

2009 California Dietary Practices Survey

Table 81: Self-Reported Weight Status (Based on Body Mass Index), Trends 2001-2009

How tall are you without shoes?

How much do you weigh?

	Percent Overweight ¹					Trends		Percent Obese ¹					Trends		Percent Overweight & Obese ²					Trends	
	2001	2003	2005	2007	2009	2007-09	2001-09	2001	2003	2005	2007	2009	2007-09	2001-09	2001	2003	2005	2007	2009	2007-09	2001-09
Total	32	32	36	35.0	33.6	-1.4	1.6	16	19	19	25.5	25.8	0.3	9.8***	48	51	55	60.4	59.4	-1.0	11.4***
<i>Sex</i>																					
Males	39	39	47	43.0	38.5	-4.5	-0.5	18	19	17	22.8	28.0	5.2*	10.0***	57	58	64	65.8	66.5	0.7	9.5***
Females	26	26	26	27.1	28.6	1.5	2.6	15	20	21	28.1	23.7	-4.4	8.7***	41	46	47	55.1	52.3	-2.8	11.3***
<i>Males</i>																					
18 - 24	29	15	30	35.2	34.3	-0.9	5.3	12	14	9	13.3	12.1	-1.2	0.1	41	29	39	48.1	46.5	-1.6	5.5
25 - 34	41	38	56	41.9	39.5	-2.4	-1.5	20	24	19	25.6	28.7	3.1	8.7	61	62	74	67.3	68.2	0.9	7.2
35 - 50	43	45	43	47.3	37.8	-9.5*	-5.2	15	20	18	27.3	32.8	5.5	17.8***	58	65	61	74.7	70.5	-4.2	12.5**
51 - 64	44	45	55	42.2	39.6	-2.6	-4.4	29	18	24	23.0	32.4	9.4	3.4	73	63	79	65.2	71.9	6.7	-1.1
65+	33	49	50	43.4	43.3	-0.1	10.3	14	13	14	15.8	23.9	8.1	9.9	47	62	64	59.2	67.2	8.0	20.2*
<i>Females</i>																					
18 - 24	16	18	21	22.8	16.1	-6.7	0.1	6	8	12	26.1	12.9	-13.2*	6.9	22	26	33	48.9	29.0	-19.9**	7.0
25 - 34	22	22	24	26.2	34.8	8.6	12.8**	14	27	22	32.9	20.6	-12.3*	6.6	36	49	45	59.1	55.0	-4.1	19.0***
35 - 50	30	25	25	30.1	27.4	-2.7	-2.6	16	22	22	27.6	27.0	-0.6	11.0**	46	47	47	57.7	54.4	-3.3	8.4
51 - 64	28	32	26	29.6	31.3	1.7	3.3	24	25	22	31.6	31.3	-0.3	7.3	52	57	48	61.2	63.0	1.8	11.0
65+	28	32	34	20.4	29.8	9.4	1.8	14	10	22	17.2	21.2	4.0	7.2	42	42	56	37.6	51.0	13.4	9.0
<i>Ethnicity</i>																					
White	31	32	36	31.5	31.4	-0.1	0.4	15	16	14	23.7	24.5	0.8	9.5***	46	48	50	55.3	55.8	0.5	9.8***
Hispanic	37	36	40	42.5	39.8	-2.7	2.8	20	30	27	30.5	29.0	-1.5	9.0*	57	66	67	73.0	68.9	-4.1	11.9**
Black	33	28	37	37.5	27.3	-10.2	-5.7	23	28	29	31.8	40.9	9.1	17.9*	56	56	66	69.3	68.2	-1.1	12.2
Asian/Pacific Islander	34	24	39	27.9	33.5	5.6	-0.5	5	5	3	10.1	17.7	7.6	12.7**	39	29	42	38.0	51.2	13.2*	12.2
<i>Education</i>																					
Less than High School	39	38	36	38.5	38.4	-0.1	-0.6	20	31	30	35.5	36.1	0.6	16.1***	59	69	66	74.0	74.5	0.5	15.5***
High School Graduate	28	34	38	31.3	34.0	2.7	6.0	20	26	20	29.7	27.2	-2.5	7.2*	48	60	58	61.0	61.1	0.1	13.1***
Some College	34	30	36	35.0	33.4	-1.6	-0.6	17	21	16	26.3	26.0	-0.3	9.0**	51	51	53	61.2	59.3	-1.9	8.3*
College Graduate	33	32	36	36.2	30.3	-5.9	-2.7	12	10	13	14.4	18.1	3.7	6.1*	45	42	48	50.6	48.4	-2.2	3.4
<i>Income</i>																					
Less than \$15,000	29	32	35	31.5	32.7	1.2	3.7	18	25	30	33.6	35.5	1.9	17.5***	47	57	65	65.1	68.2	3.1	21.2***
\$15,000 - 24,999	32	32	33	35.2	31.6	-3.6	-0.4	16	25	26	29.5	30.5	1.0	14.5***	48	57	59	64.8	62.1	-2.7	14.1***
\$25,000 - 34,999	37	32	37	40.0	38.3	-1.7	1.3	20	25	19	22.3	27.5	5.2	7.5	57	57	56	62.3	65.8	3.5	8.8
\$35,000 - 49,999	35	28	38	41.2	37.4	-3.8	2.4	19	19	12	26.9	21.1	-5.8	2.1	54	47	51	68.1	58.5	-9.6	4.5
\$50,000+	33	32	40	35.2	34.3	-0.9	1.3	14	15	11	16.2	15.5	-0.7	1.5	47	47	50	51.4	49.8	-1.6	2.8
<i>Physically Active</i>																					
Did Not Meet Recommendations	32	33	38	31.2	36.6	5.4	4.6	21	27	26	32.8	27.3	-5.5	6.3**	53	60	64	64.0	63.9	-0.1	10.9***
Met Recommendations	33	32	34	36.7	31.6	-5.1	-1.4	11	12	13	19.9	16.4	-3.5	5.4*	44	44	47	56.6	48.0	-8.6**	4.0

