

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade BMI5cdc. Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios, new CDC cutoffs.

	Total	Female	Male
Total	100.0	100.0	100.0
Underweight (<= 5th percentile)	2.6	2.6	2.7
At risk for underweight (5-10th percentile)	2.7	2.9	2.4
Normal	72.7	77.2	68.2
At risk for overweight (85-95th percentile)	14.1	11.5	16.7
Overweight (>= 95th percentile)	7.9	5.8	10.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade BMI5cdc. Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios, new CDC cutoffs.

	Total	Female	Male	Gender Unknown
Total	8,621	4,294	4,251	76
Out of range	632	274	282	76
Underweight (<= 5th percentile)	209	99	110	
At risk for underweight (5-10th percentile)	204	107	97	
Normal	5,888	3,155	2,733	
At risk for overweight (85-95th percentile)	1,072	424	648	
Overweight (>= 95th percentile)	616	235	381	

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade B1. How do you describe your weight?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Very underweight	.8	.8	.9	
Slightly underweight	11.2	6.6	16.3	3.1
About the right weight	53.7	48.4	59.2	66.8
Slightly overweight	28.1	36.5	18.9	27.9
Very overweight	6.2	7.7	4.6	2.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B1. How do you describe your weight?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	87	22	57	8
Very underweight	38	15	23	
Slightly underweight	472	143	327	2
About the right weight	2,250	1,052	1,182	16
Slightly overweight	1,119	727	383	9
Very overweight	206	143	62	1

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B2. Which of the following are you trying to do about your weight?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Lose weight	44.7	62.5	25.6	35.1
Gain weight	13.0	3.5	23.4	13.0
Stay the same weight	17.3	15.4	19.2	25.5
Not doing anything	25.0	18.7	31.8	26.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B2. Which of the following are you trying to do about your weight?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	94	23	64	7
Lose weight	1,747	1,266	471	10
Gain weight	570	62	504	4
Stay the same weight	706	339	362	5
Not doing anything	1,055	412	633	10

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	60.4	70.4	49.8	50.9
No	39.6	29.6	50.2	49.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	109	35	68	6
Yes	2,394	1,459	920	15
No	1,669	608	1,046	15

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	43.6	60.6	25.2	44.9
No	56.4	39.4	74.8	55.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	118	35	76	7
Yes	1,723	1,224	487	12
No	2,331	843	1,471	17

Unweighted counts.

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B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight.

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
At risk for disordered eating	15.0	20.6	9.1	8.1
Not at risk	85.0	79.4	90.9	91.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight.

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
-3.00	18	10	8	
Missing: Skipped Q	119	35	78	6
At risk for disordered eating	575	414	159	2
Not at risk	3,460	1,643	1,789	28

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
None	.6	.3	1.0	
< One serving per day	7.0	6.3	7.8	2.1
1 to < 3 servings per day	42.4	45.5	38.8	54.5
3 to < 5 servings per day	26.8	27.4	26.1	25.0
5 or more servings per day	23.2	20.4	26.3	18.4

Weighted percentages exclude missing and/or refused answers.

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B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender Unknown
Total	4,006	2,049	1,929	28
None	21	6	15	
< One serving per day	269	129	139	1
1 to < 3 servings per day	1,731	946	770	15
3 to < 5 servings per day	1,068	550	511	7
5 or more servings per day	917	418	494	5

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

**B10. In the past 7 days, on how many glasses of milk did you drink?
(Include the milk you drank in a glass or cup, from a carton, or with cereal.
Count the half pint of milk served at school as equal to one glass.).**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not drink milk during the past 7 days	13.6	18.2	8.7	5.2
1-3 glasses during the past 7 days	19.0	23.0	14.9	9.8
4-6 glasses during the past 7 days	15.7	16.6	14.8	9.9
1 glass per day	16.4	16.3	16.4	25.0
2 glasses per day	17.3	14.8	19.7	34.7
3 glasses per day	11.1	7.4	15.1	4.9
4 or more glasses per day	7.0	3.7	10.4	10.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B10. In the past 7 days, on how many glasses of milk did you drink?
(Include the milk you drank in a glass or cup, from a carton, or with cereal.
Count the half pint of milk served at school as equal to one glass.).

