

2013 California Dietary Practices Survey

Table 46: Self-Reported Weight Status (Based on Body Mass Index), Trends 2001-2013  
 How tall are you without shoes?  
 How much do you weigh?

	Percent Overweight <sup>1</sup>							Trends		Percent Obese <sup>1</sup>							Trends		Percent Overweight & Obese <sup>2</sup>							Trends			
	2001	2003	2005	2007	2009	2011	2013	2011-13	2001-13	2001	2003	2005	2007	2009	2011	2013	2011-13	2001-13	2001	2003	2005	2007	2009	2011	2013	2011-13	2001-13		
<b>Total</b>	<b>32</b>	<b>32</b>	<b>36</b>	<b>35.0</b>	<b>33.6</b>	<b>32.8</b>	<b>35.5</b>	<b>2.7</b>	<b>3.5</b>	<b>16</b>	<b>19</b>	<b>19</b>	<b>25.5</b>	<b>25.8</b>	<b>30.6</b>	<b>30.2</b>	<b>-0.4</b>	<b>14.2***</b>	<b>48</b>	<b>51</b>	<b>55</b>	<b>60.4</b>	<b>59.4</b>	<b>63.5</b>	<b>65.8</b>	<b>2.3</b>	<b>17.8***</b>		
<b>Sex</b>																													
Male	39	39	47	43.0	38.5	39.8	43.2	3.4	4.2	18	19	17	22.8	28.0	28.4	26.5	-1.9	8.5***	57	58	64	65.8	66.5	68.3	69.6	1.3	12.6***		
Female	26	26	26	27.1	28.6	25.9	28.0	2.1	2.0	15	20	21	28.1	23.7	32.8	33.9	1.1	18.9***	41	46	47	55.1	52.3	58.7	61.9	3.2	20.9***		
<b>Age</b>																													
18 - 24							31.3	NA	NA							21.1	NA	NA								52.4	NA	NA	
25 - 34							36.5	NA	NA							30.6	NA	NA								67.1	NA	NA	
35 - 50							36.9	NA	NA							33.4	NA	NA								70.3	NA	NA	
51 - 64							36.9	NA	NA							35.2	NA	NA								72.1	NA	NA	
65+							33.6	NA	NA							25.2	NA	NA								58.7	NA	NA	
<b>Ethnicity</b>																													
White	31	32	36	31.5	31.4	31.9	35.1	3.2	4.1	15	16	14	23.7	24.5	27.3	27.1	-0.2	12.1***	46	48	50	55.3	55.8	59.2	62.2	3.0	16.2***		
Hispanic	37	36	40	42.5	39.8	38.5	39.3	0.8	2.3	20	30	27	30.5	29.0	35.4	34.0	-1.4	14.0***	57	66	67	73.0	68.9	73.9	73.3	-0.6	16.3***		
Black	33	28	37	37.5	27.3	34.5	26.1	-8.4	-6.9	23	28	29	31.8	40.9	39.1	44.2	5.1	21.2*	56	56	66	69.3	68.2	73.6	70.3	-3.3	14.3		
Asian/Other <sup>3</sup>	34	24	39	27.9	33.5	29.9	37.7	NA	NA	5	5	3	10.1	17.7	13.8	23.9	NA	NA	39	29	42	38.0	51.2	43.7	61.6	NA	NA		
<b>Education</b>																													
Less than High School	39	38	36	38.5	38.4	33.8	38.0	4.2	-1.0	20	31	30	35.5	36.1	40.1	31.9	-8.2	11.9**	59	69	66	74.0	74.5	73.9	69.9	-4.0	10.9*		
High School Graduate	28	34	38	31.3	34.0	32.5	37.9	5.4	9.9**	20	26	20	29.7	27.2	33.5	32.7	-0.8	12.7***	48	60	58	61.0	61.1	66.0	70.6	4.6	22.6***		
Some College	34	30	36	35.0	33.4	28.5	32.7	4.2	-1.3	17	21	16	26.3	26.0	34.4	33.8	-0.6	16.8***	51	51	53	61.2	59.3	62.9	66.5	3.6	15.5***		
College Graduate	33	32	36	36.2	30.3	37.2	34.5	-2.7	1.5	12	10	13	14.4	18.1	19.1	23.1	4.0	11.1***	45	42	48	50.6	48.4	56.3	57.6	1.3	12.6***		
<b>Income</b>																													
Less than \$15,000	29	32	35	31.5	32.7	31.7	36.0	4.3	7.0*	18	25	30	33.6	35.5	37.6	32.4	-5.2	14.4***	47	57	65	65.1	68.2	69.3	68.4	-0.9	21.4***		
\$15,000 - 24,999	32	32	33	35.2	31.6	34.7	30.3	-4.4	-1.7	16	25	26	29.5	30.5	32.8	37.7	4.9	21.7***	48	57	59	64.8	62.1	67.5	68.0	0.5	20.0***		
\$25,000 - 34,999	37	32	37	40.0	38.3	35.3	33.8	-1.5	-3.2	20	25	19	22.3	27.5	31.4	28.1	-3.3	8.1	57	57	56	62.3	65.8	66.7	61.9	-4.8	4.9		
\$35,000 - 49,999	35	28	38	41.2	37.4	40.2	43.1	2.9	8.1	19	19	12	26.9	21.1	28.4	28.2	-0.2	9.2	54	47	51	68.1	58.5	68.3	71.4	3.1	17.4**		
\$50,000+	33	32	40	35.2	34.3	32.3	36.1	3.8	3.1	14	15	11	16.2	15.5	20.2	24.0	3.8	10.0***	47	47	50	51.4	49.8	52.6	60.1	7.5	13.1***		
<b>Physically Active</b>																													
Met Aerobic Recommendation							35.2	NA	NA							27.5	NA	NA								62.7	NA	NA	
Did Not Meet Aerobic Recommendation							35.8	NA	NA							34.6	NA	NA								70.4	NA	NA	
<b>SNAP/CalFresh Status, % FPL</b>																													
Participant							31.5	33.7	2.2	NA						36.5	34.4	-2.1	NA							68.0	68.1	0.1	NA
Likely Eligible, ≤ 130%							42.1	34.0	-8.1	NA						31.6	30.0	-1.6	NA							73.5	64.0	-9.5	NA
Not Eligible, > 185%							33.4	39.1	5.7	NA						19.7	20.9	1.2	NA							53.2	60.0	6.8	NA

