

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

Table 1: Cups of Fruits and Vegetables Eaten by California Adolescents (N=1,220)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Reported Mean Cups of Fruits and Vegetables		
	Fruits, Juices, Vegetables, and Salads ¹	Fruits and Juices ¹	Salads and Vegetables
Total	2.4	1.8	0.7
Gender			
Male	2.6 **	1.9 ***	0.7
Female	2.3	1.6	0.7
Ethnicity			
White	2.4 ^a **	1.6 ^a **	0.8 ^a ***
African American	1.8 ^b	1.6 ^{ab}	0.2 ^b
Latino	2.5 ^a	2.0 ^b	0.6 ^c
Asian/Other	2.6 ^a	1.8 ^{ab}	0.8 ^a
Gender by Age			
Male			
12-13	2.6 ^{ab} **	1.8 ^{ab} **	0.8
14-15	2.8 ^a	2.2 ^a	0.7
16-17	2.3 ^b	1.7 ^b	0.6
Female			
12-13	2.5 ^a *	2.0 ^a ***	0.6
14-15	2.2 ^{ab}	1.5 ^b	0.7
16-17	2.1 ^b	1.4 ^b	0.7
Income			
<\$15,000	2.5 ^{ab} ***	2.0 ^a ***	0.5 ^a ***
\$15,000 - \$24,999	2.1 ^a	1.5 ^{bc}	0.6 ^a
\$25,000 - \$34,999	2.8 ^b	2.0 ^{ab}	0.7 ^{ab}
\$35,000 - \$49,999	2.0 ^a	1.5 ^{abc}	0.5 ^a
\$50,000 - \$74,999	2.2 ^{ab}	1.4 ^c	0.8 ^{ab}
≥ \$75,000	2.6 ^b	1.8 ^{abc}	0.8 ^b
CalFresh Status,%FPL²			
Participant	2.2	1.7	0.6 ^a **
Likely Eligible ≤ 130%	2.5	1.9	0.6 ^a
Not Eligible > 185%	2.5	1.7	0.8 ^b
Smoking Status			
Non-Smoker	2.5	1.8	0.7
Smoker	2.2	1.7	0.5
Physical Activity Status			
Regular	2.6 ***	1.9 ***	0.7 *
Irregular	2.1	1.5	0.6
Overweight Status			
Not Overweight	2.4	1.8	0.7
Overweight/Obese	2.4	1.8	0.6

¹Juices include only 100% fruit juices

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

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukeys test at a procedure-wise error rate=.05).

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 2: Servings of Fruits and Vegetables Eaten by California (N=1,220)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables		
	Fruits, Juices, Vegetables, and Salads ¹	Fruits and Juices ¹	Salads and Vegetables
Total	4.4	3.1	1.3
Gender			
Male	4.6 **	3.3 **	1.3
Female	4.1	2.8	1.3
Ethnicity			
White	4.3 ^a ***	2.7 ^a ***	1.6 ^a ***
African American	3.2 ^b	2.8 ^{ab}	0.5 ^b
Latino	4.5 ^a	3.4 ^b	1.2 ^c
Asian/Other	5.0 ^a	3.3 ^{ab}	1.7 ^a
Gender by Age			
Male			
12-13	4.6 ^{ab} **	3.0 ^a **	1.6
14-15	5.1 ^a	3.8 ^b	1.3
16-17	4.0 ^b	2.9 ^a	1.1
Female			
12-13	4.6	3.4 ^a ***	1.1
14-15	4.1	2.7 ^b	1.4
16-17	3.8	2.4 ^b	1.4
Income			
<\$15,000	4.5 ^{ab} ***	3.5 ^a ***	1.0 ^a ***
\$15,000 - \$24,999	3.8 ^a	2.6 ^b	1.1 ^a
\$25,000 - \$34,999	5.0 ^b	3.5 ^a	1.5 ^{ab}
\$35,000 - \$49,999	3.6 ^a	2.6 ^{ab}	1.0 ^a
\$50,000 - \$74,999	4.1 ^{ab}	2.5 ^b	1.6 ^{ab}
≥ \$75,000	4.6 ^b	3.1 ^{ab}	1.6 ^b
CalFresh Status,%FPL²			
Participant	4.0	2.9	1.1 ^a **
Likely Eligible ≤ 130%	4.5	3.3	1.2 ^a
Not Eligible > 185%	4.5	2.9	1.6 ^b
Smoking Status			
Non-Smoker	4.4	3.1	1.4
Smoker	3.9	2.9	1.0
Physical Activity Status			
Regular	4.7 ***	3.3 ***	1.4 *
Irregular	3.8	2.6	1.2
Overweight Status			
Not Overweight	4.4	3.1	1.3
Overweight/Obese	4.3	3.1	1.2

¹Juices include only 100% fruit juices

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

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 3: Servings of Fruits, Juices, Salads, and Vegetables Consumed by California Adolescents (N=1,220)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Reported Mean Servings of Fruits and Vegetables			
	Fruits	Juices ¹	Salads	Vegetables
Total	2.0	1.0	0.2	1.2
Gender				
Male	2.1	1.2 ***	0.2	1.2
Female	2.0	0.8	0.2	1.1
Ethnicity				
White	1.7 ^a ***	1.0 ^a ***	0.3 ^a ***	1.3 ^{ab} ***
African American	1.9 ^{ab}	0.9 ^{ab}	0.1 ^b	0.4 ^c
Latino	2.2 ^b	1.2 ^a	0.1 ^b	1.1 ^a
Asian/Other	2.6 ^b	0.7 ^b	0.1 ^b	1.6 ^b
Gender by Age				
Male				
12-13	1.9 ^a ***	1.2	0.1 ^a **	1.5 ^a *
14-15	2.5 ^b	1.2	0.2 ^b	1.1 ^b
16-17	1.8 ^a	1.1	0.1 ^{ab}	1.0 ^b
Female				
12-13	2.5 ^a ***	0.9	0.2	1.0
14-15	1.8 ^b	0.9	0.2	1.1
16-17	1.7 ^b	0.7	0.1	1.3
Income				
<\$15,000	2.3 ^{ab} **	1.2 ^a *	0.1	0.9 ^a ***
\$15,000 - \$24,999	1.8 ^b	0.9 ^a	0.1	1.0 ^{abc}
\$25,000 - \$34,999	2.5 ^a	1.0 ^a	0.1	1.4 ^{bc}
\$35,000 - \$49,999	1.8 ^{ab}	0.8 ^a	0.3	0.7 ^{ab}
\$50,000 - \$74,999	1.7 ^b	0.8 ^a	0.2	1.3 ^{abc}
≥ \$75,000	1.9 ^{ab}	1.1 ^a	0.2	1.4 ^c
CalFresh Status,%FPL²				
Participant	2.0	0.9	0.1	1.0 ^a **
Likely Eligible ≤ 130%	2.2	1.1	0.1	1.1 ^a
Not Eligible > 185%	1.9	1.0	0.2	1.4 ^b
Smoking Status				
Non-Smoker	2.0	1.0	0.2	1.2
Smoker	1.9	1.0	0.3	0.7
Physical Activity Status				
Regular	2.2 ***	1.1 **	0.2 ***	1.2
Irregular	1.8	0.9	0.1	1.1
Overweight Status				
Not Overweight	2.1	1.0	0.2	1.1
Overweight/Obese	2.0	1.1	0.2	1.0

¹Juices include only 100% fruit juices

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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Table 4: California Adolescents Who Reported Eating Less than One Serving of Fruits and Vegetables, No Fruits or Juices, and No Vegetables or Salads (N=1,220)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Percent of Adolescents		
	Reported Having Less than One Serving of Fruits or Vegetables ¹	Reported No Servings of Fruits or Juices ²	Reported No Servings of Vegetables or Salad ²
Total	10.1	18.3	49.4
Gender			
Male	9.7	15.0**	50.3
Female	10.5	21.8	48.3
Ethnicity			
White	9.3***	19.5	39.1***
African American	18.5	26.0	79.3
Latino	12.0	16.4	55.8
Asian/Other	2.3	16.1	43.2
Gender by Age			
Male			
12-13	6.9*	11.2*	47.6
14-15	7.8	13.2	47.6
16-17	15.0	21.1	56.4
Female			
12-13	6.8	11.2***	54.8
14-15	12.4	21.9	47.4
16-17	11.6	32.7	42.8
Income			
<\$15,000	15.5**	20.9	60.0***
\$15,000 - \$24,999	12.4	18.0	58.5
\$25,000 - \$34,999	10.2	13.9	47.3
\$35,000 - \$49,999	6.5	20.3	55.8
\$50,000 - \$74,999	12.2	25.1	37.1
≥ \$75,000	6.4	16.8	41.0
CalFresh Status,%FPL³			
Participant	15.8***	21.7	59.4***
Likely Eligible ≤ 130%	10.5	15.9	52.3
Not Eligible > 185%	7.4	18.6	41.1
Smoking Status			
Non-Smoker	10.1	17.5**	49.1
Smoker	9.7	30.7	53.0
Physical Activity Status			
Regular	8.5*	14.2***	49.0
Irregular	12.7	25.0	49.9
Overweight Status			
Not Overweight	9.9	18.5	49.0
Overweight/Obese	10.3	17.4	50.9

¹Calculated using total servings of fruits and vegetable for the individual. Categorized as having less than one serving of fruits and vegetables.

²Categorized as having less than .5 servings of fruits or vegetables.

³Survey 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 5: Proportion of California Adolescents Who Ate the Recommended Servings of Fruits and Vegetables (N=1,220)

For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

	Percent of Adolescents					Met the Recommendations ² for Fruits and Vegetables
	Servings of Fruits and Vegetables					
	0 ¹	1-2	3-4	5+		
Total	10.1	25.2	20.6	44.1		34.1
Gender						
Male	9.7	22.2	20.5	47.6	*	28.1
Female	10.5	28.3	20.7	40.4		40.4
Ethnicity						
White	9.3	22.9	23.4	44.4	***	32.7
African American	18.5	35.9	9.1	36.6		25.8
Latino	12.0	22.9	21.0	44.1		35.1
Asian/Other	2.3	32.1	18.2	47.3		39.4
Gender by Age						
Male						
12-13	6.9	23.9	27.5	41.7	***	29.9
14-15	7.8	20.9	12.9	58.4		30.4
16-17	15.0	22.0	22.9	40.1		23.5
Female						
12-13	6.8	23.6	22.0	47.6	*	47.6
14-15	12.4	26.8	22.8	38.0		38.0
16-17	11.6	35.6	16.4	36.5		36.5
Income						
<\$15,000	15.5	23.0	16.6	45.0	***	35.5
\$15,000 - \$24,999	12.4	28.3	25.9	33.5		28.8
\$25,000 - \$34,999	10.2	15.5	22.1	52.2		40.2
\$35,000 - \$49,999	6.5	39.9	23.9	29.7		24.8
\$50,000 - \$74,999	12.2	26.9	19.1	41.8		29.6
≥ \$75,000	6.4	25.8	20.4	47.5		35.3
CalFresh Status,%FPL³						
Participant	15.8	27.0	16.9	40.3	**	32.3
Likely Eligible ≤ 130%	10.5	23.8	22.2	43.4		37.0
Not Eligible > 185%	7.4	26.9	20.9	44.8		33.4
Smoking Status						
Non-Smoker	10.1	24.2	20.9	44.8	*	34.8
Smoker	9.7	39.4	16.4	34.6		23.2
Physical Activity Status						
Regular	8.5	22.6	19.0	49.8	***	37.6
Irregular	12.7	29.3	23.3	34.8		28.4
Overweight Status						
Not Overweight	9.9	24.4	22.5	43.3		34.1
Overweight/Obese	10.3	28.0	16.7	45.1		31.9

¹Categorized as having less than .5 servings of fruits or vegetables.

²Recommendations equal 7 or more servings a day for boys and 5 or more a day for girls.

³Survey 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 6: Belief by California Adolescents About the Number of Servings of Fruits and Vegetables Needed Each Day for Good Health (N=1,203)

How many total cups of fruits and vegetables do you think you should eat every day to be healthy?

	Cups of Fruits and Vegetables Believed Needed, Percent of Adolescents		
	0-2	3-4	5+
Total	15.2	33.9	50.9
Gender			
Male	14.0	31.0	55.0 *
Female	16.5	37.1	46.4
Ethnicity			
White	16.3	29.5	54.1 *
African American	14.5	35.5	50.0
Latino	14.4	40.0	45.6
Asian/Other	14.8	27.4	57.8
Gender by Age			
Male			
12-13	17.5	26.3	56.2
14-15	10.3	34.1	55.7
16-17	15.3	31.9	52.8
Female			
12-13	20.2	31.4	48.4 ***
14-15	19.8	32.1	48.1
16-17	7.2	51.1	41.7
Income			
<\$15,000	15.3	44.5	40.2 ***
\$15,000 - \$24,999	19.6	34.2	46.2
\$25,000 - \$34,999	15.0	37.4	47.6
\$35,000 - \$49,999	17.7	31.9	50.4
\$50,000 - \$74,999	17.1	24.8	58.2
≥ \$75,000	13.1	27.6	59.3
CalFresh Status,%FPL¹			
Participant	17.9	37.5	44.6 ***
Likely Eligible ≤ 130%	17.8	38.4	43.7
Not Eligible > 185%	13.2	26.8	60.0
Smoking Status			
Non-Smoker	15.3	34.3	50.4
Smoker	14.0	28.2	57.8
Physical Activity Status			
Regular	14.5	35.4	50.0
Irregular	16.3	31.4	52.3
Overweight Status			
Not Overweight	15.3	33.7	51.0
Overweight/Obese	14.1	34.2	51.8

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 9: Barriers to Eating More Fruits and Vegetables Among California Adolescents (N=1,095)

What is the main reason you don't eat more fruits and vegetables, or drink more 100% juice?

