

2006-2012 California Teen Eating, Exercise, and Nutrition Survey

Trend Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking?

	One Hour or More of Moderate or Vigorous Physical Activity Yesterday, Percent of Adolescents ¹				Trend Analysis			
	2006	2008	2010	2012	06-08	08-10	10-12	06-12
Total	65.6%	50.1%	42.1%	49.3%	-15.5%	-8.0%	7.2%	-16.3%
Gender								
Male	68.5%	54.9%	50.6%	52.8%	-13.6%	-4.3%	2.2%	-15.7%
Female	62.8%	45.1%	33.2%	45.6%	-17.7%	-11.9%	12.4%	-17.1%
Ethnicity								
White	70.3%	54.3%	43.0%	55.2%	-16.0%	-11.3%	12.1%	-15.1%
African American	67.7%	45.4%	58.4%	55.6%	-22.3%	13.0%	-2.9%	-12.1%
Latino	59.8%	50.7%	42.7%	42.3%	-9.1%	-8.0%	-0.5%	-17.5%
Asian/ Other	76.8%	39.7%	29.4%	58.2%	-37.2%	-10.3%	28.9%	-18.6%
CalFresh Status, % FPL¹								
Participant,	64.7%	40.2%	41.6%	49.4%	-24.5%	1.4%	7.8%	-15.3%
Likely Eligible, ≤130	54.7%	54.3%	46.5%	48.4%	-0.4%	-7.8%	1.9%	-6.2%
Not Eligible, >185	72.8%	52.1%	41.9%	51.8%	-20.6%	-10.2%	9.9%	-21.0%
Smoking Status								
Non-Smoker	66.0%	50.5%	41.8%	49.1%	-15.6%	-8.7%	7.3%	-17.0%
Smoker	56.3%	46.3%	47.6%	57.7%	-9.9%	1.3%	10.1%	1.5%
Overweight Status								
Not Overweight	69.4%	51.8%	42.4%	51.9%	-17.6%	-9.4%	9.4%	-17.5%
Overweight/Obese	59.9%	45.2%	43.9%	43.0%	-14.7%	-1.3%	-0.9%	-16.9%
Physical Activity								
Regular	73.3%	52.8%	56.0%	58.3%	-20.5%	3.2%	2.3%	-15.0%
Irregular	43.6%	40.9%	19.6%	17.7%	-2.7%	-21.3%	-1.9%	-25.9%

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

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Trend Table 39: Proportion of California Adolescents Reporting Taking Physical Education in School

Do you currently take physical education class in school?

	Participate in Physical Education at School, Percent of Adolescents							Trend Analysis							
	2000	2002	2004	2006	2008	2010	2012	00-02	02-04	04-06	06-08	08-10	10-12	00-12	
Total	76.3%	75.1%	76.1%	77.7%	73.4%	73.1%	73.5%	-1.2%	1.0%	1.6%	-4.3%	-0.2%	0.4%	-2.7%	
Gender															
Male	76.6%	77.0%	78.2%	75.2%	75.2%	75.1%	79.4%	0.4%	1.2%	-3.0%	0.0%	-0.1%	4.2%	2.7%	
Female	75.9%	73.0%	73.8%	75.3%	71.4%	71.0%	67.5%	-2.8%	0.8%	1.5%	-3.9%	-0.4%	-3.5%	-8.3%	
Ethnicity															
White	75.5%	72.7%	78.8%	70.8%	71.5%	70.3%	66.6%	-2.8%	6.1%	-8.0%	0.7%	-1.2%	-3.7%	-8.8%	
African American	77.8%	79.3%	79.1%	70.0%	82.5%	53.3%	79.5%	1.5%	-0.2%	-9.1%	12.6%	-29.2%	26.2%	1.7%	
Latino	77.7%	78.6%	75.2%	79.0%	73.9%	76.9%	77.1%	0.9%	-3.4%	3.8%	-5.0%	3.0%	0.2%	-0.6%	
Asian/ Other	73.6%	70.5%	69.7%	79.6%	71.9%	80.3%	72.0%	-3.1%	-0.9%	9.9%	-7.6%	8.4%	-8.3%	-1.6%	
CalFresh Status, % FPL¹															
Participant,				80.3%	81.3%	74.9%	80.7%				1.0%	-6.4%	5.8%		
Likely Eligible, ≤130				83.0%	76.9%	71.7%	78.6%				-6.0%	-5.2%	6.9%		
Not Eligible, >185				70.1%	68.9%	72.6%	65.1%				-1.2%	3.7%	-7.5%		
Smoking Status															
Non-Smoker	77.6%	76.5%	76.7%	75.8%	74.1%	75.0%	73.8%	-1.1%	0.2%	-0.9%	-1.7%	0.9%	-1.2%	-3.8%	
Smoker	58.6%	52.4%	64.6%	62.5%	60.1%	45.0%	60.7%	-6.3%	12.3%	-2.1%	-2.4%	-15.1%	15.7%	2.0%	
Overweight Status															
Not Overweight	76.2%	74.9%	75.6%	76.2%	72.9%	75.2%	72.9%	-1.3%	0.6%	0.7%	-3.3%	2.3%	-2.3%	-3.4%	
Overweight/Obese	76.0%	74.0%	74.2%	71.5%	72.8%	65.5%	79.4%	-2.0%	0.2%	-2.8%	1.3%	-7.3%	13.9%	3.4%	
Physical Activity															
Regular	78.8%	79.8%	82.4%	76.0%	70.7%	72.5%	78.1%	1.0%	2.6%	-6.4%	-5.3%	1.9%	5.6%	-0.7%	
Irregular	64.7%	57.4%	57.7%	73.2%	82.8%	74.1%	57.2%	-7.3%	0.3%	15.5%	9.6%	-8.8%	-16.9%	-7.5%	

