

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 35: Frequency of Physical Activity in the Past Week Among California Adolescents (N=1,222)**

Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?

	Number of Days Adolescent Reported At Least 60 Minutes Physical Activity in the Past Week, Percent of Adolescents				
	1+ Days	0	1-2	3-4	5+
<b>Total</b>	<b>91.2</b>	<b>8.8</b>	<b>21.4</b>	<b>28.8</b>	<b>41.0</b>
<b>Gender</b>					
Males	95.6 ***	4.4	18.9	27.6	49.0 ***
Females	90.0	10.0	22.5	32.4	35.2
<b>Ethnicity</b>					
White	92.4	7.6	14.9	27.1	50.4 ***
African American	93.9	6.1	21.3	30.1	42.5
Latino	91.5	8.5	26.6	32.5	32.5
Asian/Other	97.4	2.6	19.2	30.1	48.0
<b>Gender by Age</b>					
<b>Males</b>					
12-13	96.2	3.8	22.0	27.0	47.2
14-15	93.6	6.4	19.4	27.0	47.2
16-17	96.9	3.1	15.3	28.7	52.8
<b>Females</b>					
12-13	97.3	2.7	24.4	31.4	41.4 ***
14-15	84.7	15.3	17.9	31.5	35.3
16-17	87.7	12.3	25.1	34.2	28.4
<b>Income</b>					
<\$15,000	91.7	8.3	28.7	36.9	26.2 ***
\$15,000 - \$24,999	90.8	9.2	21.3	31.1	38.3
\$25,000 - \$34,999	95.3	4.7	26.4	28.5	40.4
\$35,000 - \$49,999	94.6	5.4	10.1	38.4	46.1
\$50,000 - \$74,999	94.5	5.5	21.2	38.7	34.6
≥\$75,000	94.1	5.9	17.7	24.5	52.0
<b>Food Stamp Status, % FPL</b>					
Participant, ≤130%	94.6	5.4	28.1	33.2	33.3 ***
Likely Eligible, ≤130%	89.5	10.5	26.8	24.0	38.7
Potentially Eligible, 131-185%	93.6	6.4	12.2	43.5	37.9
Not Eligible, >185%	93.5	6.5	17.2	28.7	47.7
<b>Smoking Status</b>					
Non-Smokers	93.5	6.5	20.8	30.1	42.5 **
Smokers	79.1	20.9	16.7	25.1	37.2
<b>Physical Activity Status</b>					
Regular	98.8 ***	1.2	8.8	34.7	55.4 ***
Irregular	76.7	23.3	52.9	16.9	6.9
<b>Overweight Status</b>					
Not Overweight	93.1	6.9	19.5	27.8	45.8 **
Overweight/Obese	93.2	6.8	22.3	36.8	34.1

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

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<.01

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day (N=1,055)**

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 Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents <sup>1</sup>	Mean Minutes of Moderate and Vigorous Physical Activity <sup>2</sup>
<b>Total</b>	<b>65.6</b>	<b>97.6</b>
<b>Gender</b>		
Males	68.5 *	104.8 **
Females	62.8	90.1
<b>Ethnicity</b>		
White	70.3 **	109.7 <sup>b</sup> ***
African American	67.7	107.9 <sup>b</sup>
Latino	59.8	82.6 <sup>a</sup>
Asian/Other	76.8	100.9 <sup>ab</sup>
<b>Gender by Age</b>		
<b>Males</b>		
12-13	63.6 *	95.7
14-15	77.2	107.4
16-17	65.7	112.3
<b>Females</b>		
12-13	61.5	95.5 <sup>b</sup> *
14-15	61.7	95.1 <sup>b</sup>
16-17	66.4	76.8 <sup>a</sup>
<b>Income</b>		
<\$15,000	58.1 **	79.7 <sup>a</sup> *
\$15,000 - \$24,999	66.2	88.6 <sup>ab</sup>
\$25,000 - \$34,999	67.3	97.9 <sup>ab</sup>
\$35,000 - \$49,999	62.0	97.3 <sup>ab</sup>
\$50,000 - \$74,999	71.6	99.1 <sup>ab</sup>
≥\$75,000	77.1	108.1 <sup>b</sup>
<b>Food Stamp Status, % FPL</b>		
Participant, ≤130%	64.7 ***	88.8 <sup>ab</sup> **
Likely Eligible, ≤130%	54.7	84.8 <sup>a</sup>
Potentially Eligible, 131-185%	75.8	92.0 <sup>ab</sup>
Not Eligible, >185%	72.8	103.6 <sup>b</sup>
<b>Smoking Status</b>		
Non-Smokers	66.0	98.5
Smokers	56.2	74.5
<b>Overweight Status</b>		
Not at Risk	69.4 **	103.2 **
At Risk/Overweight	59.9	87.6

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

Chi Square Test<sup>1</sup>

ANOVA<sup>2</sup>

\* p<.05

\*\* p<.01

\*\*\* p<.001

**Table 38: California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health (N=1,224)**

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least one hour?