	Barriers Reported to Eating More Fruits and Vegetables, Percent of Adolescents						
	Don't Like Taste	Not Available	Choose Other Foods	No Time	Not Hungry	Eat Enough Already	Other ¹
Total	24.8	20.1	10.4	8.7	11.8	7.4	16.9
Gender							
Male	27.0	16.2	9.9	8.0	12.0	7.6	19.4 *
Female	22.4	24.3	10.9	9.4	11.7	7.1	14.2
Ethnicity							
White	19.9	24.4	9.7	7.9	11.4	8.4	18.2 ***
African American	33.1	19.9	1.1	13.4	2.7	9.4	20.4
Latino	29.6	17.8	9.5	6.6	11.8	7.0	17.7
Asian/Other	21.4	14.3	18.7	15.0	17.2	4.3	9.1
Gender by Age							
Male							
12-13	18.3	10.1	12.3	6.4	16.4	12.2	24.2 ***
14-15	29.9	15.2	8.0	10.3	13.3	5.9	17.3
16-17	31.7	23.2	10.0	6.7	6.0	5.1	17.3
Female							
12-13	27.9	18.7	11.9	5.4	16.8	5.2	14.2 ***
14-15	23.6	20.3	11.0	7.7	13.9	9.8	13.6
16-17	15.2	35.5	9.6	15.5	3.6	5.4	15.1
Income							
<\$15,000	31.6	16.7	8.3	9.3	11.5	9.2	13.5 ***
\$15,000 - \$24,999	26.2	18.2	6.2	9.2	11.0	4.5	24.8
\$25,000 - \$34,999	22.6	20.1	7.0	9.9	13.0	13.6	13.7
\$35,000 - \$49,999	14.3	23.3	9.9	2.6	26.7	1.0	22.0
\$50,000 - \$74,999	30.0	24.3	10.1	9.6	3.7	5.7	16.5
≥ \$75,000	22.1	21.8	13.5	9.0	11.1	6.3	16.2
CalFresh Status,%FPL²							
Participant	28.6	16.6	11.2	7.8	9.0	7.7	19.1 *
Not Eligible > 185%	25.8	20.1	6.6	6.1	16.4	8.5	16.5
	22.4	23.2	11.9	9.1	10.7	5.8	17.0
Smoking Status							
Non-Smoker	23.6	19.6	10.7	9.0	12.2	7.7	17.2 **
Smoker	40.7	27.6	5.7	4.8	7.0	2.5	11.7
Physical Activity Status							
Regular	23.7	17.2	9.8	8.7	15.8	7.9	17.0 ***
Irregular	26.6	24.9	11.3	8.7	5.4	6.4	16.7
Overweight Status							
Not Overweight	23.5	18.5	11.3	9.6	11.5	8.3	17.3 **
Overweight/Obese	28.5	25.5	6.0	7.3	12.0	4.5	16.1

¹Other includes the following responses: don't think about it, too expensive, don't want to get sick from eating too much, not important, don't want to gain weight, too much sugar, too much fiber, allergic, poor quality and other.

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.

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 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents (N=1,217)

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported,			
	Percent of Adolescents			
	0	1-3	4+	
Total	25.6	58.7	15.7	
Gender				
Male	21.4	58.7	19.9	***
Female	30.1	58.7	11.2	
Ethnicity				
White	19.6	62.1	18.3	***
African American	21.3	63.9	14.8	
Latino	31.2	59.5	9.3	
Asian/Other	28.5	44.6	26.9	
Gender by Age				
Male				
12-13	18.1	67.6	14.3	**
14-15	20.3	54.1	25.7	
16-17	26.1	55.4	18.4	
Female				
12-13	30.8	58.0	11.2	**
14-15	23.4	62.3	14.3	
16-17	39.2	54.2	6.6	
Income				
<\$15,000	35.2	61.0	3.8	***
\$15,000 - \$24,999	25.7	64.4	9.9	
\$25,000 - \$34,999	23.6	62.4	14.1	
\$35,000 - \$49,999	29.3	57.1	13.6	
\$50,000 - \$74,999	14.6	66.8	18.7	
≥ \$75,000	23.5	53.0	23.5	
CalFresh Status, % FPL¹				
Participant	32.8	59.3	7.9	***
Likely Eligible ≤ 130%	26.7	63.2	10.1	
Not Eligible > 185%	22.7	55.2	22.1	
Smoking Status				
Non-Smoker	24.9	59.6	15.5	*
Smoker	36.7	45.2	18.1	
Physical Activity Status				
Regular	22.1	60.7	17.3	***
Irregular	31.5	55.5	13.1	
Overweight Status				
Not Overweight	24.0	60.7	15.3	
Overweight/Obese	27.1	54.2	18.7	

¹Survey respondents between 130-185% FPL

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

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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Table 12: Consumption of Cereal by California Adolescents (N=1,220)

Yesterday how many bowls of hot or cold cereal did you eat?
 What cereal(s) did you eat the most of yesterday?

	Reported Eating Any Cereal ¹ , Percent of Adolescents
Total	55.5
Gender	
Male	60.2***
Female	50.5
Ethnicity	
White	54.9
African American	53.0
Latino	58.3
Asian/Other	50.4
Gender by Age	
Male	
12-13	61.8
14-15	61.4
16-17	57.1
Female	
12-13	62.4***
14-15	47.6
16-17	42.0
Income	
<\$15,000	56.7
\$15,000 - \$24,999	50.2
\$25,000 - \$34,999	50.2
\$35,000 - \$49,999	62.1
\$50,000 - \$74,999	48.5
≥ \$75,000	59.1
CalFresh Status, % FPL²	
Participant	56.7
Likely Eligible ≤ 130%	53.3
Not Eligible > 185%	56.2
Smoking Status	
Non-Smoker	55.7
Smoker	51.7
Physical Activity Status	
Regular	55.9
Irregular	54.8
Overweight Status	
Not Overweight	57.0
Overweight/Obese	51.7

¹ One bowl equals one serving.

² 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 13: Consumption of Cereal and High Fiber Cereal by California Adolescents (N=1,220)

Yesterday how many bowls of cereal did you eat?
 What cereal did you eat the most of yesterday?

Any Cereal¹	Percent of Adolescents
Out of All Teens	55.5
High Fiber Cereal²	
Out of All Teens	16.7
Out of Cereal Eaters	30.1

¹One bowl equals one serving.

²High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

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 14: Belief by California Adolescents About How Much of Grains Eaten Should Come from Whole Grains (N=1,207)

Whole grains are found in foods like whole wheat bread, oatmeal, brown rice, Triscuits, Wheat Thins, Raisin-Bran or Nutri-grain. How much of all the grain foods you eat every day do you think should come from whole grains? Would you say...

	Proportion of Grain Products that Should be Whole Grain, Percent of Adolescents	
	Less than Half	Half or More
Total	23.2	76.8
Gender		
Male	26.0	74.0
Female	20.3	79.7
Ethnicity		
White	15.7	84.3
African American	37.7	62.3
Latino	27.3	72.7
Asian/Other	24.5	75.5
Gender by Age		
Male		
12-13	25.4	74.6
14-15	25.8	74.2
16-17	26.8	73.2
Female		
12-13	23.3	76.7
14-15	18.0	82.0
16-17	20.5	79.5
Income		
<\$15,000	28.0	72.0
\$15,000 - \$24,999	37.8	62.2
\$25,000 - \$34,999	25.0	75.0
\$35,000 - \$49,999	26.4	73.6
\$50,000 - \$74,999	13.5	86.5
≥ \$75,000	16.8	83.2
CalFresh Status, % FPL¹		
Participant	26.8	73.2
Likely Eligible ≤ 130%	29.8	70.2
Not Eligible > 185%	16.4	83.6
Smoking Status		
Non-Smoker	23.3	76.7
Smoker	23.0	77.0
Physical Activity Status		
Regular	23.6	76.4
Irregular	22.7	77.3
Overweight Status		
Not Overweight	20.8	79.2
Overweight/Obese	28.2	71.8

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

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

Table 15: Servings of Beans Eaten by California Adolescents (N=1,217)

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils but does NOT include green beans.

	Servings of Beans Reported, Percent of Adolescents			
	0	1.0	2+	
Total	70.0	19.6	10.4	
Gender				
Male	68.5	17.2	14.3	***
Female	71.6	22.1	6.2	
Ethnicity				
White	76.6	13.4	10.0	***
African American	76.8	13.3	9.9	
Latino	58.4	30.0	11.6	
Asian/Other	81.7	10.4	7.9	
Gender by Age				
Male				
12-13	68.3	20.7	10.9	
14-15	66.7	16.3	17.0	
16-17	71.0	14.7	14.3	
Female				
12-13	70.6	19.4	9.9	***
14-15	67.1	29.4	3.5	
16-17	79.3	14.4	6.3	
Income				
<\$15,000	64.1	26.5	9.3	***
\$15,000 - \$24,999	60.5	28.0	11.6	
\$25,000 - \$34,999	65.6	23.8	10.6	
\$35,000 - \$49,999	63.0	32.3	4.6	
\$50,000 - \$74,999	79.2	11.4	9.3	
≥ \$75,000	76.5	11.4	12.1	
CalFresh Status, % FPL¹				
Participant	63.4	27.8	8.8	***
Likely Eligible ≤ 130%	60.8	27.4	11.8	
Not Eligible > 185%	77.6	11.3	11.1	
Smoking Status				
Non-Smoker	70.7	19.5	9.8	*
Smoker	60.1	21.5	18.4	
Physical Activity Status				
Regular	70.1	17.1	12.8	***
Irregular	70.0	23.7	6.3	
Overweight Status				
Not Overweight	71.7	16.5	11.7	***
Overweight/Obese	65.6	26.3	8.1	

¹Survey respondents between 130-185% FPL

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

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 24: Consumption of Meat Among California Adolescents (N=1,220)

Do you eat any kind of animal foods like beef, pork, poultry or fish?
 Yesterday, how many servings of meat, poultry, fish, and eggs did you eat?

	Percent of Adolescents	
	Report Not Eating Meat or Animal Foods	Ate Meat or Eggs Yesterday, Out of Those Who Report Eating Animal Foods (N=1,152)
Total	7.4	91.2
Gender		
Male	7.7	92.8 *
Female	7.0	89.4
Ethnicity		
White	4.6 ***	91.8 **
African American	1.2	91.8
Latino	5.4	88.3
Asian/Other	23.6	98.7
Gender by Age		
Male		
12-13	3.7 *	93.4
14-15	9.5	93.2
16-17	9.6	91.7
Female		
12-13	2.0 **	83.7 **
14-15	9.0	94.4
16-17	9.5	88.8
Income		
≤\$15,000	7.2 *	87.3 *
\$15,000 - \$24,999	4.5	88.5
\$25,000 - \$34,999	11.7	94.3
\$35,000 - \$49,999	3.9	88.8
\$50,000 - \$74,999	1.3	91.3
≥ \$75,000	7.9	94.5
CalFresh Status, % FPL¹		
Participant	7.8 *	87.8 *
Likely Eligible ≤ 130%	3.2	90.8
Not Eligible > 185%	6.4	93.5
Smoking Status		
Non-Smoker	7.4	91.1
Smoker	6.6	91.6
Physical Activity Status		
Regular	7.4	91.0
Irregular	7.4	91.5
Overweight Status		
Not Overweight	8.7 *	91.2
Overweight/Obese	5.0	92.4

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

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

Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents (N=1,211)

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?
 How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?
 How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings ¹ of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
Total	3.2	1.7	0.9	0.5
Gender				
Male	3.4 ***	1.9 ***	0.9	0.6
Female	2.9	1.5	0.9	0.5
Ethnicity				
White	3.5 ^a ***	2.0 ^a ***	1.0 ^b ***	0.5
African American	3.5 ^{ab}	1.4 ^b	1.5 ^c	0.7
Latino	3.0 ^{bc}	1.6 ^b	0.8 ^a	0.6
Asian/Other	2.6 ^c	1.5 ^b	0.6 ^a	0.5
Gender by Age				
Male				
12-13	3.2	1.9	0.8 ^a *	0.5
14-15	3.6	2.0	1.0 ^b	0.6
16-17	3.3	1.8	0.9 ^{ab}	0.6
Female				
12-13	3.6 ^b ***	1.8 ^a ***	1.1 ^a *	0.7 ^b ***
14-15	2.6 ^a	1.3 ^b	0.7 ^b	0.5 ^a
16-17	2.7 ^a	1.5 ^{ab}	0.9 ^{ab}	0.4 ^a
Income				
<\$15,000	2.8 ^a ***	1.5 ^a ***	0.8 ^a *	0.6
\$15,000 - \$24,999	3.0 ^{ab}	1.5 ^a	0.9 ^a	0.5
\$25,000 - \$34,999	3.4 ^{ab}	1.8 ^{ab}	1.0 ^a	0.6
\$35,000 - \$49,999	3.0 ^{ab}	1.6 ^{ab}	0.8 ^a	0.6
\$50,000 - \$74,999	2.8 ^a	1.5 ^a	0.7 ^a	0.5
≥ \$75,000	3.5 ^b	2.0 ^b	1.0 ^a	0.6
CalFresh Status, % FPL²				
Participant	2.9 ^a *	1.5 ^a **	0.8	0.6
Likely Eligible ≤ 130%	3.1 ^{ab}	1.7 ^{ab}	0.9	0.5
Not Eligible > 185%	3.4 ^b	1.9 ^b	1.0	0.5
Smoking Status				
Non-Smoker	3.2	1.7	0.9	0.6
Smoker	3.1	1.9	0.8	0.4
Physical Activity Status				
Regular	3.4 ***	1.8 *	1.0 **	0.6 **
Irregular	2.9	1.6	0.8	0.5
Overweight Status				
Not Overweight	3.2	1.7	0.9	0.5
Overweight/Obese	3.1	1.7	0.8	0.5

¹Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 17: Total Servings of Milk and Milk Products (Cheese, Yogurt and Dairy Desserts) Consumed by California Adolescents (N=1,215)

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Servings ¹ of Milk and Milk Products Reported Yesterday, Percent of Adolescents		
	0	1-2	3+
Total	15.3	63.7	21.0
Gender			
Male	11.9	62.1	26.0
Female	19.0	65.3	15.8
Ethnicity			
White	15.0	55.3	29.7
African American	21.6	68.7	9.6
Latino	13.0	68.9	18.1
Asian/Other	19.4	68.8	11.8
Gender by Age			
Male			
12-13	11.0	64.3	24.7
14-15	9.7	59.8	30.5
16-17	15.5	62.8	21.8
Female			
12-13	9.4	68.0	22.7
14-15	20.8	66.6	12.6
16-17	26.4	60.6	13.0
Income			
<\$15,000	18.4	66.1	15.5
\$15,000 - \$24,999	13.4	72.5	14.2
\$25,000 - \$34,999	10.8	72.1	17.1
\$35,000 - \$49,999	16.5	61.0	22.5
\$50,000 - \$74,999	12.5	73.6	13.9
≥ \$75,000	15.1	56.5	28.4
CalFresh Status, % FPL²			
Participant	17.7	64.2	18.0
Likely Eligible ≤ 130%	12.9	71.7	15.4
Not Eligible > 185%	15.4	59.5	25.1
Smoking Status			
Non-Smoker	15.2	64.2	20.6
Smoker	17.5	55.6	26.9
Physical Activity Status			
Regular	13.2	65.3	21.5
Irregular	18.8	61.0	20.2
Overweight Status			
Not Overweight	15.7	62.5	21.8
Overweight/Obese	14.7	65.1	20.2

¹Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

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.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 18: Type of Milk Consumed by California Adolescents (N=995)

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, Percent Out of All Milk Drinkers			
	Nonfat	1%	2%	Whole
Total	20.5	21.3	40.1	18.1
Gender				
Male	22.1	19.3	40.7	17.9
Female	18.6	23.6	39.3	18.5
Ethnicity				
White	19.7	23.6	41.0	15.7
African American	22.9	11.0	36.3	29.7
Latino	19.7	20.7	41.2	18.3
Asian/Other	23.8	21.7	35.7	18.8
Gender by Age				
Male				
12-13	26.6	26.4	30.8	16.2
14-15	20.1	16.7	41.4	21.8
16-17	19.9	15.5	50.2	14.4
Female				
12-13	16.6	31.6	40.6	11.2
14-15	17.0	15.0	45.2	22.8
16-17	24.1	26.9	27.4	21.5
Income				
<\$15,000	17.4	18.6	34.0	30.0
\$15,000 - \$24,999	16.4	22.8	43.5	17.4
\$25,000 - \$34,999	15.4	11.1	47.4	26.1
\$35,000 - \$49,999	15.4	23.6	40.0	20.9
\$50,000 - \$74,999	17.0	32.0	31.3	19.7
≥ \$75,000	27.6	22.0	41.3	9.2
CalFresh Status, % FPL¹				
Participant	14.7	22.0	35.5	27.8
Not Eligible > 185%	18.5	19.0	43.1	19.5
Not Eligible > 185%	25.6	23.8	39.0	11.6
Smoking Status				
Non-Smoker	20.2	21.6	40.6	17.7
Smoker	25.2	17.0	31.7	26.1
Physical Activity Status				
Regular	21.6	19.2	41.8	17.4
Irregular	18.5	25.1	37.0	19.4
Overweight Status				
Not Overweight	20.8	20.1	42.3	16.8
Overweight/Obese	16.8	23.7	38.2	21.4

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 total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed (N=1,201)

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

Servings of Milk Products Believed to Be Needed	Percent of Adolescents	Servings of Milk Products Consumed ¹ , Percent of Adolescents	
		0-2	3+
0-2	33.8	61.7	38.3
3+	66.2	36.1	63.9

¹Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

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 26: Consumption by Each Category of High Calorie, Low Nutrient Foods Among California Adolescents (N=1,216)

Yesterday did you eat any pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or poparts?
 Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
 Yesterday did you eat any potato chips, tortilla chips, Cheetos, pork rinds, or other fried snacks?
 Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?
 Yesterday did you eat any candy bars or packages of candy?
 Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink?
 How many servings of french fries did you eat yesterday?

