

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 90: Distribution of Overweight Status Among California Children Based on Body Mass Index^{1,2} (N=651)

How much does [CHILD'S NAME] weigh now without shoes?
How tall is [CHILD'S NAME] now without shoes?

	Overweight Status, Percent			Overweight and Obese ^{4,5}
	Not Overweight ³	Overweight ⁴	Obese ⁵	
Total	56.9	16.0	27.1	43.1
Gender				
Male	52.5	14.9	32.6 *	47.5 *
Female	61.4	17.1	21.5	38.6
Age				
6-8	55.1	12.3	32.6 **	44.9
9-11	58.7	19.7	21.5	41.3
Ethnicity				
White	58.0	18.8	23.2	42.0
Black	51.9	17.7	30.4	48.1
Hispanic	57.4	14.7	27.9	42.6
Asian/Other	59.5	21.1	19.4	40.5
Parent Education				
Less than High School	56.1	17.1	26.8	43.9
High School Graduate	53.9	14.0	32.1	46.1
Some College/Graduate	59.1	15.6	25.3	40.9
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	64.5	10.3	25.3	35.5
Below Guideline	55.8	16.8	27.4	44.2
Physical Activity				
≥ 60 minutes	52.4	16.8	30.7 *	47.6 *
< 60 minutes	62.7	14.9	22.4	37.3
School Breakfast				
Yes	59.1	11.1	29.9	40.9
No	56.2	17.5	26.3	43.8
School Lunch				
Yes	56.2	15.0	28.8	43.8
No	57.4	16.8	25.8	42.6
Fast Food				
Yes	56.7	14.0	29.3	43.3
No	56.9	16.3	26.8	43.1
Nutrition Lesson				
Yes	53.2	18.2	28.7	46.8
No	58.4	15.5	26.1	41.6

¹ Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters².

² Calculated using the Reference Data for Obesity. CDC website, 2000.

³ Not Overweight is a BMI <85th percentile, formerly labeled "not at risk for overweight".

⁴ Overweight is a BMI ≥ 85th and <95th percentile, formerly labeled "at risk for overweight".

⁵ Obese is a BMI ≥ 95th percentile, formerly labeled "overweight".

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

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

Chi-Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001