

Data Brief 158: Perception of Weight Status in U.S. Children and Adolescents Aged 8–15 Years, 2005–2012

Data table for Figure 1. Weight status misperception among children and adolescents aged 8–15 years, by sex and age: United States, 2005–2012

Age group	Sample size	Percent	Standard error	Confidence interval
All ages				
All	5,729	30.2	0.8	28.5–31.8
Boys	2,882	¹ 32.3	1.2	29.9–34.6
Girls	2,847	28.0	1.1	25.8–30.3
8–11 years				
All	2,994	² 33.1	1.1	30.8–35.3
Boys	1,487	³ 34.9	1.6	31.8–38.2
Girls	1,507	³ 31.2	1.5	28.3–34.2
12–15 years				
All	2,735	27.4	1.4	24.7–30.2
Boys	1,395	29.7	1.9	26.1–33.6
Girls	1,340	25.0	1.9	21.3–29.0

¹Significantly different from girls, $p < 0.05$.

²Significantly different from adolescents, $p < 0.01$.

³Significantly different from adolescents, $p < 0.05$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2005–2012.

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Data table for Figure 2. Weight status misperception among children and adolescents aged 8–15 years, by race and Hispanic origin: United States, 2005–2012

Race and Hispanic origin	Sample size	Percent	Standard error	Confidence interval
Non-Hispanic white				
All	1,591	^{1,2} 27.7	1.1	25.6–29.9
Boys	816	^{1,2} 29.7	1.6	26.6–32.9
Girls	775	^{1,3} 25.7	1.6	22.6–29.1
Non-Hispanic black				
All	1,525	34.4	1.2	31.9–36.8
Boys	748	36.0	1.7	32.7–39.5
Girls	777	32.7	1.7	29.3–36.2
Mexican American				
All	1,580	34.0	1.7	30.6–37.5
Boys	783	36.9	2.3	32.3–41.6
Girls	797	31.2	2.2	27.0–35.6

¹Significantly different from non-Hispanic black youth, $p < 0.01$.

²Significantly different from Mexican-American youth, $p < 0.01$.

³Significantly different from Mexican-American youth, $p < 0.05$.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2005–2012.

Data table for Figure 3. Weight status misperception among children and adolescents aged 8–15 years, by sex and body mass index category: United States, 2005–2012

	Too thin				About right				Overweight			
	Number	Percent	Standard error	Confidence interval	Number	Percent	Standard error	Confidence interval	Number	Percent	Standard error	Confidence interval
All ¹												
Underweight	83	51.5	4.6	42.3–60.6	91	48.5	4.6	39.4–57.7	–	–	–	...
Normal weight	346	8.7	0.7	7.4–10.3	2,881	87.4	0.9	85.6–89.6	123	3.9	0.5	2.9–4.9
Overweight	13	0.7	0.2	0.4–1.2	695	76.0	1.9	71.9–79.6	232	23.3	1.9	19.6–27.4
Obese	20	1.1	0.3	1.9–2.8	530	41.9	1.8	38.3–45.4	715	57.0	1.9	53.3–60.7
Boys ¹												
Underweight	44	48.2	7.1	34.6–62.1	50	51.8	7.1	37.9–65.4	–	–	–	...
Normal weight ²	202	10.3	0.8	8.7–12.1	1,443	87.0	1.1	84.7–88.9	48	2.7	0.5	1.8–4.1
Overweight ²	5	*0.6	348	80.9	2.4	75.6–85.3	94	18.5	2.4	14.2–23.9
Obese ²	15	1.4	0.4	0.8–2.4	303	47.6	2.7	42.2–53.1	330	51.0	2.8	45.4–56.5
Girls ¹												
Underweight	39	55.8	6.6	42.5–68.3	41	44.2	6.6	31.7–57.5	–	–	–	...
Normal weight	144	7.1	0.9	5.5–9.2	1,438	87.9	1.1	85.5–89.9	75	5.0	0.8	3.5–6.9
Overweight	8	*0.9	347	71.4	2.6	65.9–76.3	138	27.7	2.7	22.7–33.4
Obese	5	*0.8	227	35.6	2.5	30.7–40.8	385	63.6	2.7	58.8–60.2

– Quantity zero.

... Category not applicable.

* Estimate does not meet standards of reliability or precision; relative standard error is greater than 30%.

¹Significant association between BMI categories and weight status misperception, p < 0.001.

²Significantly different from girls in the same BMI category, p < 0.05.

NOTE: BMI is body mass index.

SOURCE: CDC/NCHS: National Health and Nutrition Examination Survey, 2005–2012.

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Data table for Figure 4. Weight status misperception among boys and girls aged 8–15 years, by family income-to-poverty ratio: United States, 2005–2012

FIPR	Sample size	Percent	Standard error	Confidence interval
Less than 130%				
All	2,288	32.5	1.3	30.0–35.1
Boys	1,141	33.4	1.7	30.2–36.8
Girls	1,147	31.5	1.7	28.3–35.0
130%–349%				
All	1,921	30.7	1.6	27.7–33.9
Boys	968	33.1	2.0	29.3–37.3
Girls	953	28.4	2.3	24.1–33.1
350% or more				
All	1,174	¹ 26.3	1.4	23.6–29.2
Boys	600	28.3	2.4	23.9–33.2
Girls	574	¹ 24.1	2.0	20.3–28.4

¹Significant linear trend, $p < 0.01$.

NOTE: FIPR is family income-to-poverty ratio.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2005–2012.