	Food Eaten From Each Category Yesterday, Percent of Adolescents						
	Regular Soda	Candy	Bakery Desserts	Chips/Fried Snacks	Deep Fried Foods	Breakfast Pastries	French Fries
Total	44.2	22.7	35.3	29.2	14.2	19.6	14.8
Gender							
Male	48.3 **	22.8	35.5	29.8	14.7	20.2	15.8
Female	39.9	22.7	35.1	28.5	13.6	19.0	13.8
Ethnicity							
White	38.9 **	23.8 **	40.4 **	24.5 *	10.1 **	15.2 **	10.6 **
African American	44.6	15.3	38.8	30.6	23.7	25.3	20.1
Latino	50.9	26.1	30.0	33.6	15.9	20.2	17.8
Asian/Other	39.4	14.1	34.5	28.6	15.1	26.7	15.1
Gender by Age							
Male							
12-13	40.0 **	22.8 *	28.5 *	27.0	15.2	22.2	18.3
14-15	54.6	27.4	41.8	33.1	14.1	19.9	17.7
16-17	49.0	17.0	34.7	28.6	14.9	18.5	10.9
Female							
12-13	48.9 **	28.9 *	28.6 *	27.0	10.7	18.0	15.2
14-15	33.9	22.9	34.6	28.4	15.5	22.6	11.1
16-17	39.0	15.8	42.7	30.2	14.1	14.8	16.1
Income							
<\$15,000	51.7 **	25.8 ***	30.1 *	33.2	20.4 *	19.6 *	18.8 **
\$15,000 - \$24,999	52.9	26.5	34.1	30.7	15.2	23.0	21.4
\$25,000 - \$34,999	42.1	26.8	33.8	35.7	16.9	23.8	14.8
\$35,000 - \$49,999	41.2	16.0	29.8	27.3	9.8	9.9	4.9
\$50,000 - \$74,999	46.9	35.5	46.6	24.8	9.1	13.3	14.4
≥ \$75,000	37.5	17.0	37.4	26.5	12.9	21.0	12.6
CalFresh Status, % FPL¹							
Participant	55.9 ***	23.9 **	30.5	34.6 *	16.7	21.3	20.1 *
Likely Eligible ≤ 130%	44.7	29.1	35.3	32.0	16.8	21.0	16.2
Not Eligible > 185%	38.0	19.6	38.8	25.3	12.0	18.9	12.5
Smoking Status							
Non-Smoker	43.2 **	22.3	35.7	28.7	14.3	20.3 *	14.8
Smoker	60.2	29.0	29.9	36.6	12.5	8.7	15.2
Physical Activity Status							
Regular	44.1	22.9	34.0	26.4 **	14.4	19.9	14.2
Irregular	44.4	22.5	37.4	33.7	13.8	19.0	15.8
Overweight Status							
Not Overweight	42.7	25.9 ***	36.3	30.1	13.4	20.1	14.0
Overweight/Obese	48.3	16.4	34.0	28.6	12.9	16.3	14.2

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

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

Table 27: Consumption of More Than One Serving of High Calorie, Low Nutrient Foods and Beverages by California Adolescents (N=1,215)

Yesterday did you eat any pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?
 Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?
 Yesterday did you eat any potato chips, tortilla chips, Cheetos, pork rinds, or other fried snacks?
 Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?
 Yesterday did you eat any candy bars or packages of candy?
 Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink?

	Servings ¹ of High Calorie, Low Nutrient Foods and Beverages Reported Yesterday,				
	Percent of Adolescents				2 or More
	0-1	2	3	4+	
Total	47.3	30.5	16.3	5.9	52.7
Gender					
Male	44.2	32.0	18.4	5.5	55.8 *
Female	50.7	28.9	14.1	6.3	49.3
Ethnicity					
White	54.7	25.5	14.6	5.3	45.3 ***
African American	43.0	26.9	17.6	12.4	57.0
Latino	43.4	30.8	18.8	7.0	56.6
Asian/Other	41.2	44.8	13.3	0.8	58.8
Gender by Age					
Male					
12-13	50.4	28.3	16.2	5.2	49.6 ***
14-15	34.1	38.5	19.9	7.5	65.9
16-17	50.4	27.6	18.6	3.4	49.6
Female					
12-13	54.7	18.8	17.9	8.5	45.3
14-15	49.7	32.0	13.1	5.2	50.3
16-17	47.9	35.2	11.5	5.4	52.1
Income					
<\$15,000	43.6	30.7	18.4	7.4	56.4 ***
\$15,000 - \$24,999	43.5	25.8	16.6	14.1	56.5
\$25,000 - \$34,999	36.8	44.2	13.9	5.1	63.2
\$35,000 - \$49,999	64.6	16.1	16.1	3.2	35.4
\$50,000 - \$74,999	47.6	24.2	22.1	6.2	52.4
≥ \$75,000	50.4	31.8	15.0	2.7	49.6
CalFresh Status, % FPL²					
Participant	43.3	28.2	18.6	9.9	56.7 *
Likely Eligible ≤ 130%	43.2	31.3	16.9	8.6	56.8
Not Eligible > 185%	51.3	30.2	15.6	2.9	48.7
Smoking Status					
Non-Smoker	48.2	29.3	16.6	5.9	51.8 *
Smoker	34.7	47.9	11.8	5.6	65.3
Physical Activity Status					
Regular	48.7	31.4	13.8	6.2	51.3
Irregular	45.2	29.0	20.4	5.4	54.8
Overweight Status					
Not Overweight	45.4	32.0	16.2	6.5	54.6
Overweight/Obese	51.6	28.0	16.2	4.2	48.4

¹Each report of "any" was counted as one serving.

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

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

Table 67: Consumption of Diet Soft Drinks or Diet Sweetened Beverages Among California Adolescents (N=1,218)

Yesterday how many servings of DIET soda (cola, lemon-lime) or DIET sweetened beverage like Sugar Free Snapple, Kool-Aid, Arizona, or Sobe did you drink?

	Mean Diet Soda or Diet Sweetened Beverages Drank by Adolescents ¹
Total	0.2
Gender	
Male	0.2
Female	0.2
Ethnicity	
White	0.2
African American	0.2
Latino	0.3
Asian/Other	0.1
Gender by Age	
Male	
12-13	0.2
14-15	0.2
16-17	0.3
Female	
12-13	0.2
14-15	0.2
16-17	0.2
Income	
<\$15,000	0.4 ^a
\$15,000 - \$24,999	0.2 ^{ab}
\$25,000 - \$34,999	0.2 ^{ab}
\$35,000 - \$49,999	0.3 ^{ab}
\$50,000 - \$74,999	0.1 ^b
≥ \$75,000	0.2 ^b
CalFresh Status, % FPL²	
Participant	0.3 ^a
Likely Eligible ≤ 130%	0.2 ^{ab}
Not Eligible > 185%	0.2 ^b
Smoking Status	
Non-Smoker	0.2
Smoker	0.4
Physical Activity Status	
Regular	0.2
Irregular	0.2
Overweight Status	
Not Overweight	0.2
Overweight/Obese	0.3

¹Data should be interpreted with caution due to small sample size in each cell.

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 68: Mean Consumption of Soft Drinks or Sweetened Beverages Among California Adolescents (N=1,219)

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink?

	Mean Regular Sodas or Sweetened Beverages Drank by Adolescents Yesterday	
Total	0.7	
Gender		
Male	0.9	***
Female	0.6	
Ethnicity		
White	0.7 ^{ab}	**
African American	1.0 ^a	
Latino	0.8 ^a	
Asian/Other	0.5 ^b	
Gender by Age		
Male		
12-13	0.6 ^a	***
14-15	0.8 ^a	
16-17	1.2 ^b	
Female		
12-13	0.8 ^a	*
14-15	0.5 ^b	
16-17	0.6 ^{ab}	
Income		
<\$15,000	0.8	
\$15,000 - \$24,999	0.9	
\$25,000 - \$34,999	0.6	
\$35,000 - \$49,999	0.8	
\$50,000 - \$74,999	0.7	
≥ \$75,000	0.7	
CalFresh Status, % FPL¹		
Participant	0.9 ^a	*
Likely Eligible ≤ 130%	0.8 ^{ab}	
Not Eligible > 185%	0.7 ^b	
Smoking Status		
Non-Smoker	0.7	***
Smoker	1.2	
Physical Activity Status		
Regular	0.8	
Irregular	0.7	
Overweight Status		
Not Overweight	0.7	**
Overweight/Obese	0.9	

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 69: Consumption of Soft Drinks and Other Sweetened Beverages Among California Adolescents (N=1,218)

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?
 Yesterday, how many servings of sports drinks like Gatorade did you drink?

	Percent of Adolescents		
	Soda and Sweetened Beverages	Sports Drinks	Soda/SSB or Sports Drinks
Total	44.2	20.0	53.0
Gender			
Male	48.3 **	24.4 ***	60.0 ***
Female	39.9	15.4	45.6
Ethnicity			
White	38.9 **	18.9 ***	49.0 ***
African American	44.6	20.9	54.5
Latino	50.9	24.4	59.9
Asian/Other	39.4	10.2	43.9
Gender by Age			
Male			
12-13	40.0 **	21.2	49.7 ***
14-15	54.6	26.1	69.6
16-17	49.0	25.6	58.6
Female			
12-13	48.9 **	19.2	54.2 *
14-15	33.9	14.2	39.7
16-17	39.0	13.0	45.2
Income			
<\$15,000	51.7 **	29.1 **	61.4 **
\$15,000 - \$24,999	52.9	20.7	56.7
\$25,000 - \$34,999	42.1	17.2	53.5
\$35,000 - \$49,999	41.2	16.0	48.2
\$50,000 - \$74,999	46.9	20.6	60.5
≥ \$75,000	37.5	17.1	46.4
CalFresh Status, % FPL¹			
Participant	55.9 ***	24.3 *	63.0 ***
Likely Eligible ≤ 130%	44.7	23.0	53.9
Not Eligible > 185%	38.0	17.8	47.8
Smoking Status			
Non-Smoker	43.2 **	19.1 **	52.1 **
Smoker	60.2	33.6	67.4
Physical Activity Status			
Regular	44.1	22.0 *	54.8
Irregular	44.4	16.7	50.2
Overweight Status			
Not Overweight	42.7	18.8	51.2 *
Overweight/Obese	48.3	22.9	58.0

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

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

Table 70: Cross Tabulation of Consumption of Soda or Sweetened Beverages by Servings of Fruit and Vegetables and Milk Among California Adolescents (N=1,208)

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona or Sobe did you drink?
 Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?
 How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?
 Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?
 How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

	Drank Regular Soda, Percent of Adolescents	
	Yes	No
Ate 5 or More Servings of Fruit and Vegetables		
0-2	48.1	51.9
3-4	44.2	55.8
5+	41.2	58.8
Servings of Fruit		
2+	44.8	55.2
Servings of Vegetables		
3+	40.6	59.4
Servings of Milk		
0-2	45.0	55.0
3+	41.2	58.8
Servings of Milk Products Believed Needed for Good Health		
0-2	39.4	60.6
3+	47.3	52.7

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 92: California Adolescents Whose Report Parents Limit Soda and Low Nutrient Snack Food at Home (N=1,212)

Do your parents or adults you live with limit how much soda or other sweetened drinks you drink at home?
 Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?

	Percent of Adolescents	
	Parents Limit Soda and Sweetened Drinks (N=1,185)	Parents Limit Low Nutrient Snack Food (N=1,212)
Total	76.1	72.7
Gender		
Male	80.7 ***	75.6 *
Female	71.2	69.7
Ethnicity		
White	76.4	69.7
African American	75.7	77.9
Latino	73.3	74.0
Asian/Other	83.2	74.4
Gender by Age		
Male		
12-13	92.5 ***	90.5 ***
14-15	82.1	73.8
16-17	67.0	62.5
Female		
12-13	78.5 ***	77.7 ***
14-15	81.7	75.3
16-17	47.4	52.7
Income		
<\$15,000	69.6	70.0
\$15,000 - \$24,999	76.4	77.4
\$25,000 - \$34,999	84.5	72.8
\$35,000 - \$49,999	75.0	73.8
\$50,000 - \$74,999	77.8	70.5
≥ \$75,000	76.9	72.1
CalFresh Status, % FPL¹		
Participant	70.4 *	72.0
Likely Eligible ≤ 130%	76.1	73.1
Not Eligible > 185%	78.5	72.4
Smoking Status		
Non-Smoker	77.6 ***	73.8 ***
Smoker	54.3	56.2
Physical Activity Status		
Regular	77.2	71.9
Irregular	74.3	74.1
Overweight Status		
Not Overweight	74.6	70.5
Overweight/Obese	79.3	76.1

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.

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

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

Table 30: Consumption of Meals Among California Adolescents (N=1,216)

Yesterday, did you eat or drink anything for breakfast?

Did you eat or drink anything for lunch yesterday?

Did you eat anything for dinner yesterday?

Yesterday, did you eat or drink anything between [specified meal] time and [specified meal] time?