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

<sup>2</sup>Overweight & obese refers to BMI ≥ 25.

<sup>3</sup> For the years 1999-2011, this group represented Asians and Pacific Islanders. Starting in 2013, this group represents Asians and those with race classifications that are not White, Black, and/or Hispanic.

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 47: Self-Reported Weight Status (Based on Body Mass Index)**

*How tall are you without shoes?*

*How much do you weigh?*

	Percent <sup>1</sup>	
	Not Overweight	Overweight or Obese
<b>Total</b>	<b>34.2</b>	<b>65.8</b>
<i>Sex</i>		
Male	30.4	69.6
Female	38.1	61.9
<i>Age</i>		
18 - 24	47.6	52.4
25 - 34	32.9	67.1
35 - 50	29.7	70.3
51 - 64	27.9	72.1
65+	41.3	58.7
<i>Ethnicity</i>		
White	37.8	62.2
Hispanic	26.7	73.3
Black	29.7	70.3
Asian/Other	38.4	61.6
<i>Education</i>		
Less than High School	30.1	69.9
High School Graduate	29.4	70.6
Some College	33.5	66.5
College Graduate	42.4	57.6
<i>Income</i>		
Less than \$15,000	31.6	68.4
\$15,000 - 24,999	32.0	68.0
\$25,000 - 34,999	38.1	61.9
\$35,000 - 49,999	28.6	71.4
\$50,000+	39.9	60.1
<i>Physically Active</i>		
Met Aerobic Recommendation	37.3	62.7
Did Not Meet Aerobic Recommendation	29.6	70.4
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	31.9	68.1
Likely Eligible, ≤ 130%	36.0	64.0
Not Eligible, > 185%	40.0	60.0

N=1431

<sup>1</sup>Not 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<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 48: Self-Reported Weight Status (Based on Body Mass Index)**

*How tall are you without shoes?*

*How much do you weigh?*

	Percent <sup>1</sup>			
	Not Overweight	Overweight	Obese	
<b>Total</b>	<b>34.2</b>	<b>35.5</b>	<b>30.2</b>	
<i>Sex</i>				
Male	30.4	43.2	26.5	***
Female	38.1	28.0	33.9	
<i>Age</i>				
18 - 24	47.6	31.3	21.1	***
25 - 34	32.9	36.5	30.6	
35 - 50	29.7	36.9	33.4	
51 - 64	27.9	36.9	35.2	
65+	41.3	33.6	25.2	
<i>Ethnicity</i>				
White	37.8	35.1	27.1	***
Hispanic	26.7	39.3	34.0	
Black	29.7	26.1	44.2	
Asian/Other	38.4	37.7	23.9	
<i>Education</i>				
Less than High School	30.1	38.0	31.9	***
High School Graduate	29.4	37.9	32.7	
Some College	33.5	32.7	33.8	
College Graduate	42.4	34.5	23.1	
<i>Income</i>				
Less than \$15,000	31.6	36.0	32.4	*
\$15,000 - 24,999	32.0	30.3	37.7	
\$25,000 - 34,999	38.1	33.8	28.1	
\$35,000 - 49,999	28.6	43.1	28.2	
\$50,000+	39.9	36.1	24.0	
<i>Physically Active</i>				
Met Aerobic Recommendation	37.3	35.2	27.5	**
Did Not Meet Aerobic Recommendation	29.6	35.8	34.6	
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	31.9	33.7	34.4	***
Likely Eligible, ≤ 130%	36.0	34.0	30.0	
Not Eligible, > 185%	40.0	39.1	20.9	