About how many minutes do you think you should exercise or be physically active each day for good health? This includes all activities like bicycling, dancing, and playing basketball that you do at school, at home, and anywhere else you get exercise.

	Percent of Adolescents					
	Days of Physical Activity Believed Needed Per Week			Minutes of Physical Activity Believed Needed Per Day		
	0-3 days	4-6 days	7 days	0-29 minutes	30-59 minutes	60+ minutes
<b>Total</b>	<b>21.6</b>	<b>50.8</b>	<b>27.6</b>	<b>5.2</b>	<b>19.9</b>	<b>74.9</b>
<b>Gender</b>						
Males	20.0	53.9	26.2	4.4	14.6	81.1
Females	23.4	47.5	29.1	5.0	27.0	68.0
<b>Ethnicity</b>						
White	19.1	52.8	28.0	4.2	18.4	77.4
African American	33.4	52.5	14.1	3.0	23.7	73.3
Latino	26.8	46.0	27.3	5.7	24.0	70.3
Asian/Other	7.9	57.8	34.3	4.2	15.2	80.6
<b>Gender by Age</b>						
<b>Males</b>						
12-13	17.6	51.6	30.7	4.6	12.4	83.0
14-15	23.7	47.9	28.4	3.4	16.4	80.1
16-17	18.6	62.1	19.3	5.1	14.9	80.1
<b>Females</b>						
12-13	25.7	40.7	33.7	6.5	20.4	73.2
14-15	20.6	50.3	29.1	5.0	29.3	65.8
16-17	24.1	51.8	24.2	3.4	31.8	64.8
<b>Income</b>						
<\$15,000	34.0	40.0	26.1	10.8	29.9	59.3
\$15,000 - \$24,999	22.2	44.3	33.4	2.3	23.8	73.9
\$25,000 - \$34,999	15.4	53.8	30.8	9.0	27.1	63.9
\$35,000 - \$49,999	21.9	50.4	27.7	0.1	18.1	81.8
\$50,000 - \$74,999	24.0	29.9	46.1	4.2	16.3	79.5
≥\$75,000	29.7	48.8	25.5	5.2	17.7	77.2
<b>Food Stamp Status, % FPL</b>						
Participant, ≤130%	28.0	43.0	29.0	6.5	23.8	69.8
Likely Eligible, ≤130%	24.5	45.1	30.4	6.6	27.6	65.8
Potentially Eligible, 131-185%	28.8	46.9	24.3	1.1	22.3	76.6
Not Eligible, >185%	16.3	55.8	27.9	4.3	15.8	79.9
<b>Smoking Status</b>						
Non-Smokers	21.8	50.5	27.7	4.7	20.8	74.5
Smokers	19.3	56.4	24.3	3.5	16.5	80.0
<b>Physical Activity Status</b>						
Regular	17.9	51.4	30.8	3.6	15.8	80.6
Irregular	31.9	49.1	19.0	7.6	33.5	58.9
<b>Overweight Status</b>						
Not Overweight	19.7	52.7	27.6	3.8	20.4	75.9
Overweight/Obese	24.2	48.8	26.9	5.8	19.1	75.0

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents (N=1,225)**

Do you currently take physical education class in school?

How many times a week do you have physical education class in school?

Other than physical education class, are you currently involved in any team or individual sports or activities, such as school team sports, intramural sports, or out-of school programs?

	Percent of Adolescents		Mean	
	Taking Physical Education in School <sup>1</sup>	Involved in Organized Sports <sup>1</sup>	Reported Days of Physical Education per Week <sup>2,3</sup>	Reported Minutes of Physical Education per Class <sup>2,3</sup>
<b>Total</b>	<b>75.3</b>	<b>39.6</b>	<b>4.4</b>	<b>55.5</b>
<b>Gender</b>				
Males	75.2	38.7	4.3 *	59.2 *
Females	75.3	40.5	4.4	52.1
<b>Ethnicity</b>				
White	38.3 **	43.6	4.4	58.6 <sup>a</sup> ***
African American	7.5	35.8	4.2	68.9 <sup>a</sup>
Latino	40.0	36.1	4.3	56.1 <sup>a</sup>
Asian/Other	14.2	40.8	4.5	43.7 <sup>b</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	92.4 ***	39.0	4.0 <sup>a</sup> ***	48.4 <sup>a</sup> ***
14-15	77.2	39.0	4.5 <sup>b</sup>	66.3 <sup>b</sup>
16-17	55.4	38.3	4.6 <sup>b</sup>	63.4 <sup>b</sup>
<b>Females</b>				
12-13	92.9 ***	43.5	4.1 <sup>a</sup> ***	49.1
14-15	82.6	40.8	4.5 <sup>b</sup>	57.8
16-17	49.5	37.2	4.7 <sup>b</sup>	51.0
<b>Income</b>				
<\$15,000	83.5 **	38.7 **	4.2	44.9
\$15,000 - \$24,999	83.2	36.7	4.5	52.3
\$25,000 - \$34,999	81.6	27.4	4.3	63.4
\$35,000 - \$49,999	69.6	32.2	4.5	58.1
\$50,000 - \$74,999	79.6	50.1	4.5	54.3
≥\$75,000	71.3	41.5	4.3	60.5
<b>Food Stamp Status, % FPL</b>				
Participant, ≤130%	80.3 ***	40.6 ***	4.3	56.9
Likely Eligible, ≤130%	83.0	34.0	4.4	52.5
Potentially Eligible, 131-185%	75.4	19.1	4.5	53.6
Not Eligible, >185%	70.1	44.7	4.3	57.3
<b>Smoking Status</b>				
Non-Smokers	75.9 *	40.6 ***	4.2	54.2 ***
Smokers	62.5	18.1	4.4	110.4
<b>Physical Activity Status</b>				
Regular	76.0	45.0 ***	4.4	56.6
Irregular	73.2	25.0	4.3	52.1
<b>Overweight Status</b>				
Not Overweight	73.3	42.4 **	4.4	55.5
Overweight/Obese	71.5	33.2	4.3	58.5

