

KidsHealth KidsPoll -- Obesity Poll
Descriptive Statistics
(stastically significant differences highlighted in yellow)

| | total | self-reported weight | | | Age | | | | | |
|---|-------|----------------------|-------|-------|-------|------|-----|-----|-----|-------|
| | | boys | girls | under | right | over | 9 | 10 | 11 | 12~13 |
| 1) Are you a boy or girl? | | | | | | | | | | |
| A) boy | 47% | 100% | | 52% | 47% | 41% | 40% | 48% | 56% | 47% |
| B) girl | 53% | | 100% | 48% | 53% | 59% | 60% | 52% | 44% | 53% |
| 2) How old are you? | 10.3 | | | | | | | | | |
| A) 9 (or younger) | 26% | 22% | 30% | 25% | 26% | 26% | | | | |
| B) 10 | 40% | 41% | 40% | 40% | 42% | 37% | | | | |
| C) 11 | 18% | 22% | 15% | 21% | 16% | 21% | | | | |
| D & E) 12 or older | 16% | 15% | 15% | 14% | 16% | 16% | | | | |
| 3) Is there a problem with overweight kids today? | | | | | | | | | | |
| A) yes—way too many kids are overweight | 19% | 21% | 18% | 21% | 18% | 23% | 14% | 19% | 22% | 25% |
| B) some—more kids are overweight than should be | 33% | 30% | 36% | 36% | 31% | 34% | 29% | 33% | 34% | 39% |
| C) no—I don't think there is a problem | 22% | 23% | 20% | 19% | 23% | 19% | 22% | 21% | 21% | 22% |
| D) I don't know | 26% | 26% | 26% | 24% | 28% | 24% | 35% | 27% | 23% | 14% |
| 3) Is there a problem with overweight kids today? (of those who knew) | | | | | | | | | | |
| A) yes—way too many kids are overweight | 26% | 28% | 24% | 28% | 25% | 30% | 22% | 26% | 29% | 29% |
| B) some—more kids are overweight than should be | 45% | 41% | 49% | 47% | 43% | 45% | 45% | 45% | 44% | 45% |
| C) no—I don't think there is a problem | 30% | 31% | 27% | 25% | 32% | 25% | 34% | 29% | 27% | 26% |
| 4) How would you describe your weight? | | | | | | | | | | |
| A) very overweight | 4% | 4% | 4% | | | 19% | 4% | 4% | 5% | 5% |
| B) slightly overweight | 18% | 16% | 21% | | | 81% | 18% | 17% | 21% | 18% |
| C) about the right weight | 55% | 55% | 55% | | 100% | | 55% | 57% | 48% | 56% |
| D) slightly underweight | 15% | 18% | 12% | 65% | | | 15% | 14% | 18% | 14% |
| E) very underweight | 8% | 7% | 8% | 35% | | | 8% | 8% | 8% | 7% |
| 5) How often are you stressed or worried about your weight? | | | | | | | | | | |
| A) never | 46% | 59% | 33% | 58% | 49% | 23% | 48% | 44% | 48% | 41% |
| B) sometimes--but not every week | 27% | 20% | 34% | 19% | 32% | 25% | 25% | 28% | 25% | 30% |
| C) often--at least once a week | 13% | 10% | 17% | 9% | 11% | 24% | 16% | 13% | 13% | 12% |
| D) all the time--about every day | 14% | 11% | 16% | 14% | 8% | 28% | 11% | 15% | 14% | 17% |

