

2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 53: Cross Tabulation of Fruit and Vegetable Consumption and Healthy Eating Practice Score among California Adolescents By Behavioral Theories

| | | Percent of Adolescents | Mean Servings of Fruits and Vegetables | Healthy Eating Practice Scores |
|---|-----|------------------------|--|--------------------------------|
| Behavioral Capability | | | | |
| Do you know how to pick out healthy foods from menus? | Yes | 79 | 4.4 | 3.0 |
| | No | 21 | 4.1 | |
| Did anyone ever teach you how to cook foods in a healthy way? | Yes | 65 | 4.5 | 3.1 |
| | No | 35 | 4.0 | |
| In the last year, have you taken a class, or course at school in which the health effects of good eating habits were discussed? | Yes | 61 | 4.6 | 3.1 |
| | No | 39 | 3.9 | 2.9 |
| Reinforcement | | | | |
| Do you feel guilty on days when you haven't eaten healthy? | Yes | 50 | 4.5 | 3.1 |
| | No | 50 | 4.2 | |
| Do your parents or the adults you live with notice when you haven't eaten healthy foods? | Yes | 65 | 4.6 | 3.1 |
| | No | 35 | 3.8 | |
| Environment | | | | |
| In general, are fruits, vegetables, and juices available to you when you are hungry? | Yes | 92 | 4.4 | 3.0 |
| | No | 8 | 3.0 | |
| Reciprocal Determinism | | | | |
| Have you ever worked in a garden to grow fruits and vegetables? | Yes | 45 | 4.7 | 3.2 |
| | No | 55 | 4.0 | |

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.

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 55: Association of Gardening with Fruit and Vegetable Consumption among California Adolescents

Have you ever worked in a garden to grow fruits and vegetables?

| | Worked in a Garden, Percent of Adolescents |
|---------------------------------|---|
| Total | 45 |
| Gender | |
| Males | 45 |
| Females | 46 |
| Ethnicity | |
| White | 55 |
| African American | 35 |
| Latino | 37 |
| Asian/Other | 38 |
| Gender by Age | |
| Males | |
| 12-13 | 45 |
| 14-15 | 46 |
| 16-17 | 44 |
| Females | |
| 12-13 | 47 |
| 14-15 | 53 |
| 16-17 | 37 |
| Smoking Status | |
| Non-Smokers | 45 |
| Smokers | 46 |
| Physical Activity Status | |
| Regular | 47 |
| Irregular | 40 |
| Overweight Status | |
| Not at Risk | 46 |
| At Risk/Overweight | 44 |
| Income Related Food Risk | |
| Yes | 38 |
| No | 45 |

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 56: Environmental Factors for Healthy Eating among California Adolescents

Do you like the food served at your school?

In general, are fruits, vegetables, and juice available to you when you are hungry?

Do you usually eat dinner with your family or people you live with?

| | Percent of Adolescents | | |
|---------------------------------|------------------------|--|-----------------------------------|
| | Like Food at School | Fruits, Vegetables and Juice Available when Hungry | Usually Eat Dinner with Family |
| Total | 83 | 92 | 86 |
| Gender | | | |
| Males | 83 | 93 | 88 |
| Females | 83 | 92 | 84 |
| Ethnicity | | | |
| White | 83 | 91 | 87 |
| African American | 94 | 93 | 88 |
| Latino | 80 | 94 | 84 |
| Asian/Other | 87 | 91 | 89 |
| Gender by Age | | | |
| Males | | | |
| 12-13 | 84 | 95 | 96 |
| 14-15 | 85 | 94 | 92 |
| 16-17 | 79 | 90 | 78 |
| Females | | | |
| 12-13 | 82 | 93 | 90 |
| 14-15 | 86 | 92 | 88 |
| 16-17 | 80 | 90 | 73 |
| Smoking Status | | | |
| Non-Smokers | 83 | 92 | 87 |
| Smokers | 75 | 93 | 66 |
| Physical Activity Status | | | |
| Regular | 84 | 93 | 88 |
| Irregular | 81 | 91 | 80 |
| Overweight Status | | | |
| Not at Risk | 84 | 92 | 88 |
| At Risk/Overweight | 81 | 93 | 80 |
| Income Related Food Risk | | | |
| Yes | 81 | 91 | 87 |
| No | 83 | 92 | 87 |

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 58: Behavioral Capability of California Adolescents

Did you know how to pick out healthy foods from menus?