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 (Tukey's test at a procedure-wise error rate=.05).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

<sup>3</sup> Of those taking Physical Education (N=943)

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40: Amount of Time Spent Watching Television and Using Computers Among California Adolescents (N=1,222)**

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

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
<b>Total</b>	<b>140.2</b>	<b>23.8</b>
<b>Gender</b>		
Males	138.2 *	24.0
Females	121.7	24.9
<b>Ethnicity</b>		
White	123.6	22.7 <sup>a</sup> ***
African American	147.1	25.9 <sup>a</sup>
Latino	133.9	18.3 <sup>a</sup>
Asian/Other	128.8	45.4 <sup>b</sup>
<b>Gender by Age</b>		
<b>Males</b>		
12-13	123.8 <sup>a</sup> **	18.8
14-15	162.2 <sup>b</sup>	25.9
16-17	129.1 <sup>a</sup>	27.6
<b>Females</b>		
12-13	119.0	14.6 <sup>a</sup> ***
14-15	125.9	22.9 <sup>a</sup>
16-17	120.3	37.7 <sup>b</sup>
<b>Income</b>		
<\$15,000	133.6	25.8
\$15,000 - \$24,999	141.4	25.3
\$25,000 - \$34,999	133.9	15.6
\$35,000 - \$49,999	138.2	27.8
\$50,000 - \$74,999	141.1	29.7
≥\$75,000	117.6	26.5
<b>Food Stamp Status, % FPL</b>		
Participant, ≤130%	130.5	23.7
Likely Eligible, ≤130%	136.1	19.6
Potentially Eligible, 131-185%	148.1	30.4
Not Eligible, >185%	126.9	27.2
<b>Smoking Status</b>		
Non-Smokers	130.0	25.1 *
Smokers	134.9	11.3
<b>Physical Activity Status</b>		
Regular	120.6 ***	24.0
Irregular	156.2	25.6
<b>Overweight Status</b>		
Not Overweight	123.6 ***	25.8
Overweight/Obese	148.9	20.9

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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40a: Proportion of California Adolescents Meeting Healthy People 2010 Television Viewing Recommendation (N=1,224)**

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

	<b>Met Healthy People 2010 Recommendation for 2 hours or Less TV Watching on a School Day, Percent of Adolescents</b>
<b>Total</b>	<b>65.8</b>
<b>Gender</b>	
Males	65.3
Females	66.3
<b>Ethnicity</b>	
White	69.1
African American	65.0
Latino	62.1
Asian/Other	67.5
<b>Gender by Age</b>	
<b>Males</b>	
12-13	69.0
14-15	57.6
16-17	69.3
<b>Females</b>	
12-13	69.0
14-15	65.8
16-17	63.9
<b>Income</b>	
<\$15,000	58.3
\$15,000 - \$24,999	64.4
\$25,000 - \$34,999	64.4
\$35,000 - \$49,999	63.4
\$50,000 - \$74,999	61.5
≥\$75,000	70.0
<b>Food Stamp Status, % FPL</b>	
Participant, ≤130%	63.8
Likely Eligible, ≤130%	63.3
Potentially Eligible, 131-185%	62.0
Not Eligible, >185%	68.4
<b>Smoking Status</b>	
Non-Smokers	65.4
Smokers	74.8
<b>Physical Activity Status</b>	
Regular	69.1
Irregular	56.8
<b>Overweight Status</b>	
Not Overweight	67.7
Overweight/Obese	61.4

Healthy People 2010 22-11: Increase the proportion of adolescents who view television 2 or fewer hours on a school day, with a goal of 75 percent.

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

Chi Square Test

\* p<.05

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms (N=1,225)

Do you have a television set in your bedroom?

