

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Not at risk for overweight | 74.2 | 77.5 | 71.2 |
| At risk for overweight (85th-95th percentile) | 15.3 | 15.5 | 15.1 |
| Overweight (\geq 95th percentile) | 10.5 | 7.0 | 13.7 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 3,190 | 1,591 | 1,599 |
| Not at risk for overweight | 2,392 | 1,241 | 1,151 |
| At risk for overweight (85th-95th percentile) | 473 | 238 | 235 |
| Overweight (\geq 95th percentile) | 325 | 112 | 213 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary 38. How do you describe your weight?

| | Total | Female | Male |
|------------------------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Very underweight | 2.1 | 1.6 | 2.5 |
| Slightly underweight | 13.8 | 13.3 | 14.3 |
| About the right weight | 55.7 | 52.2 | 59.1 |
| Slightly overweight | 25.0 | 28.4 | 21.7 |
| Very overweight | 3.4 | 4.4 | 2.5 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary 38. How do you describe your weight?

| | Total | Female | Male |
|------------------------|-------|--------|-------|
| Total | 3,550 | 1,802 | 1,748 |
| Very underweight | 71 | 32 | 39 |
| Slightly underweight | 489 | 232 | 257 |
| About the right weight | 1,970 | 940 | 1,030 |
| Slightly overweight | 888 | 517 | 371 |
| Very overweight | 132 | 81 | 51 |

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary
39. Which of the following are you trying to do about your weight?

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Lose weight | 45.0 | 57.9 | 32.5 |
| Gain weight | 10.6 | 5.8 | 15.4 |
| Stay the same weight | 23.1 | 20.5 | 25.7 |
| I am not trying to do anything about my weight | 21.3 | 15.8 | 26.5 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
39. Which of the following are you trying to do about your weight?

| | Total | Female | Male |
|--|-------|--------|-------|
| Total | 3,558 | 1,809 | 1,749 |
| Lose weight | 1,643 | 1,063 | 580 |
| Gain weight | 365 | 97 | 268 |
| Stay the same weight | 806 | 364 | 442 |
| I am not trying to do anything about my weight | 744 | 285 | 459 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

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

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Yes | 57.7 | 65.6 | 50.0 |
| No | 42.3 | 34.4 | 50.0 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

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

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 3,538 | 1,802 | 1,736 |
| Yes | 2,069 | 1,199 | 870 |
| No | 1,469 | 603 | 866 |

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

41. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Yes | 37.9 | 49.3 | 26.9 |
| No | 62.1 | 50.7 | 73.1 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

41. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 3,536 | 1,800 | 1,736 |
| Yes | 1,367 | 898 | 469 |
| No | 2,169 | 902 | 1,267 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

42. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Yes | 8.9 | 13.7 | 4.3 |
| No | 91.1 | 86.3 | 95.7 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

42. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 3,544 | 1,804 | 1,740 |
| Yes | 351 | 262 | 89 |
| No | 3,193 | 1,542 | 1,651 |

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

43. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Yes | 2.3 | 3.1 | 1.6 |
| No | 97.7 | 96.9 | 98.4 |

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

43. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 3,552 | 1,806 | 1,746 |
| Yes | 89 | 56 | 33 |
| No | 3,463 | 1,750 | 1,713 |

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

44. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 100.0 | 100.0 | 100.0 |
| Yes | 2.6 | 3.9 | 1.4 |
| No | 97.4 | 96.1 | 98.6 |

Weighted percentages exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

**44. During the past 30 days, did you vomit or
take laxatives to lose weight or keep from
gaining weight?**

| | Total | Female | Male |
|-------|-------|--------|-------|
| Total | 3,548 | 1,804 | 1,744 |
| Yes | 98 | 65 | 33 |
| No | 3,450 | 1,739 | 1,711 |

Unweighted counts exclude missing and/or
refused answers.