

2005 California Dietary Practices Survey

Table 56a: Weight Status (Based on Body Mass Index)

*How tall are you without shoes?
How much do you weigh?*

| | Percent ¹ | | | |
|-----------------------------------|----------------------|------------|-----------|-----|
| | Not Overweight | Overweight | Obese | |
| Total | 44 | 36 | 19 | |
| <i>Sex</i> | | | | |
| Males | 36 | 47 | 17 | *** |
| Females | 53 | 26 | 21 | |
| <i>Males</i> | | | | |
| 18 - 24 | 61 | 30 | 9 | *** |
| 25 - 34 | 26 | 56 | 19 | |
| 35 - 50 | 39 | 43 | 18 | |
| 51 - 64 | 21 | 55 | 24 | |
| 65+ | 36 | 50 | 14 | |
| <i>Females</i> | | | | |
| 18 - 24 | 67 | 21 | 12 | |
| 25 - 34 | 54 | 24 | 22 | |
| 35 - 50 | 53 | 25 | 22 | |
| 51 - 64 | 52 | 26 | 22 | |
| 65+ | 44 | 34 | 22 | |
| <i>Ethnicity</i> | | | | |
| White | 50 | 36 | 14 | *** |
| Hispanic | 33 | 40 | 27 | |
| Black | 34 | 37 | 29 | |
| Asian/Pacific Islander | 58 | 39 | 3 | |
| <i>Education</i> | | | | |
| Less than High School | 34 | 36 | 30 | *** |
| High School Graduate | 42 | 38 | 20 | |
| Some College | 47 | 36 | 16 | |
| College Graduate | 52 | 36 | 13 | |
| <i>Income</i> | | | | |
| Less than \$15,000 | 35 | 35 | 30 | *** |
| \$15,000 - 24,999 | 40 | 33 | 26 | |
| \$25,000 - 34,999 | 44 | 37 | 19 | |
| \$35,000 - 49,999 | 49 | 38 | 12 | |
| \$50,000+ | 50 | 40 | 11 | |
| <i>Physically Active</i> | | | | |
| Did Not Meet Recommendations | 36 | 38 | 26 | *** |
| Met Recommendations | 53 | 34 | 13 | |
| <i>Poverty Index</i> | | | | |
| Food Stamp Participants | 34 | 32 | 33 | *** |
| All Other Respondents/ ≤ 130% FPL | 34 | 36 | 29 | |
| All Other Respondents/ > 130% FPL | 49 | 37 | 14 | |

¹ Not overweight refers to BMI < 25.0, overweight refers to BMI ≥25 and <30, and obese refers to BMI ≥30.

Rows may not add up to 100 percent due to rounding.

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

Chi Square Test

*** p<.001

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Table 56b: Mean Body Mass Index (BMI)

*How tall are you without shoes?
How much do you weigh?*

| | Mean BMI |
|-----------------------------------|-----------------------|
| Total | 26.3 |
| <i>Sex</i> | |
| Males | 26.7** |
| Females | 25.9 |
| <i>Males</i> | |
| 18 - 24 | 24.5 ^a *** |
| 25 - 34 | 26.8 ^b |
| 35 - 50 | 26.8 ^b |
| 51 - 64 | 28.5 ^c |
| 65+ | 26.3 ^{ab} |
| <i>Females</i> | |
| 18 - 24 | 24.3 |
| 25 - 34 | 26.1 |
| 35 - 50 | 25.9 |
| 51 - 64 | 26.3 |
| 65+ | 26.5 |
| <i>Ethnicity</i> | |
| White | 25.8 ^b *** |
| Hispanic | 27.6 ^c |
| Black | 27.6 ^c |
| Asian/Pacific Islander | 23.8 ^a |
| <i>Education</i> | |
| Less than High School | 27.8 ^c *** |
| High School Graduate | 26.7 ^b |
| Some College | 26.0 ^{ab} |
| College Graduate | 25.3 ^a |
| <i>Income</i> | |
| Less than \$15,000 | 27.8 ^b *** |
| \$15,000 - 24,999 | 26.8 ^{bc} |
| \$25,000 - 34,999 | 26.5 ^{abc} |
| \$35,000 - 49,999 | 25.7 ^{ab} |
| \$50,000+ | 25.3 ^a |
| <i>Physically Active</i> | |
| Did Not Meet Recommendations | 25.4*** |
| Met Recommendations | 27.3 |
| <i>Poverty Index</i> | |
| Food Stamp Participants | 28.0 ^b *** |
| All Other Respondents/ ≤ 130% FPL | 27.6 ^b |
| All Other Respondents/ > 130% FPL | 25.6 ^a |