	Have a Television in Bedroom, Percent of Adolescents	
<b>Total</b>	<b>53.7</b>	
<b>Gender</b>		
Males	57.7	**
Females	49.5	
<b>Ethnicity</b>		
White	39.6	***
African American	79.7	
Latino	67.6	
Asian/Other	38.8	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	55.6	
14-15	60.8	
16-17	56.6	
<b>Females</b>		
12-13	49.7	
14-15	50.8	
16-17	48.0	
<b>Income</b>		
<\$15,000	73.5	***
\$15,000 - \$24,999	68.4	
\$25,000 - \$34,999	76.3	
\$35,000 - \$49,999	68.9	
\$50,000 - \$74,999	42.3	
≥\$75,000	35.4	
<b>Food Stamp Status, % FPL</b>		
Participant, ≤130%	74.7	***
Likely Eligible, ≤130%	69.2	
Potentially Eligible, 131-185%	64.9	
Not Eligible, >185%	38.4	
<b>Smoking Status</b>		
Non-Smokers	53.4	
Smokers	59.4	
<b>Physical Activity Status</b>		
Regular	52.5	
Irregular	56.8	
<b>Overweight Status</b>		
Not Overweight	48.5	***
Overweight/Obese	64.2	

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 40c: Duration of Sedentary Activities Among California Adolescents (N=1,224)**

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

Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.

	<b>Mean Minutes Spent Watching TV and Playing on the Computer for Fun and Homework</b>
<b>Total</b>	<b>163.6</b>
<b>Gender</b>	
Males	162.2 *
Females	146.5
<b>Ethnicity</b>	
White	146.3 <sup>a</sup> *
African American	172.7 <sup>a</sup>
Latino	152.0 <sup>a</sup>
Asian/Other	174.2 <sup>a</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	142.4 <sup>a</sup> ***
14-15	188.1 <sup>b</sup>
16-17	156.6 <sup>a</sup>
<b>Females</b>	
12-13	133.6
14-15	148.3
16-17	158.0
<b>Income</b>	
<\$15,000	159.4
\$15,000 - \$24,999	166.1
\$25,000 - \$34,999	149.6
\$35,000 - \$49,999	165.9
\$50,000 - \$74,999	170.8
≥\$75,000	144.1
<b>Food Stamp Status, % FPL</b>	
Participant, ≤130%	154.2
Likely Eligible, ≤130%	155.4
Potentially Eligible, 131-185%	178.3
Not Eligible, >185%	154.0
<b>Smoking Status</b>	
Non-Smokers	154.9
Smokers	146.2
<b>Physical Activity Status</b>	
Regular	144.6 ***
Irregular	181.5
<b>Overweight Status</b>	
Not Overweight	149.4 *
Overweight/Obese	169.7

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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 41: Reasons Why California Adolescents Are Physically Active (N=1,221)

What is the main reason you get exercise or physical activity?

	Main Reasons Reported, Percent of Adolescents			
	Fun	Health	Strength/ Fitness <sup>1</sup>	Other <sup>2</sup>
<b>Total</b>	<b>30.5</b>	<b>27.5</b>	<b>31.5</b>	<b>10.4</b>
<b>Gender</b>				
Males	36.1	24.4	30.3	9.1
Females	24.6	30.7	32.8	11.8
<b>Ethnicity</b>				
White	31.6	26.6	28.8	12.9
African American	24.5	23.9	45.2	6.4
Latino	31.0	30.3	29.4	9.4
Asian/Other	29.5	24.0	37.5	9.0
<b>Gender by Age</b>				
<b>Males</b>				
12-13	44.9	30.7	20.6	3.8
14-15	34.5	22.6	29.9	13.0
16-17	28.8	19.9	40.7	10.7
<b>Females</b>				
12-13	24.9	38.4	30.5	6.2
14-15	24.5	26.3	31.5	17.6
16-17	24.3	27.3	36.7	11.8
<b>Income</b>				
<\$15,000	25.6	35.6	35.4	3.4
\$15,000 - \$24,999	22.1	30.9	32.2	14.8
\$25,000 - \$34,999	28.8	29.5	36.3	5.4
\$35,000 - \$49,999	33.0	19.3	36.2	11.5
\$50,000 - \$74,999	29.7	23.8	37.2	9.4
≥\$75,000	32.3	26.4	28.8	12.5
<b>Food Stamp Status, % FPL</b>				
Participant, ≤130%	23.7	34.5	31.2	10.7
Likely Eligible, ≤130%	27.3	30.8	32.0	9.9
Potentially Eligible, 131-185%	45.1	23.2	23.6	8.1
Not Eligible, >185%	31.4	24.4	32.6	11.6
<b>Smoking Status</b>				
Non-Smokers	31.1	27.8	30.7	10.4
Smokers	18.3	21.6	49.2	10.9
<b>Physical Activity Status</b>				
Regular	32.5	25.9	31.0	10.6
Irregular	25.2	31.8	33.0	10.1
<b>Overweight Status</b>				
Not Overweight	30.7	27.4	30.8	11.2
Overweight/Obese	28.4	27.1	35.2	9.2

<sup>1</sup> Also includes "lose weight" and "get/stay in shape".

