

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**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	5-6	7+
<b>Total</b>	<b>91</b>	<b>9</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>18</b>
<b>Gender</b>						
Males	92	8	10	25	36	22
Females	90	10	15	24	35	15
<b>Ethnicity</b>						
White	94	6	10	23	36	26
African American	90	10	10	20	45	16
Latino	86	14	16	26	32	12
Asian/Other	94	6	13	30	39	13
<b>Gender by Age</b>						
<b>Males</b>						
12-13	93	7	9	19	43	21
14-15	97	3	7	24	37	30
16-17	87	13	12	31	29	15
<b>Females</b>						
12-13	92	8	16	21	41	15
14-15	94	6	14	22	40	18
16-17	84	16	17	30	24	13
<b>Smoking Status</b>						
Non-Smokers	91	9	13	25	35	18
Smokers	90	10	8	21	41	20
<b>Physical Activity Status</b>						
Regular	NA	NA	NA	NA	NA	NA
Irregular	NA	NA	NA	NA	NA	NA
<b>Overweight Status</b>						
Not at Risk	91	9	11	24	36	19
At Risk/Overweight	93	7	13	26	35	19
<b>Income Related Food Risk</b>						
Yes	87	13	17	23	34	13
No	91	9	12	24	35	20

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

## 2002 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**

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

	<b>One Hour or More of Any Physical Activity, Exercise or Sport Yesterday, Percent of Adolescents</b>
<b>Total</b>	<b>40</b>
<b>Gender</b>	
Males	47 ***
Females	33
<b>Ethnicity</b>	
White	46 ***
African American	38
Latino	33
Asian/Other	42
<b>Gender by Age</b>	
<b>Males</b>	
12-13	46
14-15	48
16-17	46
<b>Females</b>	
12-13	29
14-15	34
16-17	36
<b>Smoking Status</b>	
Non-Smokers	40
Smokers	40
<b>Physical Activity Status</b>	
Regular	46 ***
Irregular	17
<b>Overweight Status</b>	
Not at Risk	40
At Risk/Overweight	43
<b>Income Related Food Risk</b>	
Yes	34
No	41

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

Chi Square Test

\*\*\* p<.001

## 2002 California Teen Eating, Exercise and Nutrition Survey (CaTEENS)

**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?  
 Was there another physical activity, exercise or sport that you participated in yesterday?  
 What type of physical activity, exercise, or sport was it?  
 For how many minutes or hours did you do this activity?

	Percent of Adolescents	Mean Minutes		
	Reporting 1 Hour or More of Vigorous Physical Activity <sup>1</sup>	Vigorous Physical Activity <sup>2</sup>	Moderate Physical Activity <sup>2</sup>	Moderate and Vigorous Physical Activity <sup>2</sup>
<b>Total</b>	<b>26</b>	<b>41.7</b>	<b>25.6</b>	<b>67.2</b>
<b>Gender</b>				
Males	30 **	48.1 ***	31.2 **	79.3 ***
Females	22	34.9	19.6	54.4
<b>Ethnicity</b>				
White	27 **	41.7 <sup>a</sup> ***	33.2 <sup>b</sup> ***	74.9 <sup>b</sup> **
African American	39	70.6 <sup>b</sup>	7.2 <sup>a</sup>	77.9 <sup>ab</sup>
Latino	23	35.2 <sup>a</sup>	21.2 <sup>a</sup>	56.3 <sup>a</sup>
Asian/Other	25	41.7 <sup>a</sup>	21.6 <sup>ab</sup>	63.1 <sup>ab</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	33	52.8	25.7	78.5
14-15	31	51.4	26.8	78.2
16-17	27	40.4	40.7	81.0
<b>Females</b>				
12-13	20	32.3	14.7	46.8
14-15	24	35.9	20.5	56.3
16-17	22	36.5	23.8	60.1
<b>Smoking Status</b>				
Non-Smokers	27	41.6	25.0	66.5
Smokers	21	43.2	33.1	76.3
<b>Physical Activity Status</b>				
Regular	31 ***	48.9 ***	27.9 *	76.8 ***
Irregular	11	15.7	17.3	32.9
<b>Overweight Status</b>				
Not at Risk	27	43.4	24.8	68.2
At Risk/Overweight	24	38.2	29.3	67.5
<b>Income Related Food Risk</b>				
Yes	23	38.4	21.3	59.5
No	27	43.4	24.9	68.3