	Meals Reported, Percent of Adolescents			
	Breakfast	Lunch	Dinner	Snacks ¹
Total	85.9	90.2	91.6	87.4
Gender				
Male	87.8 *	89.8	93.7 **	87.3
Female	83.9	90.7	89.5	87.5
Ethnicity				
White	90.1 ***	91.9 *	96.6 ***	88.7
African American	75.6	91.2	94.3	80.5
Latino	81.4	87.0	86.8	88.6
Asian/Other	92.6	94.7	90.5	83.9
Gender by Age				
Male				
12-13	86.9	92.6	94.0	84.8
14-15	91.1	89.4	92.7	86.7
16-17	84.7	87.5	94.6	90.5
Female				
12-13	90.2 **	89.5	91.7	89.1
14-15	83.3	92.3	86.7	88.3
16-17	77.9	89.5	91.2	84.6
Income				
<\$15,000	82.2 ***	86.2 ***	86.2 ***	88.4 **
\$15,000 - \$24,999	74.0	86.4	88.8	79.1
\$25,000 - \$34,999	86.6	86.7	95.1	87.9
\$35,000 - \$49,999	85.9	87.6	89.5	87.6
\$50,000 - \$74,999	90.0	89.4	94.0	81.1
≥ \$75,000	94.2	95.3	96.9	90.8
CalFresh Status, % FPL²				
Participant	79.9 ***	84.9 ***	87.7 ***	86.4
Likely Eligible ≤ 130%	80.8	89.1	89.1	88.0
Not Eligible > 185%	93.1	94.1	96.7	87.9
Smoking Status				
Non-Smoker	86.1	90.8 **	91.4	87.0
Smoker	83.3	81.5	94.6	93.0
Physical Activity Status				
Regular	87.2	90.3	92.8	88.8 *
Irregular	83.8	90.1	89.7	85.0
Overweight Status				
Not Overweight	88.5 ***	91.6	93.0 **	88.4
Overweight/Obese	79.4	88.4	87.7	87.2

¹Reported a snack at any occasion (Morning, Afternoon or Evening).

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

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

Table 31: Source of Lunch and Dinner Among California Adolescents (N=1,084)

Where did you obtain that lunch from?

Where did you obtain dinner from?

Lunch (select all that apply)	Percent of Adolescents¹
Home	65.4
School cafeteria	20.3
Fast food place	7.0
School snack bar or A la carte line	4.2
A friend	4.2
Convenience store	3.5
Food cart at school	2.2
Other ²	7.9
White	
Dinner (select only one response)	Percent of Adolescents¹
Home	85.1
A friend's house	2.4
Fast food place	4.0
Other restaurant	4.1
Convenience store	1.7
A relative's house	0.4
Other ³	1.3

¹Out of those who reported eating lunch or dinner.

²Includes lunch from vending machine, student store, fundraiser, club, community center, and other.

³Includes dinner from vending machine.

Some numbers may not add to 100 percent due to rounding

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

Table 31a: School and Home Lunch Among California Adolescents (N=1,084)

Where did you obtain that lunch from?

	Type of Lunch Reported, Percent of Adolescents	
	School Cafeteria	Home
Total	20.3	65.4
Gender		
Male	21.2	69.0 *
Female	19.4	61.7
Ethnicity		
White	11.6 ***	72.1 ***
African American	32.3	55.9
Latino	29.5	54.3
Asian/Other	13.2	81.5
White		
Male		
12-13	28.0 *	68.7 *
14-15	17.9	75.0
16-17	18.0	61.6
Female		
12-13	30.1 ***	65.7
14-15	15.8	58.3
16-17	13.3	62.4
Income		
<\$15,000	34.9 ***	44.7 ***
\$15,000 - \$24,999	41.4	47.5
\$25,000 - \$34,999	25.6	66.0
\$35,000 - \$49,999	13.5	62.6
\$50,000 - \$74,999	11.3	72.0
≥ \$75,000	8.0	79.8
CalFresh Status, % FPL¹		
Participant	36.6 ***	51.3 ***
Likely Eligible ≤ 130%	29.9	54.4
Not Eligible > 185%	8.4	76.6
Smoking Status		
Non-Smoker	20.3	65.4
Smoker	19.6	66.3
Physical Activity Status		
Regular	17.8 **	66.5
Irregular	24.4	63.6
Overweight Status		
Not Overweight	17.3 **	67.0
Overweight/Obese	25.8	61.4

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

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

Table 31b: Source of Dinner Among California Adolescents (N=1,096)

Where did you obtain dinner from?

	Where Dinner Was Reportedly Obtained, Percent of Adolescents	
	Home	Away from Home ¹
Total	85.6	14.4
Gender		
Male	82.9	17.1
Female	88.7	11.3
Ethnicity		
White	82.6	17.4
African American	86.4	13.6
Latino	90.3	9.7
White	81.4	18.6
Gender by Age		
Male		
12-13	84.1	15.9
14-15	80.7	19.3
16-17	84.3	15.7
Female		
12-13	89.6	10.4
14-15	88.5	11.5
16-17	88.0	12.0
Income		
<\$15,000	87.6	12.4
\$15,000 - \$24,999	94.6	5.4
\$25,000 - \$34,999	81.6	18.4
\$35,000 - \$49,999	92.8	7.2
\$50,000 - \$74,999	84.4	15.6
≥ \$75,000	80.4	19.6
CalFresh Status, % FPL²		
Participant	87.1	12.9
Likely Eligible ≤ 130%	91.4	8.6
Not Eligible > 185%	81.8	18.2
Smoking Status		
Non-Smoker	86.1	13.9
Smoker	78.5	21.5
Physical Activity Status		
Regular	82.2	17.8
Irregular	91.5	8.5
Overweight Status		
Not Overweight	85.0	15.0
Overweight/Obese	88.3	11.7

¹Includes dinner from friend's house, fast food, other restaurant, vending machine, convenience store, relative's house, and other.

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. 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 32: Reported Awareness and Use of Calorie Information Posted at Restaurants When Eating Out Among California Adolescents (N=1,218)

How often do you see calorie information when you buy food from a fast food restaurant or other restaurant?

When it is available, how often do you use calorie information available at a restaurant or fast food restaurant to decide what to buy? Would you say...

	Percent of Adolescents					
	See Calorie Info When Buying Food at Restaurants			Use Calorie Info When Buying Food at Restaurants (N=929)		
	Always or Most of the Time	Sometimes or Occasionally	Never	A Lot	Some or A Little	Not at All
Total	16.8	56.8	26.5	9.8	58.4	31.8
Gender						
Male	15.3	53.0	31.7	7.8	59.1	33.1
Female	18.3	60.8	20.9	11.6	57.7	30.7
Ethnicity						
White	18.1	52.7	29.2	12.5	56.5	31.0
White	13.2	53.8	33.0	8.3	48.6	43.1
Latino	17.8	56.1	26.0	7.1	63.3	29.6
Asian/Other	12.0	71.1	17.0	11.1	54.6	34.3
Gender by Age						
Male						
12-13	16.4	54.5	29.1	10.9	73.4	15.7
14-15	14.1	49.3	36.6	6.6	54.7	38.7
16-17	15.6	56.2	28.3	6.1	49.5	44.4
Female						
12-13	22.2	55.9	21.8	10.7	69.5	19.9
14-15	18.2	66.9	14.9	14.2	53.0	32.8
16-17	14.3	57.1	28.6	8.1	52.5	39.4
Income						
<\$15,000	14.2	58.6	27.2	10.7	56.7	32.5
\$15,000 - \$24,999	15.4	55.1	29.5	8.8	66.7	24.5
\$25,000 - \$34,999	21.4	54.3	24.3	15.3	49.4	35.4
\$35,000 - \$49,999	21.8	52.5	25.7	9.9	67.6	22.6
\$50,000 - \$74,999	12.1	66.5	21.5	6.7	55.5	37.9
≥ \$75,000	18.4	54.7	26.9	9.1	58.7	32.2
CalFresh Status, % FPL¹						
Participant	16.6	57.3	26.1	9.1	59.4	31.6
Likely Eligible ≤ 130%	16.8	51.1	32.1	14.9	58.3	26.8
Not Eligible > 185%	17.1	59.2	23.7	8.1	59.8	32.1
Smoking Status						
Non-Smoker	16.9	56.9	26.3	10.0	59.5	30.5
Smoker	15.1	55.5	29.4	6.7	40.3	53.0
Physical Activity Status						
Regular	20.0	53.4	26.5	12.5	57.9	29.6
Irregular	11.3	62.3	26.4	5.4	59.2	35.4
Overweight Status						
Not Overweight	16.8	57.2	26.0	9.1	60.1	30.9
Overweight/Obese	18.1	58.2	23.8	11.2	53.0	35.8

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

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

Table 33: Distance From Home and School to Nearest Fast Food Outlets as Reported by California Adolescents (N=1,194)

How far is the nearest fast food restaurant from your school? ...from your home? Answer in blocks or miles, whichever is easiest. A mile is approximately 8 blocks.

	Distance to Nearest Fast Food Outlet, Percent of Adolescents			
	Distance from Home		Distance from School	
	≤ 1/2 mile	> 1/2 mile	≤ 1/2 mile	> 1/2 mile
Total	44.1	55.9	54.3	45.7
Gender				
Male	46.7	53.3	53.9	46.1
Female	41.4	58.6	54.7	45.3
Ethnicity				
White	29.6	70.4	45.9	54.1
African American	56.9	43.1	47.8	52.2
Latino	53.3	46.7	58.4	41.6
White	49.7	50.3	68.4	31.6
Gender by Age				
Male				
12-13	47.4	52.6	47.4	52.6
14-15	45.1	54.9	54.2	45.8
16-17	48.0	52.0	60.0	40.0
Female				
12-13	41.7	58.3	39.5	60.5
14-15	43.4	56.6	59.5	40.5
16-17	38.3	61.7	64.3	35.7
Income				
<\$15,000	56.9	43.1	64.6	35.4
\$15,000 - \$24,999	56.8	43.2	49.8	50.2
\$25,000 - \$34,999	51.1	48.9	49.7	50.3
\$35,000 - \$49,999	35.1	64.9	43.0	57.0
\$50,000 - \$74,999	38.1	61.9	57.3	42.7
≥ \$75,000	35.2	64.8	52.2	47.8
CalFresh Status, % FPL¹				
Participant	54.4	45.6	57.8	42.2
Likely Eligible ≤ 130%	52.3	47.7	54.0	46.0
Not Eligible > 185%	34.5	65.5	51.6	48.4
Smoking Status				
Non-Smoker	43.3	56.7	53.1	46.9
Smoker	56.7	43.3	70.1	29.9
Physical Activity Status				
Regular	44.0	56.0	53.0	47.0
Irregular	44.4	55.6	56.3	43.7
Overweight Status				
Not Overweight	38.7	61.3	52.0	48.0
Overweight/Obese	53.1	46.9	57.0	43.0

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

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

Table 34: Prevalence of Eating at Fast Food Restaurants Among California Adolescents (N=1,220)

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

	Ate a Meal or Snack at a Fast Food Restaurant Yesterday, Percent of Adolescents	
	No	Yes
Total	79.7	20.3
Gender		
Male	78.4	21.6
Female	81.0	19.0
Ethnicity		
White	80.4	19.6
African American	77.0	23.0
White	76.5	23.5
Asian/Other	88.0	12.0
Gender by Age		
Male		
12-13	77.4	22.6
14-15	82.0	18.0
16-17	75.0	25.0
Female		
12-13	78.9	21.1
14-15	83.7	16.3
16-17	79.5	20.5
Income		
<\$15,000	74.2	25.8
\$15,000 - \$24,999	75.9	24.1
\$25,000 - \$34,999	79.2	20.8
\$35,000 - \$49,999	82.7	17.3
\$50,000 - \$74,999	85.4	14.6
≥ \$75,000	81.8	18.2
CalFresh Status, % FPL¹		
Participant	74.3	25.7
Likely Eligible ≤ 130%	78.1	21.9
Not Eligible > 185%	82.4	17.6
Smoking Status		
Non-Smoker	80.2	19.8
Smoker	71.8	28.2
Physical Activity Status		
Regular	78.2	21.8
Irregular	82.1	17.9
Overweight Status		
Not Overweight	81.2	18.8
Overweight/Obese	77.8	22.2

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

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

Table 34c: Typical Weekly Frequency of Eating at Fast Food Restaurants Among California Adolescents (N=1,216)

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Number of Times Ate at Fast Food Restaurants Per Week, Percent of Adolescents	
	0-1 times	2+ times
Total	75.7	24.3
Gender		
Male	73.4	26.6
Female	78.2	21.8
Ethnicity		
White	77.1	22.9
African American	54.9	45.1
Latino	77.0	23.0
White	79.1	20.9
Gender by Age		
Male		
12-13	76.6	23.4
14-15	79.9	20.1
16-17	62.1	37.9
Female		
12-13	78.8	21.2
14-15	82.8	17.2
16-17	70.7	29.3
Income		
<\$15,000	76.4	23.6
\$15,000 - \$24,999	75.6	24.4
\$25,000 - \$34,999	81.7	18.3
\$35,000 - \$49,999	79.3	20.7
\$50,000 - \$74,999	69.4	30.6
≥ \$75,000	74.5	25.5
CalFresh Status, % FPL¹		
Participant	73.7	26.3
Likely Eligible ≤ 130%	79.2	20.8
Not Eligible > 185%	74.7	25.3
Smoking Status		
Non-Smoker	77.0	23.0
Smoker	56.6	43.4
Physical Activity Status		
Regular	75.8	24.2
Irregular	75.6	24.4
Overweight Status		
Not Overweight	75.9	24.1
Overweight/Obese	74.2	25.8

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

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

Table 34d: Mean Number of Times Per Week California Adolescents Reported Eating at Fast Food Restaurants (N=1,216)

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, Subway?