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<.01

*** p<.001

2005 California Dietary Practices Survey

Table 57: Opinion of Weight Status

Do you consider yourself to be overweight, underweight, or about average for your height?

| | Percent Agreeing | | |
|-----------------------------------|----------------------------|------------|-----|
| | Underweight/ About Average | Overweight | |
| Total | 57 | 43 | |
| <i>Sex</i> | | | |
| Males | 64 | 36 | *** |
| Females | 50 | 50 | |
| <i>Males</i> | | | |
| 18 - 24 | 78 | 22 | *** |
| 25 - 34 | 64 | 36 | |
| 35 - 50 | 63 | 37 | |
| 51 - 64 | 48 | 52 | |
| 65+ | 71 | 29 | |
| <i>Females</i> | | | |
| 18 - 24 | 65 | 35 | * |
| 25 - 34 | 50 | 50 | |
| 35 - 50 | 47 | 53 | |
| 51 - 64 | 50 | 50 | |
| 65+ | 45 | 55 | |
| <i>Ethnicity</i> | | | |
| White | 61 | 39 | *** |
| Hispanic | 49 | 51 | |
| Black | 59 | 41 | |
| Asian/Pacific Islander | 62 | 38 | |
| <i>Education</i> | | | |
| Less than High School | 50 | 50 | * |
| High School Graduate | 60 | 40 | |
| Some College | 56 | 44 | |
| College Graduate | 61 | 39 | |
| <i>Income</i> | | | |
| Less than \$15,000 | 51 | 49 | * |
| \$15,000 - 24,999 | 55 | 45 | |
| \$25,000 - 34,999 | 55 | 45 | |
| \$35,000 - 49,999 | 64 | 36 | |
| \$50,000+ | 61 | 39 | |
| <i>Physically Active</i> | | | |
| Did Not Meet Recommendations | 51 | 49 | *** |
| Met Recommendations | 63 | 37 | |
| <i>Overweight Status</i> | | | |
| Overweight/Obese | 33 | 67 | *** |
| Not Overweight | 88 | 12 | |
| <i>Poverty Index</i> | | | |
| Food Stamp Participants | 46 | 54 | *** |
| All Other Respondents/ ≤ 130% FPL | 52 | 48 | |
| All Other Respondents/ > 130% FPL | 62 | 38 | |

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Chi Square Test

* p<.05

*** p<.001

2005 California Dietary Practices Survey

Crosstab 58: Actual Weight Status (by BMI) by Perceived Weight Status (by BMI)

How tall are you without shoes?

How much do you weigh?

Do you consider yourself to be overweight, underweight, or about average for your height?

| Perceived Weight | Percent ¹ | |
|---------------------|----------------------|------------------|
| | Not Overweight | Overweight/Obese |
| Underweight/Average | 68 | 32 |
| Overweight | 13 | 87 |

¹ Not overweight refers to BMI < 25.0, overweight refers to BMI ≥25 and <30, and obese refers to BMI ≥30.