<sup>2</sup> Includes "feels good", "friends do it", "important to me", "important to parents", "important to others", "reduce stress", and "transportation".

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 42: Barriers to Getting More Physical Activity Among California Adolescents (N=1,183)

What is the main reason you don't get more exercise or physical activity?

	Barriers to Getting More Physical Activity, Percent of Adolescents							
	No Time	Already			Rather Do			
		Too Tired	Get Enough	Lazy	Too Busy	Something Else	Homework	Other <sup>1</sup>
<b>Total</b>	<b>25.0</b>	<b>11.9</b>	<b>5.0</b>	<b>12.4</b>	<b>13.8</b>	<b>9.3</b>	<b>9.0</b>	<b>13.6</b>
<b>Gender</b>								
Males	25.1	13.9	6.9	11.5	9.9	10.2	9.6	13.0
Females	24.9	9.9	3.1	13.4	17.9	8.3	8.3	14.2
<b>Ethnicity</b>								
White	28.3	7.6	5.4	11.5	15.3	10.1	11.3	10.6
African American	19.8	31.0	3.4	15.1	10.7	2.1	9.3	8.6
Latino	22.3	13.9	5.7	13.6	11.6	10.3	4.7	17.9
Asian/Other	26.2	8.1	3.1	10.4	17.8	7.8	14.3	12.2
<b>Gender by Age</b>								
<b>Males</b>								
12-13	20.0	10.3	6.0	11.4	11.5	15.7	12.0	13.2
14-15	20.3	15.4	9.3	13.1	6.6	5.7	10.8	18.7
16-17	34.6	15.8	5.4	10.1	11.6	9.4	6.1	7.1
<b>Females</b>								
12-13	22.3	4.9	2.3	5.7	16.5	15.6	13.5	19.3
14-15	26.3	17.2	4.8	12.5	17.9	5.7	6.3	9.3
16-17	26.2	7.4	2.3	21.9	19.3	3.5	5.1	14.2
<b>Income</b>								
<\$15,000	16.7	14.3	4.5	16.7	13.2	5.9	5.6	23.1
\$15,000 - \$24,999	27.4	10.6	6.6	9.1	9.7	12.8	2.3	21.5
\$25,000 - \$34,999	24.0	13.6	7.1	10.5	11.8	10.3	10.4	12.2
\$35,000 - \$49,999	13.7	20.8	7.1	17.6	18.2	5.8	7.4	9.5
\$50,000 - \$74,999	24.5	14.9	3.7	6.5	19.5	10.5	9.1	11.4
≥\$75,000	32.6	8.3	2.9	12.2	13.9	6.8	11.5	11.8
<b>Food Stamp Status, % FPL</b>								
Participant, ≤130%	19.5	14.6	7.6	13.1	15.9	9.2	4.9	15.2
Likely Eligible, ≤130%	19.9	12.3	6.3	13.6	9.2	12.4	7.4	19.0
Potentially Eligible, 131-185%	24.8	14.6	3.3	19.9	15.1	5.1	4.0	13.1
Not Eligible, >185%	27.8	11.5	4.3	10.7	14.6	7.9	12.2	11.0
<b>Smoking Status</b>								
Non-Smokers	25.3	12.4	4.7	12.3	13.9	9.1	9.1	13.3
Smokers	19.2	1.6	12.1	15.6	12.7	13.6	5.9	19.2
<b>Physical Activity Status</b>								
Regular	25.8	12.9	6.6	9.6	14.1	9.8	8.2	13.0
Irregular	22.9	9.2	0.7	20.2	13.2	7.8	10.9	15.1
<b>Overweight Status</b>								
Not Overweight	24.0	10.3	5.0	12.8	16.4	7.9	9.9	13.8
Overweight/Obese	25.9	16.8	4.8	12.4	6.8	12.9	7.2	13.1

<sup>1</sup> Includes "don't like it", "don't look good while doing it", "don't have a safe place", "not important", "don't have right equipment", "physically  
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

**2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed (N=1,054)**

About how many minutes do you think you should exercise or be physically active each day for good health?  
 What type of physical activity, exercise or sport did you spend the most time doing yesterday?

Minutes Thought Were Needed	Believed Amount Needed, Percent of Adolescents	Time in Minutes Spent in Physical Activity, Percent of Adolescents		
		Less than 30	30-59	60+
Less than 30	5.2	35.7	32.1	32.1
30-59	19.9	16.5	34.5	49.0
60+	74.9	7.0	21.0	72.0

\*\*\*

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should engage in at least 60 minutes of physical activity on most, preferably all, days of the week.

