

2004 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?
 Was there another physical activity, exercise or sport that you participated in yesterday?
 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	47 ***
Females	33
Ethnicity	
White	47 ***
African American	32
Latino	35
Asian/Other	41
Gender by Age	
Males	
12-13	43
14-15	50
16-17	48
Females	
12-13	34
14-15	33
16-17	33
Smoking Status	
Non-Smokers	40
Smokers	48
Physical Activity Status	
Regular	46 ***
Irregular	23
Overweight Status	
Not at Risk	43
At Risk/Overweight	39
Income Related Food Risk	
Yes	29 ***
No	45

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

Chi Square Test

*** p<.001

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

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?

	Mean Minutes		
	Vigorous Physical Activity	Moderate Physical Activity	Moderate and Vigorous Physical Activity
Total	40.2	15.7	55.9
Gender			
Males	45.5 **	16.7	62.1 **
Females	34.7	14.7	49.2
Ethnicity			
White	42.5	23.3 ^b ***	65.7 ^b **
African American	37.1	6.7 ^a	43.3 ^{ab}
Latino	35.6	12.4 ^a	47.9 ^a
Asian/Other	48.8	9.5 ^a	58.3 ^{ab}
Gender by Age			
Males			
12-13	41.4	10.5 ^a *	51.9
14-15	52.7	14.9 ^{ab}	67.3
16-17	42.6	25.0 ^b	67.5
Females			
12-13	38.0	16.2	53.9
14-15	34.9	10.7	45.6
16-17	30.9	17.2	47.9
Smoking Status			
Non-Smokers	40.2	15.9	56.0
Smokers	41.8	13.8	54.9
Physical Activity Status			
Regular	46.7 ***	17.9 **	64.4 ***
Irregular	21.6	9.5	31.1
Overweight Status			
Not at Risk	45.8 ***	15.6	61.3 *
At Risk/Overweight	28.9	19.2	48.1
Income Related Food Risk			
Yes	30.5 **	15.0	45.4 **
No	43.9	16.6	60.4

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 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health per Day and Number of Days per Week

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least one hour?

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.

	Percent of Adolescents					
	Days of Physical Activity Believed Needed			Minutes of Physical Activity Believed Needed		
	3 or less days	4-6 days	7 days	0-29 minutes	30-59 minutes	60+ minutes
Total	26	52	23	12	38	51
Gender						
Males	23	52	25	10	32	58
Females	29	51	20	13	44	43
Ethnicity						
White	18	55	27	12	33	55
African American	33	47	20	18	38	44
Latino	34	49	17	10	43	47
Asian/Other	20	52	28	11	35	54
Gender by Age						
Males						
12-13	27	47	26	15	30	55
14-15	22	47	31	6	30	64
16-17	19	62	19	9	35	56
Females						
12-13	25	51	24	13	43	45
14-15	33	45	22	16	40	44
16-17	30	57	13	12	49	39
Smoking Status						
Non-Smokers	26	51	23	12	38	50
Smokers	29	56	16	7	34	59
Physical Activity Status						
Regular	22	53	25	12	33	55
Irregular	37	48	15	11	51	38
Overweight Status						
Not at Risk	27	50	23	12	35	53
At Risk/Overweight	21	59	20	10	44	46
Income Related Food Risk						
Yes	32	45	23	15	38	47
No	25	53	22	11	37	52

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 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?

How many minutes did you spend in physical education class?

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		Mean	
	Taking Physical Education in School ¹	Involved in Organized Sports ¹	Reported Days of Physical Education per Week ^{2,3}	Reported Minutes of Physical Education per Class ^{2,3}
Total	76	44	4.3	53
Gender				
Males	78	50 ***	4.3	56 **
Females	74	37	4.3	50
Ethnicity				
White	79	49	4.2 ^a *	54
African American	79	39	4.4 ^{ab}	48
Latino	75	42	4.3 ^{ab}	52
Asian/Other	70	39	4.6 ^b	56
Gender by Age				
Males				
12-13	90 ***	50	4.3	50 ^a **
14-15	87	51	4.4	57 ^{ab}
16-17	57	49	4.3	64 ^b
Females				
12-13	90 ***	41 **	4.2	45 ^a **
14-15	87	43	4.4	55 ^b
16-17	43	28	4.5	46 ^{ab}
Smoking Status				
Non-Smokers	77 *	43	4.3	53
Smokers	65	54	4.3	55
Physical Activity Status				
Regular	82 ***	50 ***	4.4 ***	53
Irregular	58	26	3.8	50
Overweight Status				
Not at Risk	76	48 ***	4.3	53
At Risk/Overweight	74	35	4.4	55
Income Related Food Risk				
Yes	76	38 *	4.2 *	47 *
No	76	46	4.4	55

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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

³ Of those taking Physical Education

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Table 40: Amount of Time Spent Watching Television and using Computers 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	129	28
Gender		
Males	137 *	30
Females	122	26
Ethnicity		
White	114 ^a ***	28 ^a ***
African American	165 ^b	16 ^a
Latino	125 ^a	22 ^a
Asian/Other	164 ^b	52 ^b
Gender by Age		
Males		
12-13	134	21 ^a ***
14-15	134	25 ^a
16-17	142	45 ^b
Females		
12-13	122	21
14-15	120	28
16-17	123	29
Smoking Status		
Non-Smokers	128 *	28
Smokers	159	29
Physical Activity Status		
Regular	125 *	28
Irregular	142	27
Overweight Status		
Not at Risk	120 ***	30
At Risk/Overweight	159	25
Income Related Food Risk		
Yes	159 ***	23
No	119	28

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<.001

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

Do you have a television set in your bedroom?

