

2013 BRFSS SC: Weight Control
Eating Fewer Calories/Less Fat to Lose or Maintain Weight

	Total Respondents	Yes, fewer calories				Yes, less fat				Yes, fewer calories and less fat				No			
		N	%	C.I.(95%)		N	%	C.I.(95%)		N	%	C.I.(95%)		N	%	C.I.(95%)	
TOTAL	7,726	1,896	25.25	23.82	26.67	1,910	23.80	22.42	25.18	2,475	31.10	29.62	32.57	1,445	19.86	18.55	21.16
GENDER																	
Male	2,901	736	25.11	22.90	27.31	634	23.24	21.05	25.43	856	27.88	25.66	30.10	675	23.78	21.62	25.94
Female	4,825	1,160	25.35	23.48	27.22	1,276	24.23	22.46	26.00	1,619	33.56	31.59	35.53	770	16.86	15.26	18.47
RACE																	
White	5,227	1,318	26.70	24.94	28.46	1,123	20.13	18.61	21.65	1,746	33.07	31.28	34.87	1,040	20.10	18.58	21.62
African American	2,035	480	22.12	19.47	24.76	646	31.30	28.30	34.29	611	28.94	25.97	31.92	298	17.65	14.95	20.34
Other	322	70	23.45	17.02	29.89	95	31.81	24.43	39.18	87	21.39	15.55	27.22	70	23.35	16.73	29.98
HISPANIC																	
Yes	109	31	25.22	15.49	34.95	37	35.71	24.23	47.20	22	18.80	10.16	27.43	19	20.27	10.35	30.19
No	7,511	1,845	25.33	23.88	26.77	1,839	23.25	21.88	24.61	2,432	31.74	30.24	33.25	1,395	19.69	18.38	21.00
AGE																	
18-24	280	73	26.86	20.51	33.20	55	20.31	14.39	26.23	63	19.17	14.05	24.28	89	33.67	27.04	40.30
25-34	627	149	23.75	19.66	27.84	144	23.53	19.44	27.63	190	29.00	24.83	33.17	144	23.72	19.75	27.68
35-44	864	259	31.31	27.30	35.31	159	19.18	15.83	22.53	280	31.96	28.00	35.91	166	17.55	14.33	20.78
45-54	1,290	322	24.21	21.06	27.36	304	22.24	19.25	25.22	469	38.92	35.26	42.59	195	14.63	12.17	17.10
55-64	1,878	471	24.94	22.20	27.68	476	26.62	23.61	29.64	636	31.43	28.50	34.35	295	17.01	14.57	19.45
65+	2,787	622	22.11	19.85	24.37	772	28.01	25.64	30.38	837	29.85	27.43	32.27	556	20.03	17.89	22.18
EDUCATION																	
Less Than H.S.	770	159	23.83	19.24	28.42	272	32.62	27.93	37.32	169	22.35	18.19	26.50	170	21.21	17.11	25.30
H.S. or G.E.D.	2,233	527	24.32	21.70	26.95	638	26.22	23.66	28.79	648	29.48	26.81	32.16	420	19.97	17.60	22.34
Some Post-H.S.	2,035	503	25.71	23.08	28.34	501	21.66	19.27	24.05	691	33.34	30.51	36.16	340	19.29	16.79	21.79
College Graduate	2,667	701	26.44	24.13	28.76	494	18.76	16.51	21.00	960	35.10	32.58	37.61	512	19.71	17.65	21.76
HOUSEHOLD INCOME																	
Less than \$15,000	884	183	19.65	15.81	23.48	294	31.28	26.84	35.73	262	30.46	26.10	34.82	145	18.61	14.74	22.48
\$15,000- \$24,999	1,296	305	24.30	20.91	27.69	344	24.69	21.38	27.99	396	29.88	26.25	33.50	251	21.13	17.85	24.42
\$25,000- \$34,999	829	193	25.81	21.64	29.98	228	28.71	24.37	33.05	256	27.97	23.87	32.06	152	17.51	13.78	21.24
\$35,000- \$49,999	959	241	29.20	24.84	33.56	239	23.04	19.25	26.83	301	27.85	23.80	31.90	178	19.91	16.32	23.50
\$50,000+	2,746	749	27.29	24.93	29.65	549	20.46	18.27	22.65	954	33.79	31.34	36.25	494	18.45	16.42	20.49
REGION																	
Region I	858	211	23.90	19.75	28.05	215	24.69	20.33	29.05	260	30.36	25.73	35.00	172	21.04	16.86	25.23
Region II	1,129	267	25.22	21.60	28.84	271	21.99	18.68	25.30	370	32.36	28.64	36.08	221	20.44	17.27	23.60
Region III	1,138	270	23.30	20.00	26.61	289	25.51	22.10	28.92	351	31.45	27.89	35.01	228	19.73	16.67	22.80
Region IV	952	249	25.93	22.33	29.54	246	26.00	22.25	29.74	281	27.98	24.34	31.62	176	20.09	16.59	23.59
Region V	815	191	21.94	18.07	25.82	217	25.77	21.49	30.06	261	33.30	28.49	38.11	146	18.99	15.01	22.97
Region VI	884	219	28.34	23.95	32.72	218	23.35	19.65	27.06	308	31.72	27.74	35.71	139	16.58	13.08	20.09
Region VII	1,126	288	27.66	23.92	31.40	254	21.29	17.95	24.63	381	31.50	27.85	35.15	203	19.55	16.19	22.91
Region VIII	824	201	27.34	22.50	32.17	200	22.21	18.21	26.21	263	27.76	23.69	31.82	160	22.70	18.02	27.38