

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index (N=1,064)

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status <sup>1</sup> , Percent of Adolescents			Overweight or Obese
	Not Overweight	Overweight	Obese	
<b>Total</b>	<b>74.7</b>	<b>14.1</b>	<b>11.2</b>	<b>25.3</b>
<b>Gender</b>				
Male	71.4	14.0	14.6	28.6
Female	78.0	14.1	7.8	22.0
<b>Ethnicity</b>				
White	82.6	10.1	7.3	17.4
African American	71.4	14.1	14.5	28.6
Latino	66.7	19.5	13.9	33.3
Asian/Other	85.0	5.4	9.5	15.0
<b>Gender by Age</b>				
<b>Male</b>				
12-13	70.3	14.5	15.2	29.7
14-15	71.0	14.8	14.2	29.0
16-17	72.8	12.8	14.4	27.2
<b>Female</b>				
12-13	78.3	14.1	7.6	21.7
14-15	83.6	11.4	5.0	16.4
16-17	71.8	17.1	11.1	28.2
<b>Income</b>				
<\$15,000	55.4	25.5	19.1	44.6
\$15,000 - \$24,999	72.2	18.7	9.1	27.8
\$25,000 - \$34,999	63.2	19.2	17.6	36.8
\$35,000 - \$49,999	75.9	13.0	11.1	24.1
\$50,000 - \$74,999	69.9	14.1	16.0	30.1
> \$75,000	84.6	7.6	7.7	15.4
<b>CalFresh Status, % FPL<sup>2</sup></b>				
Participant	64.0	21.4	14.6	36.0
Likely Eligible < 130%	65.9	20.3	13.8	34.1
Not Eligible > 185%	84.9	6.9	8.1	15.1
<b>Physical Activity Status</b>				
Regular	75.1	14.4	10.5	24.9
Irregular	73.2	13.1	13.8	26.8

<sup>1</sup>Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 46a: Self-Rating of Weight Status by California Adolescent Boys (N=520)**

How do you describe your weight?

very underweight, slightly underweight, about the right weight, slightly overweight, very overweight

	Perceived Weight Status, Percent of Adolescent Boys		
	Not Overweight	Overweight	
<b>Total</b>	<b>70.3</b>	<b>29.7</b>	
<b>Ethnicity</b>			
White	82.1	17.9	***
African American	91.6	8.4	
Latino	65.1	34.9	
Asian/Other	56.1	43.9	
<b>Age</b>			
12-13	59.6	40.4	***
14-15	76.1	23.9	
16-17	75.2	24.8	
<b>Income</b>			
<\$15,000	60.6	39.4	*
\$15,000 - \$24,999	78.6	21.4	
\$25,000 - \$34,999	60.8	39.2	
\$35,000 - \$49,999	70.8	29.2	
\$50,000 - \$74,999	70.5	29.5	
> \$75,000	78.0	22.0	
<b>CalFresh Status, % FPL<sup>1</sup></b>			
Participant	62.7	37.3	
Likely Eligible < 130%	67.3	32.7	
Not Eligible > 185%	73.1	26.9	
<b>Physical Activity Status</b>			
Regular	70.0	30.0	
Irregular	71.2	28.8	

<sup>1</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 46b: Self-Rating of Weight Status by California Adolescent Girls (N=608)**

How do you describe your weight?

very underweight, slightly underweight, about the right weight, slightly overweight, very overweight

	Perceived Weight Status, Percent of Adolescent Girls	
	Not Overweight	Overweight
<b>Total</b>	<b>73.0</b>	<b>27.0</b>
<b>Ethnicity</b>		
White	77.7	22.3
African American	66.7	33.3
Latino	68.8	31.2
Asian/Other	80.1	19.9
<b>Age</b>		
12-13	76.0	24.0
14-15	70.6	29.4
16-17	72.8	27.2
<b>Income</b>		
<\$15,000	65.5	34.5
\$15,000 - \$24,999	67.3	32.7
\$25,000 - \$34,999	72.2	27.8
\$35,000 - \$49,999	80.1	19.9
\$50,000 - \$74,999	73.6	26.4
> \$75,000	79.1	20.9
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	71.5	28.5
Likely Eligible < 130%	69.3	30.7
Not Eligible > 185%	75.2	24.8
<b>Physical Activity Status</b>		
Regular	75.8	24.2
Irregular	65.4	34.6

<sup>1</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

**2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 46c: Perception of Weight in Relation to Body Mass Index as Reported by California Adolescent Boys and Girls**

About how much do you weigh without shoes?  
 About how tall are you without shoes?  
 How do you describe your weight?

	Actual Weight <sup>1</sup>		
	Not Overweight	Overweight/Obese <sup>2</sup>	
<b>Boys think their weight is... (N=470)</b>			
Not Overweight	86.0	34.1	***
Overweight/Obese	14.0	65.9	
<b>Girls think their weight is... (N=573)</b>			
Not Overweight	83.5	37.7	***
Overweight/Obese	16.5	62.3	

<sup>1</sup> Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m<sup>2</sup>).

<sup>2</sup> Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

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

**2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 47: Weight Management Behaviors Reported by California Adolescents (N=1,143)**

During the past 30 days, did you ... to lose weight or keep from gaining weight?

	<b>Weight Management Behaviors Reported, Percent of Adolescents</b>	
	<b>Male (N=507)</b>	<b>Female (N=603)</b>
Exercise	54.3	55.0
Eat less food, fewer calories, or foods	31.5	37.7
Eat or drink foods or drinks low in sugar	29.5	29.1
Fast	3.2	1.1
Take diet pills, powders, or liquids	0.2	0.1
Vomit or take laxatives	0.9	0.6

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