

2011 California Dietary Practices Survey

Table 81: Self-Reported Weight Status (Based on Body Mass Index), Trends 2001-2011
 How tall are you without shoes?
 How much do you weigh?

	Percent Overweight ¹						Trends		Percent Obese ¹						Trends		Percent Overweight & Obese ²						Trends	
	2001	2003	2005	2007	2009	2011	2009-11	2001-11	2001	2003	2005	2007	2009	2011	2009-11	2001-11	2001	2003	2005	2007	2009	2011	2009-11	2001-11
Total	32	32	36	35.0	33.6	32.8	-0.8	0.8	16	19	19	25.5	25.8	30.6	4.8**	14.6***	48	51	55	60.4	59.4	63.5	4.1*	15.5***
Sex																								
Male	39	39	47	43.0	38.5	39.8	1.3	0.8	18	19	17	22.8	28.0	28.4	0.4	10.4***	57	58	64	65.8	66.5	68.3	1.8	11.3***
Female	26	26	26	27.1	28.6	25.9	-2.7	-0.1	15	20	21	28.1	23.7	32.8	9.1***	17.8***	41	46	47	55.1	52.3	58.7	6.4*	17.7***
Males																								
18 - 24	29	15	30	35.2	34.3	21.8	-12.5*	-7.2	12	14	9	13.3	12.1	16.8	4.7	4.8	41	29	39	48.1	46.5	38.6	-7.9	-2.4
25 - 34	41	38	56	41.9	39.5	45.4	5.9	4.4	20	24	19	25.6	28.7	29.6	0.9	9.6*	61	62	74	67.3	68.2	75.0	6.8	14.0**
35 - 50	43	45	43	47.3	37.8	43.2	5.4	0.2	15	20	18	27.3	32.8	33.1	0.3	18.1***	58	65	61	74.7	70.5	76.3	5.8	18.3***
51 - 64	44	45	55	42.2	39.6	39.4	-0.2	-4.6	29	18	24	23.0	32.4	29.9	-2.5	0.9	73	63	79	65.2	71.9	69.5	-2.4	-3.5
65+	33	49	50	43.4	43.3	42.5	-0.8	9.5	14	13	14	15.8	23.9	23.3	-0.6	9.3	47	62	64	59.2	67.2	65.8	-1.4	18.8*
Females																								
18 - 24	16	18	21	22.8	16.1	25.8	9.7	9.8	6	8	12	26.1	12.9	29.0	16.1***	23.0***	22	26	33	48.9	29.0	54.8	25.8***	32.8***
25 - 34	22	22	24	26.2	34.8	23.6	-11.2*	1.6	14	27	22	32.9	20.6	37.5	16.9***	23.5***	36	49	45	59.1	55.0	61.6	6.6	25.6***
35 - 50	30	25	25	30.1	27.4	27.2	-0.2	-2.8	16	22	22	27.6	27.0	33.2	6.2	17.2***	46	47	47	57.7	54.4	60.2	5.8	14.2**
51 - 64	28	32	26	29.6	31.3	27.5	-3.8	-0.5	24	25	22	31.6	31.3	33.6	2.3	9.6	52	57	48	61.2	63.0	61.1	-1.9	9.1
65+	28	32	34	20.4	29.8	26.0	-3.8	-2.0	14	10	22	17.2	21.2	28.0	6.8	14.0**	42	42	56	37.6	51.0	54.0	3.0	12.0
Ethnicity																								
White	31	32	36	31.5	31.4	31.9	0.5	0.9	15	16	14	23.7	24.5	27.3	2.8	12.3***	46	48	50	55.3	55.8	59.2	3.4	13.2***
Hispanic	37	36	40	42.5	39.8	38.5	-1.3	1.5	20	30	27	30.5	29.0	35.4	6.4	15.4***	57	66	67	73.0	68.9	73.9	5.0	16.9***
Black	33	28	37	37.5	27.3	34.5	7.2	1.5	23	28	29	31.8	40.9	39.1	-1.8	16.1*	56	56	66	69.3	68.2	73.6	5.4	17.6*
Asian/Pacific Islander	34	24	39	27.9	33.5	29.9	-3.6	-4.1	5	5	3	10.1	17.7	13.8	-3.9	8.8	39	29	42	38.0	51.2	43.7	-7.5	4.7
Education																								
Less than High School	39	38	36	38.5	38.4	33.8	-4.6	-5.2	20	31	30	35.5	36.1	40.1	4.0	20.1***	59	69	66	74.0	74.5	73.9	-0.6	14.9**
High School Graduate	28	34	38	31.3	34.0	32.5	-1.5	4.5	20	26	20	29.7	27.2	33.5	6.3	13.5***	48	60	58	61.0	61.1	66.0	4.9	18.0***
Some College	34	30	36	35.0	33.4	28.5	-4.9	-5.5	17	21	16	26.3	26.0	34.4	8.4*	17.4***	51	51	53	61.2	59.3	62.9	3.6	11.9**
College Graduate	33	32	36	36.2	30.3	37.2	6.9*	4.2	12	10	13	14.4	18.1	19.1	1.0	7.1**	45	42	48	50.6	48.4	56.3	7.9*	11.3***
Income																								
Less than \$15,000	29	32	35	31.5	32.7	31.7	-1.0	2.7	18	25	30	33.6	35.5	37.6	2.1	19.6***	47	57	65	65.1	68.2	69.3	1.1	22.3***
\$15,000 - 24,999	32	32	33	35.2	31.6	34.7	3.1	2.7	16	25	26	29.5	30.5	32.8	2.3	16.8***	48	57	59	64.8	62.1	67.5	5.4	19.5***
\$25,000 - 34,999	37	32	37	40.0	38.3	35.3	-3.0	-1.7	20	25	19	22.3	27.5	31.4	3.9	11.4*	57	57	56	62.3	65.8	66.7	0.9	9.7
\$35,000 - 49,999	35	28	38	41.2	37.4	40.2	2.8	5.2	19	19	12	26.9	21.1	28.4	7.3	9.4	54	47	51	68.1	58.5	68.3	9.8	14.3*
\$50,000+	33	32	40	35.2	34.3	32.3	-2.0	-0.7	14	15	11	16.2	15.5	20.2	4.7	6.2*	47	47	50	51.4	49.8	52.6	2.8	5.6
SNAP/CalFresh Status, % FPL																								
Participant						31.5	NA	NA						36.5	NA	NA						68.0	NA	NA
Likely Eligible, ≤ 130%						42.1	NA	NA						31.6	NA	NA						73.5	NA	NA
Not Eligible, > 185%						33.4	NA	NA						19.7	NA	NA						53.2	NA	NA

