

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index¹ (N=1,182)

About how much do you weigh without shoes?
About how tall are you without shoes?

	Overweight Status ² , Percent of Adolescents			
	Not Overweight	Overweight	Obese	Overweight and Obese
Total	73.3	14.1	12.6	26.7
Gender				
Males	70.9	13.1	16.0	29.1
Females	75.8	15.1	9.1	24.2
Ethnicity				
White	79.3	11.5	9.2	20.7
African American	64.9	13.2	21.8	35.1
Latino	66.1	17.6	16.4	33.9
Asian/Other	80.2	12.5	7.3	19.8
Gender by Age				
Males				
12-13	72.4	15.2	12.4	27.6
14-15	69.9	11.8	18.3	30.1
16-17	70.4	12.3	17.3	29.6
Females				
12-13	77.2	13.2	9.6	22.8
14-15	78.9	15.6	5.4	21.1
16-17	71.2	16.6	12.3	28.8
Income				
<\$15,000	62.4	20.9	16.7	37.6
\$15,000 - \$24,999	69.5	14.0	16.5	30.5
\$25,000 - \$34,999	76.8	10.4	12.8	23.2
\$35,000 - \$49,999	56.2	14.2	29.6	43.8
\$50,000 - \$74,999	69.4	17.1	13.6	30.6
≥\$75,000	80.9	12.4	6.7	19.1
Food Stamp Status, % FPL				
Participant, ≤130%	72.7	14.5	12.8	27.3
Likely Eligible, ≤130%	70.1	14.6	15.3	29.9
Potentially Eligible, 131-185%	63.8	9.8	26.4	36.2
Not Eligible, >185%	74.7	14.8	10.6	25.3
Smoking Status				
Non-Smokers	73.9	13.8	12.2	26.1
Smokers	60.2	19.1	20.7	39.8
Physical Activity Status				
Regular	72.9	14.8	12.4	27.1
Irregular	74.4	12.2	13.3	25.6
Overweight Status				
Not Overweight	N/A	N/A	N/A	N/A
Overweight/Obese	N/A	N/A	N/A	N/A

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² 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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 46a: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescent Boys (N=570)

About how much do you weigh without shoes?
 About how tall are you without shoes?
 What do you think is the best weight for you?

	Self Reported Current Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds	Difference Current Weight and Ideal Weight, Mean Pounds
All Boys	141.7	135.7	6.1
Ethnicity			
White	140.2 ^a *	135.9 ^a ***	5.3 ^{ab} *
African American	159.3 ^b	157.6 ^b	1.3 ^{ab}
Latino	142.3 ^{ab}	135.3 ^a	7.2 ^b
Asian/Other	140.9 ^{ab}	140.0 ^a	0.5 ^a
Age			
12-13	116.6 ^a ***	111.1 ^a ***	5.5
14-15	144.2 ^b	139.9 ^b	5.1
16-17	166.6 ^c	162.5 ^c	4.6
Income			
<\$15,000	141.9 ^{ab} **	131.6 ^a ***	10.3 ^{ab} **
\$15,000 - \$24,999	137.6 ^a	132.2 ^a	4.8 ^{ab}
\$25,000 - \$34,999	136.4 ^a	134.9 ^a	1.3 ^a
\$35,000 - \$49,999	159.5 ^b	155.9 ^b	4.0 ^{ab}
\$50,000 - \$74,999	147.3 ^{ab}	135.5 ^a	11.8 ^b
≥\$75,000	138.2 ^a	136.4 ^a	2.0 ^a
Food Stamp Status, % FPL			
Participant, ≤130%	137.0	133.6 ^{ab} **	4.5
Likely Eligible, ≤130%	137.0	129.3 ^a	7.4
Potentially Eligible, 131-185%	149.0	142.5 ^{ab}	7.5
Not Eligible, >185%	146.5	142.5 ^b	4.4
Smoking Status			
Non-Smokers	141.3 ***	137.2 *	4.5 ***
Smokers	174.4	154.3	20.1
Physical Activity Status			
Regular	142.9	137.8	5.1
Irregular	140.4	137.5	4.6
Overweight Status			
Not Overweight	127.0 ***	128.9 ***	-1.7 ***
Overweight/Obese	181.2	160.2	21.1

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 46b: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescent Girls (N=599)

About how much do you weigh without shoes?
 About how tall are you without shoes?
 What do you think is the best weight for you?