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: Skipped Q	130	37	87	6
I did not drink milk during the past 7 days	535	384	148	3
1-3 glasses during the past 7 days	706	427	275	4
4-6 glasses during the past 7 days	653	364	285	4
1 glass per day	668	344	320	4
2 glasses per day	710	296	405	9
3 glasses per day	456	160	294	2
4 or more glasses per day	314	90	220	4

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 days	12.0	12.7	11.3	12.1
1 day	12.1	13.9	10.2	11.9
2-4 days	25.8	27.3	24.3	23.8
5-6 days	17.1	16.5	17.7	16.1
7 days	32.9	29.6	36.5	36.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	4,266	2,140	2,086	40
Missing: skipped Q	133	39	87	7
0 days	463	224	233	6
1 day	449	260	186	3
2-4 days	1,101	620	473	8
5-6 days	729	387	338	4
7 days	1,391	610	769	12

Unweighted counts.

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B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 times	11.6	12.0	11.0	12.1
1 time	8.9	10.7	7.1	
2-4 times	30.6	32.4	28.5	44.9
5-6 times	21.5	19.7	23.5	15.5
7 or more times	26.0	23.9	28.2	25.8
Away from home and not with my family during the past 7 days	1.4	1.2	1.7	1.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	139	41	92	6
0 times	433	235	192	6
1 time	346	208	138	
2-4 times	1,243	679	554	10
5-6 times	914	445	463	6
7 or more times	1,050	472	571	7
Away from home and not with my family during the past 7 days	47	22	24	1

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Almost every month	3.4	2.7	4.0	4.4
Some months but not every month	3.9	4.5	3.3	
Only 1 or 2 months	3.7	3.7	3.8	
Did not have to skip or cut the size of meals	89.0	89.0	88.9	95.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	151	47	97	7
Almost every month	116	57	57	2
Some months but not every month	133	77	56	
Only 1 or 2 months	158	85	73	
Did not have to skip or cut the size of meals	3,614	1,836	1,751	27

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B14. During the past 7 days, how many times did you drink soft drinks such as Coke, diet Coke, Pepsi, Sprite, Slice or Mountain Dew?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not drink soft drinks in the past week	15.1	19.0	10.6	22.8
1 to 3 times in the past week	30.6	35.4	25.6	14.4
4 to 6 times in the past week	18.2	17.2	19.3	12.1
1 time per day	12.5	11.0	14.0	16.3
2 times per day	12.7	9.6	16.1	5.7
3 times per day	5.9	4.6	7.2	10.0
4 or more times per day	5.1	3.1	7.1	18.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade

B14. During the past 7 days, how many times did you drink soft drinks such as Coke, diet Coke, Pepsi, Sprite, Slice or Mountain Dew?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	158	51	98	9
I did not drink soft drinks in the past week	590	373	212	5
1 to 3 times in the past week	1,268	748	513	7
4 to 6 times in the past week	739	360	375	4
1 time per day	531	245	283	3
2 times per day	491	196	294	1
3 times per day	200	71	126	3
4 or more times per day	195	58	133	4

Unweighted counts.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 11th Grade B15. During the past 7 days, how many days did you buy soft drinks at school?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not buy soft drinks at school	51.0	57.9	43.4	50.5
1 day	15.8	16.2	15.5	7.9
2 days	11.7	9.7	13.7	18.5
3 days	8.7	7.0	10.6	
4 days	4.2	3.3	5.2	7.8
5 days	8.6	5.9	11.5	15.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 11th Grade B15. During the past 7 days, how many days did you buy soft drinks at school?

	Total	Female	Male	Gender Unknown
Total	4,172	2,102	2,034	36
Missing: skipped Q	252	94	147	11
I did not buy soft drinks at school	2,118	1,231	875	12
1 day	605	302	300	3
2 days	420	176	241	3
3 days	345	148	197	
4 days	157	66	89	2
5 days	275	85	185	5

Unweighted counts.