

**2010 California Teen Eating, Exercise and Nutrition Survey (CaITEENS)**

**Table 85: Cross Tabulation of Adolescents Physically Active for One or More Hours by Enrollment in Health or Physical Education Class (N=1,181)**

In the last year, have you taken a class or course at school in which the benefits of physical activity and exercise were discussed?

Do you currently take physical education class in school?

In an average week when you are in school, on how many days do you go to physical education (PE) classes?

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

Physically Active for 1 or More Hours Yesterday	Percent of Adolescents			
	Percent of Adolescents	Had Class on Benefits of Exercise <sup>1</sup>	Currently Enrolled in Physical Education <sup>1</sup>	Physical Education Classes Per Week <sup>2</sup>
Yes	42.1	43.3	42.2	4.3
No	57.9	56.7	57.8	4.3

<sup>1</sup>Chi Square Test

<sup>2</sup>ANOVA

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

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.

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

**Table 88: Active Transport to and from School Among California Adolescents (N=1,164)**

How many days in a usual week do you walk, ride a bike, skateboard or rollerblade on the way TO school?

How many days in a usual week do you walk, ride a bike, skateboard or rollerblade on the way FROM school?

	Percent of Adolescents	
	4+ Days Using Active Transport to School in a Typical Week	4+ Days Using Active Transport from School in a Typical Week
<b>Total</b>	<b>33.1</b>	<b>34.1</b>
<b>Gender</b>		
Male	33.2	34.5
Female	33.0	33.5
<b>Ethnicity</b>		
White	24.5 ***	24.9 ***
African American	45.9	46.9
Latino	43.3	45.4
Asian/Other	20.5	19.5
<b>Gender by Age</b>		
<b>Male</b>		
12-13	37.2	34.6
14-15	33.3	31.8
16-17	29.1	37.9
<b>Female</b>		
12-13	34.1	33.9
14-15	32.9	36.2
16-17	31.9	29.1
<b>Income</b>		
<\$15,000	48.5 ***	56.8 ***
\$15,000 - \$24,999	44.8	42.7
\$25,000 - \$34,999	36.3	33.1
\$35,000 - \$49,999	45.4	48.5
\$50,000 - \$74,999	8.3	10.4
≥ \$75,000	23.6	22.6
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	47.5 ***	52.2 ***
Likely Eligible ≤ 130%	44.4	43.7
Not Eligible > 185%	21.3	21.4
<b>Smoking Status</b>		
Non-Smoker	33.3	34.0
Smoker	29.9	34.8
<b>Physical Activity Status</b>		
Regular	35.6 *	36.8 *
Irregular	29.0	29.5
<b>Overweight Status</b>		
Not Overweight	30.3 **	30.8 ***
Overweight/Obese	39.1	41.6

<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

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

**Table 88a: Reported Distance Between Home and School Among California Adolescents (N=1,149)**

How far is school from your house?

	Reported Distance Between Home and School, Percent of Adolescents			
	Less Than Half Mile	Half to One Mile	One to Two Miles	Two or More Miles
<b>Total</b>	<b>17.0</b>	<b>20.6</b>	<b>21.0</b>	<b>41.5</b>
<b>Gender</b>				
Male	15.3	20.0	21.5	43.2
Female	18.7	21.2	20.4	39.6
<b>Ethnicity</b>				
White	12.2	14.3	19.2	54.3
African American	21.4	26.2	28.3	24.1
Latino	20.4	25.9	22.2	31.5
Asian/Other	17.9	19.5	18.0	44.6
<b>Gender by Age</b>				
<b>Male</b>				
12-13	26.5	25.4	21.8	26.2
14-15	12.3	18.0	17.5	52.1
16-17	7.6	16.9	25.9	49.6
<b>Female</b>				
12-13	21.6	24.5	24.1	29.8
14-15	22.5	18.8	17.4	41.3
16-17	10.0	21.4	21.1	47.4
<b>Income</b>				
<\$15,000	19.3	29.7	25.7	25.4
\$15,000 - \$24,999	26.3	26.7	23.2	23.8
\$25,000 - \$34,999	16.2	14.0	31.0	38.8
\$35,000 - \$49,999	27.9	21.6	16.0	34.6
\$50,000 - \$74,999	6.6	13.3	17.5	62.7
≥ \$75,000	13.2	16.8	18.4	51.6
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	24.4	28.6	23.6	23.4
Likely Eligible ≤ 130%	18.6	20.5	27.7	33.2
Not Eligible > 185%	13.4	15.3	17.3	54.0
<b>Smoking Status</b>				
Non-Smoker	16.9	21.1	21.1	40.9
Smoker	18.2	13.0	18.4	50.4
<b>Physical Activity Status</b>				
Regular	17.4	20.7	21.9	40.0
Irregular	16.3	20.3	19.3	44.1
<b>Overweight Status</b>				
Not Overweight	14.4	21.2	21.0	43.4
Overweight/Obese	20.8	18.8	20.1	40.3

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

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

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

**Table 95: Perception of Healthy Eating and Physical Education Policies at School Among California Adolescents (N=1,212)**

Your school should have healthy eating policies for food sold outside of the cafeteria. Would you say you...  
 High schools should be require students to take 4 years of Physical Education class? Would you say you...

