

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 51: School Night Sleep Habits of California Adolescents (N=1,213)

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

	Mean Hours Sleep Reported on Typical School Night	Meeting HP2020 Sleep Recommendation, Percent of Adolescents <sup>1</sup>
<b>Total</b>	7.9	68.7
<b>Gender</b>		
Male	8.1 ***	73.9 ***
Female	7.8	63.3
<b>Ethnicity</b>		
White	8.1 <sup>a</sup> ***	73.1 ***
African American	7.7 <sup>ab</sup>	64.6
Latino	7.9 <sup>a</sup>	69.6
Asian/Other	7.4 <sup>b</sup>	56.7
<b>Gender by Age</b>		
<b>Male</b>		
12-13	8.6 <sup>a</sup> ***	85.7 ***
14-15	8.0 <sup>b</sup>	70.5
16-17	7.7 <sup>b</sup>	66.3
<b>Female</b>		
12-13	8.4 <sup>a</sup> ***	77.2 ***
14-15	7.7 <sup>b</sup>	65.0
16-17	7.2 <sup>c</sup>	46.1
<b>Income</b>		
<\$15,000	7.8 <sup>ab</sup> **	64.7 ***
\$15,000 - \$24,999	8.2 <sup>c</sup>	79.5
\$25,000 - \$34,999	7.5 <sup>a</sup>	54.4
\$35,000 - \$49,999	7.9 <sup>abc</sup>	67.8
\$50,000 - \$74,999	8.0 <sup>abc</sup>	72.3
≥ \$75,000	8.0 <sup>bc</sup>	71.2
<b>CalFresh Status, % FPL<sup>2</sup></b>		
Participant	7.9	69.8
Likely Eligible ≤ 130%	7.9	67.4
Not Eligible > 185%	8.0	71.6
<b>Smoking Status</b>		
Non-Smoker	8.0 ***	70.0 ***
Smoker	7.2	50.4
<b>Physical Activity Status</b>		
Regular	8.0 *	70.1
Irregular	7.8	66.6
<b>Overweight Status</b>		
Not Overweight	8.0 *	70.1
Overweight/Obese	7.8	65.5

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

<sup>2</sup>Survey 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

Chi Square Test

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**Table 52: Prevalence of Tobacco Use Among California Adolescents (N=1,220)**

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

	Used Tobacco in Last 30 Days <sup>1</sup> , Percent of Adolescents
<b>Total</b>	<b>6.3</b>
<b>Gender</b>	
Male	7.7 *
Female	4.8
<b>Ethnicity</b>	
White	6.3 *
African American	2.1
Latino	5.4
Asian/Other	10.8
<b>Gender by Age</b>	
<b>Male</b>	
12-13	1.1 ***
14-15	8.7
16-17	13.4
<b>Female</b>	
12-13	0.1 ***
14-15	4.6
16-17	9.9
<b>Income</b>	
<\$15,000	12.2 ***
\$15,000 - \$24,999	3.2
\$25,000 - \$34,999	2.4
\$35,000 - \$49,999	2.0
\$50,000 - \$74,999	3.5
≥ \$75,000	7.7
<b>CalFresh Status, % FPL<sup>2</sup></b>	
Participant	10.1 *
Likely Eligible ≤ 130%	3.9
Not Eligible > 185%	6.5
<b>Physical Activity Status</b>	
Regular	6.1
Irregular	6.5
<b>Overweight Status</b>	
Not Overweight	5.6 *
Overweight/Obese	8.8

<sup>1</sup>Used tobacco on one or more days.

<sup>2</sup>Survey 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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 70: Consumption of Water Among California Adolescents (N=1,219)**

Yesterday, how many glasses or bottles of water did you drink?

