

2009 California Children's Healthy Eating and Exercise Practices Survey

Table 66: Distribution of Overweight Status Among California Children Based on Body Mass Index^{1,2} (N=856)

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

| | Overweight Status, Percent | | | Overweight and Obese ^{4,5} |
|----------------------------------|-----------------------------|-------------------------|--------------------|-------------------------------------|
| | Not Overweight ³ | Overweight ⁴ | Obese ⁵ | |
| Total | 62.5 | 19.5 | 18.1 | 37.5 |
| Gender | | | | |
| Males | 57.7 | 22.6 | 19.7 * | 42.3 ** |
| Females | 67.1 | 16.4 | 16.5 | 32.9 |
| Ethnicity | | | | |
| White | 73.0 | 16.3 | 10.7 *** | 27.0 *** |
| African American | 63.9 | 15.8 | 20.3 | 36.1 |
| Latino | 52.4 | 23.4 | 24.1 | 47.6 |
| Asian/Other | 72.5 | 14.4 | 13.1 | 27.5 |
| Food Stamp Status, % FPL | | | | |
| Participant, ≤ 130% | 51.1 | 23.8 | 25.1 *** | 48.9 *** |
| Likely Eligible, ≤ 130% | 46.6 | 16.2 | 37.1 | 53.4 |
| Potentially Eligible, 131-≤ 185% | 55.9 | 26.2 | 17.9 | 44.1 |
| Not Eligible, >185% | 69.6 | 18.6 | 11.9 | 30.4 |
| Overweight Status | | | | |
| Not Overweight | N/A | N/A | N/A | N/A |
| Overweight/Obese | N/A | N/A | N/A | N/A |
| Physical Activity | | | | |
| ≥ 60 minutes | 66.7 | 16.8 | 16.6 * | 33.3 * |
| < 60 minutes | 58.4 | 22.1 | 19.5 | 41.6 |
| School Breakfast | | | | |
| Yes | 50.9 | 22.2 | 26.9 *** | 49.1 *** |
| No | 65.4 | 18.8 | 15.8 | 34.6 |
| School Lunch | | | | |
| Yes | 54.9 | 20.3 | 24.9 *** | 45.1 *** |
| No | 75.1 | 18.2 | 6.7 | 24.9 |
| Nutrition Lesson | | | | |
| Yes | 65.4 | 18.8 | 15.8 | 34.6 * |
| No | 58.4 | 20.4 | 21.2 | 41.6 |
| Exercise Lesson | | | | |
| Yes | 63.3 | 19.4 | 17.3 | 36.7 |
| No | 49.4 | 20.5 | 30.1 | 50.6 |

¹ Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters².

² Calculated using the Reference Data for Obesity. CDC website, 2000.

³ Not Overweight is a BMI <85th percentile, formerly labeled "not at risk for overweight".

⁴ Overweight is a BMI ≥ 85th and <95th percentile, formerly labeled "at risk for overweight".

⁵ Obese is a BMI ≥ 95th percentile, formerly labeled "overweight".

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

** p<.01

*** p<.001