

2004 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index¹

About how much do you weigh without shoes?

About how tall are you without shoes?

	Overweight Status ² , Percent of Adolescents			
	Not at Risk	At Risk for Overweight	Overweight	At Risk and Overweight
Total	71	16	12	29
Gender				
Males	68	15	17	32
Females	75	17	7	25
Ethnicity				
White	82	11	6	18
African American	66	25	8	34
Latino	63	18	20	37
Asian/Other	66	21	13	34
Gender by Age				
Males				
12-13	65	23	13	35
14-15	71	14	15	29
16-17	67	9	23	33
Females				
12-13	69	19	12	31
14-15	80	12	8	20
16-17	76	21	3	24
Smoking Status				
Non-Smokers	71	16	13	29
Smokers	73	18	9	27
Physical Activity Status				
Regular	72	16	12	28
Irregular	67	17	16	32
Overweight Status				
Not at Risk	N/A	N/A	N/A	NA
At Risk/Overweight	N/A	N/A	N/A	NA
Income Related Food Risk				
Yes	65	19	17	35
No	73	16	11	27

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.

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<.01

*** p<.001

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Table 46a: Perception of Ideal Weight in Relation to Body Mass Index¹ as Reported by California Adolescents

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

	Ideal Weight and Height Calculated Body Mass Index by Weight Status Category ² , Percent of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
Total	84	11	5
Gender			
Males	76	16	8
Females	93	5	2
Ethnicity			
White	89	8	3
African American	81	16	4
Latino	79	14	7
Asian/Other	85	9	6
Gender by Age			
Males			
12-13	75	18	6
14-15	79	13	8
16-17	74	16	10
Females			
12-13	91	6	3
14-15	92	7	2
16-17	96	3	1
Smoking Status			
Non-Smokers	84	11	5
Smokers	80	10	10
Physical Activity Status			
Regular	84	11	5
Irregular	85	10	5
Overweight Status			
Not at Risk	97	3	0
At Risk/Overweight	52	31	17
Income Related Food Risk			
Yes	83	10	8
No	85	11	4

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.

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.

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

During the past 30 days, what is the most common thing you have been doing to try to lose weight?

	Most Common Way to Lose Weight, Percent of Adolescents Reported Trying to Lose Weight in the Past 30 Days ¹	
	Go on a Diet/Fasting ²	Exercise or Workout
Total	19	81
Gender		
Males	14	86
Females	23	77
Ethnicity		
White	24	76
African American	14	86
Latino	15	85
Asian/Other	23	77
Gender by Age		
Males		
12-13	12	88
14-15	9	91
16-17	19	81
Females		
12-13	15	85
14-15	21	79
16-17	32	68
Smoking Status		
Non-Smokers	19	81
Smokers	22	78
Physical Activity Status		
Regular	14	86
Irregular	30	70
Overweight Status		
Not at Risk	24	76
At Risk/Overweight	16	84
Income Related Food Risk		
Yes	14	86
No	19	81

¹ Smoking as a form of dieting was dropped from the analysis due to low response (<1%)

² "Fasting" was included with dieting because it did not exceed 2 percent of total respondents

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Chi Square Test

* p<.05

*** p<.001

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Table 49b: Dieting Behaviors among California Adolescents Reporting Recent Attempt at Weight Loss

During the past 30 days, what is the most common thing you have been doing to try to lose weight?
 Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?
 Did you do anything else?
 What kind of diet did you use?

	Type of Diet Reported, Percent of Adolescents Dieting in the Past 30 Days
Eating less food/fewer calories	49
Eating foods low in fat	23
Eating foods low in sugar or carbohydrates	23
A "popular" diet	5
Eating more protein	3
Skipping one or more meals each day	3
Other ¹	3

¹ Other includes "Eating or drinking meal replacement shakes or bars", "A weight loss program", "Diet pills, herbal medicines or other weight loss products not prescribed by your doctor", and "Supervised weight loss program through Doctor, Hospital, Health Clinic, or HMO", none of which equaled more than 1 percent.

Percents do not add up to 100 due to participants being able to answer "yes" to more than one type of diet.

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Table 94: California Adolescents' Weight Goals

Which of the following are you trying to do about your weight?

	Percent of Adolescents			
	Lose Weight	Gain Weight	Stay the Same / Nothing	
Total	38	11	51	
Gender				
Males	31	17	52	***
Females	45	5	49	
Ethnicity				
White	30	11	59	***
African American	32	23	45	
Latino	47	9	44	
Asian/Other	37	12	51	
Gender by Age				
Males				
12-13	34	10	55	*
14-15	26	23	51	
16-17	33	17	50	
Females				
12-13	45	5	50	
14-15	39	7	53	
16-17	51	3	45	
Smoking Status				
Non-Smokers	38	11	51	
Smokers	38	20	42	
Physical Activity Status				
Regular	37	13	51	*
Irregular	42	7	51	
Overweight Status				
Not at Risk	23	15	62	***
At Risk/Overweight	72	2	26	
Income Related Food Risk				
Yes	44	14	43	*
No	37	10	53	

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