

## Body Weight

**Oregon Healthy Teens 2011 - 8th Grade  
State Summary Report  
Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.**

|                            | Total |       | Female |       | Male  |       |
|----------------------------|-------|-------|--------|-------|-------|-------|
|                            | Count | %     | Count  | %     | Count | %     |
| Total                      | 3514  | 100.0 | 1710   | 100.0 | 1804  | 100.0 |
| Not at risk for overweight | 2747  | 78.6  | 1394   | 81.2  | 1353  | 76.2  |
| Overweight                 | 474   | 13.0  | 210    | 12.6  | 264   | 13.2  |
| Obese                      | 293   | 8.4   | 106    | 6.1   | 187   | 10.6  |

Unweighted counts and weighted percentages exclude missing and/or refused answers.

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48. How do you describe your weight?**

|                        | Total |       | Female |       | Male  |       |
|------------------------|-------|-------|--------|-------|-------|-------|
|                        | Count | %     | Count  | %     | Count | %     |
| Total                  | 3875  | 100.0 | 1926   | 100.0 | 1949  | 100.0 |
| Very underweight       | 73    | 1.9   | 23     | 1.2   | 50    | 2.5   |
| Slightly underweight   | 477   | 13.0  | 203    | 11.4  | 274   | 14.6  |
| About the right weight | 2247  | 58.5  | 1070   | 55.7  | 1177  | 61.1  |
| Slightly overweight    | 940   | 23.5  | 542    | 27.8  | 398   | 19.4  |
| Very overweight        | 138   | 3.1   | 88     | 3.9   | 50    | 2.4   |

Unweighted counts and weighted percentages exclude missing and/or refused answers.

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

|  | Total |       | Female |       | Male  |       |
|--|-------|-------|--------|-------|-------|-------|
|  | Count | %     | Count  | %     | Count | %     |
| Total  | 3883  | 100.0 | 1926   | 100.0 | 1957  | 100.0 |
| Lose weight                                    | 1713  | 42.5  | 1101   | 55.2  | 612   | 30.5  |
| Gain weight                                    | 470   | 11.7  | 91     | 5.0   | 379   | 18.0  |
| Stay the same weight                           | 737   | 19.8  | 344    | 18.8  | 393   | 20.8  |
| I am not trying to do anything about my weight | 963   | 26.0  | 390    | 21.0  | 573   | 30.7  |

Unweighted counts and weighted percentages exclude missing and/or refused answers.