	Self Reported Current Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds	Difference Between Current Weight and Ideal Weight, Mean Pounds
All Girls	126.5	116.5	10.1
Ethnicity			
White	124.6	116.9	7.8
African American	128.8	118.9	10.6
Latino	127.5	117.0	11.4
Asian/Other	118.5	111.5	6.9
Age			
12-13	114.6 ^a ***	105.9 ^a ***	9.6
14-15	126.2 ^b	118.9 ^b	7.8
16-17	135.1 ^c	124.3 ^c	10.4
Income			
<\$15,000	119.5 ^a *	113.3	9.9 ^a *
\$15,000 - \$24,999	130.9 ^a	120.3	10.6 ^a
\$25,000 - \$34,999	129.8 ^a	117.1	14.8 ^a
\$35,000 - \$49,999	136.5 ^a	119.4	14.9 ^a
\$50,000 - \$74,999	128.5 ^a	116.5	12.1 ^a
≥\$75,000	122.9 ^a	116.7	6.2 ^a
Food Stamp Status, % FPL			
Participant, ≤130%	120.6 ^a ***	113.1 ^a **	9.6 ^{ab} *
Likely Eligible, ≤130%	127.0 ^a	116.1 ^a	11.8 ^{ab}
Potentially Eligible, 131-185%	145.1 ^b	125.9 ^b	17.4 ^b
Not Eligible, >185%	125.3 ^a	117.4 ^a	7.9 ^a
Smoking Status			
Non-Smokers	124.7	115.8 **	9.2
Smokers	133.9	124.4	9.5
Physical Activity Status			
Regular	126.4	116.5	9.8
Irregular	123.1	115.9	8.2
Overweight Status			
Not Overweight	114.2 ***	111.6 ***	3.1 ***
Overweight/Obese	161.0	132.6	28.4

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 46c: Perception of Ideal Weight in Relation to Body Mass Index¹ as Reported by California Adolescent Boys and Girls

About how much do you weigh without shoes?
 About how tall are you without shoes?
 What do you think is the best weight for you?

Percent of Teen Boys (N=590)		
Self-Identified Ideal Weight	Reported Weight ¹	
	Not Overweight	Overweight/Obese ²
Not Overweight	88.0	12.0
Overweight/Obese	15.9	84.1

Percent of Teen Girls (N=566)		
Self-Identified Ideal Weight	Reported Weight ¹	
	Not Overweight	Overweight/Obese ²
Not Overweight	82.0	18.0
Overweight/Obese	3.6	96.4

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² 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<.001

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 47: Cross Tabulation of Trying to Lose Weight and Eating High Calorie, Low Nutrient Foods Among California Adolescents (N=1,219)

During the past 30 days, have you done anything to try to lose weight?

Yesterday did you eat any... pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or pop-tarts?

... deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings? Do not include french fries.

... potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

... sweet snacks like cake, pie, cookies, or brownies? Do not include ice cream or reduced fat or fat-free bakery items or lower fat dairy items like ice milk, light ice cream, frozen yogurt, or sherbet.

... boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, Red Bull, Rockstar, or Sobe did you drink?

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

Food Eaten Yesterday	Percent of Adults	
	Tried to Lose Weight in the Past 30 Days,	Have Not Tried to Lose Weight in the Past 30 Days,
Ate Pastry		
Yes	49.2	50.8
No	43.8	56.2
Ate Fried Foods		
Yes	44.4	55.6
No	45.5	54.5
Ate Chips or Fried Snacks		
Yes	41.0	59.0
No	47.8	52.2
Ate Sweet Snacks or Dessert		
Yes	39.6	60.4
No	47.8	52.2
Ate Candy		
Yes	48.1	51.9
No	44.2	55.8
Ate Soda or Sweetened Beverage		
Yes	46.2	53.8
No	43.4	56.6
Ate 1+ Fast Food Meal or Snack		
Yes	43.1	56.9
No	51.4	48.6

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

Chi Square Test

* p<.05

** p<.01

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 47a: Cross Tabulation of Trying to Lose Weight and Healthy Eating Behaviors Among California Adolescents (N=1,206)

During the past 30 days, have you done anything to try to lose weight?
For each meal and snack:

Did you eat any fruits or vegetables, or drink any 100% juice for [meal or snack] yesterday?