	Percent of Adolescents	
	Agree <sup>1</sup> School Should Have Healthy Eating Policy	Agree <sup>1</sup> School Should Require 4 Years of Physical Education
<b>Total</b>	<b>87.8</b>	<b>63.9</b>
<b>Gender</b>		
Male	86.1	67.1 *
Female	89.7	60.5
<b>Ethnicity</b>		
White	84.2 **	55.4 ***
African American	90.9	68.5
Latino	88.1	71.4
Asian/Other	95.1	63.2
<b>Gender by Age</b>		
<b>Male</b>		
12-13	90.3 **	83.8 ***
14-15	87.7	63.1
16-17	79.7	55.2
<b>Female</b>		
12-13	90.3 *	79.0 ***
14-15	86.4	53.3
16-17	94.0	51.3
<b>Income</b>		
<\$15,000	86.6	63.6
\$15,000 - \$24,999	86.4	70.7
\$25,000 - \$34,999	89.9	69.3
\$35,000 - \$49,999	88.8	71.3
\$50,000 - \$74,999	88.7	60.9
≥ \$75,000	88.2	60.5
<b>CalFresh Status, % FPL<sup>2</sup></b>		
Participant	88.3	72.2 **
Likely Eligible ≤ 130%	86.6	65.5
Not Eligible > 185%	88.5	60.2
<b>Smoking Status</b>		
Non-Smoker	88.8 ***	64.3
Smoker	73.1	58.0
<b>Physical Activity Status</b>		
Regular	88.1	66.6 *
Irregular	87.5	59.4
<b>Overweight Status</b>		
Not Overweight	88.5	66.0 *
Overweight/Obese	87.6	58.8

<sup>1</sup>Agree includes "Strongly Agree" and "Agree".

<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 99: Barriers to Eating School Lunch Reported by California Adolescents (N=215)**

Why don't you get a complete school lunch more often than you do?

	Barriers Reported to Eating School Lunch, Percent of Adolescents		
	Bring Lunch	Don't Like Food Choices	Other
<b>Total</b>	<b>57.0</b>	<b>18.2</b>	<b>24.8</b>
<b>Gender</b>			
Male	56.2	13.4	30.5
Female	57.8	22.8	19.4
<b>Ethnicity</b>			
White	66.6	13.4	20.0
African American	17.4	36.5	46.1
Latino	35.4	24.6	39.9
Asian/Other	49.2	26.0	24.8
<b>Gender by Age</b>			
<b>Male</b>			
12-13	71.4	0.2	28.4
14-15	64.1	19.4	16.5
16-17	40.4	14.6	45.0
<b>Female</b>			
12-13	39.3	43.1	17.6
14-15	59.8	23.9	16.2
16-17	63.4	12.7	23.9
<b>Income</b>			
<\$15,000	10.2	27.3	62.5
\$15,000 - \$24,999	40.1	8.0	51.9
\$25,000 - \$34,999	35.4	18.0	46.7
\$35,000 - \$49,999	57.7	20.8	21.4
\$50,000 - \$74,999	68.7	26.2	5.1
≥ \$75,000	67.5	11.1	21.4
<b>CalFresh Status, % FPL<sup>1</sup></b>			
Participant	26.5	27.7	45.7
Likely Eligible ≤ 130%	28.3	15.0	56.7
Not Eligible > 185%	67.6	14.5	17.9
<b>Smoking Status</b>			
Non-Smoker	57.2	19.3	23.6
Smoker	55.3	8.1	36.7
<b>Physical Activity Status</b>			
Regular	60.4	11.6	28.0
Irregular	52.2	27.4	20.3
<b>Overweight Status</b>			
Not Overweight	54.2	19.6	26.2
Overweight/Obese	68.0	12.5	19.5

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

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

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

**Table 100: Reasons California Adolescents Report They Might Eat School Lunch More Often (N=194)**

What would encourage you to eat a complete school lunch more often?

	Reasons Adolescents Might Eat School Lunch More Often, Percent of Adolescents			
	Healthier Options	Better Tasting Options	Less Expensive	Other
<b>Total</b>	<b>18.9</b>	<b>27.3</b>	<b>26.0</b>	<b>27.7</b>
<b>Gender</b>				
Male	17.0	27.6	29.5	25.9
Female	20.8	27.1	22.7	29.4
<b>Ethnicity</b>				
White	20.5	27.3	29.5	22.8
African American	21.0	26.0	17.4	35.6
Latino	18.0	32.7	22.7	26.5
Asian/Other	14.1	23.0	18.4	44.5
<b>Gender by Age</b>				
<b>Male</b>				
12-13	10.6	21.7	61.7	5.9
14-15	24.0	14.8	22.6	38.6
16-17	13.9	41.4	20.5	24.2
<b>Female</b>				
12-13	27.0	42.3	16.7	14.0
14-15	16.8	19.2	14.4	49.6
16-17	22.9	29.5	36.0	11.6
<b>Income</b>				
<\$15,000	20.5	23.8	0.7	55.1
\$15,000 - \$24,999	16.9	27.2	42.0	13.8
\$25,000 - \$34,999	19.6	53.1	0.0	27.3
\$35,000 - \$49,999	43.7	32.3	10.8	13.2
\$50,000 - \$74,999	21.3	31.5	11.3	35.9
≥ \$75,000	15.4	22.5	40.8	21.3
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	32.7	33.5	7.7	26.1
Likely Eligible ≤ 130%	12.4	35.5	24.9	27.3
Not Eligible > 185%	17.0	25.5	32.3	25.3
<b>Smoking Status</b>				
Non-Smoker	19.5	27.9	26.4	26.2
Smoker	11.5	19.8	20.7	48.0
<b>Physical Activity Status</b>				
Regular	21.5	31.8	23.7	22.9
Irregular	15.4	21.2	29.2	34.2
<b>Overweight Status</b>				
Not Overweight	18.1	27.1	28.6	26.2
Overweight/Obese	19.9	28.3	17.6	34.2

<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.

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

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