

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 35: Frequency of Physical Activity in the Past Week among California Adolescents

How many times during the past week did you participate in physical activities, exercise or sports?
(If you exercised more than once a day, include each time. Also, include time spent in physical education class.)

	Number of Times Adolescent Reported Physical Activity in the Past Week, Percent of Adolescents				
	Any Physical Activity	0	1-2	3-4	5+
Total	94	6	12	21	61
Gender					
Males	96	4	12	19	65
Females	91	9	12	23	56
Ethnicity					
White	97	3	10	21	66
African American	93	7	17	11	66
Latino	88	12	13	22	53
Asian/Other	94	6	15	20	59
Gender by Age					
Males					
12-13	97	3	14	12	71
14-15	96	4	8	22	65
16-17	94	6	13	22	59
Females					
12-13	95	5	8	18	69
14-15	92	8	17	22	53
16-17	87	13	13	28	47
Smoking Status					
Non-Smokers	93	7	12	20	61
Smokers	94	6	12	29	53
Physical Activity Status					
Regular	N/A	N/A	N/A	N/A	N/A
Irregular	N/A	N/A	N/A	N/A	N/A
Overweight Status					
Not at Risk	94	6	12	20	61
At Risk/Overweight	93	7	10	23	61

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 36: Proportion of California Adolescents Reporting One Hour or More of Physical Activity, Exercise or Sport on the Previous Day

Yesterday, did you participate in any physical activities, exercise, sports?
For how many minutes or hours did you do this activity?

	One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents
Total	40
Gender	
Males	50 ***
Females	29
Ethnicity	
White	48 ***
African American	33
Latino	34
Asian/Other	33
Gender by Age	
Males	
12-13	51
14-15	45
16-17	53
Females	
12-13	37 *
14-15	27
16-17	25
Smoking Status	
Non-Smokers	40
Smokers	41
Physical Activity Status	
Regular	45 ***
Irregular	20
Overweight Status	
Not at Risk	40
At Risk/Overweight	43

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

Chi Square Test

* p<.05

*** p<.001

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Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents

What type of physical activity, exercise or sport did you spend the most time doing yesterday?

How far did you Jog/Run/Swim/Walk yesterday?

For how many minutes or hours did you do this activity?

Was there another physical activity, exercise or sport that you participated in yesterday?

What type of physical activity, exercise or sport was it?

	Reporting 1 Hour or More of Vigorous Physical Activity ¹ Percent of Adolescents	Mean Minutes of Vigorous Physical Activity ²	Mean Minutes of Moderate Physical Activity ²
Total	26	45	21
Gender			
Males	32 ***	53 ***	27 ***
Females	20	36	14
Ethnicity			
White	31 *	53 ^b *	26 ^b **
African American	25	41 ^{ab}	14 ^{ab}
Latino	23	38 ^a	16 ^a
Asian/Other	21	40 ^{ab}	18 ^{ab}
Gender by Age			
Males			
12-13	30	53	31 ^b **
14-15	33	50	17 ^a
16-17	34	57	34 ^b
Females			
12-13	25	45	19
14-15	19	31	12
16-17	17	33	10
Smoking Status			
Non-Smokers	27	46	21
Smokers	24	36	23
Physical Activity Status			
Regular	29 ***	48 **	23 ***
Irregular	14	30	10
Overweight Status			
Not at Risk	27	45	20
At Risk/Overweight	27	47	24

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

* p<.05

** p<.01

*** p<.001

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Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health

For good health, how many days a week do you think you should participate in [Hard/Moderate] physical activity, exercise, or sports?

On these days, how many minutes or hours do you think you should participate in [Hard/Moderate] physical activity, exercise, or sports for good health?

	Mean Minutes of Physical Activity Believed Needed ¹		Minutes of Physical Activity Believed Needed ² , Percent of Adolescents		
	Vigorous Physical Activity	Moderate Physical Activity	Less than 30	30-59	60+
Total	81	70	0	7	93
Gender					
Males	87**	74**	0	5	95*
Females	74	66	1	8	91
Ethnicity					
White	79	71	0	6	94*
African American	87	82	2	6	92
Latino	83	68	0	6	93
Asian/Other	76	68	1	12	87
Gender by Age					
Males					
12-13	90	79	0	9	91*
14-15	84	76	1	3	97
16-17	85	68	0	4	96
Females					
12-13	76	69	2	8	90
14-15	84	65	1	8	91
16-17	63	64	0	8	92
Smoking Status					
Non-Smokers	81	70	1	6	93
Smokers	74	68	0	12	88
Physical Activity Status					
Regular	79	71	1	6	93
Irregular	87	67	0	10	90
Overweight Status					
Not at Risk	82	70	0	7	92
At Risk/Overweight	80	73	1	5	94

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).

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

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01

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Table 39: Participation in School Physical Education and Organized Sports among California Adolescents

Do you currently take physical education class in school?

How many times a week do you have physical education class in school?

Other than physical education class, are you currently involved in any team or individual sports or activities such as competitive school team sports, intramural sports, or out-of-school programs?