Did anyone ever teach you how to cook foods in a healthy way?

How many times per week do you cook for your family or the people you live with?

| | Percent of Adolescents | | | Mean |
|---------------------------------|--|-------------------------------------|--|---|
| | Can Pick Healthy Foods From Menus ¹ | Taught to Cook Healthy ¹ | Adolescents Who Cooked for Family > 1 Time a Week ¹ | Weekly Frequency of Cooking for Family ^{2,3} |
| Total | 79 | 65 | 51 | 1.9 |
| Gender | | | | |
| Males | 79 | 59 *** | 44 *** | 1.7 ** |
| Females | 80 | 71 | 58 | 2.0 |
| Ethnicity | | | | |
| White | 84 *** | 66 ** | 50 | 1.7 ^a * |
| African American | 89 | 70 | 60 | 1.9 ^{ab} |
| Latino | 70 | 67 | 49 | 2.1 ^b |
| Asian/Other | 79 | 52 | 54 | 1.6 ^a |
| Gender by Age | | | | |
| Males | | | | |
| 12-13 | 78 | 58 | 45 | 1.4 ^a * |
| 14-15 | 78 | 58 | 47 | 1.7 ^{ab} |
| 16-17 | 80 | 62 | 41 | 1.8 ^b |
| Females | | | | |
| 12-13 | 77 | 75 | 58 | 1.8 |
| 14-15 | 79 | 73 | 59 | 2.0 |
| 16-17 | 83 | 65 | 58 | 2.2 |
| Smoking Status | | | | |
| Non-Smokers | 79 | 64 | 51 | 1.8 |
| Smokers | 84 | 75 | 53 | 2.2 |
| Physical Activity Status | | | | |
| Regular | 82 *** | 66 | 51 | 1.7 *** |
| Irregular | 70 | 60 | 51 | 2.3 |
| Overweight Status | | | | |
| Not at Risk | 80 | 65 | 52 | 1.8 |
| At Risk/Overweight | 81 | 67 | 49 | 2.0 |
| Income Related Food Risk | | | | |
| Yes | 72 * | 70 | 58 * | 2.1 |
| No | 79 | 64 | 50 | 1.9 |

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

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

¹ Chi Square Test

² ANOVA

³ Of those who cook at least once per week

* p<.05

** p<.01

*** p<.001

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Table 59: Cross Tabulation of Health Education With Physical Activity among California Adolescents

In the last year, have you taken a class in which the health effects of good eating habits were discussed?
 In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed?
 How many times during the past week did you participate in physical activities, exercise or sports?
 Yesterday, did you participate in any physical activities, exercise or sports?
 What type of physical activity, exercise or sport did you spend the most time doing yesterday?
 For how many minutes or hours did you do this activity?

| Had Class on Health Benefits of Exercise | Percent Had Class | Times Active per Week | Minutes Moderately Active Yesterday | Minutes Vigorously Active Yesterday | Minutes Total Activity Yesterday |
|--|-------------------|-----------------------|-------------------------------------|-------------------------------------|----------------------------------|
| Yes | 71 | 4.9 | 25.1 | 42.9 | 68.3 |
| No | 29 | 4.1 | 23.6 | 36.5 | 59.9 |

| Had Class on Benefits of Healthy Eating | Percent Had Class | Times Active per Week | Minutes Moderately Active Yesterday | Minutes Vigorously Active Yesterday | Minutes Total Activity Yesterday |
|---|-------------------|-----------------------|-------------------------------------|-------------------------------------|----------------------------------|
| Yes | 61 | 4.9 | 23.3 | 41.2 | 67.1 |
| No | 39 | 4.3 | 25.6 | 40.9 | 64.1 |

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

ANOVA

** p<.01

*** p<.001

2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 60: Cross Tabulation of Physical Activity among California Adolescents By Behavioral Theories

| | | Percent of Adolescents | Minutes Physically Active Yesterday |
|--|-----|------------------------|-------------------------------------|
| Self-Efficacy | | | |
| Do you think you could do hard exercise every day? | Yes | 90 | 69.9 |
| | No | 10 | 32.8 |
| Behavioral Capability | | | |
| In the last year, have you taken a class in which the health effects of physical activity and exercise were discussed? | Yes | 71 | 68.3 |
| | No | 29 | 59.9 |
| Reinforcement | | | |
| Do you feel guilty on days when you don't get any physical activity or exercise? | Yes | 53 | 68.9 |
| | No | 47 | 62.8 |
| Bonding and Belonging | | | |
| Do you exercise or play sports with your family or the people you live with? | Yes | 52 | 68.1 |
| | No | 48 | 63.7 |
| Do you exercise or play sports with your friends? | Yes | 91 | 70.4 |
| | No | 9 | 23.6 |

