

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index<sup>1</sup>**

About how much do you weight without shoes?  
About how tall are you without shoes?

	Overweight Sataus <sup>2</sup> , Percent of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
<b>Total</b>	<b>76</b>	<b>14</b>	<b>11</b>
<b>Gender</b>			
Males	73	14	12
Females	78	13	9
<b>Ethnicity</b>			
White	83	10	7
African American	71	12	17
Latino	66	19	15
Asian/Other	79	12	9
<b>Gender by Age</b>			
<b>Males</b>			
12-13	73	18	9
14-15	73	16	11
16-17	75	9	16
<b>Females</b>			
12-13	74	16	10
14-15	81	11	8
16-17	79	12	9
<b>Smoking Status</b>			
Non-Smokers	76	14	11
Smokers	77	11	11
<b>Physical Activity Status</b>			
Regular	75	14	11
Irregular	77	13	10
<b>Overweight Status</b>			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A

<sup>1</sup> Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m<sup>2</sup>).

<sup>2</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = 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<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 46: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescents**

About how much do you weight without shoes?  
 What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds
<b>Total</b>	<b>130</b>	<b>125</b>
<b>Gender</b>		
Males	137 ***	134 ***
Females	122	115
<b>Ethnicity</b>		
White	128 <sup>a</sup> *	125
African American	135 <sup>a</sup>	128
Latino	132 <sup>a</sup>	125
Asian/Other	125 <sup>a</sup>	123
<b>Gender by Age</b>		
<b>Males</b>		
12-13	114 <sup>a</sup> ***	111 <sup>a</sup> ***
14-15	138 <sup>b</sup>	135 <sup>b</sup>
16-17	157 <sup>c</sup>	156 <sup>c</sup>
<b>Females</b>		
12-13	110 <sup>a</sup> ***	102 <sup>a</sup> ***
14-15	124 <sup>b</sup>	117 <sup>b</sup>
16-17	132 <sup>c</sup>	125 <sup>c</sup>
<b>Smoking Status</b>		
Non-Smokers	129 ***	124 ***
Smokers	145	142
<b>Physical Activity Status</b>		
Regular	130	125
Irregular	129	124
<b>Overweight Status</b>		
Not at Risk	120 ***	121 ***
At Risk/Overweight	162	141

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<.05

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 47: Cross Tabulation of Trying to Lose Weight and Eating High Calorie, Low Nutrient Foods among California Adolescents**

During the past 30 days, have you done anything to try to lose weight?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or poparts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday did you eat any boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Food	Portion Who Ate Each Food Yesterday	
	Tried to Lose Weight in the Past 30 Days, Percent of Adolescents	Have Not Tried to Lose Weight in the Past 30 Days, Percent of Adolescents
Pastry	24	24
Fried Foods	31	33
Chips or Fried Snacks	35	44
Sweet Snacks or Dessert	34	39
Candy or Soda	59	52
Fast Food	27	29

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

Chi Square Test

\* p<.05

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 48: Cross Tabulation of Trying to Lose Weight and Exercising among California Adolescents**

Yesterday did you participate in any physical activity, exercise, sports?  
During the past 30 days, have you done anything to try to lose weight?

	<b>Trying to Lose Weight, Percent of Adolescents</b>	<b>Not Trying to Lose Weight, Percent of Adolescents</b>
<b>Proportion Who Exercised Yesterday</b>	67	68

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 49: Weight Loss and Dieting Practices of California Adolescents**

During the past 30 days, have you done anything to try to lose weight?

During the past 30 days, what is the most common thing you do to try to lose weight? Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?

Are you dieting to lose weight now?

	Tried to Lose Weight Past 30 Days, Percent of Adolescents	Currently Dieting to Lose Weight, Percent of Adolescents	Practices Adolescents Reported Using to Lose Weight	
			Exercise/Working Out	Other <sup>1</sup>
<b>Total</b>	<b>36</b>	<b>11</b>	<b>85</b>	<b>15</b>
<b>Gender</b>				
Males	30 ***	6 ***	95	5 ***
Females	43	15	78	22
<b>Ethnicity</b>				
White	31 *	8 **	85	15
African American	38	13	79	21
Latino	41	14	88	12
Asian/Other	38	9	79	21
<b>Gender by Age</b>				
<b>Males</b>				
12-13	36 ***	7	94	6
14-15	34	7	98	2
16-17	20	5	92	8
<b>Females</b>				
12-13	38	14	84	16 **
14-15	47	17	66	34
16-17	43	15	85	15
<b>Smoking Status</b>				
Non-Smokers	36	11	86	14
Smokers	32	12	79	21
<b>Physical Activity Status</b>				
Regular	35	10	88	12 **
Irregular	38	12	75	25
<b>Overweight Status</b>				
Not at Risk	27 ***	7 ***	86	14
At Risk/Overweight	62	22	82	18

<sup>1</sup> Includes "Going on a Diet", "Fasting", and "Smoking".

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 50: California Adolescents Who Report Being Vegetarians**

Are you a vegetarian?

	Reported Being a Vegetarian, Percent of Adolescents
<b>Total</b>	4
<b>Gender</b>	
Males	3
Females	6
<b>Ethnicity</b>	
White	4
African American	3
Latino	4
Asian/Other	9
<b>Gender By Age</b>	
<b>Males</b>	
12-13	2
14-15	4
16-17	3
<b>Females</b>	
12-13	3
14-15	7
16-17	9
<b>Smoking Status</b>	
Non-Smokers	4
Smokers	5
<b>Physical Activity Status</b>	
Regular	4
Irregular	5
<b>Overweight Status</b>	
Not at Risk	5
At Risk/Overweight	2

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

Chi Square Test

\* p<.05

\*\* p<.01

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 51: California Adolescents Who Reported Using Nutritional Supplements**

Are you taking any vitamins or nutritional supplements now?

	Reported Taking Supplements, Percent of Adolescents	
<b>Total</b>	<b>31</b>	
<b>Gender</b>		
Males	31	
Females	32	
<b>Ethnicity</b>		
White	40	***
African American	27	
Latino	24	
Asian/Other	24	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	38	**
14-15	24	
16-17	31	
<b>Females</b>		
12-13	35	
14-15	29	
16-17	31	
<b>Smoking Status</b>		
Non-Smokers	31	*
Smokers	42	
<b>Physical Activity Status</b>		
Regular	33	**
Irregular	22	
<b>Overweight Status</b>		
Not at Risk	34	*
At Risk/Overweight	27	

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Chi Square Test

\* p<.05

\*\* p<.01

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