¹Overweight refers to BMI ≥ 25 and < 30 and obese refers to BMI ≥ 30.

²Overweight & obese refers to BMI ≥ 25.

* p<.05

** p<.01

*** p<.001

2009 California Dietary Practices Survey

Table 81a: Self-Reported Weight Status (Based on Body Mass Index)

How tall are you without shoes?

How much do you weigh?

	Percent ¹		
	Not Overweight	Overweight or Obese	
Total	40.6	59.4	
<i>Sex</i>			
Males	33.5	66.5	***
Females	47.7	52.3	
<i>Males</i>			
18 - 24	53.5	46.5	***
25 - 34	31.8	68.2	
35 - 50	29.5	70.5	
51 - 64	28.1	71.9	
65+	32.8	67.2	
<i>Females</i>			
18 - 24	71.0	29.0	***
25 - 34	45.0	55.0	
35 - 50	45.6	54.4	
51 - 64	37.0	63.0	
65+	49.0	51.0	
<i>Ethnicity</i>			
White	44.2	55.8	***
Hispanic	31.1	68.9	
Black	31.8	68.2	
Asian/Pacific Islander	48.8	51.2	
<i>Education</i>			
Less than High School	25.5	74.5	***
High School Graduate	38.9	61.1	
Some College	40.7	59.3	
College Graduate	51.6	48.4	
<i>Income</i>			
Less than \$15,000	31.8	68.2	***
\$15,000 - 24,999	37.9	62.1	
\$25,000 - 34,999	34.2	65.8	
\$35,000 - 49,999	41.5	58.5	
\$50,000+	50.3	49.8	
<i>Physically Active</i>			
Did Not Meet Recommendations	36.1	63.9	***
Met Recommendations	52.0	48.0	
<i>SNAP/CalFresh Status, % FPL</i>			
Participant, ≤ 130%	32.9	67.1	***
Likely Eligible, ≤ 130%	37.8	62.2	
Potentially Eligible, 131 - 185%	31.4	68.6	
Not Eligible, > 185%	51.3	48.7	

N=1,451

¹Not overweight refers to BMI < 25 and overweight & obese refers to BMI ≥ 25.