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

ANOVA

*** p<.001

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Table 63: California Adolescents Access to a Safe Place to Exercise

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

| | Live Near Safe Place to Exercise, Percent of Adolescents |
|---------------------------------|---|
| Total | 86 |
| Gender | |
| Males | 87 |
| Females | 84 |
| Ethnicity | |
| White | 87 |
| African American | 83 |
| Latino | 85 |
| Asian/Other | 85 |
| Gender by Age | |
| Males | |
| 12-13 | 87 |
| 14-15 | 89 |
| 16-17 | 86 |
| Females | |
| 12-13 | 83 |
| 14-15 | 86 |
| 16-17 | 83 |
| Smoking Status | |
| Non-Smokers | 85 |
| Smokers | 89 |
| Physical Activity Status | |
| Regular | 87 |
| Irregular | 80 |
| Overweight Status | |
| Not at Risk | 86 |
| At Risk/Overweight | 85 |
| Income Related Food Risk | |
| Yes | 80 |
| No | 87 |

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Chi Square Test

** p<.01

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Table 65: Range of Available Spending Money Reported by California Adolescents

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

| | Range of Spending Money Per Week Reported, Percent of Adolescents | | |
|---------------------------------|--|-----------|-----------|
| | \$0-\$10 | \$11-\$24 | \$25+ |
| Total | 35 | 34 | 31 |
| Gender | | | |
| Males | 38 | 31 | 31 |
| Females | 33 | 36 | 31 |
| Ethnicity | | | |
| White | 37 | 35 | 28 |
| African American | 28 | 27 | 45 |
| Latino | 35 | 32 | 33 |
| Asian/Other | 35 | 38 | 27 |
| Gender by Age | | | |
| Males | | | |
| 12-13 | 60 | 25 | 15 |
| 14-15 | 36 | 33 | 31 |
| 16-17 | 19 | 36 | 45 |
| Females | | | |
| 12-13 | 53 | 30 | 17 |
| 14-15 | 32 | 46 | 22 |
| 16-17 | 17 | 32 | 52 |
| Smoking Status | | | |
| Non-Smokers | 36 | 34 | 30 |
| Smokers | 26 | 23 | 51 |
| Physical Activity Status | | | |
| Regular | 35 | 34 | 31 |
| Irregular | 35 | 33 | 32 |
| Overweight Status | | | |
| Not at Risk | 34 | 35 | 31 |
| At Risk/Overweight | 36 | 31 | 33 |
| Income Related Food Risk | | | |
| Yes | 44 | 29 | 28 |
| No | 33 | 35 | 33 |

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2002 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 92: Californian Adolescents Whose Parents Limit Soda and Snack Food Intake

Do your parents or adults you live with limit how much soda 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 | Parents Limit Snack Food |
| Total | 63 | 64 |
| Gender | | |
| Males | 61 | 63 |
| Females | 65 | 66 |
| Ethnicity | | |
| White | 60 | 61 |
| African American | 77 | 77 |
| Latino | 66 | 67 |
| Asian/Other | 55 | 60 |
| Gender by Age | | |
| Males | | |
| 12-13 | 76 | 77 |
| 14-15 | 65 | 62 |
| 16-17 | 43 | 50 |
| Females | | |
| 12-13 | 74 | 76 |
| 14-15 | 66 | 69 |
| 16-17 | 53 | 52 |
| Smoking Status | | |
| Non-Smokers | 64 | 66 |
| Smokers | 46 | 44 |
| Physical Activity Status | | |
| Regular | 65 | 66 |
| Irregular | 57 | 55 |
| Overweight Status | | |
| Not at Risk | 61 | 63 |
| At Risk/Overweight | 67 | 69 |
| Income Related Food Risk | | |
| Yes | 67 | 67 |
| No | 61 | 63 |

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