| | total | boys | girls | under | right | over | 9 | 10 | 11 | 12~13 |
|---|-------|------|-------|-------|-------|------|-----|-----|-----|-------|
| 6) Who talks to you individually about your weight the most? | | | | | | | | | | |
| A) no one ever talks to me about my weight | 44% | 53% | 36% | 49% | 50% | 26% | 42% | 46% | 45% | 43% |
| B) my mom or dad | 31% | 26% | 36% | 25% | 29% | 45% | 34% | 33% | 29% | 29% |
| C) a relative | 7% | 5% | 8% | 7% | 6% | 8% | 6% | 6% | 8% | 7% |
| D) a friend | 8% | 8% | 8% | 9% | 6% | 9% | 7% | 7% | 6% | 12% |
| E) someone else not listed above | 10% | 8% | 12% | 10% | 9% | 12% | 11% | 8% | 12% | 9% |
| 6) Who talks to you individually about your weight the most? (of those who had been talked to) | | | | | | | | | | |
| B) my mom or dad | 55% | 55% | 56% | 49% | 58% | 61% | 59% | 61% | 53% | 51% |
| C) a relative | 13% | 11% | 13% | 14% | 12% | 11% | 10% | 11% | 15% | 12% |
| D) a friend | 14% | 17% | 13% | 18% | 12% | 12% | 12% | 13% | 11% | 21% |
| E) someone else not listed above | 18% | 17% | 19% | 20% | 18% | 16% | 19% | 15% | 22% | 16% |
| 7) Compared to other kids, how hard or easy is it for overweight kids to make friends? | | | | | | | | | | |
| A) a lot harder | 30% | 26% | 34% | 35% | 30% | 26% | 29% | 31% | 30% | 32% |
| B) a little harder | 30% | 29% | 31% | 28% | 31% | 30% | 25% | 33% | 34% | 30% |
| C) about the same as other kids | 30% | 34% | 27% | 26% | 30% | 35% | 37% | 27% | 26% | 31% |
| D) a little easier | 3% | 4% | 2% | 4% | 2% | 4% | 3% | 3% | 3% | 3% |
| E) a lot easier | 7% | 7% | 6% | 7% | 7% | 5% | 6% | 6% | 7% | 4% |
| 8) If kids are overweight, what is the <u>most</u> important cause? | | | | | | | | | | |
| A) Fast-food restaurants serve the wrong foods | 19% | 20% | 19% | 19% | 19% | 20% | 20% | 20% | 20% | 13% |
| B) Overweight kids don't get enough exercise | 29% | 28% | 31% | 30% | 30% | 28% | 28% | 30% | 26% | 34% |
| C) It runs in their family | 11% | 13% | 8% | 9% | 11% | 10% | 8% | 12% | 9% | 13% |
| D) Overweight kids don't eat right | 25% | 22% | 26% | 25% | 24% | 26% | 26% | 21% | 27% | 29% |
| E) Some other cause not listed | 16% | 17% | 16% | 17% | 16% | 16% | 18% | 17% | 18% | 11% |
| 9) What is the best way to learn about how to keep a healthy weight? | | | | | | | | | | |
| A) lessons at school | 8% | 9% | 8% | 8% | 9% | 8% | 8% | 7% | 10% | 8% |
| B) demonstrations on how to fix healthy food | 16% | 16% | 16% | 15% | 14% | 21% | 17% | 17% | 14% | 15% |
| C) from a parent or family member | 15% | 16% | 14% | 14% | 14% | 19% | 13% | 16% | 16% | 15% |
| E) from a nurse or doctor | 34% | 30% | 37% | 34% | 35% | 30% | 38% | 31% | 33% | 31% |
| D) joining a group, club or team that teaches me about physical activity | 27% | 29% | 25% | 29% | 28% | 22% | 24% | 29% | 27% | 31% |
| 10) Which of the following is the best way to control body weight? | | | | | | | | | | |
| A) go on a diet | 17% | 20% | 14% | 19% | 15% | 20% | 17% | 17% | 22% | 9% |
| B) take medicine | 2% | 3% | 1% | 2% | 2% | 2% | 1% | 1% | 3% | 4% |
| C) eat healthy & exercise | 69% | 62% | 74% | 63% | 72% | 65% | 74% | 67% | 60% | 75% |
| D) nothing it just happens | 7% | 8% | 8% | 10% | 6% | 8% | 2% | 10% | 10% | 5% |

| | 5% | 7% | 3% | 6% | 5% | 5% | 6% | 5% | 5% | 7% |
|---|-------|------|-------|-------|-------|------|-----|-----|-----|-------|
| | total | boys | girls | under | right | over | 9 | 10 | 11 | 12-13 |
| E) I don't know | | | | | | | | | | |
| 10) Which of the following is the best way to control body weight? (of those who knew) | | | | | | | | | | |
| A) go on a diet | 18% | 22% | 14% | 20% | 16% | 21% | 18% | 18% | 23% | 10% |
| B) take medicine | 2% | 3% | 1% | 2% | 2% | 2% | 1% | 1% | 3% | 4% |
| C) eat healthy & exercise | 73% | 67% | 76% | 67% | 76% | 68% | 79% | 71% | 63% | 81% |
| D) nothing it just happens | 7% | 9% | 8% | 11% | 6% | 8% | 2% | 11% | 11% | 5% |
| 11) Which way have you tried to lose weight? | | | | | | | | | | |
| A) I haven't tried to lose weight | 41% | 48% | 35% | 57% | 43% | 22% | 40% | 41% | 47% | 42% |
| B) went on a diet | 10% | 9% | 11% | 6% | 8% | 18% | 8% | 9% | 13% | 12% |
| C) ate healthy & exercised | 38% | 32% | 44% | 28% | 41% | 42% | 44% | 40% | 30% | 33% |
| D) ate out less | 8% | 7% | 8% | 4% | 6% | 15% | 7% | 8% | 6% | 10% |
| E) took medicine | 3% | 4% | 2% | 5% | 2% | 3% | 1% | 2% | 4% | 3% |
| 11) Which way have you tried to lose weight? (of those who have tried to lose weight) | | | | | | | | | | |
| B) went on a diet | 17% | 17% | 17% | 14% | 14% | 23% | 13% | 15% | 25% | 21% |
| C) ate healthy & exercised | 64% | 62% | 68% | 65% | 72% | 54% | 73% | 68% | 57% | 57% |
| D) ate out less | 14% | 13% | 12% | 9% | 11% | 19% | 12% | 14% | 11% | 17% |
| E) took medicine | 5% | 8% | 3% | 12% | 4% | 4% | 2% | 3% | 8% | 5% |

Margin of Error is not reported for this study:

Margin of Error is a measure of how precise a proportion reported is within the population represented by the sample. It is a calculation based on the proportion, the confidence level and the sample size. The larger the sample size the smaller the margin of error. Margin of error relies on two primary assumptions: 1) the distribution within the population is normal--with large sample sizes this can usually be assumed; and 2) that the sample is representative (i.e., random). Our survey cannot be considered random; therefore, we do not report a margin of error.

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