¹ Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

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Trend Table 40a: Proportion of California Adolescents Who Watch More Than 120 Minutes of Television on Schooldays

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

	Report More than 120 Minutes of Television on Schooldays ¹ , Percent of Adolescents							Trend Analysis						
	2000	2002	2004	2006	2008	2010	2012	00-02	02-04	04-06	06-08	08-10	10-12	00-12
Total	38.1%	32.4%	32.8%	34.2%	25.5%	25.2%	25.2%	-5.7%	0.3%	1.5%	-8.7%	-0.4%	0.1%	-12.8%
Gender														
Male	42.7%	33.0%	34.1%	34.7%	27.0%	21.5%	29.0%	-9.7%	1.1%	0.6%	-7.7%	-5.5%	7.4%	-13.8%
Female	32.8%	31.8%	31.4%	33.7%	23.9%	28.7%	21.3%	-1.0%	-0.5%	2.4%	-9.9%	4.8%	-7.3%	-11.5%
Ethnicity														
White	35.2%	28.8%	20.7%	30.9%	23.6%	17.1%	14.2%	-6.4%	-8.1%	10.2%	-7.3%	-6.5%	-2.9%	-20.9%
African American	49.7%	50.0%	22.5%	35.0%	36.0%	29.2%	56.0%	0.3%	-27.5%	12.5%	1.0%	-6.8%	26.8%	6.3%
Latino	38.5%	30.9%	29.0%	37.9%	27.8%	33.6%	25.9%	-7.6%	-1.9%	8.9%	-10.1%	5.7%	-7.7%	-12.6%
Asian/ Other	40.2%	39.4%	28.2%	32.5%	17.7%	19.8%	31.6%	-0.8%	-11.3%	4.4%	-14.8%	2.1%	11.8%	-8.6%
CalFresh Status, % FPL²														
Participant,				36.2%	28.8%	28.3%	26.0%				-7.5%	-0.5%	-2.2%	
Likely Eligible, ≤130				36.7%	32.6%	37.6%	31.2%				-4.1%	5.0%	-6.4%	
Not Eligible, >185				31.6%	21.6%	17.3%	20.0%				-10.0%	-4.4%	2.8%	
Smoking Status														
Non-Smoker	38.3%	32.8%	32.3%	34.6%	25.6%	24.2%	25.1%	-5.4%	-0.6%	2.4%	-9.0%	-1.4%	0.9%	-13.2%
Smoker	35.6%	24.5%	41.7%	25.2%	22.9%	36.9%	31.4%	-11.1%	17.2%	-16.5%	-2.4%	14.0%	-5.5%	-4.3%
Overweight Status														
Not Overweight	37.7%	31.7%	28.5%	32.3%	23.5%	23.1%	22.5%	-6.0%	-3.2%	3.8%	-8.8%	-0.4%	-0.6%	-15.2%
Overweight/Obese	38.2%	34.7%	45.0%	38.6%	30.6%	29.8%	34.4%	-3.5%	10.2%	-6.4%	-8.0%	-0.9%	4.7%	-3.8%
Physical Activity														
Regular	36.6%	29.5%	31.3%	30.9%	25.1%	20.7%	25.8%	-7.2%	1.8%	-0.4%	-5.9%	-4.3%	5.0%	-10.9%
Irregular	44.8%	42.7%	37.0%	43.2%	27.1%	32.0%	23.4%	-2.2%	-5.7%	6.3%	-16.1%	4.8%	-8.6%	-21.4%

¹ Healthy People 2020 recommends 120 minutes or less television on schooldays.

² Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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