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

Chi Square Test

*** p<.001

2005 California Dietary Practices Survey

Table 59: Percent Trying to Lose Weight and Method Used

Are you presently trying to lose weight? What have you done to lose weight?

| | Percent Trying to Lose Weight ¹ | Method, Percent ² | |
|-----------------------------------|--|------------------------------|----------------------------|
| | | Dieting or Exercising | Other Methods ³ |
| Total | 76 | 65 | 35 |
| <i>Sex</i> | | | |
| Males | 71** | 71 | 29* |
| Females | 80 | 62 | 38 |
| <i>Males</i> | | | |
| 18 - 24 | 87 | 100 | 0* |
| 25 - 34 | 65 | 65 | 35 |
| 35 - 50 | 68 | 74 | 26 |
| 51 - 64 | 74 | 62 | 38 |
| 65+ | 66 | 71 | 29 |
| <i>Females</i> | | | |
| 18 - 24 | 81 | 72 | 28 |
| 25 - 34 | 80 | 69 | 31 |
| 35 - 50 | 80 | 57 | 43 |
| 51 - 64 | 82 | 59 | 41 |
| 65+ | 78 | 58 | 42 |
| <i>Ethnicity</i> | | | |
| White | 76 | 68 | 32* |
| Hispanic | 78 | 56 | 44 |
| Black | 73 | 78 | 22 |
| Asian/Pacific Islander | 74 | 74 | 26 |
| <i>Education</i> | | | |
| Less than High School | 77 | 54 | 46* |
| High School Graduate | 77 | 69 | 31 |
| Some College | 69 | 64 | 36 |
| College Graduate | 79 | 73 | 27 |
| <i>Income</i> | | | |
| Less than \$15,000 | 80 | 63 | 37 |
| \$15,000 - 24,999 | 72 | 64 | 36 |
| \$25,000 - 34,999 | 77 | 58 | 42 |
| \$35,000 - 49,999 | 75 | 67 | 33 |
| \$50,000+ | 75 | 72 | 28 |
| <i>Physically Active</i> | | | |
| Did Not Meet Recommendations | 72** | 55 | 45*** |
| Met Recommendations | 83 | 77 | 23 |
| <i>Poverty Index</i> | | | |
| Food Stamp Participants | 75 | 69 | 33 |
| All Other Respondents/ ≤ 130% FPL | 80 | 61 | 39 |
| All Other Respondents/ > 130% FPL | 75 | 69 | 31 |

¹ Out of those who consider themselves overweight.

² Out of those who consider themselves overweight and are trying to lose weight.

³ Includes taking vitamins, dietary supplements, weight loss drugs, laxatives, purging, medical procedures, decreasing portion sizes, joining a weight loss program, drinking more water, using a liquid diet, smoking cigarettes, eating more fruits and vegetables, decreasing TV time, low carb dieting, improving eating habits, drinking less alcohol, not eating after a specific time, and weight loss due to health issues.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

2005 California Dietary Practices Survey

Table 60: Percent Who Lost Weight and Maintained Weight Loss for at Least a Year

Have you ever lost at least 10 pounds and kept it off for one year or more?

| | Percent Who Lost and Maintained |
|-----------------------------------|--|
| Total | 57 |
| <i>Sex</i> | |
| Males | 46 *** |
| Females | 67 |
| <i>Males</i> | |
| 18 - 24 | 36 |
| 25 - 34 | 45 |
| 35 - 50 | 46 |
| 51 - 64 | 55 |
| 65+ | 50 |
| <i>Females</i> | |
| 18 - 24 | 57 * |
| 25 - 34 | 64 |
| 35 - 50 | 67 |
| 51 - 64 | 67 |
| 65+ | 77 |
| <i>Ethnicity</i> | |
| White | 63 *** |
| Hispanic | 50 |
| Black | 63 |
| Asian/Pacific Islander | 31 |
| <i>Education</i> | |
| Less than High School | 48 ** |
| High School Graduate | 57 |
| Some College | 61 |
| College Graduate | 60 |
| <i>Income</i> | |
| Less than \$15,000 | 55 |
| \$15,000 - 24,999 | 60 |
| \$25,000 - 34,999 | 60 |
| \$35,000 - 49,999 | 63 |
| \$50,000+ | 54 |
| <i>\$50,000+</i> | |
| Did Not Meet Recommendations | 56 |
| Met Recommendations | 58 |
| <i>Overweight Status</i> | |
| Overweight/Obese | 64 *** |
| Not Overweight | 47 |
| <i>Poverty Index</i> | |
| Food Stamp Participants | 56 |
| All Other Respondents/ ≤ 130% FPL | 52 |
| All Other Respondents/ > 130% FPL | 58 |

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