	Have a Television in Bedroom, Percent of Adolescents	
Total	60	
Gender		
Males	63	
Females	58	
Ethnicity		
White	53	***
African American	75	
Latino	68	
Asian/Other	49	
Gender by Age		
Males		
12-13	61	*
14-15	69	
16-17	57	
Females		
12-13	62	
14-15	55	
16-17	55	
Smoking Status		
Non-Smokers	59	**
Smokers	77	
Physical Activity Status		
Regular	60	
Irregular	59	
Overweight Status		
Not at Risk	59	*
At Risk/Overweight	66	
Income Related Food Risk		
Yes	69	***
No	57	

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

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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.

	Mean Minutes Spent Watching TV/Playing Computer for Fun and Homework
Total	157
Gender	
Males	166 *
Females	147
Ethnicity	
White	142 ^a ***
African American	181 ^{bc}
Latino	145 ^{ab}
Asian/Other	216 ^c
Gender by Age	
Males	
12-13	152 ^a *
14-15	159 ^{ab}
16-17	186 ^b
Females	
12-13	142
14-15	148
16-17	152
Smoking Status	
Non-Smokers	155 *
Smokers	187
Physical Activity Status	
Regular	153
Irregular	169
Overweight Status	
Not at Risk	150 ***
At Risk/Overweight	182
Income Related Food Risk	
Yes	182 ***
No	147

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<.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	Too Tired	Already Get Enough	Lazy	Too Busy	Rather Do Something Else	Other ¹
Total	31	14	6	17	15	6	10
Gender							
Males	30	18	7	16	14	7	8
Females	32	11	5	18	17	5	13
Ethnicity							
White	35	9	7	15	17	7	10
African American	18	19	8	17	14	6	19
Latino	30	20	5	15	13	6	11
Asian/Other	29	11	5	30	16	3	5
Gender by Age							
Males							
12-13	31	17	10	13	13	7	9
14-15	31	16	6	17	12	9	9
16-17	29	20	5	20	16	6	5
Females							
12-13	22	13	4	13	20	10	18
14-15	34	11	7	17	14	3	14
16-17	41	8	3	23	16	1	8
Smoking Status							
Non-Smokers	31	14	6	17	15	6	11
Smokers	28	16	2	25	13	7	8
Physical Activity Status							
Regular	34	14	8	15	15	6	9
Irregular	24	16	1	23	17	6	13
Overweight Status							
Not at Risk	33	14	7	17	15	5	8
At Risk/Overweight	28	14	4	19	14	8	14
Income Related Food Risk							
Yes	21	21	7	21	11	5	14
No	35	13	6	16	15	6	9

¹ Includes "Don't like it", "Don't look good while doing it", "Don't have a safe place", "Not important", "Don't have right equipment", "Physically unable", "Afraid of getting hurt", "Weather too hot", and "No current sports program"; none of which exceeded 3 percent

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Chi Square Test

* p<.05

*** p<.001

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Table 93: Top Ten Most Common Forms of Exercise or Physical Activity

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?

Rank	State Total	Boys	Girls
1st	Running or jogging/ running on a treadmill	Basketball	Running or jogging/ running on a treadmill
2nd	Basketball	Running or jogging/ running on a treadmill	Basketball
3rd	Soccer	Weight lifting	Walking/ walking on a treadmill
4th	Walking/ walking on a treadmill	Soccer	Calisthenics/ Aerobics
5th	Swimming laps	Bicycling for pleasure/ bike machine	Softball/Baseball
6th	Softball/Baseball	Swimming laps	Soccer
7th	Weight lifting	Softball/Baseball	Dancing - Aerobics/ballet
8th	Calisthenics/ Aerobics ¹	Walking/ walking on a treadmill	Swimming laps
9th	Bicycling for pleasure/ bike machine	Football	Volleyball
10th	Dancing - Aerobics/ballet	Tennis	Other

Rank	White	African-American	Latino	Asian/Other
1st	Running or jogging/ running on a treadmill	Basketball	Running or jogging/ running on a treadmill	Running or jogging/ running on a treadmill
2nd	Basketball	Running or jogging/ running on a treadmill	Basketball	Basketball
3rd	Swimming laps	Walking/ walking on a treadmill	Soccer	Calisthenics
4th	Walking/ walking on a treadmill	Volleyball	Softball/Baseball	Soccer
5th	Weight lifting	Dancing - Aerobics/ballet	Weight lifting	Volleyball
6th	Softball/Baseball	Other	Swimming laps	Dancing - Aerobics/ballet
7th	Soccer	Softball/Baseball	Walking/ walking on a treadmill	Bicycling for pleasure/ bike machine
8th	Bicycling for pleasure/ bike machine	Soccer	Bicycling for pleasure/ bike machine	Tennis
9th	Other	Weight lifting	Calisthenics/ Aerobics	Weight lifting
10th	Tennis	Swimming laps	Dancing - Aerobics/ballet	Football

¹ Calisthenics/Aerobics included calisthenics, aerobics class, home exercise, and health club exercise