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

Chi Square Test

\*\*\* p<.001

**2006 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)**

**Table 93: Top Ten Most Common Forms of Exercise or Physical Activity (N=1,144)**

What type of physical activity, exercise or sport did you spend the most time doing yesterday?  
 Was there another physical activity, exercise or sport that you participated in yesterday?

<b>Rank</b>	<b>State Total</b>	<b>Boys</b>	<b>Girls</b>
<b>1st</b>	Running or Jogging/Running on a treadmill	Running or Jogging/Running on a treadmill	Walking/ Walking on a treadmill
<b>2nd</b>	Walking/Walking on a treadmill	Basketball	Running or Jogging/Running on a treadmill
<b>3rd</b>	Basketball	Walking/Walking on a treadmill	Dancing - Aerobics/Ballet
<b>4th</b>	Soccer	Weight lifting	Basketball
<b>5th</b>	Swimming laps	Soccer	Swimming laps
<b>6th</b>	Weight lifting	Skating - ice, roller, or in-line	Soccer
<b>7th</b>	Dancing - Aerobics/Ballet	Softball/Baseball	Calisthenics/Aerobics <sup>1</sup>
<b>8th</b>	Softball/Baseball	Bicycling for pleasure/Bike machine	Softball/Baseball
<b>9th</b>	Calisthenics/Aerobics <sup>1</sup>	Swimming laps	Volleyball
<b>10th</b>	Bicycling for pleasure/Bike machine	Touch football/Football	Bicycling for pleasure/Bike machine

<b>Rank</b>	<b>White</b>	<b>African-American</b>	<b>Latino</b>	<b>Asian/Other</b>
<b>1st</b>	Walking/Walking on a treadmill	Running or Jogging/Running on a treadmill	Running or Jogging/Running on a treadmill	Running or Jogging/Running on a treadmill
<b>2nd</b>	Running or Jogging/Running on a treadmill	Basketball	Walking/Walking on a treadmill	Walking/Walking on a treadmill
<b>3rd</b>	Swimming laps	Walking/Walking on a treadmill	Basketball	Weight lifting
<b>4th</b>	Basketball	Dancing - Aerobics/Ballet	Soccer	Basketball
<b>5th</b>	Bicycling for pleasure/Bike machine	Weight lifting	Calisthenics/Aerobics <sup>1</sup>	Soccer
<b>6th</b>	Softball/Baseball	Touch football/Football	Weight lifting	Other
<b>7th</b>	Dancing - Aerobics/Ballet	Bicycling for pleasure/Bike machine	Softball/Baseball	Swimming laps
<b>8th</b>	Soccer	Swimming laps	Dancing - Aerobics/Ballet	Softball/Baseball
<b>9th</b>	Weight lifting	Calisthenics/Aerobics <sup>1</sup>	Swimming laps	Skating - ice, roller, or in-line
<b>10th</b>	Skating - ice, roller, or in-line	Volleyball	Skating - ice, roller, or in-line	Tennis

<sup>1</sup> Calisthenics/Aerobics included calisthenics, aerobics class, home exercise, and health club exercise

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 111a: Number of Days in the Last Seven Days that Teens Were Active on School Grounds in an After School Program (N=1,216)**

In the past 7 days, how many days did you participate in physical activity or sports on school grounds during after school care?

	Days in Last 7 Days Teens that Were Active in an After School Program				
	0	1-2	3-4	5+	
<b>Total</b>	<b>62.0</b>	<b>9.8</b>	<b>11.9</b>	<b>16.3</b>	
<b>Gender</b>					
Males	56.3	10.2	13.0	20.5	***
Females	68.0	9.3	10.8	11.9	
<b>Ethnicity</b>					
White	72.4	5.6	6.3	15.7	***
African American	49.6	6.9	29.8	13.7	
Latino	54.1	13.8	17.0	15.0	
Asian/Other	62.9	10.8	3.4	23.0	
<b>Gender by Age</b>					
<b>Males</b>					
12-13	55.3	13.1	15.6	16.0	***
14-15	67.7	9.3	7.4	15.7	
16-17	46.2	8.2	15.8	29.9	
<b>Females</b>					
12-13	68.7	10.6	10.4	10.3	
14-15	60.2	9.9	14.0	15.9	
16-17	75.1	7.3	8.0	9.6	
<b>Income</b>					
<\$15,000	56.1	13.8	15.9	14.2	***
\$15,000 - \$24,999	60.4	15.7	14.5	9.5	
\$25,000 - \$34,999	54.4	9.0	19.2	17.4	
\$35,000 - \$49,999	50.3	11.9	21.4	16.4	
\$50,000 - \$74,999	70.4	5.9	6.0	17.6	
≥\$75,000	65.5	7.8	4.7	22.0	
<b>Food Stamp Status, % FPL</b>					
Participant, ≤130%	47.4	18.5	19.5	14.5	***
Likely Eligible, ≤130%	57.5	10.3	17.2	15.0	
Potentially Eligible, 131-185%	62.2	19.0	9.4	9.4	
Not Eligible, >185%	68.6	5.6	6.2	19.6	
<b>Smoking Status</b>					
Non-Smokers	61.9	9.9	11.9	16.3	
Smokers	64.2	7.3	12.3	16.1	
<b>Overweight Status</b>					
Not Overweight	63.8	7.7	10.8	17.8	***
Overweight/Obese	58.1	13.9	15.4	12.6	

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

Chi Square Test

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 111b: Number of Days in the Last Seven Days that Teens Were Active on School Grounds Outside of after School Programs (N=1,218)**

In the past 7 days, how many days did you participate in physical activity or sports on school grounds after school? Was that part of the after school care you just told me about?