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

²Overweight & obese refers to BMI ≥ 25.

* p<.05

** p<.01

*** p<.001

2011 California Dietary Practices Survey

Table 81a: Self-Reported Weight Status (Based on Body Mass Index)

How tall are you without shoes?

How much do you weigh?

	Percent ¹		
	Not Overweight	Overweight or Obese	
Total	36.5	63.5	
<i>Sex</i>			
Male	31.7	68.3	***
Female	41.3	58.7	
<i>Males</i>			
18 - 24	61.4	38.6	***
25 - 34	25.0	75.0	
35 - 50	23.7	76.3	
51 - 64	30.5	69.5	
65+	34.2	65.8	
<i>Females</i>			
18 - 24	45.2	54.8	
25 - 34	38.9	61.6	
35 - 50	39.8	60.2	
51 - 64	38.9	61.1	
65+	46.0	54.0	
<i>Ethnicity</i>			
White	40.8	59.2	***
Hispanic	26.1	73.9	
Black	26.4	73.6	
Asian/Pacific Islander	56.3	43.7	
<i>Education</i>			
Less than High School	26.1	73.9	***
High School Graduate	34.0	66.0	
Some College	37.1	62.9	
College Graduate	43.7	56.3	
<i>Income</i>			
Less than \$15,000	30.7	69.3	***
\$15,000 - 24,999	32.5	67.5	
\$25,000 - 34,999	33.3	66.7	
\$35,000 - 49,999	31.7	68.3	
\$50,000+	47.4	52.6	
<i>Physically Active</i>			
Met Aerobic Recommendation	40.9	59.1	***
Did Not Meet Aerobic Recommendation	29.6	70.4	
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	32.0	68.0	***
Likely Eligible, ≤ 130%	26.5	73.5	
Not Eligible, > 185%	46.8	53.2	

N=1,396

¹Not 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<.001

2011 California Dietary Practices Survey

Table 81b: Self-Reported Weight Status (Based on Body Mass Index)

How tall are you without shoes?

How much do you weigh?