N=1431

<sup>1</sup>Not 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<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Cross Tab 49: 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 <sup>1</sup>	
	Underweight or Normal	Overweight & Obese
Underweight or About Average	59.3	40.7
Overweight	7.8	92.2

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N=1429

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

Columns 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

**2013 California Dietary Practices Survey**

**Table 50: Percent Trying to Lose Weight and Method Used**

<sup>1</sup> Base: Out of those who consider themselves overweight

<sup>2</sup> Base: Out of those who consider themselves overweight and are trying to lose weight  
Are you presently trying to lose weight? What have you done to lose weight?

	Percent Trying to Lose Weight <sup>1</sup>	Method, Percent <sup>2</sup>		
		Dieting	Exercising	Dieting & Exercising
<b>Total</b>	<b>74.6</b>	<b>26.3</b>	<b>22.9</b>	<b>25.9</b>
<i>Sex</i>				
Male	69.5 *	29.6	21.1	27.8
Female	77.8	24.5	23.9	24.8
<i>Age</i>				
18 - 24	81.1	11.4	49.4	23.7 ***
25 - 34	72.7	26.6	23.2	34.0
35 - 50	74.7	22.8	19.5	27.9
51 - 64	79.3	33.5	20.8	20.2
65+	66.5	36.7	13.8	18.1
<i>Ethnicity</i>				
White	70.4 *	26.1	21.8	27.5
Hispanic	80.3	27.8	19.2	28.0
Black	71.2	18.3	40.9	15.9
Asian/Other	84.0	31.4	21.9	20.9
<i>Education</i>				
Less than High School	77.7	38.4	18.3	18.9 **
High School Graduate	73.6	18.1	32.5	29.7
Some College	74.4	25.3	21.7	25.3
College Graduate	74.0	29.1	15.7	27.1
<i>Income</i>				
Less than \$15,000	73.3	23.0	28.9	26.3 ***
\$15,000 - 24,999	72.9	22.0	23.7	27.9
\$25,000 - 34,999	69.8	42.2	4.9	27.3
\$35,000 - 49,999	79.3	22.2	25.1	31.1
\$50,000+	78.3	35.3	12.4	15.0
<i>Overweight Status</i>				
Overweight/Obese	75.0 *	26.4	24.5	24.1
Not Overweight	61.2	24.7	9.3	42.6
<i>Physically Active</i>				
Met Aerobic Recommendation	78.6 **	20.9	25.9	29.2 ***
Did Not Meet Aerobic Recommendation	67.7	36.3	17.7	21.2
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	71.1	23.7	26.7	26.9 **
Likely Eligible, ≤ 130%	81.2	32.0	20.7	29.6
Not Eligible, > 185%	76.8	34.7	13.3	16.5

N= 843; 640

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

## 2013 California Dietary Practices Survey

**Table 51: Percent with Health Care Provider Advising Weight Loss**

*Has your health care provider ever told you to lose weight?*

	Percent who Have Been Told to Lose Weight
<b>Total</b>	<b>23.0</b>
<i>Sex</i>	
Male	21.5
Female	24.1
<i>Age</i>	
18 - 24	17.9
25 - 34	28.8
35 - 50	23.5
51 - 64	25.0
65+	17.5
<i>Ethnicity</i>	
White	18.3
Hispanic	37.2
Black	29.6
Asian/Other	20.8
<i>Education</i>	
Less than High School	44.5
High School Graduate	22.9
Some College	20.2
College Graduate	18.3
<i>Income</i>	
Less than \$15,000	26.0
\$15,000 - 24,999	19.6
\$25,000 - 34,999	21.2
\$35,000 - 49,999	18.7
\$50,000+	24.5
<i>Overweight Status</i>	
Overweight/Obese	31.7
Not Overweight	4.0
<i>Physically Active</i>	
Met Aerobic Recommendation	21.2
Did Not Meet Aerobic Recommendation	26.4
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	26.1
Likely Eligible, ≤ 130%	17.1
Not Eligible, > 185%	21.6

N=883

Gray cells indicate a sample size of less than 50 and do not meet the criteria for statistical reliability.

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

Chi Square Test

\*\*\* p<.001