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).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

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

**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 school team sports, intramural sports, or out-of school programs?

	Taking Physical Education in School <sup>1</sup> , Percent of Adolescents	Mean Reported Days of Physical Education per Week <sup>2</sup>	Involved in Organized Sports <sup>1</sup> , Percent of Adolescents
<b>Total</b>	<b>75</b>	<b>4.4</b>	<b>44</b>
<b>Gender</b>			
Males	77	4.4	43
Females	73	4.3	45
<b>Ethnicity</b>			
White	73	4.3	49
African American	79	4.4	53
Latino	79	4.4	36
Asian/Other	71	4.6	43
<b>Gender by Age</b>			
<b>Males</b>			
12-13	95	4.4	46
14-15	84	4.5	46
16-17	53	4.5	37
<b>Females</b>			
12-13	93	4.2 <sup>a</sup>	48
14-15	85	4.5 <sup>b</sup>	51
16-17	40	4.2 <sup>ab</sup>	35
<b>Smoking Status</b>			
Non-Smokers	77	4.4	44
Smokers	52	4.6	40
<b>Physical Activity Status</b>			
Regular	80	4.5	48
Irregular	57	4.0	28
<b>Overweight Status</b>			
Not at Risk	75	4.4	46
At Risk/Overweight	74	4.3	40
<b>Income Related Food Risk</b>			
Yes	79	4.5	35
No	73	4.3	45

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).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

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

**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
<b>Total</b>	<b>129</b>	<b>24</b>
<b>Gender</b>		
Males	134	24
Females	125	25
<b>Ethnicity</b>		
White	124 <sup>a</sup> ***	22 <sup>a</sup> ***
African American	185 <sup>b</sup>	31 <sup>ab</sup>
Latino	119 <sup>a</sup>	21 <sup>a</sup>
Asian/Other	145 <sup>ab</sup>	43 <sup>b</sup>
<b>Gender by Age</b>		
<b>Males</b>		
12-13	130	18 <sup>a</sup> *
14-15	130	26 <sup>ab</sup>
16-17	140	30 <sup>b</sup>
<b>Females</b>		
12-13	140	18
14-15	124	29
16-17	110	26
<b>Smoking Status</b>		
Non-Smokers	131	25
Smokers	104	21
<b>Physical Activity Status</b>		
Regular	121 ***	27 **
Irregular	160	17
<b>Overweight Status</b>		
Not at Risk	129	27 **
At Risk/Overweight	133	18
<b>Income Related Food Risk</b>		
Yes	134	24
No	129	24

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

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

**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?

	<b>Watched More than 120 Minutes of Television, Percent of Adolescents</b>
<b>Total</b>	<b>32</b>
<b>Gender</b>	
Males	33
Females	32
<b>Ethnicity</b>	
White	29
African American	50
Latino	31
Asian/Other	39
<b>Gender by Age</b>	
<b>Males</b>	
12-13	31
14-15	33
16-17	34
<b>Females</b>	
12-13	34
14-15	33
16-17	28
<b>Smoking Status</b>	
Non-Smokers	33
Smokers	25
<b>Physical Activity Status</b>	
Regular	29
Irregular	43
<b>Overweight Status</b>	
Not at Risk	32
At Risk/Overweight	35
<b>Income Related Food Risk</b>	
Yes	36
No	32

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

Chi Square Test

\*\*\* p<.001

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

**Table 40b: Prevalence of California Adolescents Having Televisions in Their Bedrooms**

Do you have a television set in your bedroom?