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 81b: Self-Reported 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	40.6	33.6	25.8	
<i>Sex</i>				
Males	33.5	38.5	28.0	***
Females	47.8	28.6	23.7	
<i>Males</i>				
18 - 24	53.5	34.3	12.1	**
25 - 34	31.8	39.5	28.7	
35 - 50	29.5	37.8	32.8	
51 - 64	28.1	39.6	32.4	
65+	32.8	43.3	23.9	
<i>Females</i>				
18 - 24	71.0	16.1	12.9	***
25 - 34	44.7	34.8	20.6	
35 - 50	45.6	27.4	27.0	
51 - 64	37.3	31.3	31.3	
65+	49.0	29.8	21.2	
<i>Ethnicity</i>				
White	44.2	31.4	24.5	***
Hispanic	31.1	39.8	29.0	
Black	31.8	27.3	40.9	
Asian/Pacific Islander	48.8	33.5	17.7	
<i>Education</i>				
Less than High School	25.5	38.4	36.1	***
High School Graduate	38.8	34.0	27.2	
Some College	40.6	33.4	26.0	
College Graduate	51.6	30.3	18.1	
<i>Income</i>				
Less than \$15,000	31.8	32.7	35.5	***
\$15,000 - 24,999	37.9	31.6	30.5	
\$25,000 - 34,999	34.2	38.3	27.5	
\$35,000 - 49,999	41.5	37.4	21.1	
\$50,000+	50.3	34.3	15.5	
<i>Physically Active</i>				
Did Not Meet Recommendations	36.1	36.6	27.3	***
Met Recommendations	52.0	31.6	16.4	
<i>SNAP/CalFresh Status, % FPL</i>				
Participant, ≤ 130%	32.9	35.2	31.9	***
Likely Eligible, ≤ 130%	37.8	26.9	35.3	
Potentially Eligible, 131 - 185%	31.4	37.1	31.4	
Not Eligible, > 185%	51.3	33.7	15.1	

N=1,451

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

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

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Chi Square Test

** p<.01

*** p<.001

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Table 82: Opinion of Weight Status

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

	Percent		
	Underweight	About Average	Overweight
Total	5.9	49.7	44.4
<i>Sex</i>			
Males	7.3	52.5	40.2
Females	4.5	46.9	48.6
<i>Males</i>			
18 - 24	17.8	55.4	26.7
25 - 34	8.2	48.7	43.0
35 - 50	4.1	51.0	44.9
51 - 64	7.1	51.4	41.4
65+	1.4	63.8	34.8
<i>Females</i>			
18 - 24	3.2	64.9	31.9
25 - 34	5.4	49.7	45.0
35 - 50	4.9	40.7	54.3
51 - 64	2.9	38.4	58.7
65+	6.3	52.3	41.4
<i>Ethnicity</i>			
White	6.1	50.0	43.9
Hispanic	4.0	47.9	48.1
Black	5.6	46.7	47.8
Asian/Pacific Islander	9.3	53.9	36.8
<i>Education</i>			
Less than High School	4.7	45.9	49.5
High School Graduate	6.3	46.6	47.1
Some College	5.9	48.8	45.3
College Graduate	5.9	55.5	38.6
<i>Income</i>			
Less than \$15,000	6.6	43.7	49.8
\$15,000 - 24,999	7.2	47.7	45.1
\$25,000 - 34,999	5.7	48.0	46.3
\$35,000 - 49,999	7.4	50.8	41.8
\$50,000+	4.4	54.7	40.9
<i>Physically Active</i>			
Did Not Meet Recommendations	4.0	48.0	48.0
Met Recommendations	6.8	60.1	33.1
<i>Overweight Status</i>			
Overweight/Obese	1.0	32.7	66.3
Not Overweight	13.0	75.8	11.2
<i>SNAP/CalFresh Status, % FPL</i>			
Participant, ≤ 130%	6.3	45.6	48.1
Likely Eligible, ≤ 130%	5.5	42.1	52.4
Potentially Eligible, 131 - 185%	2.9	51.4	45.7
Not Eligible, > 185%	6.4	55.5	38.1

N=1,451

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<.01

*** p<.001

2009 California Dietary Practices Survey

Cross Tab 83: Perceived Weight Status by Self-Reported Body Mass Index (by Height and Weight)

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?

Think their weight is...	Percent with Body Mass Index Classified as ¹	
	Underweight or Normal	Overweight & Obese
Underweight or About Average	88.8	33.7
Overweight	11.2	66.3

N=1,451

¹Not overweight refers to BMI < 25 and overweight & obese refers to BMI ≥ 25.