	Percent ¹			
	Not Overweight	Overweight	Obese	
Total	36.5	32.8	30.6	
<i>Sex</i>				
Male	31.7	39.8	28.4	***
Female	41.3	25.9	32.8	
<i>Males</i>				
18 - 24	61.4	21.8	16.8	***
25 - 34	25.0	45.4	29.6	
35 - 50	23.7	43.2	33.1	
51 - 64	30.7	39.4	29.9	
65+	34.2	42.5	23.3	
<i>Females</i>				
18 - 24	45.2	25.8	29.0	
25 - 34	38.9	23.6	37.5	
35 - 50	39.7	27.2	33.2	
51 - 64	38.9	27.5	33.6	
65+	46.0	26.0	28.0	
<i>Ethnicity</i>				
White	40.8	31.9	27.3	***
Hispanic	26.1	38.5	35.4	
Black	26.4	34.5	39.1	
Asian/Pacific Islander	56.3	29.9	13.8	
<i>Education</i>				
Less than High School	26.1	33.8	40.1	***
High School Graduate	34.0	32.5	33.5	
Some College	37.1	28.5	34.4	
College Graduate	43.7	37.2	19.1	
<i>Income</i>				
Less than \$15,000	30.7	31.7	37.6	***
\$15,000 - 24,999	32.5	34.7	32.8	
\$25,000 - 34,999	33.3	35.3	31.4	
\$35,000 - 49,999	31.4	40.2	28.4	
\$50,000+	47.5	32.3	20.2	
<i>Physically Active</i>				
Met Aerobic Recommendation	40.9	33.6	25.5	***
Did Not Meet Aerobic Recommendation	29.6	31.7	38.7	
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	32.0	31.5	36.5	***
Likely Eligible, ≤ 130%	26.3	42.1	31.6	
Not Eligible, > 185%	46.8	33.4	19.7	

N=1,396

¹Not 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<.001

2011 California Dietary Practices Survey

Table 82: Opinion of Weight Status

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

	Percent		
	Underweight or About Average	Overweight	
Total	51.9	48.1	
<i>Sex</i>			
Male	60.1	39.9	***
Female	43.9	56.1	
<i>Males</i>			
18 - 24	88.0	12.0	***
25 - 34	54.2	45.8	
35 - 50	57.9	42.1	
51 - 64	57.5	42.5	
65+	45.9	54.1	
<i>Females</i>			
18 - 24	55.9	44.1	*
25 - 34	44.1	55.9	
35 - 50	40.7	59.3	
51 - 64	36.0	64.0	
65+	49.5	50.5	
<i>Ethnicity</i>			
White	52.6	47.4	
Hispanic	50.1	49.9	
Black	57.5	42.5	
Asian/Pacific Islander	56.5	43.5	
<i>Education</i>			
Less than High School	46.2	53.8	*
High School Graduate	57.2	42.8	
Some College	48.6	51.4	
College Graduate	53.1	46.9	
<i>Income</i>			
Less than \$15,000	46.3	53.7	
\$15,000 - 24,999	52.8	47.2	
\$25,000 - 34,999	54.4	45.6	
\$35,000 - 49,999	56.3	43.7	
\$50,000+	54.7	45.3	
<i>Overweight Status</i>			
Overweight/Obese	31.6	68.4	***
Not Overweight	87.6	12.4	
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	49.2	50.8	
Likely Eligible, ≤ 130%	52.6	47.4	
Not Eligible, > 185%	55.5	44.5	

N=1,413

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<.001

2011 California Dietary Practices Survey

Cross Tab 83: 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 ¹	
	Underweight or Normal	Overweight & Obese
Underweight or About Average	87.6	31.6
Overweight	12.4	68.4

N=1,413

¹Not 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

2011 California Dietary Practices Survey

Table 84: Percent Trying to Lose Weight and Method Used

¹ Base: Out of those who consider themselves overweight (48.1%)

² Base: Out of those who consider themselves overweight and are trying to lose weight (76.8%)

Are you presently trying to lose weight? What have you done to lose weight?