	Taking Physical Education in School ¹ , Percent of Adolescents	Mean Reported Days of Physical Education per Week ²	Involved in Organized Sports ¹ , Percent of Adolescents
Total	76	4.4	58
Gender			
Males	77	4.4	61 *
Females	76	4.4	55
Ethnicity			
White	75	4.3	66 ***
African American	78	4.3	54
Latino	78	4.5	52
Asian/Other	74	4.5	51
Gender by Age			
Males			
12-13	93 ***	4.2 ^a **	69 *
14-15	83	4.5 ^b	60
16-17	55	4.6 ^b	56
Females			
12-13	92 ***	4.3	59
14-15	83	4.4	53
16-17	53	4.3	54
Smoking Status			
Non-Smokers	78 ***	4.4	60 ***
Smokers	59	4.5	37
Physical Activity Status			
Regular	79 ***	4.5 ***	61 ***
Irregular	65	3.9	47
Overweight Status			
Not at Risk	76	4.4	59
At Risk/Overweight	76	4.5	57

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

* p<.05

** p<.01

*** p<.001

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Table 40: Duration of Sedentary Activities among California Adolescents

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

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

	Mean Minutes Spent Watching TV/Playing Computer for Fun	Mean Minutes Spent Doing Homework on the Computer
Total	134	26
Gender		
Males	144 **	28
Females	124	25
Ethnicity		
White	124 ^a **	25 ^a ***
African American	174 ^b	25 ^a
Latino	136 ^a	20 ^a
Asian/Other	141 ^{ab}	54 ^b
Gender by Age		
Males		
12-13	152	26
14-15	143	29
16-17	138	29
Females		
12-13	129 ^{ab} *	20
14-15	138 ^b	30
16-17	104 ^a	25
Smoking Status		
Non-Smokers	136	27
Smokers	117	22
Physical Activity Status		
Regular	130 *	26
Irregular	152	30
Overweight Status		
Not at Risk	130 *	25
At Risk/Overweight	148	32

Analyses performed on log transformed data.

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).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 40a: Prevalence of Extended Television Time among California Adolescents

Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?

	Watched More than 120 Minutes of Television, Percent of Adolescents
Total	38
Gender	
Males	43
Females	33
Ethnicity	
White	35
African American	50
Latino	39
Asian/Other	40
Gender by Age	
Males	
12-13	41
14-15	39
16-17	48
Females	
12-13	36
14-15	36
16-17	26
Smoking Status	
Non-Smokers	38
Smokers	36
Physical Activity Status	
Regular	37
Irregular	45
Overweight Status	
Not at Risk	38
At Risk/Overweight	38

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

Chi Square Test

* p<.05

*** p<.001

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Table 41: Reasons Why California Adolescents Are Physically Active

What is the main reason you get exercise or physical activity?

	Main Reasons Reported, Percent of Adolescents				
	Health	Strength/ Fitness	Other ¹	Fun	
Total	31	31	13	25	
Gender					
Males	28	30	13	29	**
Females	34	32	13	20	
Ethnicity					
White	28	28	15	30	***
African American	30	43	8	19	
Latino	36	33	11	20	
Asian/Other	31	31	16	21	
Gender by Age					
Males					
12-13	31	29	10	30	*
14-15	34	30	14	23	
16-17	21	30	15	34	
Females					
12-13	41	27	8	24	**
14-15	29	33	18	20	
16-17	33	38	14	15	
Smoking Status					
Non-Smokers	32	31	12	25	**
Smokers	22	33	24	20	
Physical Activity Status					
Regular	31	30	12	26	
Irregular	32	34	16	18	
Overweight Status					
Not at Risk	30	30	13	27	*
At Risk/Overweight	32	35	15	18	

¹ Includes "Feels Good", "Lose Weight", "Friends do it", "Important to Me", "Important to Parents", "Important to Others", "Reduce Stress", and "Transportation".

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 42: Barriers to Getting More Physical Activity among California Adolescents

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	Other ¹	Too Tired	Already Get Enough
Total	50	17	20	13
Gender				
Males	46	18	22	14
Females	54	16	18	12
Ethnicity				
White	56	14	16	15
African American	36	23	32	9
Latino	45	19	24	12
Asian/Other	52	19	17	11
Gender by Age				
Males				
12-13	44	21	21	13
14-15	45	17	23	16
16-17	50	15	22	14
Females				
12-13	41	19	25	15
14-15	49	22	16	13
16-17	70	9	14	7
Smoking Status				
Non-Smokers	49	17	20	13
Smokers	56	13	23	8
Physical Activity Status				
Regular	51	15	19	14
Irregular	46	24	22	7
Overweight Status				
Not at Risk	51	15	21	13
At Risk/Overweight	49	20	16	14

¹ Includes "Don't Like it", "Don't Look Good Doing it", "Not Important", "No Safe Place", "Physically Unable", and "Don't Have the Right Equipment."

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<.001

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Table 43: Cross Tabulation of Level of Physical Activity among California Adolescents with Belief About How Much Physical Activity is Needed

For good health, how many days a week do you think you should participate in [Hard/Moderate] physical activity, exercise, or sports?

How many times during the past week did you participate in physical activities, exercise or sports?

What type of physical activity or sport did you spend the most time doing yesterday?

For how many minutes or hours did you do this activity?

Think You Should be Moderately Active 5+ Days/Week	Mean				
	%	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Yes	51	6.1	23	50	74
No	49	5.4	18	40	58

Think You Should be Vigorously Active 5+ Days/Week	Mean				
	%	Times Active per Week	Minutes Moderately Active Yesterday	Minutes Vigorously Active Yesterday	Minutes Total Active Yesterday
Yes	86	5.9	21	47	68
No	14	4.7	19	37	56

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

ANOVA

* p<.05

** p<.01

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Table 44: Cross Tabulation of Time Spent in Physical Activity by California Adolescents with Belief About How Much Physical Activity is Needed

On days when you do physical activity, exercise or sports, how many minutes or hours do you think you should participate in [Hard/Moderate] physical activity, exercise or sports for good health?

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?

Minutes Thought Were Needed	Believed Amount Needed, Percent of Adolescents	Time Spent in Physical Activity, Percent of Adolescents		
		Less than 30	30-59	60+
Less than 30	0	82	0	18
30-59	7	60	22	18
60+	93	40	18	42

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

Chi Square Test

*** p<.001