	Days in Last 7 Days that Teens Were Active on School Grounds Outside of After School Programs			
	0	1-2	3-4	5+
<b>Total</b>	<b>61.8</b>	<b>13.0</b>	<b>10.0</b>	<b>15.3</b>
<b>Gender</b>				
Males	54.5	14.6	11.1	19.8
Females	69.5	11.2	8.8	10.6
<b>Ethnicity</b>				
White	69.9	9.3	4.9	15.9
African American	48.8	8.9	24.8	17.6
Latino	56.6	17.9	13.6	11.9
Asian/Other	61.1	11.1	5.9	22.0
<b>Gender by Age</b>				
<b>Males</b>				
12-13	55.2	19.4	12.5	12.9
14-15	60.4	13.6	6.5	19.5
16-17	48.0	10.8	14.2	27.0
<b>Females</b>				
12-13	63.7	20.9	5.9	9.6
14-15	63.5	8.8	12.3	15.4
16-17	81.6	3.4	8.3	6.7
<b>Income</b>				
<\$15,000	56.6	20.6	13.4	9.3
\$15,000 - \$24,999	60.4	14.0	16.1	9.4
\$25,000 - \$34,999	48.4	12.8	18.8	20.1
\$35,000 - \$49,999	56.0	17.3	15.2	11.4
\$50,000 - \$74,999	71.2	12.1	2.7	14.0
≥\$75,000	61.9	10.2	7.1	20.8
<b>Food Stamp Status, % FPL</b>				
Participant, ≤130%	54.5	21.5	12.4	11.6
Likely Eligible, ≤130%	56.3	14.4	16.0	13.2
Potentially Eligible, 131-185%	67.5	16.4	7.6	8.5
Not Eligible, >185%	65.2	9.3	7.6	17.9
<b>Smoking Status</b>				
Non-Smokers	61.7	12.6	10.3	15.3
Smokers	62.9	20.4	2.0	14.8
<b>Overweight Status</b>				
Not Overweight	62.4	12.8	8.6	16.1
Overweight/Obese	60.8	12.3	13.6	13.3

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

Chi Square Test

\*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 112: Frequency of Being Physically Active at Parks, Neighborhoods, and Recreation Facilities Among California Adolescents (N=1,222)**

In the past 7 days, how many days did you participate in physical activity or sports: ...at a park or playground?  
 ...in a neighborhood? ...at a commercial facility, for example, a YMCA, health club, or a dance studio?