	Mean Number of Times Ate at Fast Food Restaurants Per Week
Total	1.1
Gender	
Male	1.1
Female	1.1
Ethnicity	
White	1.1 ^b *
African American	1.5 ^a
Latino	1.2 ^{ab}
Asian/Other	1.0 ^b
White	
Male	
12-13	0.9 ^a ***
14-15	1.0 ^a
16-17	1.5 ^b
Female	
12-13	0.9 ^a ***
14-15	1.0 ^a
16-17	1.5 ^b
Income	
<\$15,000	1.2
\$15,000 - \$24,999	1.2
\$25,000 - \$34,999	1.0
\$35,000 - \$49,999	1.1
\$50,000 - \$74,999	1.3
≥ \$75,000	1.1
CalFresh Status, % FPL¹	
Participant	1.2
Likely Eligible ≤ 130%	1.1
Not Eligible > 185%	1.1
Smoking Status	
Non-Smoker	1.1 ***
Smoker	1.7
Physical Activity Status	
Regular	1.1
Irregular	1.1
Overweight Status	
Not Overweight	1.1
Overweight/Obese	1.1

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

ANOVA: * p<.05, ** p<.01, *** p<.001

2010 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=1,216)

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	Mean Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent of Adolescents ²
Total	42.1	62.4
Gender		
Male	50.6 ***	76.6 ***
Female	33.2	47.4
Ethnicity		
White	43.0 ***	67.9 ^a *
African American	58.4	70.9 ^a
Latino	42.7	56.8 ^a
Asian/Other	29.4	59.0 ^a
Gender by Age		
Male		
12-13	44.6	68.1 ^a **
14-15	53.9	89.7 ^b
16-17	52.4	68.7 ^a
Female		
12-13	32.2	43.9 ^{ab} *
14-15	38.1	54.5 ^a
16-17	26.9	40.8 ^b
Income		
<\$15,000	44.0	62.4
\$15,000 - \$24,999	42.5	57.1
\$25,000 - \$34,999	44.5	65.2
\$35,000 - \$49,999	40.5	58.1
\$50,000 - \$74,999	42.1	69.1
≥ \$75,000	42.0	64.9
CalFresh Status, % FPL³		
Participant	41.6	55.5
Likely Eligible ≤ 130%	46.5	68.1
Participant	41.9	64.9
Smoking Status		
Non-Smoker	41.8	60.5 ***
Smoker	47.6	92.1
Physical Activity Status		
Regular	56.0 ***	79.9 ***
Irregular	19.6	33.9
Overweight Status		
Not Overweight	42.4	63.8
Overweight/Obese	43.9	63.5

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

¹Chi Square Test

²ANOVA

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

³Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Table 37: Days in the Past Week Reporting Muscle-Strengthening Exercise Among California Adolescents (N=1,218)

On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Number of Days Adolescent Reported Muscle Strengthening Exercise in the Past Week, Percent of Adolescents			
	0-1	2-3	4+	
Total	32.5	27.8	39.7	
Gender				
Male	22.5	25.5	52.0	***
Female	43.2	30.1	26.7	
Ethnicity				
White	30.5	24.1	45.4	**
African American	36.8	15.7	47.5	
Latino	33.8	32.0	34.2	
Asian/Other	32.4	31.9	35.7	
Gender by Age				
Male				
12-13	30.8	24.4	44.8	*
14-15	16.6	27.2	56.2	
16-17	21.4	24.5	54.1	
Female				
12-13	46.4	26.9	26.7	
14-15	41.6	32.0	26.4	
16-17	42.0	30.9	27.1	
Income				
<\$15,000	31.1	28.3	40.6	
\$15,000 - \$24,999	29.4	27.6	43.0	
\$25,000 - \$34,999	31.9	35.5	32.6	
\$35,000 - \$49,999	36.5	27.7	35.8	
\$50,000 - \$74,999	39.7	17.2	43.0	
≥ \$75,000	31.8	27.2	41.0	
CalFresh Status, % FPL¹				
Participant	29.0	30.6	40.4	
Likely Eligible ≤ 130%	36.3	27.9	35.8	
Not Eligible > 185%	32.1	26.1	41.8	
Smoking Status				
Non-Smoker	33.2	28.1	38.7	*
Smoker	22.3	22.6	55.1	
Physical Activity Status				
Regular	22.9	28.9	48.2	***
Irregular	48.4	25.9	25.8	
Overweight Status				
Not Overweight	30.0	28.7	41.3	
Overweight/Obese	36.7	25.5	37.7	

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 total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health (N=1,218)

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.

	Minutes of Physical Activity Believed Needed, Percent of Adolescents		
	0 to 29 minutes	30 to 59 minutes	60+ minutes
Total	5.4	30.4	64.2
Gender			
Male	6.5	22.9	70.6
Female	4.3	38.5	57.2
Ethnicity			
White	4.5	26.7	68.9
African American	20.6	33.2	46.2
Latino	4.2	33.6	62.3
Asian/Other	3.7	30.1	66.2
Gender by Age			
Male			
12-13	5.6	23.3	71.1
14-15	7.1	22.4	70.5
16-17	6.7	23.0	70.3
Female			
12-13	4.1	37.2	58.8
14-15	6.3	34.5	59.2
16-17	1.3	46.2	52.4
Income			
<\$15,000	2.1	33.8	64.0
\$15,000 - \$24,999	13.2	30.1	56.8
\$25,000 - \$34,999	5.3	30.9	63.9
\$35,000 - \$49,999	2.6	30.5	66.9
\$50,000 - \$74,999	4.2	36.3	59.5
≥ \$75,000	4.7	25.6	69.7
CalFresh Status, % FPL¹			
Participant	4.5	33.8	61.6
Likely Eligible ≤ 130%	8.1	30.3	61.6
Not Eligible > 185%	4.4	27.2	68.4
Smoking Status			
Non-Smoker	5.5	31.3	63.2
Smoker	4.1	15.1	80.8
Physical Activity Status			
Regular	4.5	25.9	69.5
Irregular	6.9	37.8	55.2
Overweight Status			
Not Overweight	4.3	30.6	65.1
Overweight/Obese	6.9	30.4	62.7

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 total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 39: Participation in School Physical Education and Organized Sports Among California Adolescents (N=1,220)

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?

In a typical PE class, how many minutes do you usually spend actually exercising or playing sports?

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			
	Taking Physical Education in School ¹	Involved in Organized Sports ¹	Reported Days of Physical Education per Week ^{2,3} (N=896)	Reported Minutes of Physical Education per Class ^{2,3} (N=887)
Total	73.1	66.1	4.3	45.5
Gender				
Male	75.1	68.3	4.5 ***	44.2 *
Female	71.0	63.8	4.1	47.0
Ethnicity				
White	70.3 ***	70.1 ***	4.1 ^a **	46.2
African American	53.3	86.2	4.3 ^{ab}	42.3
Latino	76.9	58.4	4.4 ^b	44.8
Asian/Other	80.3	66.5	4.4 ^b	47.2
Gender by Age				
Male				
12-13	94.4 ***	67.4	4.5	42.6 ^a *
14-15	83.4	71.8	4.5	43.5 ^a
16-17	45.2	64.8	4.5	49.2 ^b
Female				
12-13	94.1 ***	65.3 **	4.0 ^a ***	44.0 ^a *
14-15	75.6	70.3	4.3 ^b	50.1 ^b
16-17	39.8	52.7	3.7 ^a	45.7 ^{ab}
Income				
<\$15,000	71.6	58.9 **	4.3 ^{ab} **	44.0 ^a *
\$15,000 - \$24,999	71.4	63.3	4.4 ^{ab}	43.6 ^a
\$25,000 - \$34,999	82.9	55.2	4.3 ^{ab}	50.8 ^a
\$35,000 - \$49,999	69.5	61.6	4.6 ^a	43.3 ^a
\$50,000 - \$74,999	71.0	70.0	4.5 ^{ab}	48.5 ^a
≥ \$75,000	72.7	72.0	4.1 ^b	45.5 ^a
CalFresh Status, % FPL⁴				
Participant	74.9	57.8 ***	4.4	44.5
Likely Eligible ≤ 130%	71.7	59.2	4.4	48.4
Not Eligible > 185%	72.6	73.0	4.2	45.5
Smoking Status				
Non-Smoker	75.0 ***	65.7	4.3	45.6
Smoker	45.0	72.3	4.5	44.7
Physical Activity Status				
Regular	72.5	71.7 ***	4.3	47.2 **
Irregular	74.1	56.9	4.3	42.8
Overweight Status				
Not Overweight	75.2 ***	68.8 **	4.3	45.0
Overweight/Obese	65.5	60.8	4.3	47.1

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

¹Chi Square Test

²ANOVA

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

³Of those taking Physical Education

⁴Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Table 39a: Percent of Adolescents Participating in Physical Education Classes Daily (N=886)

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?

	Take Physical Education Class Daily, Percent of Adolescents ¹	
Total	66.5	
Gender		
Male	75.3	***
Female	56.7	
Ethnicity		
White	60.4	**
African American	59.1	
Latino	70.5	
Asian/Other	73.1	
Gender by Age		
Male		
12-13	78.7	
14-15	73.0	
16-17	73.2	
Female		
12-13	54.0	**
14-15	64.3	
16-17	42.3	
Income		
<\$15,000	65.2	**
\$15,000 - \$24,999	73.8	
\$25,000 - \$34,999	64.5	
\$35,000 - \$49,999	81.9	
\$50,000 - \$74,999	74.0	
≥ \$75,000	60.3	
CalFresh Status, % FPL²		
Participant	67.6	
Likely Eligible ≤ 130%	71.2	
Not Eligible > 185%	63.8	
Smoking Status		
Non-Smoker	66.4	
Smoker	69.2	
Physical Activity Status		
Regular	66.9	
Irregular	65.8	
Overweight Status		
Not Overweight	65.6	
Overweight/Obese	68.6	

¹Of those taking Physical Education

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.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 39b: Daily Participation in Physical Education Among All California Adolescents (N=1,219)

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?

	Take Physical Education Daily, Percent of Adolescents	
	Out of all Adolescents	Out of those Taking Physical Education (N=886)
Total	48.5	66.5
Gender		
Male	56.3	75.3 ***
Female	40.2	56.7
Ethnicity		
White	42.4	60.4 ***
African American	31.5	59.1
Latino	53.7	70.5
Asian/Other	58.7	73.1
Gender by Age		
Male		
12-13	73.9	78.7 ***
14-15	60.9	73.0
16-17	32.7	73.2
Female		
12-13	50.5	54.0 ***
14-15	48.6	64.3
16-17	16.8	42.3
Income		
<\$15,000	46.4	65.2
\$15,000 - \$24,999	52.4	73.8
\$25,000 - \$34,999	52.7	64.5
\$35,000 - \$49,999	57.0	81.9
\$50,000 - \$74,999	52.5	74.0
≥ \$75,000	43.9	60.3
CalFresh Status, % FPL¹		
Participant	50.6	67.6
Likely Eligible ≤ 130%	50.3	71.2
Not Eligible > 185%	46.3	63.8
Smoking Status		
Non-Smoker	49.6	66.4 **
Smoker	31.2	69.2
Physical Activity Status		
Regular	48.4	66.9
Irregular	48.6	65.8
Overweight Status		
Not Overweight	49.1	65.6
Overweight/Obese	45.0	68.6

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 total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 40: Amount of Time Spent Watching Television and Using Computers Among California Adolescents (N=1,213)

On an average school day, how many hours do you watch TV, videos, or DVDs?

On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.

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

	Mean Minutes Spent Watching TV/Playing Video Games	Mean Minutes Spent on Computer for Non-School Work	Mean Minutes Spent Doing Homework on the Computer
Total	106.6	79.5	54.6
Gender			
Male	105.6	83.4	52.3
Female	107.7	75.4	57.0
Ethnicity			
White	84.4 ^b ***	77.2 ^a *	47.8 ^a ***
African American	111.9 ^{ab}	110.6 ^b	80.9 ^b
Latino	127.8 ^a	76.1 ^a	50.3 ^a
Asian/Other	103.9 ^b	79.2 ^a	71.0 ^b
Gender by Age			
Male			
12-13	101.7	85.5	34.1 ^a ***
14-15	105.4	79.0	62.5 ^b
16-17	109.7	86.8	57.9 ^b
Female			
12-13	108.0 ^{ab} *	60.1 ^a ***	48.6 ^a ***
14-15	96.5 ^a	70.4 ^a	52.2 ^a
16-17	123.9 ^b	99.4 ^b	72.8 ^b
Income			
<\$15,000	126.4 ^a ***	76.2	55.9 ^{ab} **
\$15,000 - \$24,999	131.4 ^a	81	44.9 ^b
\$25,000 - \$34,999	126.3 ^a	67.2	68.0 ^a
\$35,000 - \$49,999	107.3 ^{ab}	68.4	48.2 ^{ab}
\$50,000 - \$74,999	102.2 ^{ab}	88.0	42.6 ^b
≥ \$75,000	82.4 ^b	82.6	56.3 ^{ab}
CalFresh Status, % FPL¹			
Participant	123.2 ^a ***	79.4	51.5
Likely Eligible ≤ 130%	132.7 ^a	72.9	51.4
Not Eligible > 185%	85.4 ^b	83.2	52.8
Smoking Status			
Non-Smoker	104.9 *	77.5 **	55.9 **
Smoker	132.0	109.6	34.6
Physical Activity Status			
Regular	100.6 **	74.6 *	56.3
Irregular	116.4	87.5	51.7
Overweight Status			
Not Overweight	100.2 **	80.4	55.4
Overweight/Obese	119.5	79.4	53.8

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 40a: Proportion of California Adolescents Meeting Healthy People 2010 Television Viewing Recommendation (N=1,216)

On an average school day, how many hours do you watch TV, videos, or DVDs?

	Met Healthy People 2010 Recommendation for 2 hours or Less TV Watching on a School Day, Percent of Adolescents	
Total	75.0	
Gender		
Male	78.5	**
Female	71.3	
Ethnicity		
White	82.9	***
African American	70.8	
Latino	66.4	
Asian/Other	80.2	
Gender by Age		
Male		
12-13	81.1	
14-15	80.6	
16-17	73.1	
Female		
12-13	71.6	***
14-15	78.7	
16-17	60.3	
Income		
<\$15,000	70.6	***
\$15,000 - \$24,999	62.1	
\$25,000 - \$34,999	69.0	
\$35,000 - \$49,999	73.2	
\$50,000 - \$74,999	77.4	
≥ \$75,000	83.2	
CalFresh Status, % FPL¹		
Participant	71.7	***
Likely Eligible ≤ 130%	62.4	
Not Eligible > 185%	82.7	
Smoking Status		
Non-Smoker	75.8	*
Smoker	63.1	
Physical Activity Status		
Regular	79.3	***
Irregular	68.0	
Overweight Status		
Not Overweight	76.9	*
Overweight/Obese	70.2	

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 total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms (N=1,220)

Is there a television in the room where you sleep?

	Have a Television in Bedroom, Percent of Adolescents
Total	49.7
Gender	
Male	56.5 ***
Female	42.5
Ethnicity	
White	37.8 ***
African American	72.5
Latino	63.4
Asian/Other	31.2
Gender by Age	
Male	
12-13	55.2
14-15	56.5
16-17	57.9
Female	
12-13	41.7
14-15	39.0
16-17	48.3
Income	
<\$15,000	68.3 ***
\$15,000 - \$24,999	63.2
\$25,000 - \$34,999	51.3
\$35,000 - \$49,999	52.7
\$50,000 - \$74,999	52.9
≥ \$75,000	32.8
CalFresh Status, % FPL¹	
Participant	68.0 ***
Likely Eligible ≤ 130%	59.5
Not Eligible > 185%	36.2
Smoking Status	
Non-Smoker	49.9
Smoker	47.2
Physical Activity Status	
Regular	52.0 *
Irregular	45.9
Overweight Status	
Not Overweight	45.7 ***
Overweight/Obese	57.8

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 total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 40d: Parental Limits on Screen Time Among California Adolescents (N=1,216)

On school days, do your parents or adults you live with limit how much time you spend watching television or videos, playing video or computer games, or being on the computer that is not for school work?