	Percent Trying to Lose Weight ¹	Method, Percent ²		
		Dieting	Exercising	Dieting & Exercising
Total	76.8	47.5	26.5	26.0
<i>Sex</i>				
Male	74.7	46.5	32.5	21.0
Female	78.2	48.2	22.5	29.3
<i>Males</i>				
18 - 24	58.3	Insufficient Sample Size		
25 - 34	76.1			
35 - 50	73.7			
51 - 64	77.8			
65+	75.0			
<i>Females</i>				
18 - 24	78.0	30.0	23.3	46.7
25 - 34	76.5	45.0	28.3	26.7
35 - 50	78.7	47.7	24.3	28.0
51 - 64	79.8	49.3	20.3	30.4
65+	76.5	68.4	10.5	21.1
<i>Ethnicity</i>				
White	74.6	49.2	25.0	25.8
Hispanic	76.6	51.1	17.7	31.2
Black	81.1	44.4	33.3	22.2
Asian/Pacific Islander	89.2	24.2	63.6	12.1
<i>Education</i>				
Less than High School	75.4	61.0	15.9	23.2
High School Graduate	73.8	40.2	33.3	26.5
Some College	79.8	45.8	22.9	31.3
College Graduate	77.1	47.9	31.0	21.1
<i>Income</i>				
Less than \$15,000	78.1	47.1	27.1	25.7
\$15,000 - 24,999	78.1	39.2	26.8	34.0
\$25,000 - 34,999	87.2	56.1	22.0	22.0
\$35,000 - 49,999	80.0	50.0	9.4	40.6
\$50,000+	73.2	49.1	32.1	18.8
<i>Overweight Status</i>				
Overweight/Obese	76.8	46.5	27.2	26.3
Not Overweight	74.6	55.6	20.0	24.4
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	77.2	46.9	23.4	29.7
Likely Eligible, ≤ 130%	87.5	40.7	33.3	25.9
Not Eligible, > 185%	74.0	47.3	33.3	19.4

N= 680; 507

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

Chi Square Test

* p<.05

*** p<.001

2011 California Dietary Practices Survey

Table 85: Percent who Lost Weight and Maintained Weight Loss

Have you ever lost at least 10 pounds and kept it off for one year or more? ¹

	Percent who Lost Weight & Maintained Loss
Total	68.2
<i>Sex</i>	
Male	62.1 ***
Female	74.0
<i>Males</i>	
18 - 24	40.6 ***
25 - 34	68.6
35 - 50	60.6
51 - 64	68.0
65+	69.9
<i>Females</i>	
18 - 24	62.4
25 - 34	73.1
35 - 50	75.9
51 - 64	77.7
65+	75.5
<i>Ethnicity</i>	
White	71.0 ***
Hispanic	68.1
Black	65.5
Asian/Pacific Islander	46.5
<i>Education</i>	
Less than High School	63.4
High School Graduate	67.1
Some College	70.7
College Graduate	69.1
<i>Income</i>	
Less than \$15,000	66.6
\$15,000 - 24,999	72.5
\$25,000 - 34,999	67.6
\$35,000 - 49,999	76.2
\$50,000+	68.9
<i>Physically Active</i>	
Met Aerobic Recommendation	70.4 *
Did Not Meet Aerobic Recommendation	65.0
<i>Overweight Status</i>	
Overweight/Obese	73.4 ***
Not Overweight	58.7
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	69.3
Likely Eligible, ≤ 130%	67.6
Not Eligible, > 185%	66.6

N=1,407

¹ Female results may be confounded by pregnancies.

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

Chi Square Test

* p<.05

*** p<.001

2011 California Dietary Practices Survey

Table 86: 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
Total	28.8
<i>Sex</i>	
Male	25.9 *
Female	31.5
<i>Males</i>	
18 - 24	14.5
25 - 34	25.2
35 - 50	24.8
51 - 64	32.2
65+	31.0
<i>Females</i>	
18 - 24	21.6
25 - 34	31.4
35 - 50	30.5
51 - 64	35.1
65+	37.9
<i>Ethnicity</i>	
White	26.8 **
Hispanic	33.5
Black	32.1
Asian/Pacific Islander	16.5
<i>Education</i>	
Less than High School	37.9 **
High School Graduate	26.1
Some College	32.0
College Graduate	23.6
<i>Income</i>	
Less than \$15,000	32.8
\$15,000 - 24,999	28.0
\$25,000 - 34,999	35.1
\$35,000 - 49,999	24.8
\$50,000+	25.5
<i>Overweight Status</i>	
Overweight/Obese	39.2 ***
Not Overweight	6.5
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	31.4
Likely Eligible, ≤ 130%	31.6
Not Eligible, > 185%	24.7

N=1,325

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