

2007 California Dietary Practices Survey

Table 81: 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	39.6	35.0	25.5	
<i>Sex</i>				
Males	34.2	43.0	22.8	***
Females	44.8	27.1	28.1	
<i>Males</i>				
18 - 24	51.4	35.2	13.3	**
25 - 34	32.5	41.9	25.6	
35 - 50	25.3	47.3	27.3	
51 - 64	34.8	42.2	23.0	
65+	40.8	43.4	15.8	
<i>Females</i>				
18 - 24	51.1	22.8	26.1	*
25 - 34	40.9	26.2	32.9	
35 - 50	42.3	30.1	27.6	
51 - 64	38.8	29.6	31.6	
65+	62.4	20.4	17.2	
<i>Ethnicity</i>				
White	44.7	31.5	23.7	***
Hispanic	27.0	42.5	30.5	
Black	30.7	37.5	31.8	
Asian/Pacific Islander	62.0	27.9	10.1	
<i>Education</i>				
Less than High School	26.0	38.5	35.5	***
High School Graduate	39.0	31.3	29.7	
Some College	38.7	35.0	26.3	
College Graduate	49.4	36.2	14.4	
<i>Income</i>				
Less than \$15,000	34.9	31.5	33.6	***
\$15,000 - 24,999	35.2	35.2	29.5	
\$25,000 - 34,999	37.7	40.0	22.3	
\$35,000 - 49,999	31.9	41.2	26.9	
\$50,000+	48.6	35.2	16.2	
<i>Physically Active</i>				
Did Not Meet Recommendations	36.0	31.2	32.8	***
Met Recommendations	43.4	36.7	19.9	
<i>Poverty Index</i>				
SNAP Participant	32.5	33.3	34.2	***
All Other/ ≤ 130% FPL	42.2	29.2	28.6	
All Other/ > 130% - ≤ 185% FPL	45.6	37.8	16.7	
All Other/ > 185% FPL	43.6	38.0	18.4	

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

¹Not overweight refers to BMI < 25, overweight refers to BMI ≥ 25 and < 30, and obese refers to BMI ≥ 30.

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

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Table 81a: 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	39.6	60.4	
<i>Sex</i>			
Males	34.2	65.8	***
Females	44.9	55.1	
<i>Males</i>			
18 - 24	51.9	48.1	***
25 - 34	32.7	67.3	
35 - 50	25.3	74.7	
51 - 64	34.8	65.2	
65+	40.8	59.2	
<i>Females</i>			
18 - 24	51.1	48.9	**
25 - 34	40.9	59.1	
35 - 50	42.3	57.7	
51 - 64	38.8	61.2	
65+	62.4	37.6	
<i>Ethnicity</i>			
White	44.7	55.3	***
Hispanic	27.0	73.0	
Black	30.7	69.3	
Asian/Pacific Islander	62.0	38.0	
<i>Education</i>			
Less than High School	26.0	74.0	***
High School Graduate	39.0	61.0	
Some College	38.8	61.2	
College Graduate	49.4	50.6	
<i>Income</i>			
Less than \$15,000	34.9	65.1	***
\$15,000 - 24,999	35.2	64.8	
\$25,000 - 34,999	37.7	62.3	
\$35,000 - 49,999	31.9	68.1	
\$50,000+	48.6	51.4	
<i>Physically Active</i>			
Did Not Meet Recommendations	36.0	64.0	**
Met Recommendations	43.4	56.6	
<i>Poverty Index</i>			
SNAP Participant	32.5	67.5	**
All Other/ ≤ 130% FPL	42.2	57.8	
All Other/ > 130% - ≤ 185% FPL	45.6	54.4	
All Other/ > 185% FPL	43.6	56.4	

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

¹Not overweight refers to BMI < 25 and overweight & obese refers to BMI ≥ 25.

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

Chi Square Test

** p<.01

*** p<.001

2007 California Dietary Practices Survey

Table 81b: Weight Status (Based on Body Mass Index), Trends 1999-2007

How tall are you without shoes?

How much do you weigh?

