

**2003 California Dietary Practices Survey**  
**Table 63: Weight Status (by BMI) and Mean BMI**

Question: How much do you weigh? How tall are you without shoes?

	Percent <sup>1</sup>			Mean BMI <sup>2</sup>
	Not Overweight	Overweight	Obese	
<b>Total</b>	<b>48</b>	<b>32</b>	<b>19</b>	<b>26.2</b>
<i>Sex</i>				
Males	42	39	19	26.5 *
Females	54	26	20	25.8
<i>Males</i>				
18 - 24	71	15	14	24.5 <sup>a</sup> ***
25 - 34	38	38	24	27.0 <sup>a</sup>
35 - 50	35	45	20	26.9 <sup>a</sup>
51 - 64	37	45	18	27.0 <sup>a</sup>
65+	38	49	13	26.3 <sup>a</sup>
<i>Females</i>				
18 - 24	74	18	8	23.5 <sup>a</sup> ***
25 - 34	51	22	27	26.5 <sup>bc</sup>
35 - 50	53	25	22	26.0 <sup>bc</sup>
51 - 64	43	32	25	27.3 <sup>c</sup>
65+	58	32	10	25.0 <sup>ab</sup>
<i>Ethnicity</i>				
White	52	32	16	25.6 <sup>b</sup> ***
Hispanic	33	36	30	27.7 <sup>c</sup>
Black	43	28	28	27.9 <sup>c</sup>
Asian/ Pacific Islander	71	24	5	23.8 <sup>a</sup>
<i>Education</i>				
Less than high school	32	38	31	27.9 <sup>c</sup> ***
High school graduate	40	34	26	27.3 <sup>c</sup>
Some college	50	30	21	26.3 <sup>b</sup>
College graduate	58	32	10	24.7 <sup>a</sup>
<i>Income</i>				
Less than \$15,000	43	32	25	26.9 <sup>b</sup> ***
\$15,000 - 24,999	43	32	25	26.8 <sup>b</sup>
\$25,000 - 34,999	48	32	25	26.3 <sup>ab</sup>
\$35,000 - 49,999	52	28	19	26.3 <sup>ab</sup>
\$50,000+	53	32	15	25.4 <sup>a</sup>
<i>Physically Active</i>				
Did not meet recommendations	40	33	27	27.3 ***
Met recommendations	56	32	12	25.1
<i>Poverty Index</i>				
Food Stamp users	36	26	38	27.9 <sup>b</sup> **
Non Food Stamp users/ <130% FPL	43	35	22	26.7 <sup>a</sup>
Non Food Stamp users/ >130% FPL	51	32	17	25.8 <sup>a</sup>

FPL=Federal Poverty Level

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).

<sup>1</sup>Chi-Square Test and <sup>2</sup>ANOVA:

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Table 64: Opinion of Weight Status**

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

	Percent			
	Overweight	Underweight	About Average	
<b>Total</b>	<b>45</b>	<b>6</b>	<b>49</b>	
<i>Sex</i>				
Males	40	8	52	***
Females	49	3	47	
<i>Males</i>				
18 - 24	16	20	64	***
25 - 34	34	6	60	
35 - 50	47	6	47	
51 - 64	52	7	41	
65+	48	5	47	
<i>Females</i>				
18 - 24	33	8	60	***
25 - 34	46	4	50	
35 - 50	54	2	44	
51 - 64	64	3	34	
65+	44	2	53	
<i>Ethnicity</i>				
White	43	6	51	***
Hispanic	55	3	42	
Black	46	11	43	
Asian/ Pacific Islander	28	9	64	
<i>Education</i>				
Less than high school	56	5	38	***
High school graduate	50	7	43	
Some college	45	6	49	
College graduate	38	5	58	
<i>Income</i>				
Less than \$15,000	46	8	46	
\$15,000 - 24,999	47	5	48	
\$25,000 - 34,999	47	6	47	
\$35,000 - 49,999	46	3	51	
\$50,000+	42	7	51	
<i>Physically Active</i>				
Did not meet recommendations	54	6	40	***
Met recommendations	37	6	57	
<i>Poverty Index</i>				
Food Stamp users	52	8	40	
Non Food Stamp users/ <130% FPL	47	7	45	
Non Food Stamp users/ >130% FPL	43	6	51	

FPL=Federal Poverty Level

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

Chi-Square Test:

\*\*\* p<.001

**2003 California Dietary Practices Survey**  
**Cross Tab 65: Actual Weight Status by Opinion of Weight Status**

**Question: How much do you weigh? How tall are you without shoes?**  
**Do you consider yourself to be overweight, underweight, or about average for your height?**

Think Weight	Weight Status, Percent			
	Not Overweight	Overweight	Obese	
Underweight	12	0	0	***
About Average	74	38	8	
Overweight	14	62	92	

A box around a group of numbers signifies that differences observed within this group are statistically significant.  
 Chi-Square Test:  
 \*\*\* p<.001

2003 California Dietary Practices Survey

Table 66: Percent Trying to Lose Weight and Method Used

Question: Do you consider yourself to be overweight, underweight, or about average for your height?  
 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>	
		Diet or Exercise	Other Methods
<b>Total</b>	<b>45</b>	<b>82</b>	<b>18</b>
<i>Sex</i>			
Males	37 ***	87	13 **
Females	52	78	22
<i>Males</i>			
18 - 24	17 ***	100	0 *
25 - 34	40	96	4
35 - 50	41	88	12
51 - 64	41	76	24
65+	40	81	19
<i>Females</i>			
18 - 24	42 *	76	24
25 - 34	58	89	11
35 - 50	54	73	27
51 - 64	54	74	26
65+	45	79	21
<i>Ethnicity</i>			
White	42	81	19 *
Hispanic	50	85	15
Black	47	83	17
Asian/ Pacific Islander	42	58	42
<i>Education</i>			
Less than high school	48	88	12
High school graduate	46	77	23
Some college	44	86	14
College graduate	44	79	21
<i>Income</i>			
Less than \$15,000	45	83	17
\$15,000 - 24,999	46	82	18
\$25,000 - 34,999	42	86	14
\$35,000 - 49,999	55	86	14
\$50,000+	42	79	21
<i>Physically Active</i>			
Did not meet recommendations	46	79	21
Met recommendations	44	85	15
<i>Poverty Index</i>			
Food Stamp users	48	87	13
Non Food Stamp users/ <130% FPL	46	81	19
Non Food Stamp users/ >130% FPL	44	82	18

FPL=Federal Poverty Level

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

<sup>2</sup>Out of those who consider themselves overweight and are trying to lose weight

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

**2003 California Dietary Practices Survey**  
**Table 67: Percent Who Lost Weight and Maintained Weight Loss**

**Question: Do you consider yourself to be overweight, underweight, or about average for your age?  
 Have you ever lost weight and kept it off for one year?  
 What did you do to lose weight and maintain your weight loss?**

	Percent Who Lost and Maintained <sup>1</sup>	Method, Percent <sup>2</sup>	
		Diet or Exercise	Other
<b>Total</b>	<b>63</b>	<b>71</b>	<b>29</b>
<i>Sex</i>			
Males	58**	81	19***
Females	68	65	35
<i>Males</i>			
18 - 24	75*	89	11*
25 - 34	43	97	3
35 - 50	62	85	15
51 - 64	65	68	32
65+	49	68	32
<i>Females</i>			
18 - 24	51***	79	21
25 - 34	49	78	22
35 - 50	76	62	38
51 - 64	70	61	39
65+	82	62	38
<i>Ethnicity</i>			
White	69***	68	32*
Hispanic	51	78	22
Black	61	79	21
Asian/ Pacific Islander	49	100	0
<i>Education</i>			
Less than high school	56*	69	31
High school graduate	58	72	28
Some college	65	67	33
College graduate	71	76	24
<i>Income</i>			
Less than \$15,000	55***	70	30
\$15,000 - 24,999	59	76	24
\$25,000 - 34,999	43	70	30
\$35,000 - 49,999	61	75	25
\$50,000+	76	70	30
<i>Physically Active</i>			
Did not meet recommendations	59*	70	30
Met recommendations	69	74	26
<i>Overweight Status</i>			
Overweight/Obese	64	73	27
Not overweight	66	68	32
<i>Poverty Index</i>			
Food Stamp users	45***	64	36
Non Food Stamp users/ <130% FPL	48	79	21
Non Food Stamp users/ >130% FPL	70	71	29

FPL= Federal Poverty Level

<sup>1</sup>Out of those who consider themselves about average in weight.

<sup>2</sup>Out of those who consider themselves about average and maintained weight loss.

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