



CWHS

Data Points

RESULTS FROM THE 2009 CALIFORNIA WOMEN'S HEALTH SURVEY

Eating a healthy breakfast has long been encouraged as a sound nutrition practice for starting the day. Several studies have found an inverse relationship between body weight and breakfast consumption.¹ Eating breakfast is one of the habits characteristic of people who are successful at maintaining weight loss and is associated with lower body mass index among adults with type 2 diabetes.^{2,3}

The California Department of Public Health's *Network for a Healthy California* program promotes good nutrition and physical activity among low income Californians, with the goal of preventing obesity and other diet-related chronic diseases. These analyses were conducted with the 4,334 non-pregnant women participating in the 2009 California Women's Health Survey who answered the question: *Over the last month (past 30 days), how many times per month, week, or day did you eat breakfast or any morning meal?* Women were also asked sociodemographic questions to classify their household income by ratio to Federal Poverty Guidelines (FPG) and to identify their participation in the Food Stamp Program. Further questions established other demographic characteristics such as age, race/ethnicity, education level, as well as general health and food security status (i.e., the ability to afford enough food for an active, healthy life). Self-reported weight and height were used to calculate body mass index (BMI). Responses were weighted in these analyses by age and race/ethnicity to reflect the 2000 California adult female population. Chi square tests were used for the analysis, and all findings

are statistically significant at $P < .001$ unless otherwise specified.

Almost two thirds of California women (61.8 percent) reported eating breakfast. Significant associations were found between eating breakfast daily and variables associated with higher socioeconomic status:

- Only 51.9 percent of respondents living in households with income below the FPG (< 100 percent of FPG) reported eating breakfast daily vs. 59.4 percent of women from households 100 to 249 percent of FPG, and 65.6 percent of women from households 250 percent, or greater than the FPG (Figure 1).
- Household food security was significantly associated with eating breakfast daily: 66.8 percent of women living in food secure households reported that they ate breakfast daily vs. 53.8 percent living in households with low food security and only 38.3 percent living in households with very low food security.
- No significant difference was found in those reporting they ate breakfast daily among women receiving food stamps (52.3 percent) and women not receiving food stamps, but who were at or below 130 percent FPG and were therefore income eligible to do so (54.4 percent).
- The majority of women who had graduated from college (68.2 percent) reported eating breakfast daily, as did 54.0 percent of women with some

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Public Health Message:

Women who are young, African American/Black, living in poverty, or who have very low food security were significantly less likely to eat breakfast daily. Although a healthy breakfast is a promising weight loss and weight management strategy, significantly fewer overweight or obese women or those who had tried to lose weight ate breakfast daily. Nutrition messaging and obesity prevention strategies emphasizing the importance of a regular, healthy breakfast can be especially useful among these segments of California women.

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college, 59.8 percent of high school graduates, and 62.4 percent of women with less than a high school education.

Regular breakfast eating was also significantly associated with indicators reflecting better health:

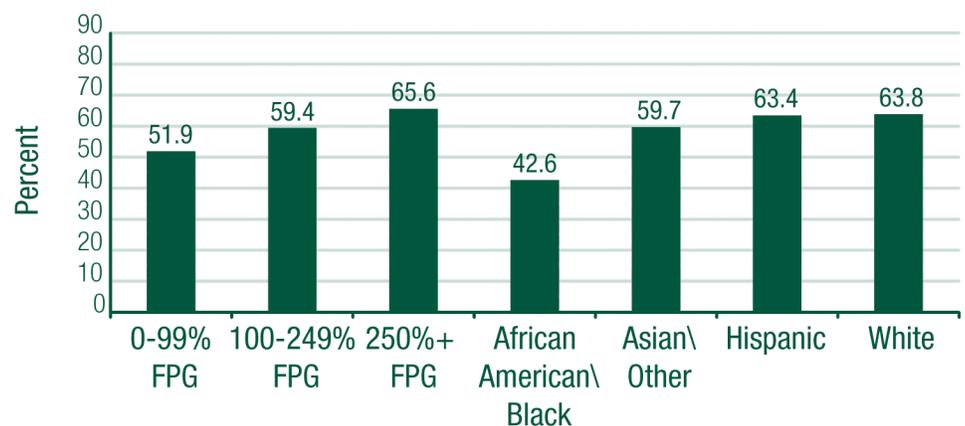
Age and race/ethnicity were also significantly associated with eating breakfast daily:

- Eating breakfast daily was progressively more common in older age groups: 50.1 percent among women ages 18 to 29; 56.0 percent among women ages 30 to 39; 60.1 percent among women ages 40 to 49; 65.9 percent among women ages 50 to 59; and 77.0 percent among women ages 60 and older.
- Less than half (42.6 percent) of African American/Black women reported eating breakfast daily vs. 59.7 percent of Asian/Other women, 63.4 percent of Hispanic women and 63.8 percent of White women (Figure 1).

- Women who reported being in “excellent” or “very good” health were significantly more likely to be daily breakfast eaters (65.1 percent) than women who described their health as “fair” or “poor” (56.9 percent). Of those in “good” health, 58.6 percent ate breakfast daily.
- Women who were overweight or obese were significantly less likely to report eating breakfast daily (56.6 percent) than women who were not (61.9 percent) ($P < .01$). Also, significantly fewer women who had tried to lose weight during the past 12 months reported eating breakfast daily than those who had not tried to lose weight (59.7 percent vs. 64.5 percent, respectively; $P < .05$).

Figure 1

California Women Who Eat Breakfast Daily by Federal Poverty Guidelines (FPG) and Race/Ethnicity, 2009



Source: California Women’s Health Survey, 2009

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- 1 The Report of the Dietary Guidelines Advisory Committee on Dietary Guidelines for Americans, 2010. Section 1: Energy Balance. United States Department of Agriculture. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/D-1-EnergyBalance.pdf>. Accessed September 2010.
- 2 Wyatt HR, Grunwald GK, Mosca CL, Klem ML, Wing RR, Hill JO. Long-term weight loss and breakfast in subjects in the National Weight Control Registry. *Obes Res.* 2002;10(2):78-82.
- 3 Raynor HA, Jeffery RW, Ruggiero AM, Clark JM, Delahanty LM: Look AHEAD (Action for Health in Diabetes) Research Group. Weight loss strategies associated with BMI in overweight adults with type 2 diabetes at entry into the Look AHEAD (Action for Health in Diabetes) trial. *Diabetes Care.* 2008;31(7):1299-1304.

Submitted by: Barbara McNelly, M.S., Sharon B. Sugerman, M.S., R.D., and Patrick Mitchell, Dr.P.H., California Department of Public Health, Cancer Control Branch, Public Health Institute, (916) 552-9938, Barbara.McNelly@cdph.ca.gov