

2004 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 56a: Availability of Food Options Healthy Outside of the Home among California Adolescents

The kinds of healthy food I want are not available at school.

The kinds of healthy food I want are not available when eating out, at sports events, or where I work.

	Percent of Adolescents Agreeing,	
	Healthy Foods Not Available at School	Healthy Foods Not Available at Restaurants/Sports Events/Work
Total	51	47
Gender		
Males	48	46
Females	54	49
Ethnicity		
White	47	42
African American	59	50
Latino	53	51
Asian/Other	50	50
Gender by Age		
Males		
12-13	49	47
14-15	43	40
16-17	51	51
Females		
12-13	47	46
14-15	55	49
16-17	62	53
Smoking Status		
Non-Smokers	51	48
Smokers	51	43
Physical Activity Status		
Regular	51	47
Irregular	50	48
Overweight Status		
Not at Risk	51	46
At Risk/Overweight	50	51
Income Related Food Risk		
Yes	57	55
No	50	45

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

Chi Square Test

* p<.05

** p<.01

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

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	88
Gender	
Males	89
Females	87
Ethnicity	
White	88
African American	92
Latino	85
Asian/Other	93
Gender by Age	
Males	
12-13	87
14-15	91
16-17	90
Females	
12-13	87
14-15	81
16-17	91
Smoking Status	
Non-Smokers	89
Smokers	78
Physical Activity Status	
Regular	88
Irregular	86
Overweight Status	
Not at Risk	88
At Risk/Overweight	86
Income Related Food Risk	
Yes	86
No	88

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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 any way you want to?

	Range of Spending Money Per Week Reported, Percent of Adolescents		
	\$0-\$10	\$11-\$24	\$25+
Total	47	27	26
Gender			
Males	45	26	29
Females	49	28	23
Ethnicity			
White	49	26	25
African American	31	38	31
Latino	44	29	28
Asian/Other	58	21	21
Gender by Age			
Males			
12-13	60	24	16
14-15	47	28	26
16-17	28	28	44
Females			
12-13	59	24	16
14-15	49	30	20
16-17	37	30	33
Smoking Status			
Non-Smokers	48	27	25
Smokers	23	34	43
Physical Activity Status			
Regular	47	27	26
Irregular	47	28	25
Overweight Status			
Not at Risk	43	27	30
At Risk/Overweight	53	27	20
Income Related Food Risk			
Yes	53	27	19
No	46	27	27

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

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Table 92: Californian Adolescents Whose Parents Limit Soda and Low Nutrient Snack Food at Home

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 Low Nutrient Snack Food
Total	67	66
Gender		
Males	70	65
Females	63	66
Ethnicity		
White	68	69
African American	69	70
Latino	70	67
Asian/Other	53	53
Gender by Age		
Males		
12-13	80	77
14-15	75	71
16-17	56	47
Females		
12-13	75	84
14-15	62	67
16-17	53	47
Smoking Status		
Non-Smokers	69	68
Smokers	37	26
Physical Activity Status		
Regular	68	66
Irregular	65	66
Overweight Status		
Not at Risk	64	65
At Risk/Overweight	74	68
Income Related Food Risk		
Yes	63	62
No	68	66

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Table 95: Perception of Healthy Eating and Physical Education among Policies at School California Adolescents

Your school should have healthy eating policies for food sold outside of the cafeteria. Would you say you...
High schools should 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	89	68
Gender		
Males	86	71
Females	92	64
Ethnicity		
White	88	65
African American	92	69
Latino	90	74
Asian/Other	88	59
Gender by Age		
Males		
12-13	92	79
14-15	84	72
16-17	82	62
Females		
12-13	92	82
14-15	92	56
16-17	91	54
Smoking Status		
Non-Smokers	89	69
Smokers	90	46
Physical Activity Status		
Regular	88	69
Irregular	91	65
Overweight Status		
Not at Risk	88	66
At Risk/Overweight	91	71
Income Related Food Risk		
Yes	88	72
No	89	65

¹ Agree includes "Strongly Agree" and "Agree".

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Table 96: Perception of Advertising and Menu Labeling Policy among California Adolescents

Fast food restaurants should have to put the calories of each food item on the menu. Would you say you...

TV advertising encourages people to eat unhealthy foods. Would you say you...

TV advertising encourages people to eat too much food. Would you say you...

	Percent of Adolescents		
	Agree Calories Should be Included on Fast Food Menus	Agree TV Advertising Encourages Unhealthy Foods	Agree TV Advertising Encourages Overeating
Total	84	73	54
Gender			
Males	82	71	53
Females	87	75	55
Ethnicity			
White	82	73	52
African American	81	78	47
Latino	86	74	58
Asian/Other	86	70	50
Gender by Age			
Males			
12-13	81	65	55
14-15	83	75	56
16-17	82	75	48
Females			
12-13	86	69	57
14-15	85	78	49
16-17	89	79	58
Smoking Status			
Non-Smokers	85	73	54
Smokers	77	76	51
Physical Activity Status			
Regular	85	73	53
Irregular	83	74	57
Overweight Status			
Not at Risk	82	74	51
At Risk/Overweight	90	74	60
Income Related Food Risk			
Yes	85	67	55
No	84	75	54

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