

2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index<sup>1,2</sup> (Diary Sample)**

What is your child's current height in feet and inches?  
 What is your child's current weight in pounds?

	Overweight Status, Percent of Children		
	Not at Risk	At Risk (85th Percentile) <sup>3</sup>	Overweight (95th Percentile) <sup>4</sup>
<b>Total</b>	<b>62</b>	<b>20</b>	<b>18</b>
<b>Gender</b>			
Males	59	21	20
Females	66	18	16
<b>Ethnicity</b>			
White	71	18	11
African American	58	20	22
Latino	56	21	23
Asian/Other	61	21	18
<b>Income</b>			
≤\$19,999	52	27	20
\$20,000 - \$49,999	61	22	17
≥\$50,000	66	17	17
<b>Federal Poverty Level</b>			
≤ 185%	55	26	19
> 185%	66	17	17
<b>Food Stamps</b>			
Yes	50	34	16
No	63	19	18
<b>Overweight Status</b>			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A
<b>Physical Activity</b>			
≥60 minutes	63	22	16
<60 minutes	62	18	20
<b>School Breakfast</b>			
Yes	54	28	18
No	64	18	18
<b>School Lunch</b>			
Yes	59	22	20
No	67	17	15
<b>Nutrition Lesson</b>			
Yes	66	20	14
No	58	20	22
<b>Exercise Lesson</b>			
Yes	64	21	15
No	60	17	23

<sup>1</sup> Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters<sup>2</sup>.

<sup>2</sup> Calculated using the Reference Data for Obesity. CDC website, 2000.

<sup>3</sup> BMI ≥ 85th <95th Percentile

<sup>4</sup> BMI ≥ 95th Percentile

Rows may not add up to 100% 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