	<b>Have a Television in Bedroom, Percent of Adolescents</b>	
<b>Total</b>	<b>57</b>	
<b>Gender</b>		
Males	62	***
Females	51	
<b>Ethnicity</b>		
White	51	***
African American	77	
Latino	65	
Asian/Other	41	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	57	
14-15	63	
16-17	65	
<b>Females</b>		
12-13	51	
14-15	53	
16-17	50	
<b>Smoking Status</b>		
Non-Smokers	57	
Smokers	56	
<b>Physical Activity Status</b>		
Regular	56	
Irregular	61	
<b>Overweight Status</b>		
Not at Risk	54	*
At Risk/Overweight	62	
<b>Income Related Food Risk</b>		
Yes	65	*
No	56	

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

Chi Square Test

\* p<.05

\*\*\* p<.001

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

**Table 40c: 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.

	<b>Mean Minutes Spent Watching TV/Playing Computer for Fun and Homework</b>
<b>Total</b>	<b>154</b>
<b>Gender</b>	
Males	158
Females	149
<b>Ethnicity</b>	
White	145 <sup>a</sup>
African American	216 <sup>b</sup>
Latino	140 <sup>a</sup>
Asian/Other	189 <sup>b</sup>
<b>Gender by Age</b>	
<b>Males</b>	
12-13	148
14-15	156
16-17	170
<b>Females</b>	
12-13	159
14-15	153
16-17	137
<b>Smoking Status</b>	
Non-Smokers	156
Smokers	125
<b>Physical Activity Status</b>	
Regular	148
Irregular	177
<b>Overweight Status</b>	
Not at Risk	156
At Risk/Overweight	151
<b>Income Related Food Risk</b>	
Yes	159
No	153

Analyses performed on log transformed data.

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

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ANOVA

\*\* p<.01

\*\*\* p<.001

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

**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 <sup>1</sup>	Too Tired	Already Get Enough	Rather Do Something Else	Lazy	
<b>Total</b>	<b>34</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>16</b>	<b>15</b>	
<b>Gender</b>							
Males	28	17	16	9	16	14	***
Females	39	15	7	7	17	15	
<b>Ethnicity</b>							
White	33	16	9	7	17	17	**
African American	19	18	18	6	19	19	
Latino	34	18	14	9	15	10	
Asian/Other	44	13	10	8	12	14	
<b>Gender by Age</b>							
<b>Males</b>							
12-13	17	25	22	6	15	15	***
14-15	27	17	19	10	13	14	
16-17	40	10	7	11	18	13	
<b>Females</b>							
12-13	36	19	10	6	10	19	**
14-15	38	13	7	10	18	13	
16-17	43	14	5	3	22	13	
<b>Smoking Status</b>							
Non-Smokers	34	16	12	8	16	15	
Smokers	27	20	7	7	25	13	
<b>Physical Activity Status</b>							
Regular	35	15	11	8	16	15	*
Irregular	30	22	12	5	19	12	
<b>Overweight Status</b>							
Not at Risk	36	13	12	8	16	15	***
At Risk/Overweight	26	24	8	8	20	13	
<b>Income Related Food Risk</b>							
Yes	25	21	12	12	16	14	*
No	36	15	12	7	15	15	

<sup>1</sup> 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.", none of which exceeded 3 percent.

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

## 2002 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**

About how many minutes do you think you should exercise or be physically active each day 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 in Minutes Spent in Physical Activity, Percent of Adolescents		
		Less than 30	30-59	60+
	<b>Total</b>	<b>43</b>	<b>17</b>	<b>40</b>
<b>Less than 30</b>	13	53	16	31
<b>30-59</b>	37	51	17	32
<b>60+</b>	50	34	17	48

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

Chi Square Test

\*\*\* p<.001