	Out of Past 7 Days, Mean Number of Days Teens Were Active At Site				
	Park or Playground	Neighborhood	Commercial Facility	Public Recreation Center	Other Place (Not a School)
<b>Total</b>	<b>1.6</b>	<b>2.2</b>	<b>0.6</b>	<b>0.6</b>	<b>0.8</b>
<b>Gender</b>					
Males	1.9 ***	2.4 ***	0.6	0.6 *	1.0 **
Females	1.3	1.9	0.7	0.5	0.7
<b>Ethnicity</b>					
White	1.3 <sup>a</sup> ***	2.3	0.8 <sup>b</sup> ***	0.6	0.9
African American	1.3 <sup>ab</sup>	2.0	0.8 <sup>ab</sup>	0.6	0.9
Latino	1.7 <sup>b</sup>	2.0	0.4 <sup>a</sup>	0.5	0.8
Asian/Other	2.3 <sup>c</sup>	2.4	0.6 <sup>ab</sup>	0.6	0.8
<b>Gender by Age</b>					
<b>Males</b>					
12-13	2.1	2.9 <sup>a</sup> ***	0.5 <sup>a</sup> **	0.8 <sup>a</sup> **	1.1
14-15	1.8	2.8 <sup>a</sup>	0.5 <sup>a</sup>	0.8 <sup>a</sup>	1.0
16-17	1.8	1.5 <sup>b</sup>	0.9 <sup>b</sup>	0.3 <sup>b</sup>	0.8
<b>Females</b>					
12-13	1.4	2.2 <sup>b</sup> **	0.7	0.4 <sup>a</sup> ***	0.8 <sup>a</sup> *
14-15	1.2	1.5 <sup>a</sup>	0.7	0.8 <sup>b</sup>	0.8 <sup>ab</sup>
16-17	1.3	1.9 <sup>ab</sup>	0.5	0.2 <sup>a</sup>	0.5 <sup>b</sup>
<b>Income</b>					
<\$15,000	1.5	1.9 <sup>a</sup> ***	0.5 <sup>ab</sup> ***	0.6	0.5
\$15,000 - \$24,999	1.7	2.7 <sup>b</sup>	0.5 <sup>ab</sup>	0.4	0.7
\$25,000 - \$34,999	1.8	1.8 <sup>a</sup>	0.2 <sup>a</sup>	0.6	0.6
\$35,000 - \$49,999	1.4	2.5 <sup>ab</sup>	0.6 <sup>ab</sup>	0.5	1.1
\$50,000 - \$74,999	1.4	2.9 <sup>b</sup>	0.7 <sup>b</sup>	0.5	0.9
≥\$75,000	1.7	1.8 <sup>a</sup>	0.8 <sup>b</sup>	0.6	0.8
<b>Food Stamp Status, % FPL</b>					
Participant, ≤130%	1.8	2.6 <sup>a</sup> *	0.5 <sup>a</sup> ***	0.9 <sup>a</sup> ***	0.9 <sup>a</sup> *
Likely Eligible, ≤130%	1.6	2.2 <sup>ab</sup>	0.3 <sup>a</sup>	0.4 <sup>b</sup>	0.6 <sup>a</sup>
Potentially Eligible, 131-185%	1.7	2.5 <sup>ab</sup>	0.1 <sup>a</sup>	0.2 <sup>b</sup>	0.6 <sup>a</sup>
Not Eligible, >185%	1.5	2.0 <sup>b</sup>	0.9 <sup>b</sup>	0.6 <sup>ab</sup>	0.9 <sup>a</sup>
<b>Smoking Status</b>					
Non-Smokers	1.6 **	2.2	0.6	0.6 *	0.9 *
Smokers	0.8	1.8	0.4	0.1	0.3
<b>Physical Activity Status</b>					
Regular	1.9 ***	2.5 ***	0.7 ***	0.7 ***	1.0 ***
Irregular	0.8	1.1	0.3	0.2	0.4
<b>Overweight Status</b>					
Not Overweight	1.7 **	2.2	0.6	0.6 **	0.8 **
Overweight/Obese	1.4	2.1	0.7	0.4	1.1

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 (Tukey's test at a procedure-wise error rate=.05).

ANOVA  
 \* p<.05  
 \*\* p<.01  
 \*\*\* p<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 113: Use of School Gym Outside of School Hours by California Adolescents (N=1,224)**

How many days each week do you usually use the school gym or other sports facilities at school for physical activity after school and on weekends?

	Out of Past 7 Days, Number of Days Teens Used School Gym After School or On Weekend				
	0	1-2	3-4	5+	
<b>Total</b>	<b>47.9</b>	<b>15.3</b>	<b>11.1</b>	<b>25.7</b>	
<b>Gender</b>					
Males	40.4	17.6	11.3	30.7	***
Females	55.9	12.8	10.9	20.4	
<b>Ethnicity</b>					
White	51.5	12.1	11.3	25.2	***
African American	42.1	12.9	13.7	31.3	
Latino	50.9	18.0	12.2	19.0	
Asian/Other	32.8	17.8	6.3	43.1	
<b>Gender by Age</b>					
<b>Males</b>					
12-13	37.6	22.6	14.2	25.6	***
14-15	46.5	15.6	12.8	25.2	
16-17	37.1	14.6	6.8	41.4	
<b>Females</b>					
12-13	43.9	23.9	16.1	16.1	***
14-15	55.4	9.8	9.0	25.8	
16-17	68.9	4.3	7.5	19.3	
<b>Income</b>					
<\$15,000	54.3	20.0	8.7	17.0	**
\$15,000 - \$24,999	45.7	19.3	15.5	19.5	
\$25,000 - \$34,999	47.7	19.5	9.3	23.5	
\$35,000 - \$49,999	52.4	5.7	8.6	33.3	
\$50,000 - \$74,999	38.6	19.0	9.9	32.5	
≥\$75,000	45.4	14.2	11.2	29.2	
<b>Food Stamp Status, % FPL</b>					
Participant, ≤130%	39.8	27.4	12.0	20.8	***
Likely Eligible, ≤130%	51.8	15.8	11.1	21.4	
Potentially Eligible, 131-185%	60.8	11.1	7.5	20.6	
Not Eligible, >185%	46.3	12.5	11.0	30.3	
<b>Smoking Status</b>					
Non-Smokers	47.4	15.5	11.5	25.7	
Smokers	58.6	11.2	4.1	26.1	
<b>Overweight Status</b>					
Not Overweight	46.3	14.4	11.4	27.8	
Overweight/Obese	50.7	16.6	10.2	22.4	

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

Chi Square Test

\*\* p<.01

\*\*\* p<.001