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

2009 California Dietary Practices Survey

Table 84: Percent Trying to Lose Weight and Method Used

¹ Base: Out of those who consider themselves overweight (44.4%)

² Base: Out of those who consider themselves overweight and are trying to lose weight (68.1%)

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

	Percent Trying to Lose Weight ¹	Method, Percent ²			
		Dieting	Exercising	Dieting & Exercising	Other ³
Total	68.1	26.0	27.7	22.1	24.2
<i>Sex</i>					
Males	66.2	26.5	36.5	20.1	16.9
Females	69.7	25.7	20.9	23.7	29.7
<i>Males</i>					
18 - 24	59.3	Insufficient Sample Size for Analysis			
25 - 34	58.8				
35 - 50	67.3				
51 - 64	81.0				
65+	54.2				
<i>Females</i>					
18 - 24	63.3	Insufficient Sample Size for Analysis			
25 - 34	64.2				
35 - 50	74.2				
51 - 64	70.7				
65+	67.4				
<i>Ethnicity</i>					
White	64.9	24.8	22.4	26.7	26.2
Hispanic	66.7	27.9	29.5	20.9	21.7
Black	81.4	20.6	29.4	17.6	32.4
Asian/Pacific Islander	78.7	30.5	40.7	11.9	16.9
<i>Education</i>					
Less than High School	66.2	30.4	25.0	15.2	29.3
High School Graduate	67.8	28.5	30.1	22.8	18.7
Some College	70.1	29.6	15.7	23.1	31.5
College Graduate	68.0	16.4	38.8	25.9	19.0
<i>Income</i>					
Less than \$15,000	70.2	30.4	20.5	19.9	29.2
\$15,000 - 24,999	67.2	23.8	27.5	25.0	23.8
\$25,000 - 34,999	69.0	22.5	25.0	17.5	35.0
\$35,000 - 49,999	66.7	47.1	26.5	17.6	8.8
\$50,000+	66.9	16.2	36.9	26.1	20.7
<i>Physically Active</i>					
Did Not Meet Recommendations	71.2	21.1	30.4	27.3	21.1
Met Recommendations	70.2	16.7	33.3	33.3	16.7
<i>Overweight Status</i>					
Overweight/Obese	67.6	27.9	26.5	21.4	24.1
Not Overweight	66.7	11.9	42.9	19.0	26.2
<i>SNAP/CalFresh Status, % FPL</i>					
Participant, ≤ 130%	67.1	26.8	20.0	24.1	29.1
Likely Eligible, ≤ 130%	75.6	35.9	26.6	17.2	20.3
Potentially Eligible, 131 - 185%	78.1	28.0	36.0	4.0	32.0
Not Eligible, > 185%	63.6	20.7	36.2	25.9	17.2

N=643

³ Other includes behavior modification, over-the-counter supplements, join weight loss groups, medical procedures, liquid diet, decrease portion sizes, low carb diet, eat more fruits and vegetables, drink more water, improve healthy eating habits, nothing, not eating after a specific time, lost weight because of health issues, and drink less alcohol.

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

Chi Square Test

* p<.05

** p<.01

2009 California Dietary Practices Survey

Table 85: Percent who Lost Weight and Maintained Weight Loss

Have you ever lost at least 10 pounds and kept it off for one year or more?¹

	Percent who Lost Weight & Maintained Loss
Total	62.0
<i>Sex</i>	
Males	54.9 ***
Females	69.0
<i>Males</i>	
18 - 24	52.9
25 - 34	50.9
35 - 50	56.1
51 - 64	58.4
65+	53.0
<i>Females</i>	
18 - 24	69.1
25 - 34	66.9
35 - 50	66.1
51 - 64	73.9
65+	71.8
<i>Ethnicity</i>	
White	70.7 ***
Hispanic	49.5
Black	61.8
Asian/Pacific Islander	56.5
<i>Education</i>	
Less than High School	50.0 ***
High School Graduate	62.6
Some College	71.1
College Graduate	62.7
<i>Income</i>	
Less than \$15,000	60.6
\$15,000 - 24,999	62.1
\$25,000 - 34,999	56.3
\$35,000 - 49,999	62.5
\$50,000+	62.1
<i>Physically Active</i>	
Did Not Meet Recommendations	63.3
Met Recommendations	66.2
<i>Overweight Status</i>	
Overweight/Obese	65.3 **
Not Overweight	56.8
<i>SNAP/CalFresh Status, % FPL</i>	
Participant, ≤ 130%	65.2 *
Likely Eligible, ≤ 130%	56.4
Potentially Eligible, 131 - 185%	54.9
Not Eligible, > 185%	59.1

N=1,441

¹ Female results may be confounded by pregnancies.

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