Which fruits, vegetables or 100% juice did you have for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or 100% juice reported] did you eat for [meal or snack]?

Yesterday, how many servings of...whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

... milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

... meat, poultry, fish, and eggs did you eat?

Yesterday, did you eat or drink anything for breakfast?

Food Eaten Yesterday	Tried to Lose Weight in the Past 30 Days, Percent of Adolescents	Have Not Tried to Lose Weight in the Past 30 Days, Percent of Adolescents
Ate Fruits & Vegetables		
5+ servings	44.9	55.1
< 5 servings	45.4	54.6
Ate Whole Grain Breads		
Yes	43.2	56.8
No	49.7	50.3
Drank Servings of Milk		
1+	44.6	55.4
< 1	47.6	52.4
Ate Animal Protein		
Yes	44.8	55.2
No	46.8	53.2
Ate Breakfast		
Yes	44.6	55.4
No	48.7	51.3

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

Chi Square Test

* p<.05

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 48: Cross Tabulation of Trying to Lose Weight and Exercising Among California Adolescents (N=1,222)

Yesterday did you participate in any physical activity, exercise, sports?
 During the past 30 days, have you done anything to try to lose weight?

Reported Physical Activity Yesterday	Percent	Percent of Adolescents	
		Trying to Lose Weight,	Not Trying to Lose Weight,
None	13.4	13.2	13.5
>60 Minutes	27.2	29.2	25.5
<60 Minutes	59.4	57.6	61.0

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

Chi Square Test

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49: Prevalence of Trying to Lose Weight and Dieting Among California Adolescents (N=1,222)

During the past 30 days, have you done anything to try to lose weight?

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Tried to Lose Weight Past 30 Days, Percent of Adolescents	Dieting in Past 30 Days to Lose Weight, Percent of Adolescents Trying to Lose Weight ¹
	45.2	54.8
Gender		
Males	39.4 ***	15.2 ***
Females	51.2	32.0
Ethnicity		
White	39.4 ***	33.4 **
African American	29.2	26.0
Latino	53.4	20.9
Asian/Other	46.1	13.1
Gender by Age		
Males		
12-13	38.3	14.7
14-15	35.8	16.9
16-17	44.2	14.2
Females		
12-13	51.4 *	25.5
14-15	44.7	32.2
16-17	57.8	37.7
Income		
<\$15,000	52.9 *	23.3
\$15,000 - \$24,999	53.7	25.0
\$25,000 - \$34,999	43.0	32.7
\$35,000 - \$49,999	33.3	32.4
\$50,000 - \$74,999	45.4	11.3
≥\$75,000	43.4	24.3
Food Stamp Status, % FPL		
Participant, ≤130%	45.2	17.0 *
Likely Eligible, ≤130%	52.9	31.1
Potentially Eligible, 131-185%	45.4	32.8
Not Eligible, >185%	42.9	20.2
Smoking Status		
Non-Smokers	44.7	25.1
Smokers	55.8	12.1
Physical Activity Status		
Regular	46.5	23.4
Irregular	41.5	26.6
Overweight Status		
Not Overweight	36.2 ***	22.8
Overweight/Obese	69.4	27.3

¹ Of those trying to lose weight in past 30 days (N=435)

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49a: Weight Loss and Dieting Practices of California Adolescents (N=435)