	Parents Limit Non-Academic Screen Time on School Days, Percent of Adolescents
Total	53.8
Gender	
Male	58.4 **
Female	49.0
Ethnicity	
White	59.3 ***
African American	49.0
Latino	55.7
Asian/Other	36.3
Gender by Age	
Male	
12-13	67.8 **
14-15	57.9
16-17	49.5
Female	
12-13	61.0 ***
14-15	50.6
16-17	33.9
Income	
<\$15,000	49.5
\$15,000 - \$24,999	58.2
\$25,000 - \$34,999	48.4
\$35,000 - \$49,999	59.0
\$50,000 - \$74,999	51.7
≥ \$75,000	55.5
CalFresh Status, % FPL¹	
Participant	53.6
Likely Eligible ≤ 130%	51.1
Not Eligible > 185%	55.2
Smoking Status	
Non-Smoker	53.9
Smoker	52.9
Physical Activity Status	
Regular	58.9 ***
Irregular	45.5
Overweight Status	
Not Overweight	54.9
Overweight/Obese	52.6

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 total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 41: Duration of Time Spent Sitting During a Typical School Day Among California Adolescents (N=1,198)

Think about all the time you spend on a typical school day sitting doing things like watching TV, reading, sitting in class, doing homework, or using a handheld device or cell phone. How many hours a day would you say you spend sitting?

	Mean Hours Sitting Per Day	
Total	5.9	
Gender		
Male	5.7	**
Female	6.2	
Ethnicity		
White	6.7 ^b	***
African American	4.8 ^a	
Latino	5.4 ^a	
Asian/Other	5.8 ^a	
Gender by Age		
Male		
12-13	5.2 ^a	**
14-15	5.6 ^{ab}	
16-17	6.2 ^b	
Female		
12-13	5.3 ^a	***
14-15	6.4 ^b	
16-17	6.8 ^b	
Income		
<\$15,000	5.6 ^{ab}	***
\$15,000 - \$24,999	5.1 ^a	
\$25,000 - \$34,999	5.1 ^a	
\$35,000 - \$49,999	5.8 ^{abc}	
\$50,000 - \$74,999	6.4 ^{bc}	
≥ \$75,000	6.6 ^c	
CalFresh Status, % FPL¹		
Participant	5.4 ^a	***
Likely Eligible ≤ 130%	5.4 ^a	
Not Eligible > 185%	6.6 ^b	
Smoking Status		
Non-Smoker	5.8	***
Smoker	7.5	
Physical Activity Status		
Regular	5.7	***
Irregular	6.3	
Overweight Status		
Not Overweight	5.8	*
Overweight/Obese	6.3	

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.

Some numbers may not add to total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 42: Barriers to Getting More Physical Activity Among California Adolescents (N=992)

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	Too Tired	Already Get Enough	Lazy	Too Busy	Other ¹
Total	26.1	16.3	14.4	8.9	7.4	27.0
Gender						
Male	28.1	9.6	14.6	12.5	5.9	29.3
Female	24.2	22.5	14.2	5.5	8.7	24.9
Ethnicity						
White	28.8	13.2	15.3	8.8	9.8	24.1
African American	14.8	14.5	10.3	19.9	4.5	35.9
Latino	22.6	17.2	12.6	9.7	7.6	30.3
Asian/Other	33.2	22.0	18.5	2.7	1.7	22.0
Gender by Age						
Male						
12-13	23.8	9.4	10.5	25.2	7.4	23.6
14-15	28.8	10.1	19.9	7.6	6.1	27.5
16-17	31.8	9.1	12.6	5.2	4.1	37.3
Female						
12-13	31.0	9.8	14.2	6.7	8.3	30.0
14-15	16.3	31.9	16.7	7.2	8.4	19.5
16-17	28.8	21.2	10.7	1.9	9.7	27.6
Income						
<\$15,000	18.6	20.7	8.4	9.4	6.0	36.9
\$15,000 - \$24,999	25.0	19.3	14.1	11.4	10.3	19.9
\$25,000 - \$34,999	26.9	30.5	7.8	10.8	3.0	21.0
\$35,000 - \$49,999	15.2	24.6	15.0	9.1	9.3	26.8
\$50,000 - \$74,999	29.0	12.0	14.3	3.4	7.6	33.8
≥ \$75,000	33.0	9.1	16.9	8.9	7.8	24.4
CalFresh Status, % FPL²						
Participant	15.9	22.0	9.1	13.5	10.2	29.4
Likely Eligible ≤ 130%	26.0	22.3	12.3	8.5	4.4	26.6
Not Eligible > 185%	30.9	11.0	15.9	7.7	7.8	26.6
Smoking Status						
Non-Smoker	26.8	14.3	15.3	9.0	7.7	26.9
Smoker	14.8	47.7	0.0	6.5	1.8	29.2
Physical Activity Status						
Regular	21.1	13.6	16.9	11.5	5.9	31.0
Irregular	32.5	19.6	11.2	5.5	9.2	22.0
Overweight Status						
Not Overweight	27.7	16.1	13.9	9.6	7.5	25.2
Overweight/Obese	23.2	17.8	15.8	7.2	7.3	28.7

¹Other includes the following responses: don't think about it, too expensive, don't want to get sick from eating too much, not important, don't want to gain weight, too much sugar, allergic, and poor quality.

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.

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 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed (N=1,196)

About how many minutes do you think you should exercise or be physically active each day for good health?

Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking? Include ALL activities, such as PE class or classes outside of school.

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	5.4	42.1	28.0	29.9
30-59	30.4	38.7	29.0	32.3
60+	64.2	26.5	25.1	48.3

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

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 111a: Days in the Last Seven Days Teens Were Active on School Grounds in an After School Program (N=1,196)

Next I would like to ask you about the kinds of places you might be physically active. In the past 7 days, how many days did you participate in physical activity or sports on school grounds during after school programs?

	Days in Last 7 Days Teens Were Active in an After School Program, Percent of Teens			
	0	1-2	3-4	5+
Total	59.2	10.6	10.0	20.2
Gender				
Male	54.9	8.4	10.1	26.6
Female	63.8	12.9	9.8	13.5
Ethnicity				
White	58.3	8.6	11.6	21.5
African American	67.0	4.9	1.2	26.9
Latino	59.4	12.8	12.3	15.5
Asian/Other	57.0	12.4	4.0	26.7
Gender by Age				
Male				
12-13	62.5	7.6	11.9	18.0
14-15	44.6	10.5	11.3	33.5
16-17	59.8	6.5	6.8	26.8
Female				
12-13	67.8	10.0	8.5	13.7
14-15	62.9	12.9	10.7	13.5
16-17	60.9	15.9	10.1	13.2
Income				
<\$15,000	63.1	10.8	8.0	18.1
\$15,000 - \$24,999	65.6	13.3	6.9	14.3
\$25,000 - \$34,999	53.7	13.7	12.5	20.2
\$35,000 - \$49,999	58.5	13.2	13.9	14.4
\$50,000 - \$74,999	66.2	4.4	9.9	19.5
≥ \$75,000	52.3	10.3	11.0	26.3
CalFresh Status, % FPL¹				
Participant	63.2	12.4	8.6	15.9
Likely Eligible ≤ 130%	59.0	12.4	9.7	18.8
Not Eligible > 185%	54.0	9.9	11.3	24.7
Smoking Status				
Non-Smoker	59.5	9.9	10.5	20.1
Smoker	54.7	19.9	2.9	22.5
Physical Activity Status				
Regular	51.6	7.9	11.6	28.9
Irregular	71.5	14.9	7.3	6.3
Overweight Status				
Not Overweight	59.1	9.9	10.4	20.6
Overweight/Obese	60.0	12.1	10.0	17.9

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 total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 111b: Days in the Last Seven Days Teens Were Active on School Grounds Outside of After School Programs (N=1,217)

In the past 7 days, how many days did you participate in physical activity or sports on school grounds after school not as part of a program?

	Days in Last 7 Days Teens Were Active on School Grounds Outside of After School Programs, Percent of Teens			
	0	1-2	3-4	5+
Total	65.9	13.3	9.0	11.8
Gender				
Male	62.5	12.9	9.7	14.9
Female	69.5	13.8	8.3	8.4
Ethnicity				
White	75.3	8.5	5.0	11.3
African American	66.3	12.3	9.1	12.3
Latino	58.0	14.6	15.1	12.3
Asian/Other	62.4	23.5	2.9	11.3
Gender by Age				
Male				
12-13	58.3	18.7	8.9	14.1
14-15	62.8	8.8	13.2	15.3
16-17	66.4	12.1	6.3	15.3
Female				
12-13	60.9	18.6	13.2	7.4
14-15	75.3	6.4	8.6	9.8
16-17	70.1	19.6	2.8	7.5
Income				
<\$15,000	57.2	16.9	12.2	13.6
\$15,000 - \$24,999	56.9	16.0	12.4	14.7
\$25,000 - \$34,999	70.7	7.2	15.2	7.0
\$35,000 - \$49,999	58.1	12.9	13.1	15.9
\$50,000 - \$74,999	78.7	4.8	3.2	13.2
≥ \$75,000	69.0	15.2	5.1	10.7
CalFresh Status, % FPL¹				
Participant	52.6	15.4	16.0	16.0
Likely Eligible ≤ 130%	65.5	12.5	12.0	10.1
Not Eligible > 185%	70.8	13.7	4.0	11.5
Smoking Status				
Non-Smoker	65.7	12.8	9.4	12.1
Smoker	68.3	21.3	3.3	7.1
Physical Activity Status				
Regular	60.5	11.6	11.0	16.9
Irregular	74.6	16.1	5.8	3.4
Overweight Status				
Not Overweight	67.4	12.4	6.9	13.2
Overweight/Obese	64.2	12.9	13.5	9.4

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 total due to rounding. Numbers were rounded to the nearest tenth of a serving.

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

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

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index (N=1,130)

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status ¹ , Percent of Adolescents			Overweight or Obese
	Not Overweight	Overweight	Obese	
Total	71.3	16.4	12.3	28.7
Gender				
Male	66.6	20.0	13.4	33.4
Female	76.5	12.4	11.1	23.5
Ethnicity				
White	75.4	17.3	7.3	24.6
African American	60.3	21.4	18.3	39.7
Latino	64.4	16.7	18.9	35.6
Asian/Other	85.4	9.9	4.7	14.6
Gender by Age				
Male				
12-13	70.5	19.7	9.8	29.5
14-15	66.4	22.6	11.0	33.6
16-17	63.1	17.1	19.8	36.9
Female				
12-13	86.6	8.5	4.9	13.4
14-15	72.6	15.8	11.6	27.4
16-17	72.5	11.0	16.5	27.5
Income				
<\$15,000	58.4	21.4	20.1	41.6
\$15,000 - \$24,999	65.6	14.4	19.9	34.4
\$25,000 - \$34,999	65.8	15.3	18.9	34.2
\$35,000 - \$49,999	66.7	20.5	12.8	33.3
\$50,000 - \$74,999	70.1	22.9	7.0	29.9
≥ \$75,000	81.9	12.9	5.2	18.1
CalFresh Status, % FPL²				
Participant	59.3	21.7	19.1	40.7
Likely Eligible ≤ 130%	63.9	15.5	20.6	36.1
Not Eligible > 185%	79.8	14.6	5.6	20.2
Smoking Status				
Non-Smoker	72.0	16.2	11.7	28.0
Smoker	61.5	18.1	20.5	38.5
Physical Activity Status				
Regular	73.0	17.1	9.9	27.0
Irregular	68.4	15.1	16.4	31.6

¹Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

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.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

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

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

Table 46a: Self-Rating of Weight Status by California Adolescent Boys (N=598)

How do you describe your weight?

	Percent of Boys	
	Not Overweight	Overweight or Obese
Total	77.2	22.8
Ethnicity		
White	81.8	18.2
African American	95.1	4.9
Latino	70.3	29.7
Asian/Other	74.9	25.1
Age		
12-13	75.1	24.9
14-15	77.2	22.8
16-17	79.3	20.7
Income		
<\$15,000	80.2	19.8
\$15,000 - \$24,999	68.7	31.3
\$25,000 - \$34,999	73.1	26.9
\$35,000 - \$49,999	69.2	30.8
\$50,000 - \$74,999	70.8	29.2
≥ \$75,000	81.4	18.6
CalFresh Status, % FPL¹		
Participant	74.0	26.0
Likely Eligible ≤ 130%	72.9	27.1
Not Eligible > 185%	79.3	20.7
Smoking Status		
Non-Smoker	77.5	22.5
Smoker	72.9	27.1
Physical Activity Status		
Regular	80.0	20.0
Irregular	69.2	30.8

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.

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

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

Table 46b: Self-Rating of Weight Status by California Adolescent Girls (N=617)

How do you describe your weight?

	Percent of Girls		
	Not Overweight	Overweight or Obese	
Total	69.8	30.2	
Ethnicity			
White	79.9	20.1	***
African American	55.5	44.5	
Latino	57.7	42.3	
Asian/Other	84.7	15.3	
Age			
12-13	71.6	28.4	
14-15	68.1	31.9	
16-17	70.5	29.5	
Income			
<\$15,000	46.7	53.3	***
\$15,000 - \$24,999	47.0	53.0	
\$25,000 - \$34,999	62.2	37.8	
\$35,000 - \$49,999	77.6	22.4	
\$50,000 - \$74,999	86.0	14.0	
≥ \$75,000	88.5	11.5	
CalFresh Status, % FPL¹			
Participant	46.4	53.6	***
Likely Eligible ≤ 130%	58.0	42.0	
Not Eligible > 185%	89.2	10.8	
Smoking Status			
Non-Smoker	70.7	29.3	*
Smoker	53.1	46.9	
Physical Activity Status			
Regular	76.4	23.6	***
Irregular	63.4	36.6	

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

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

Table 46c: Perception of Ideal Weight in Relation to Body Mass Index as Reported by California Adolescent Boys and Girls (N=1,130)

About how much do you weigh without shoes?

About how tall are you without shoes?

How do you describe your weight?

	Actual Weight ¹		
	Not Overweight	Overweight/Obese ²	
Boys think their weight is... (N=563)			
Not Overweight	96.4	42.8	***
Overweight/Obese ²	3.6	57.2	
Girls think their weight is... (N=567)			
Not Overweight	88.2	16.9	***
Overweight/Obese ²	11.8	83.1	

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

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 (CaTEENS)

Table 47: Weight Management Behaviors Reported by California Adolescents (N=1,219)

During the past 30 days, did you ... to lose weight or keep from gaining weight?

	Weight Management Behaviors Reported, Percent of Adolescents	
	Male (N=599)	Female (N=620)
Exercise	50.0	51.8
Eat less food, fewer calories, or foods low in fat	27.5	39.6
Go without eating for 24 hours or more (also called fasting)	2.2	6.2
Take any diet pills, powders, or liquids without a doctor's advice	1.4	3.6
Vomit or take laxatives	1.1	3.2

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

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

Table 59: Cross Tabulation of Health Education With Physical Activity Among California Adolescents (N=1,184)

In the last year, have you taken a class in which the health effects of good eating habits were discussed?

Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

		Times Active per Week	Minutes Total Activity Yesterday
Had Class on Health Benefits of Exercise	Yes	3.5	64.9
	No	3.3	58.0
Had Class on Benefits of Healthy Eating	Yes	3.4	64.0
	No	3.4	57.5

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

ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 60: Cross Tabulation of Physical Activity Among California Adolescents By Behavioral Theories (N=1,181)

		Percent of Adolescents	Minutes Physically Active Yesterday
Self-Efficacy			
Do you think you could do hard exercise every day?	Yes	89.8	65.7 ***
	No	10.2	
Behavioral Capability			
In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?	Yes	72.4	64.0
	No	27.6	57.5
Bonding and Belonging			
Do you exercise or play sports with your family or the people you live with?	Yes	54.3	71.5 ***
	No	45.7	
Do you exercise or play sports with your friends?	Yes	85.6	68.1 ***
	No	14.4	

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.
 ANOVA: * p<.05, ** p<.01, *** p<.001

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

Table 61: Reinforcement and Self-Efficacy for Being Physically Active Among California Adolescents (N=1,209)

Would you say that you have more energy, less energy or the same amount of energy when you are physically active on a regular basis? Do you think you could do hard exercise every day? Vigorous physical activity or exercise causes you to breathe hard and sweat and includes things like basketball, jogging, soccer, or fast bicycling.

	Percent of Adolescents			
	Level of Energy When Regularly Physically Active			Could Do Hard Exercise Everyday
	More	Less	Same	Yes
Total	57.3	10.9	31.8	89.8
Gender				
Male	60.1	9.0	30.9	95.2
Female	54.3	13.0	32.7	83.9
Ethnicity				
White	59.3	9.4	31.3	91.0
African American	69.8	16.8	13.4	94.3
Latino	57.4	10.8	31.8	90.1
Asian/Other	44.9	12.4	42.7	83.1
Gender by Age				
Male				
12-13	54.0	11.5	34.6	95.7
14-15	66.9	10.2	22.9	97.4
16-17	57.7	5.0	37.3	92.1
Female				
12-13	53.3	17.4	29.3	90.6
14-15	54.8	11.6	33.6	78.2
16-17	54.7	10.4	34.9	85.3
Income				
<\$15,000	50.3	12.4	37.3	87.6
\$15,000 - \$24,999	60.0	11.2	28.8	89.2
\$25,000 - \$34,999	56.3	6.6	37.2	93.9
\$35,000 - \$49,999	62.5	12.4	25.1	88.8
\$50,000 - \$74,999	62.7	4.0	33.3	85.5
≥ \$75,000	55.7	13.4	30.9	92.8
CalFresh Status, % FPL¹				
Participant	52.2	10.5	37.3	89.0
Likely Eligible ≤ 130%	55.3	9.8	34.8	90.5
Not Eligible > 185%	58.4	12.3	29.2	90.5
Smoking Status				
Non-Smoker	58.1	10.5	31.5	89.5
Smoker	45.4	18.2	36.4	93.9
Physical Activity Status				
Regular	61.6	9.3	29.1	95.0
Irregular	50.1	13.7	36.2	81.1
Overweight Status				
Not Overweight	60.8	8.7	30.5	89.2
Overweight/Obese	50.3	15.2	34.4	92.0

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

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

Table 62: Bonding and Belonging Construct for Physical Activity Among California Adolescents (N=1,218)

Do you exercise or play sports with your family or the people you live with?
Do you exercise or play sports with your friends?

	Percent of Adolescents	
	Exercise with Family	Exercise with Friends
Total	54.3	85.6
Gender		
Male	58.1 **	90.1 ***
Female	50.2	80.9
Ethnicity		
White	51.7 ***	88.0
African American	60.9	88.3
Latino	59.8	83.8
Asian/Other	42.1	82.7
Gender by Age		
Male		
12-13	64.3 **	87.6 **
14-15	60.8	94.8
16-17	48.5	86.6
Female		
12-13	62.1 ***	84.6 **
14-15	42.5	84.5
16-17	48.7	71.6
Income		
<\$15,000	57.3	78.5 *
\$15,000 - \$24,999	58.5	85.4
\$25,000 - \$34,999	55.1	89.9
\$35,000 - \$49,999	51.5	90.1
\$50,000 - \$74,999	61.3	89.6
≥ \$75,000	49.6	86.3
CalFresh Status, % FPL¹		
Participant	60.4	80.6 *
Likely Eligible ≤ 130%	54.1	86.2
Not Eligible > 185%	51.9	87.3
Smoking Status		
Non-Smoker	55.0 *	85.1
Smoker	43.0	92.6
Physical Activity Status		
Regular	58.3 ***	91.5 ***
Irregular	47.6	76.0
Overweight Status		
Not Overweight	54.1	87.9 *
Overweight/Obese	54.4	83.3

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.

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 63: Access to a Safe Place to Exercise Among California Adolescents (N=1,218)

Do you live near a school, park or other place where you feel safe to exercise or play sports?

	Live Near Safe Place to Exercise Percent of Adolescents
Total	87.3
Gender	
Male	88.8
Female	85.7
Ethnicity	
White	85.1
African American	94.3
Latino	86.6
Asian/Other	91.6
Gender by Age	
Male	
12-13	90.9
14-15	91.5
16-17	83.3
Female	
12-13	89.4
14-15	86.5
16-17	80.8
Income	
<\$15,000	84.8
\$15,000 - \$24,999	85.9
\$25,000 - \$34,999	89.4
\$35,000 - \$49,999	88.1
\$50,000 - \$74,999	85.1
≥ \$75,000	91.4
CalFresh Status, % FPL¹	
Participant	85.6
Likely Eligible ≤ 130%	87.1
Not Eligible > 185%	89.3
Smoking Status	
Non-Smoker	87.0
Smoker	91.7
Physical Activity Status	
Regular	89.8
Irregular	83.2
Overweight Status	
Not Overweight	87.1
Overweight/Obese	88.7

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

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

Table 64: Cross Tabulation of Self-Reported School Performance by Health Indicators Among California Adolescents (N=1,170)

During the past 12 months, how would you describe your grades in school?

Percent of Adolescents	School Performance		
	Mostly A's	Mostly B's	Mostly C's or Less
Ate Breakfast Yesterday			
Yes	93.7	85.1	80.6
No	6.3	14.9	19.4
Ate 2 or More High Calorie Low Nutrient Foods Yesterday			
Yes	48.9	55.1	56.5
No	51.1	44.9	43.5
Tobacco Use			
Yes	3.5	6.9	9.8
No	96.5	93.1	90.2
Taken a Class on Benefits of Healthy Eating			
Yes	67.4	57.7	54.6
No	32.6	42.3	45.4
Taken a Class on Benefits of Physical Activity			
Yes	75.6	72.6	67.9
No	24.4	27.4	32.1
Enrolled in Physical Education			
Yes	73.4	73.1	71.8
No	26.6	26.9	28.2
60+ Minutes of any Physical Activity			
Yes	56.5	57.0	59.9
No	43.5	43.0	40.1

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 65: Range of Available Spending Money Reported by California Adolescents (N=1,209)

About how much money do you have each week to spend on yourself any way you want to?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	58.7	25.2	16.1
Gender			
Male	58.7	23.8	17.5
Female	58.7	26.6	14.6
Ethnicity			
White	58.8	27.1	14.1
African American	49.6	29.2	21.2
Latino	57.2	24.6	18.1
Asian/Other	67.5	19.5	13.0
Gender by Age			
Male			
12-13	75.8	14.4	9.7
14-15	54.5	31.6	13.9
16-17	46.6	23.6	29.8
Female			
12-13	69.4	20.9	9.7
14-15	58.2	29.7	12.2
16-17	48.3	28.4	23.3
Income			
<\$15,000	58.4	20.7	20.9
\$15,000 - \$24,999	58.9	25.1	16.0
\$25,000 - \$34,999	66.8	24.9	8.3
\$35,000 - \$49,999	59.6	30.2	10.2
\$50,000 - \$74,999	56.4	28.1	15.5
≥ \$75,000	56.8	25.3	17.9
CalFresh Status, % FPL¹			
Participant	68.2	18.4	13.5
Likely Eligible ≤ 130%	56.0	26.0	17.9
Not Eligible > 185%	56.3	26.6	17.1
Smoking Status			
Non-Smoker	58.2	26.3	15.5
Smoker	66.9	8.7	24.4
Physical Activity Status			
Regular	53.9	28.5	17.6
Irregular	66.6	19.8	13.7
Overweight Status			
Not Overweight	55.9	27.9	16.2
Overweight/Obese	62.8	18.9	18.2

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

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

Table 65a: Cross Tabulation of Available Spending Money Among California Adolescents by Purchase and Consumption of Fast Food (N=1,209)

About how much money do you have each week to spend on yourself any way you want to? Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

Number of Times Ate Fast Food Previous Day	Percent of Adolescents	Money to Spend on Self Per Week, Percent of Adolescents		
		\$0-\$10	\$11-\$24	\$25+
Yes	20.3	19.2	18.8	27.0
No	79.7	80.8	81.2	73.0

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 65b: Cross Tabulation of Available Spending Money Among California Adolescents by Purchase and Consumption of High Calorie, Low Nutrient Foods at School

About how much money do you have each week to spend on yourself any way you want to?

Yesterday, how many times did you buy chips, cookies, candy, or soda from the student store?

Yesterday, how many times did you buy chips, cookies, or candy from your school vending machine?

Bought Chips, Cookies, Candy or Soda from Student Store (N=822)	Percent of Adolescents	Money to Spend on Self Per Week, Percent of Adolescents		
		\$0-\$10	\$11-\$24	\$25+
Yes	23.1	20.0	28.9	27.7
No	76.9	80.0	71.1	72.3
		*		
Bought Soda from School Vending Machine (N=173)	Percent of Adolescents	Money to Spend on Self Per Week, Percent of Adolescents		
		\$0-\$10	\$11-\$24	\$25+
Yes	13.2	6.2	24.4	25.2
No	86.8	93.8	75.6	74.8
		**		
Bought Chips, Cookies, or Candy from School Vending Machine (N=386)	Percent of Adolescents	Money to Spend on Self Per Week, Percent of Adolescents		
		\$0-\$10	\$11-\$24	\$25+
Yes	26.3	26.5	26.7	24.8
No	73.7	73.5	73.3	75.2

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 66: Proportion of California Adolescents Who Are Employed (N=1,220)

Do you have a paid part-time or full-time job?

	Reported Having a Job, Percent of Adolescents	
Total	10.6	
Gender		
Male	13.9	***
Female	7.1	
Ethnicity		
White	15.3	***
African American	17.2	
Latino	6.6	
Asian/Other	5.6	
Gender by Age		
Male		
12-13	6.9	***
14-15	14.4	
16-17	20.3	
Female		
12-13	4.9	***
14-15	4.2	
16-17	13.6	
Income		
<\$15,000	9.5	*
\$15,000 - \$24,999	11.8	
\$25,000 - \$34,999	2.9	
\$35,000 - \$49,999	9.1	
\$50,000 - \$74,999	9.5	
≥ \$75,000	12.9	
CalFresh Status, % FPL¹		
Participant	6.8	
Likely Eligible ≤ 130%	11.0	
Not Eligible > 185%	12.1	
Smoking Status		
Non-Smoker	10.0	*
Smoker	18.8	
Physical Activity Status		
Regular	12.4	**
Irregular	7.5	
Overweight Status		
Not Overweight	10.0	
Overweight/Obese	13.6	

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

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

Table 96: Perception of TV and Internet Food Advertising Among California Adolescents (N=1,209)

I choose unhealthy foods because I see them advertised on TV.. Would you say you...
 I choose unhealthy foods because I see them advertised on the Internet.. Would you say you...
 Parents Notice When You Haven't Eaten Healthy Food

	Percent of Adolescents			
	TV Influences Choice of Unhealthy Foods ¹		Internet Influences Choice of Unhealthy Foods ¹	
	Agree	Disagree	Agree	Disagree
Total	33.1	66.9	15.0	85.0
Gender				
Male	30.1	69.9	13.1	86.9
Female	36.2	63.8	17.0	83.0
Ethnicity				
White	22.8	77.2	8.9	91.1
African American	40.7	59.3	6.5	93.5
Latino	42.6	57.4	18.9	81.1
Asian/Other	29.8	70.2	24.9	75.1
Gender by Age				
Male				
12-13	27.7	72.3	16.7	83.3
14-15	34.3	65.7	15.6	84.4
16-17	27.2	72.8	6.3	93.7
Female				
12-13	40.2	59.8	18.3	81.7
14-15	38.1	61.9	16.4	83.6
16-17	29.3	70.7	16.3	83.7
Income				
<\$15,000	39.8	60.2	16.8	83.2
\$15,000 - \$24,999	40.1	59.9	18.3	81.7
\$25,000 - \$34,999	38.5	61.5	14.6	85.4
\$35,000 - \$49,999	37.8	62.2	17.3	82.7
\$50,000 - \$74,999	26.4	73.6	15.9	84.1
≥ \$75,000	27.5	72.5	13.2	86.8
CalFresh Status, % FPL²				
Participant	43.8	56.2	20.9	79.1
Likely Eligible ≤ 130%	38.3	61.7	14.8	85.2
Not Eligible > 185%	26.4	73.6	13.8	86.2
Smoking Status				
Non-Smoker	32.5	67.5	14.9	85.1
Smoker	40.7	59.3	15.4	84.6
Physical Activity Status				
Regular	31.4	68.6	13.6	86.4
Irregular	35.8	64.2	17.2	82.8
Overweight Status				
Not Overweight	32.7	67.3	16.0	84.0
Overweight/Obese	34.6	65.4	12.8	87.2

¹ Agree=Strongly Agree/Agree; Disagree=Strongly Disagree/Disagree

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.

