

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index (N=1,130)

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status ¹ , Percent of Adolescents			Overweight or Obese
	Not Overweight	Overweight	Obese	
Total	71.3	16.4	12.3	28.7
Gender				
Male	66.6	20.0	13.4	33.4
Female	76.5	12.4	11.1	23.5
Ethnicity				
White	75.4	17.3	7.3	24.6
African American	60.3	21.4	18.3	39.7
Latino	64.4	16.7	18.9	35.6
Asian/Other	85.4	9.9	4.7	14.6
Gender by Age				
Male				
12-13	70.5	19.7	9.8	29.5
14-15	66.4	22.6	11.0	33.6
16-17	63.1	17.1	19.8	36.9
Female				
12-13	86.6	8.5	4.9	13.4
14-15	72.6	15.8	11.6	27.4
16-17	72.5	11.0	16.5	27.5
Income				
<\$15,000	58.4	21.4	20.1	41.6
\$15,000 - \$24,999	65.6	14.4	19.9	34.4
\$25,000 - \$34,999	65.8	15.3	18.9	34.2
\$35,000 - \$49,999	66.7	20.5	12.8	33.3
\$50,000 - \$74,999	70.1	22.9	7.0	29.9
≥ \$75,000	81.9	12.9	5.2	18.1
CalFresh Status, % FPL²				
Participant	59.3	21.7	19.1	40.7
Likely Eligible ≤ 130%	63.9	15.5	20.6	36.1
Not Eligible > 185%	79.8	14.6	5.6	20.2
Smoking Status				
Non-Smoker	72.0	16.2	11.7	28.0
Smoker	61.5	18.1	20.5	38.5
Physical Activity Status				
Regular	73.0	17.1	9.9	27.0
Irregular	68.4	15.1	16.4	31.6

¹Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 46a: Self-Rating of Weight Status by California Adolescent Boys (N=598)

How do you describe your weight?

	Percent of Boys	
	Not Overweight	Overweight or Obese
Total	77.2	22.8
Ethnicity		
White	81.8	18.2
African American	95.1	4.9
Latino	70.3	29.7
Asian/Other	74.9	25.1
Age		
12-13	75.1	24.9
14-15	77.2	22.8
16-17	79.3	20.7
Income		
<\$15,000	80.2	19.8
\$15,000 - \$24,999	68.7	31.3
\$25,000 - \$34,999	73.1	26.9
\$35,000 - \$49,999	69.2	30.8
\$50,000 - \$74,999	70.8	29.2
≥ \$75,000	81.4	18.6
CalFresh Status, % FPL¹		
Participant	74.0	26.0
Likely Eligible ≤ 130%	72.9	27.1
Not Eligible > 185%	79.3	20.7
Smoking Status		
Non-Smoker	77.5	22.5
Smoker	72.9	27.1
Physical Activity Status		
Regular	80.0	20.0
Irregular	69.2	30.8

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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 46b: Self-Rating of Weight Status by California Adolescent Girls (N=617)

How do you describe your weight?

	Percent of Girls		
	Not Overweight	Overweight or Obese	
Total	69.8	30.2	
Ethnicity			
White	79.9	20.1	***
African American	55.5	44.5	
Latino	57.7	42.3	
Asian/Other	84.7	15.3	
Age			
12-13	71.6	28.4	
14-15	68.1	31.9	
16-17	70.5	29.5	
Income			
<\$15,000	46.7	53.3	***
\$15,000 - \$24,999	47.0	53.0	
\$25,000 - \$34,999	62.2	37.8	
\$35,000 - \$49,999	77.6	22.4	
\$50,000 - \$74,999	86.0	14.0	
≥ \$75,000	88.5	11.5	
CalFresh Status, % FPL¹			
Participant	46.4	53.6	***
Likely Eligible ≤ 130%	58.0	42.0	
Not Eligible > 185%	89.2	10.8	
Smoking Status			
Non-Smoker	70.7	29.3	*
Smoker	53.1	46.9	
Physical Activity Status			
Regular	76.4	23.6	***
Irregular	63.4	36.6	

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

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

2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 46c: Perception of Ideal Weight in Relation to Body Mass Index as Reported by California Adolescent Boys and Girls (N=1,130)

About how much do you weigh without shoes?

About how tall are you without shoes?

How do you describe your weight?

	Actual Weight ¹		
	Not Overweight	Overweight/Obese ²	
Boys think their weight is... (N=563)			
Not Overweight	96.4	42.8	***
Overweight/Obese ²	3.6	57.2	
Girls think their weight is... (N=567)			
Not Overweight	88.2	16.9	***
Overweight/Obese ²	11.8	83.1	

¹ Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m²).

² Calculated using the CDC 2000 reference data by age and gender for BMI. Overweight = BMI > 85th < 95th percentile. Obese = BMI > 95th percentile.

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

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 47: Weight Management Behaviors Reported by California Adolescents (N=1,219)

During the past 30 days, did you ... to lose weight or keep from gaining weight?

	Weight Management Behaviors Reported, Percent of Adolescents	
	Male (N=599)	Female (N=620)
Exercise	50.0	51.8
Eat less food, fewer calories, or foods low in fat	27.5	39.6
Go without eating for 24 hours or more (also called fasting)	2.2	6.2
Take any diet pills, powders, or liquids without a doctor's advice	1.4	3.6
Vomit or take laxatives	1.1	3.2

Some numbers may not add to 100 percent due to rounding.