	Mean Amount of Water Consumed Yesterday <sup>1</sup>	
<b>Total</b>	5.7	
<b>Gender</b>		
Male	6.1	**
Female	5.3	
<b>Ethnicity</b>		
White	5.8 <sup>ab</sup>	*
African American	6.9 <sup>a</sup>	
Latino	5.5 <sup>b</sup>	
Asian/Other	5.1 <sup>b</sup>	
<b>Gender by Age</b>		
<b>Male</b>		
12-13	4.7 <sup>a</sup>	***
14-15	6.3 <sup>b</sup>	
16-17	7.2 <sup>b</sup>	
<b>Female</b>		
12-13	4.6 <sup>a</sup>	**
14-15	5.2 <sup>ab</sup>	
16-17	6.1 <sup>b</sup>	
<b>Income</b>		
<\$15,000	6.2 <sup>a</sup>	*
\$15,000 - \$24,999	5.2 <sup>a</sup>	
\$25,000 - \$34,999	5.1 <sup>a</sup>	
\$35,000 - \$49,999	4.8 <sup>a</sup>	
\$50,000 - \$74,999	5.9 <sup>a</sup>	
≥ \$75,000	6.0 <sup>a</sup>	
<b>CalFresh Status, % FPL<sup>2</sup></b>		
Participant	5.8	
Likely Eligible ≤ 130%	5.4	
Not Eligible > 185%	5.9	
<b>Smoking Status</b>		
Non-Smoker	5.6	**
Smoker	7.2	
<b>Physical Activity Status</b>		
Regular	6.4	***
Irregular	4.6	
<b>Overweight Status</b>		
Not Overweight	5.3	***
Overweight/Obese	6.7	

<sup>1</sup>Number of ounces of water consumed yesterday

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

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Chi Square Test

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**Table 110: Consumption of Highly Caffeinated Sugar-Sweetend Beverages Among California Adolescents (N=1,220)**

Yesterday, how many specialty coffee drinks, such as mochas, frappuccinos, or lattes did you drink?

Yesterday, how many servings of energy drinks like Red Bull, Rockstar, or Monster did you drink?

	Reported Drinking Any Servings of Beverage Yesterday, Percent of Adolescents		
	Specialty Coffee Drink	Energy Drink	Specialty Coffee or Energy Drink
<b>Total</b>	<b>6.8</b>	<b>3.1</b>	<b>9.9</b>
<b>Gender</b>			
Male	6.1	3.4	9.5
Female	7.5	2.8	10.2
<b>Ethnicity</b>			
White	5.5 ***	3.8	9.3 ***
African American	0.8	1.1	1.9
Latino	10.2	3.8	13.9
Asian/Other	3.8	0.3	4.1
<b>Gender by Age</b>			
<b>Male</b>			
12-13	8.5	2.6	11.0
14-15	4.1	2.4	6.5
16-17	6.3	5.6	11.9
<b>Female</b>			
12-13	8.4 *	3.4	11.7 *
14-15	10.0	2.7	12.6
16-17	2.7	2.3	5.0
<b>Income</b>			
<\$15,000	8.7 **	6.4 **	14.9 ***
\$15,000 - \$24,999	8.9	4.3	13.2
\$25,000 - \$34,999	7.1	0.6	7.7
\$35,000 - \$49,999	14.5	3.3	17.8
\$50,000 - \$74,999	4.0	3.6	7.7
≥ \$75,000	4.3	1.6	5.9
<b>CalFresh Status, % FPL<sup>1</sup></b>			
Participant	7.2 *	5.5 *	12.7 **
Likely Eligible ≤ 130%	10.2	3.4	13.4
Not Eligible > 185%	5.4	1.9	7.3
<b>Smoking Status</b>			
Non-Smoker	6.7	3.2	9.9
Smoker	7.7	2.1	9.8
<b>Physical Activity Status</b>			
Regular	7.2	3.1	10.3
Irregular	6.0	3.2	9.1
<b>Overweight Status</b>			
Not Overweight	6.6	3.5	10.1
Overweight/Obese	7.4	2.4	9.7

<sup>1</sup>Survey 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