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Most Common Way to Lose Weight, Percent of Adolescents Out of Those Reporting Trying to Lose Weight in the Past 30 Days ¹		
	Go on a Diet/Fast ²	Eat Healthier	Exercise or Workout
	26.1	24.2	91.0
Gender			
Males	15.6 ***	23.2	90.9
Females	35.0	25.1	91.0
Ethnicity			
White	34.7 *	20.4 *	Insufficient Sample Size for Analysis
African American	27.9	11.1	
Latino	23.3	24.2	
Asian/Other	14.2	38.8	
Gender by Age			
Males			
12-13	15.2	20.0 ***	95.3 *
14-15	16.9	8.9	95.2
16-17	14.9	37.1	83.7
Females			
12-13	25.8	20.8	98.3 **
14-15	38.6	19.0	91.6
16-17	40.6	33.7	83.8
Income			
<\$15,000	29.4	19.8	Insufficient Sample Size for Analysis
\$15,000 - \$24,999	27.3	21.9	
\$25,000 - \$34,999	33.8	19.9	
\$35,000 - \$49,999	32.4	15.7	
\$50,000 - \$74,999	11.3	25.2	
≥\$75,000	25.8	34.3	
Food Stamp Status, % FPL			
Participant, ≤130%	21.2 *	17.0 **	95.4
Likely Eligible, ≤130%	34.1	23.0	90.4
Potentially Eligible, 131-185%	32.8	6.3	98.6
Not Eligible, >185%	21.1	30.6	88.9
Smoking Status			
Non-Smokers	26.6	24.6	91.0
Smokers	18.4	17.0	89.6
Physical Activity Status			
Regular	24.6	25.6	92.4
Irregular	30.0	20.5	87.1
Overweight Status			
Not Overweight	24.8	30.0 *	95.2 ***
Overweight/Obese	29.0	19.3	85.5

¹ Smoking as a form of dieting was dropped from the analysis due to low response (<1%).

² "Fasting" was included with dieting because it did not exceed 2 percent of total respondents.

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

2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49b: Dieting Behaviors Among California Adolescents Reporting Recent Attempt at Weight Loss (N=106)

During the past 30 days, what is the most common thing you have been doing to try to lose weight?
 Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?
 Did you do anything else?
 What kind of diet did you use?

Type of Diet Reported	Percent of Adolescents Dieting in the Past 30 Days
Eating less food/fewer calories	71.0
Eating foods low in fat	43.1
Eating more protein	33.1
Eating foods low in sugar or carbohydrates	32.4
Skipping one or more meals each day	10.9
A "popular" diet	6.6
Other ¹	9.3

¹ Other includes "eating or drinking meal replacement shakes or bars", "a weight loss program", "make healthier food choices", and "eat more fruits and vegetables" none of which equaled more than 3 percent.

Percents do not add up to 100 due to participants being able to answer "yes" to more than one type of

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Table 94: Weight Goals of California Adolescents (N=1,222)

Which of the following are you trying to do about your weight?

	Percent of Adolescents			
	Lose Weight	Gain Weight	Stay the Same / Nothing	
	38.8	10.0	51.2	
Gender				
Males	33.9	14.8	51.3	***
Females	44.0	4.9	51.1	
Ethnicity				
White	33.0	10.1	56.9	***
African American	22.6	8.6	68.3	
Latino	49.6	9.0	41.4	
Asian/Other	32.5	13.3	54.2	
Gender by Age				
Males				
12-13	32.2	10.8	56.9	*
14-15	31.0	15.0	53.9	
16-17	38.4	18.6	43.0	
Females				
12-13	43.2	4.1	52.6	
14-15	40.7	5.8	53.5	
16-17	48.2	4.7	47.1	
Income				
<\$15,000	43.2	8.3	48.6	**
\$15,000 - \$24,999	51.8	5.9	42.2	
\$25,000 - \$34,999	42.2	13.2	44.6	
\$35,000 - \$49,999	35.6	14.3	50.2	
\$50,000 - \$74,999	39.2	6.7	54.1	
≥\$75,000	31.7	10.9	57.4	
Food Stamp Status, % FPL				
Participant, ≤130%	40.4	14.2	45.4	***
Likely Eligible, ≤130%	50.9	7.4	41.7	
Potentially Eligible, 131-185%	47.4	10.5	42.1	
Not Eligible, >185%	33.7	8.9	57.5	
Smoking Status				
Non-Smokers	38.2	10.0	51.8	
Smokers	52.2	9.7	38.0	
Physical Activity Status				
Regular	37.4	9.7	52.8	
Irregular	42.4	10.6	46.9	
Overweight Status				
Not Overweight	27.6	13.1	59.3	***
Overweight/Obese	67.2	2.2	30.6	

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