	Percent Overweight ¹				2005-2007		Percent Obese ¹				2005-2007		Percent Overweight & Obese ²				2005-2007	
	2001	2003	2005	2007	2005-2007	2001-2007	2001	2003	2005	2007	2005-2007	2001-2007	2001	2003	2005	2007	2005-2007	2001-2007
Total	32	32	36	35.0	-1.0	3.0	16	19	19	25.5	6.5***	9.5***	48	51	55	60.4	5.4**	12.4***
<i>Sex</i>																		
Males	39	39	47	43.0	-4.0	4.0	18	19	17	22.8	5.8*	4.8*	57	58	64	65.8	1.8	8.8***
Females	26	26	26	27.1	1.1	1.1	15	20	21	28.1	7.1**	13.1***	41	46	47	55.1	8.1**	14.1***
<i>Males</i>																		
18 - 24	29	15	30	35.2	5.2	6.2	12	14	9	13.3	4.3	1.3	41	29	39	48.1	9.1	7.1
25 - 34	41	38	56	41.9	-14.1*	0.9	20	24	19	25.6	6.6	5.6	61	62	74	67.3	-6.7	6.3
35 - 50	43	45	43	47.3	4.3	4.3	15	20	18	27.3	9.3*	12.3**	58	65	61	74.7	13.7**	16.7***
51 - 64	44	45	55	42.2	-12.8	-1.8	29	18	24	23.0	-1	-6	73	63	79	65.2	-14.0*	-7.8
65+	33	49	50	43.4	-6.6	10.4	14	13	14	15.8	1.8	1.8	47	62	64	59.2	-4.8	12.2
<i>Females</i>																		
18 - 24	16	18	21	22.8	1.8	6.8	6	8	12	26.1	14.1*	20.1***	22	26	33	48.9	15.9*	26.9***
25 - 34	22	22	24	26.2	2.2	4.2	14	27	22	32.9	10.9*	18.9***	36	49	45	59.1	14.1*	23.1***
35 - 50	30	25	25	30.1	5.1	0.1	16	22	22	27.6	5.6	11.6**	46	47	47	57.7	10.7*	11.7*
51 - 64	28	32	26	29.6	3.6	1.6	24	25	22	31.6	9.6	7.6	52	57	48	61.2	13.2*	9.2
65+	28	32	34	20.4	-13.6*	-7.6	14	10	22	17.2	-4.8	3.2	42	42	56	37.6	-18.0**	-4.4
<i>Ethnicity</i>																		
White	31	32	36	31.5	-4.5	0.5	15	16	14	23.7	9.7***	8.7***	46	48	50	55.3	5.3	9.3***
Hispanic	37	36	40	42.5	2.5	5.5	20	30	27	30.5	3.5	10.5**	57	66	67	73.0	6.0	16.0***
Black	33	28	37	37.5	0.5	4.5	23	28	29	31.8	2.8	8.8	56	56	66	69.3	3.3	13.3
Asian/Pacific Islander	34	24	39	27.9	-11.1	-6.1	5	5	3	10.1	7.1*	5.1	39	29	42	38.0	-4.0	-1.0
<i>Education</i>																		
Less than High School	39	38	36	38.5	2.5	-0.5	20	31	30	35.5	5.5	15.5***	59	69	66	74.0	8.0*	15.0***
High School Graduate	28	34	38	31.3	-6.7	3.3	20	26	20	29.7	9.7**	9.7**	48	60	58	61.0	3.0	13.0***
Some College	34	30	36	35.0	-1.0	1.0	17	21	16	26.3	10.3**	9.3**	51	51	53	61.2	8.2*	10.2**
College Graduate	33	32	36	36.2	0.2	3.2	12	10	13	14.4	1.4	2.4	45	42	48	50.6	2.6	5.6
<i>Income</i>																		
Less than \$15,000	29	32	35	31.5	-3.5	2.5	18	25	30	33.6	3.6	15.6***	47	57	65	65.1	0.1	18.1***
\$15,000 - 24,999	32	32	33	35.2	2.2	3.2	16	25	26	29.5	3.5	13.5***	48	57	59	64.8	5.8	16.8***
\$25,000 - 34,999	37	32	37	40.0	3.0	3.0	20	25	19	22.3	3.3	2.3	57	57	56	62.3	6.3	5.3
\$35,000 - 49,999	35	28	38	41.2	3.2	6.2	19	19	12	26.9	14.9**	7.9	54	47	51	68.1	17.1**	14.1*
\$50,000+	33	32	40	35.2	-4.8	2.2	14	15	11	16.2	5.2*	2.2	47	47	50	51.4	1.4	4.4
<i>Physically Active</i>																		
Did Not Meet Recommendations	32	33	38	31.2	-6.8*	-0.8	21	27	26	32.8	6.8**	11.8***	53	60	64	64.0	NC	11.0***
Met Recommendations	33	32	34	36.7	2.7	3.7	11	12	13	19.9	6.9***	8.9***	44	44	47	56.6	9.6***	12.6***
<i>Poverty Index</i>																		
SNAP Participant		26	32	33.3	1.3			38	33	34.2	1.2			64	66	67.5	1.5	
All Other/ ≤ 130% FPL		35	36	29.2	-6.8			22	29	28.6	-0.4			57	66	57.8	-8.2	
All Other/ > 130% FPL		32	37	37.9	0.9			17	14	18.2	4.2*			49	50	56.1	6.1*	

