%	69.6	22.2	8.2	
Physical Activity Status				
Regular	77.4	17.4	5.2	***
Irregular	70.7	17.0	12.4	
Overweight Status				
Not Overweight	77.3	16.6	6.1	
Overweight/Obese	72.5	21.4	6.1	

¹Survey 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.

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

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 94: California Adolescents Reporting Activism about Healthy Eating or Physical Activity (N=1,067)

In the past year, how many times have you tried to convince other teens, your family or friends to be more concerned about healthy eating or physical activity?

In the past year, how many times have you tried to convince school officials, local businesses, community agencies, or government officials to be more concerned about healthy eating or physical activity?

	Percent of Adolescents				
	Have Tried to Convince Others to Be More Concerned about Healthy Eating or Physical Activity				
	Family or Friends			School or Other Officials	
	Zero	1-3 times	4+ times	1+ times	
Total	25.4	39.6	35.0	17.9	
Gender					
Male	32.8	37.4	29.8	***	16.1
Female	17.6	41.9	40.5		19.8
Ethnicity					
White	30.4	43.0	26.5	**	12.6
African American	21.1	46.2	32.7		24.8
Latino	22.1	37.1	40.8		18.4
Asian/Other	27.8	38.3	33.9		23.4
Gender by Age					
Male					
12-13	33.4	38.1	28.5		22.3
14-15	32.2	38.1	29.7		11.1
16-17	32.9	35.9	31.3		14.8
Female					
12-13	11.8	49.5	38.7	***	25.9
14-15	16.4	50.1	33.5		16.4
16-17	24.3	25.8	49.9		17.8
Income					
<\$15,000	28.8	31.4	39.8		17.9
\$15,000 - \$24,999	23.1	41.8	35.1		23.9
\$25,000 - \$34,999	22.5	31.9	45.6		22.1
\$35,000 - \$49,999	27.7	39.9	32.5		15.0
\$50,000 - \$74,999	22.1	38.6	39.3		12.8
> \$75,000	28.1	41.7	30.2		9.5
CalFresh Status, % FPL¹					
Participant	22.1	37.0	40.9		25.5
Likely Eligible < 130%	22.7	39.4	37.8		18.9
Not Eligible > 185%	26.7	42.7	30.6		14.4
Physical Activity Status					
Regular	25.2	39.1	35.7		19.5
Irregular	26.0	41.1	32.9		12.5
Overweight Status					
Not Overweight	23.6	41.1	35.2		18.3
Overweight/Obese	30.9	36.3	32.8		16.3

¹Survey 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

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Table 95: Perception of Healthy Eating and Physical Education Policies at School Among California Adolescents (N=1,089)

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	84.0	67.9
Gender		
Male	87.7***	69.8
Female	80.2	66.0
Ethnicity		
White	83.2	59.6***
African American	81.3	55.5
Latino	86.6	72.6
Asian/Other	78.5	73.6
Gender by Age		
Male		
12-13	90.8	84.5***
14-15	88.4	58.8
16-17	83.7	65.9
Female		
12-13	86.7*	84.8***
14-15	78.6	57.0
16-17	75.7	57.8
Income		
<\$15,000	87.0***	74.9***
\$15,000 - \$24,999	88.8	73.9
\$25,000 - \$34,999	84.3	62.7
\$35,000 - \$49,999	73.5	75.4
\$50,000 - \$74,999	90.7	72.7
> \$75,000	77.3	57.7
CalFresh Status, % FPL²		
Participant	86.8	75.9***
Likely Eligible < 130%	85.2	71.2
Not Eligible > 185%	81.9	60.2
Physical Activity Status		
Regular	85.2*	70.6***
Irregular	79.6	58.7
Overweight Status		
Not Overweight	81.7***	65.8
Overweight/Obese	90.8	71.7

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

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