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 117: Actions to Improve Nutrition in the School and Community (N=1,210)

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

	Percent of Adolescents			Ever Been Active in Improving Nutrition in School and Community
	Interest in Taking Action to Improve Nutrition in School and Community			
	Very Interested	Somewhat Interested	Not Interested/ No Opinion	
Total	15.2	61.9	22.9	15.0
Gender				
Male	11.0	61.7	27.3	13.1
Female	19.6	62.0	18.3	16.9
Ethnicity				
White	12.9	60.7	26.4	17.2
African American	28.1	58.6	13.3	21.6
Latino	14.9	66.5	18.5	15.1
Asian/Other	15.4	53.6	31.0	5.3
Gender by Age				
Male				
12-13	15.8	66.0	18.2	12.8
14-15	13.1	53.5	33.4	14.2
16-17	3.5	67.6	28.8	12.2
Female				
12-13	23.6	62.2	14.2	19.7
14-15	14.9	65.3	19.8	17.6
16-17	22.5	56.9	20.6	12.9
Income				
<\$15,000	16.0	64.7	19.2	14.0
\$15,000 - \$24,999	20.2	67.7	12.1	22.0
\$25,000 - \$34,999	10.3	71.7	18.0	9.9
\$35,000 - \$49,999	15.7	62.8	21.5	12.1
\$50,000 - \$74,999	6.4	54.2	39.4	12.8
≥ \$75,000	15.9	59.3	24.8	15.7
CalFresh Status, % FPL¹				
Participant	16.7	67.1	16.2	14.1
Likely Eligible ≤ 130%	15.7	64.6	19.8	15.2
Not Eligible > 185%	14.9	58.2	26.9	15.8
Smoking Status				
Non-Smoker	15.9	62.7	21.5	15.4
Smoker	5.5	49.8	44.6	9.0
Physical Activity Status				
Regular	16.0	63.4	20.7	17.0
Irregular	13.9	59.5	26.6	11.7
Overweight Status				
Not Overweight	14.3	60.7	25.0	13.1
Overweight/Obese	18.0	63.0	19.0	19.3

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.
 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 (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 ¹	Currently Enrolled in Physical Education ¹	Physical Education Classes Per Week ²
Yes	42.1	43.3	42.2	4.3
No	57.9	56.7	57.8	4.3

¹Chi Square Test

²ANOVA

* 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
Total	33.1	34.1
Gender		
Male	33.2	34.5
Female	33.0	33.5
Ethnicity		
White	24.5 ***	24.9 ***
African American	45.9	46.9
Latino	43.3	45.4
Asian/Other	20.5	19.5
Gender by Age		
Male		
12-13	37.2	34.6
14-15	33.3	31.8
16-17	29.1	37.9
Female		
12-13	34.1	33.9
14-15	32.9	36.2
16-17	31.9	29.1
Income		
<\$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
CalFresh Status, % FPL¹		
Participant	47.5 ***	52.2 ***
Likely Eligible ≤ 130%	44.4	43.7
Not Eligible > 185%	21.3	21.4
Smoking Status		
Non-Smoker	33.3	34.0
Smoker	29.9	34.8
Physical Activity Status		
Regular	35.6 *	36.8 *
Irregular	29.0	29.5
Overweight Status		
Not Overweight	30.3 **	30.8 ***
Overweight/Obese	39.1	41.6

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

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
Total	17.0	20.6	21.0	41.5
Gender				
Male	15.3	20.0	21.5	43.2
Female	18.7	21.2	20.4	39.6
Ethnicity				
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
Gender by Age				
Male				
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
Female				
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
Income				
<\$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
CalFresh Status, % FPL¹				
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
Smoking Status				
Non-Smoker	16.9	21.1	21.1	40.9
Smoker	18.2	13.0	18.4	50.4
Physical Activity Status				
Regular	17.4	20.7	21.9	40.0
Irregular	16.3	20.3	19.3	44.1
Overweight Status				
Not Overweight	14.4	21.2	21.0	43.4
Overweight/Obese	20.8	18.8	20.1	40.3

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. 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 ¹ School Should Have Healthy Eating Policy	Agree ¹ School Should Require 4 Years of Physical Education
Total	87.8	63.9
Gender		
Male	86.1	67.1 *
Female	89.7	60.5
Ethnicity		
White	84.2 **	55.4 ***
African American	90.9	68.5
Latino	88.1	71.4
Asian/Other	95.1	63.2
Gender by Age		
Male		
12-13	90.3 **	83.8 ***
14-15	87.7	63.1
16-17	79.7	55.2
Female		
12-13	90.3 *	79.0 ***
14-15	86.4	53.3
16-17	94.0	51.3
Income		
<\$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
CalFresh Status, % FPL²		
Participant	88.3	72.2 **
Likely Eligible ≤ 130%	86.6	65.5
Not Eligible > 185%	88.5	60.2
Smoking Status		
Non-Smoker	88.8 ***	64.3
Smoker	73.1	58.0
Physical Activity Status		
Regular	88.1	66.6 *
Irregular	87.5	59.4
Overweight Status		
Not Overweight	88.5	66.0 *
Overweight/Obese	87.6	58.8

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

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
Total	57.0	18.2	24.8
Gender			
Male	56.2	13.4	30.5
Female	57.8	22.8	19.4
Ethnicity			
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
Gender by Age			
Male			
12-13	71.4	0.2	28.4
14-15	64.1	19.4	16.5
16-17	40.4	14.6	45.0
Female			
12-13	39.3	43.1	17.6
14-15	59.8	23.9	16.2
16-17	63.4	12.7	23.9
Income			
<\$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
CalFresh Status, % FPL¹			
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
Smoking Status			
Non-Smoker	57.2	19.3	23.6
Smoker	55.3	8.1	36.7
Physical Activity Status			
Regular	60.4	11.6	28.0
Irregular	52.2	27.4	20.3
Overweight Status			
Not Overweight	54.2	19.6	26.2
Overweight/Obese	68.0	12.5	19.5

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

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
Total	18.9	27.3	26.0	27.7
Gender				
Male	17.0	27.6	29.5	25.9
Female	20.8	27.1	22.7	29.4
Ethnicity				
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
Gender by Age				
Male				
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
Female				
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
Income				
<\$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
CalFresh Status, % FPL¹				
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
Smoking Status				
Non-Smoker	19.5	27.9	26.4	26.2
Smoker	11.5	19.8	20.7	48.0
Physical Activity Status				
Regular	21.5	31.8	23.7	22.9
Irregular	15.4	21.2	29.2	34.2
Overweight Status				
Not Overweight	18.1	27.1	28.6	26.2
Overweight/Obese	19.9	28.3	17.6	34.2

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

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

Table 29: Prevalence of Hunger Among California Adolescents (N=1,112)

During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	Gone Hungry Last 12 Months, Percent of Adolescents
Total	6.3
Gender	
Male	5.3
Female	7.3
Ethnicity	
White	5.8 **
African American	8.4
Latino	8.3
Asian/Other	0.9
Gender by Age	
Male	
12-13	5.1 **
14-15	2.3
16-17	9.2
Female	
12-13	9.1
14-15	6.5
16-17	6.7
Income	
<\$15,000	10.9 ***
\$15,000 - \$24,999	10.5
\$25,000 - \$34,999	4.4
\$35,000 - \$49,999	15.1
\$50,000 - \$74,999	5.1
≥ \$75,000	1.5
CalFresh Status, % FPL¹	
Participant	13.2 ***
Likely Eligible ≤ 130%	7.4
Not Eligible > 185%	2.3
Smoking Status	
Non-Smoker	6.1
Smoker	9.3
Physical Activity Status	
Regular	6.8
Irregular	5.5
Overweight Status	
Not Overweight	5.2 *
Overweight/Obese	8.8

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.

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

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

Table 90: Food Assistance Among Households of California Adolescents (N=1,196)

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?

- CalFresh
- WIC

	Household Receives Food Assistance, Percent of Adolescents	
	CalFresh	WIC
Total	23.8	13.4
Gender		
Male	22.8	11.9
Female	24.8	15.0
Ethnicity		
White	12.6 ***	2.2 ***
African American	36.3	12.3
Latino	38.2	28.6
Asian/Other	7.1	1.9
Gender by Age		
Male		
12-13	24.0	10.7
14-15	21.2	10.5
16-17	23.8	14.8
Female		
12-13	25.1	17.5
14-15	22.9	15.9
16-17	27.2	11.0
Income		
<\$15,000	59.8 ***	25.9 ***
\$15,000 - \$24,999	47.8	28.5
\$25,000 - \$34,999	26.8	19.7
\$35,000 - \$49,999	14.3	19.6
\$50,000 - \$74,999	7.4	4.1
≥ \$75,000	1.3	0.2
CalFresh Status, % FPL¹		
Participant		33.2 ***
Likely Eligible ≤ 130%		18.2
Not Eligible > 185%		1.0
Smoking Status		
Non-Smoker	22.8 **	13.4
Smoker	37.7	13.3
Physical Activity Status		
Regular	24.4	12.5
Irregular	22.8	14.9
Overweight Status		
Not Overweight	19.6 ***	11.2 *
Overweight/Obese	33.5	16.1

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.

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

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

Table 90a: Use of Free or Reduced Price Breakfast or Lunch Programs by California Adolescents (N=1,196)

In the last 12 months, has you or anyone in your household received food assistance from any of the following sources?

- Free or reduced price school breakfast
- Free or reduced price school lunch

	Percent of Adolescents	
	Receive Free or Reduced Price School Breakfast	Receive Free or Reduced Price School Lunch
Total	27.1	34.8
Gender		
Male	24.2 *	33.8
Female	30.2	35.9
Ethnicity		
White	18.1 ***	22.4 ***
African American	31.2	41.3
Latino	40.6	52.6
Asian/Other	11.6	15.1
Gender by Age		
Male		
12-13	22.0	29.7 **
14-15	22.1	29.2
16-17	29.1	43.5
Female		
12-13	26.2 **	32.8 **
14-15	26.2	31.0
16-17	40.6	46.6
Income		
<\$15,000	49.2 ***	58.4 ***
\$15,000 - \$24,999	46.7	59.0
\$25,000 - \$34,999	43.2	52.5
\$35,000 - \$49,999	26.4	41.3
\$50,000 - \$74,999	22.5	28.4
≥ \$75,000	5.4	8.6
CalFresh Status, % FPL¹		
Participant	53.2 ***	61.2 ***
Likely Eligible ≤ 130%	42.0	56.5
Not Eligible > 185%	7.5	10.8
Smoking Status		
Non-Smoker	26.1 **	33.9 **
Smoker	42.1	48.4
Physical Activity Status		
Regular	25.7	33.4
Irregular	29.4	37.2
Overweight Status		
Not Overweight	22.3 ***	27.2 ***
Overweight/Obese	38.4	50.9

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

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

Table 97: Income Related Food Risk Among California Adolescents (N=1,194)

In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?
 - CalFresh
 - WIC
 During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?

	At Income Related Food Risk, Percent of Adolescents
Total	32.1
Gender	
Male	29.3 *
Female	35.0
Ethnicity	
White	16.8 ***
African American	40.6
Latino	54.1
Asian/Other	7.5
Gender by Age	
Male	
12-13	32.7
14-15	25.3
16-17	31.1
Female	
12-13	35.7
14-15	33.7
16-17	36.3
Income	
<\$15,000	68.5 ***
\$15,000 - \$24,999	63.3
\$25,000 - \$34,999	36.5
\$35,000 - \$49,999	40.2
\$50,000 - \$74,999	15.7
≥ \$75,000	2.6
CalFresh Status, % FPL¹	
Participant	100.0 ***
Likely Eligible ≤ 130%	24.2
Not Eligible > 185%	3.3
Smoking Status	
Non-Smoker	31.5
Smoker	40.4
Physical Activity Status	
Regular	31.2
Irregular	33.5
Overweight Status	
Not Overweight	26.7 ***
Overweight/Obese	44.0

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

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 ¹
Total	7.9	68.7
Gender		
Male	8.1 ***	73.9 ***
Female	7.8	63.3
Ethnicity		
White	8.1 ^a ***	73.1 ***
African American	7.7 ^{ab}	64.6
Latino	7.9 ^a	69.6
Asian/Other	7.4 ^b	56.7
Gender by Age		
Male		
12-13	8.6 ^a ***	85.7 ***
14-15	8.0 ^b	70.5
16-17	7.7 ^b	66.3
Female		
12-13	8.4 ^a ***	77.2 ***
14-15	7.7 ^b	65.0
16-17	7.2 ^c	46.1
Income		
<\$15,000	7.8 ^{ab} **	64.7 ***
\$15,000 - \$24,999	8.2 ^c	79.5
\$25,000 - \$34,999	7.5 ^a	54.4
\$35,000 - \$49,999	7.9 ^{abc}	67.8
\$50,000 - \$74,999	8.0 ^{abc}	72.3
≥ \$75,000	8.0 ^{bc}	71.2
CalFresh Status, % FPL²		
Participant	7.9	69.8
Likely Eligible ≤ 130%	7.9	67.4
Not Eligible > 185%	8.0	71.6
Smoking Status		
Non-Smoker	8.0 ***	70.0 ***
Smoker	7.2	50.4
Physical Activity Status		
Regular	8.0 *	70.1
Irregular	7.8	66.6
Overweight Status		
Not Overweight	8.0 *	70.1
Overweight/Obese	7.8	65.5

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

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

Chi Square Test

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

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 ¹ , Percent of Adolescents
Total	6.3
Gender	
Male	7.7 *
Female	4.8
Ethnicity	
White	6.3 *
African American	2.1
Latino	5.4
Asian/Other	10.8
Gender by Age	
Male	
12-13	1.1 ***
14-15	8.7
16-17	13.4
Female	
12-13	0.1 ***
14-15	4.6
16-17	9.9
Income	
<\$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
CalFresh Status, % FPL²	
Participant	10.1 *
Likely Eligible ≤ 130%	3.9
Not Eligible > 185%	6.5
Physical Activity Status	
Regular	6.1
Irregular	6.5
Overweight Status	
Not Overweight	5.6 *
Overweight/Obese	8.8

¹Used tobacco on one or more days.

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

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 ¹	
Total	5.7	
Gender		
Male	6.1	**
Female	5.3	
Ethnicity		
White	5.8 ^{ab}	*
African American	6.9 ^a	
Latino	5.5 ^b	
Asian/Other	5.1 ^b	
Gender by Age		
Male		
12-13	4.7 ^a	***
14-15	6.3 ^b	
16-17	7.2 ^b	
Female		
12-13	4.6 ^a	**
14-15	5.2 ^{ab}	
16-17	6.1 ^b	
Income		
<\$15,000	6.2 ^a	*
\$15,000 - \$24,999	5.2 ^a	
\$25,000 - \$34,999	5.1 ^a	
\$35,000 - \$49,999	4.8 ^a	
\$50,000 - \$74,999	5.9 ^a	
≥ \$75,000	6.0 ^a	
CalFresh Status, % FPL²		
Participant	5.8	
Likely Eligible ≤ 130%	5.4	
Not Eligible > 185%	5.9	
Smoking Status		
Non-Smoker	5.6	**
Smoker	7.2	
Physical Activity Status		
Regular	6.4	***
Irregular	4.6	
Overweight Status		
Not Overweight	5.3	***
Overweight/Obese	6.7	

¹Number of ounces of water consumed yesterday

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.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

Chi Square Test

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

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
Total	6.8	3.1	9.9
Gender			
Male	6.1	3.4	9.5
Female	7.5	2.8	10.2
Ethnicity			
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
Gender by Age			
Male			
12-13	8.5	2.6	11.0
14-15	4.1	2.4	6.5
16-17	6.3	5.6	11.9
Female			
12-13	8.4 *	3.4	11.7 *
14-15	10.0	2.7	12.6
16-17	2.7	2.3	5.0
Income			
<\$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
CalFresh Status, % FPL¹			
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
Smoking Status			
Non-Smoker	6.7	3.2	9.9
Smoker	7.7	2.1	9.8
Physical Activity Status			
Regular	7.2	3.1	10.3
Irregular	6.0	3.2	9.1
Overweight Status			
Not Overweight	6.6	3.5	10.1
Overweight/Obese	7.4	2.4	9.7

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