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

² Overweight & obese refers to BMI ≥ 25.

The p-values presented are unadjusted for multiple testing. Because of the large number of statistical tests performed here, it is suggested that the reader use p<0.01 as the definition of "statistically significant".

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

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Table 81c: Mean Body Mass Index (BMI)

How tall are you without shoes?

How much do you weigh?

	Mean BMI
Total	27.4
<i>Sex</i>	
Males	27.2
Females	27.6
<i>Males</i>	
18 - 24	25.4 ^a ***
25 - 34	27.8 ^b
35 - 50	27.9 ^b
51 - 64	27.1 ^{ab}
65+	26.6 ^{ab}
<i>Females</i>	
18 - 24	25.7 ^a ***
25 - 34	28.3 ^b
35 - 50	28.3 ^b
51 - 64	28.2 ^b
65+	25.3 ^a
<i>Ethnicity</i>	
White	26.8 ^a ***
Hispanic	28.6 ^b
Black	28.9 ^b
Asian/Pacific Islander	25.4 ^a
<i>Education</i>	
Less than High School	28.8 ^b ***
High School Graduate	27.9 ^b
Some College	27.5 ^b
College Graduate	26.0 ^a
<i>Income</i>	
Less than \$15,000	28.3 ^b ***
\$15,000 - 24,999	27.9 ^b
\$25,000 - 34,999	27.3 ^{ab}
\$35,000 - 49,999	28.2 ^b
\$50,000+	26.1 ^a
<i>Physically Active</i>	
Did Not Meet Recommendations	28.6 ***
Met Recommendations	26.5
<i>Poverty Index</i>	
SNAP Participant	28.6 ^b ***
All Other/ ≤ 130% FPL	27.4 ^{ab}
All Other/ > 130% - ≤ 185% FPL	26.4 ^a
All Other/ > 185% FPL	26.6 ^a

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<.001

2007 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	About Average	Overweight	
Total	6.7	45.8	47.3	
<i>Sex</i>				
Males	10.0	50.5	39.6	***
Females	3.5	41.4	55.1	
<i>Males</i>				
18 - 24	19.2	47.1	33.7	**
25 - 34	7.5	51.2	41.2	
35 - 50	5.7	50.4	43.9	
51 - 64	9.6	49.6	40.7	
65+	15.6	55.8	28.6	
<i>Females</i>				
18 - 24	7.3	54.2	38.5	***
25 - 34	3.9	38.2	57.9	
35 - 50	2.1	36.2	61.7	
51 - 64	2.6	34.8	62.6	
65+	4.2	57.3	38.5	
<i>Ethnicity</i>				
White	6.4	48.9	44.6	***
Hispanic	5.4	37.2	57.4	
Black	10.9	45.7	43.5	
Asian/Pacific Islander	11.6	52.7	35.7	
<i>Education</i>				
Less than High School	7.7	33.9	58.4	***
High School Graduate	8.7	46.8	44.4	
Some College	4.9	46.3	48.8	
College Graduate	6.2	52.7	41.1	
<i>Income</i>				
Less than \$15,000	6.4	41.7	51.9	***
\$15,000 - 24,999	4.9	42.6	52.5	
\$25,000 - 34,999	13.6	43.2	43.2	
\$35,000 - 49,999	8.2	36.9	54.9	
\$50,000+	5.9	54.5	39.7	
<i>Physically Active</i>				
Did Not Meet Recommendations	7.9	36.6	55.6	***
Met Recommendations	5.8	53.0	41.2	
<i>Overweight Status</i>				
Overweight/Obese	2.4	29.1	68.5	***
Not Overweight	13.3	71.4	15.3	
<i>Poverty Index</i>				
SNAP Participant	5.0	39.7	55.3	***
All Other/ ≤ 130% FPL	7.9	49.1	43.0	
All Other/ > 130% - ≤ 185% FPL	15.4	47.3	37.4	
All Other/ > 185% FPL	6.5	49.9	43.6	

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<.01

*** p<.001

2007 California Dietary Practices Survey

CrossTab 83: Actual Weight Status by Perceived Weight Status

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 Weight	Percent ¹	
	Not Overweight	Overweight & Obese
Underweight/Average	63.7	36.3
Overweight	12.7	87.3

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

¹Not overweight refers to BMI < 25 and overweight & obese refers to BMI ≥ 25.

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

Chi Square Test

*** p<.001

2007 California Dietary Practices Survey

Table 84: Percent Trying to Lose Weight and Method Used

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

	Percent Trying to Lose Weight ¹	Method, Percent ²	
		Dieting or Exercising	Other Methods
Total	47.8	86.1	13.9
<i>Sex</i>			
Males	42.2 ***	87.2	12.8
Females	53.2	85.3	14.7
<i>Males</i>			
18 - 24	37.1 **	84.6	15.4
25 - 34	43.5	91.4	8.6
35 - 50	45.5	85.6	14.4
51 - 64	48.9	81.8	18.2
65+	27.4	100	0
<i>Females</i>			
18 - 24	55.2 *	94.3	5.7
25 - 34	55.6	80.7	19.3
35 - 50	57.6	85.1	14.9
51 - 64	52.6	84.0	16.0
65+	37.5	86.1	13.9
<i>Ethnicity</i>			
White	45.9 *	86.6	13.4
Hispanic	54.3	83.8	16.2
Black	39.1	91.4	8.6
Asian/Pacific Islander	44.2	93.0	7.0
<i>Education</i>			
Less than High School	51.8	79.3	20.7 *
High School Graduate	43.7	90.9	9.1
Some College	47.2	84.4	15.6
College Graduate	49.6	88.6	11.4
<i>Income</i>			
Less than \$15,000	48.5	83.5	16.5
\$15,000 - 24,999	52.8	83.6	16.4
\$25,000 - 34,999	45.0	94.8	5.2
\$35,000 - 49,999	48.8	79.7	20.3
\$50,000+	44.2	88.8	11.2
<i>Physically Active</i>			
Did Not Meet Recommendations	48.0	82.8	17.2 **
Met Recommendations	48.5	90.1	9.9
<i>Poverty Index</i>			
SNAP Participant	53.1 **	85.4	14.6
All Other/ ≤ 130% FPL	47.9	83.5	16.5
All Other/ > 130% - ≤ 185% FPL	36.3	87.9	12.1
All Other/ > 185% FPL	44.9	85.9	14.1

¹ Out of those who consider themselves overweight

² 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

2007 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 and Maintained
Total	63.6
<i>Sex</i>	
Males	57.2 ***
Females	69.8
<i>Males</i>	
18 - 24	51.5
25 - 34	56.9
35 - 50	57.7
51 - 64	62.4
65+	54.7
<i>Females</i>	
18 - 24	57.3 **
25 - 34	65.1
35 - 50	71.3
51 - 64	78.8
65+	70.8
<i>Ethnicity</i>	
White	69.3 ***
Hispanic	54.7
Black	69.2
Asian/Pacific Islander	49.6
<i>Education</i>	
Less than High School	58.8 ***
High School Graduate	60.0
Some College	73.5
College Graduate	60.5
<i>Income</i>	
Less than \$15,000	67.1 *
\$15,000 - 24,999	63.6
\$25,000 - 34,999	54.2
\$35,000 - 49,999	67.5
\$50,000+	60.8
<i>Physically Active</i>	
Did Not Meet Recommendations	60.3 *
Met Recommendations	66.7
<i>Overweight Status</i>	
Overweight/Obese	69.4 ***
Not Overweight	54.2
<i>Poverty Index</i>	
SNAP Participant	65.3
All Other/ ≤ 130% FPL	59.4
All Other/ > 130% - ≤ 185% FPL	59.3
All Other/ > 185% FPL	63.2

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<.01

*** p<.001