

BODY WEIGHT AND NUTRITION ISSUES

2001 Oregon Healthy Teens, Data Summary, High School, Grades 9-12

BMI5. Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.

	Total	Female	Male
Total	100.0	100.0	100.0
Underweight (<= 5th percentile)	2.2	2.8	1.5
At risk for underweight (5-10th percentile)	1.7	1.5	2.0
Normal	75.0	79.4	70.3
At risk for overweight (85-95th percentile)	13.8	12.0	15.6
Overweight (>= 95th percentile)	7.3	4.3	10.6

Weighted percentages and unweighted counts exclude missing and/or refused answers.
Revised January 2004.

2001 Oregon Healthy Teens, Data Summary, High School, Grades 9-12

BMI5. Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.

	Total	Female	Male
Total	6,796	3,388	3,408
Underweight (<= 5th percentile)	162	96	66
At risk for underweight (5-10th percentile)	147	72	75
Normal	5,117	2,682	2,435
At risk for overweight (85-95th percentile)	890	368	522
Overweight (>= 95th percentile)	480	170	310

Weighted percentages and unweighted counts exclude missing and/or refused answers.
Revised January 2004.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B1. How do you describe your weight?

	Total			
		Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Very underweight	1.6	1.2	2.2	.9
Slightly underweight	11.4	7.8	15.5	10.7
About the right weight	53.9	52.0	55.5	56.0
Slightly overweight	28.9	34.4	23.0	28.4
Very overweight	4.2	4.6	3.8	4.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B1. How do you describe your weight?

	Total			
		Female	Male	Gender unknown
Total	4,935	2,276	2,241	418
Missing: skipped Q	103	32	62	9
Very underweight	85	23	57	5
Slightly underweight	574	178	354	42
About the right weight	2,619	1,128	1,254	237
Slightly overweight	1,372	806	458	108
Very overweight	182	109	56	17

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	43.1	60.3	24.6	41.9
Gain weight	13.1	4.0	22.7	14.8
Stay the same weight	19.0	17.4	20.2	21.5
I am not trying to do anything about my weight	24.9	18.3	32.5	21.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B2. Which of the following are you trying to do about your weight?

	Total	Gender		
		Female	Male	unknown
Total	4,935	2,276	2,241	418
Missing: Skipped Q	128	38	79	11
Lose weight	2,007	1,314	532	161
Gain weight	660	87	510	63
Stay the same weight	867	378	402	87
I am not trying to do anything about my weight	1,273	459	718	96

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Gender		
		Female	Male	unknown
Total	100.0	100.0	100.0	100.0
Yes	58.7	71.1	44.2	64.5
No	41.3	28.9	55.8	35.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Gender		
		Female	Male	unknown
Total	4,935	2,276	2,241	418
Missing: Skipped Q	137	44	80	13
Yes	2,676	1,507	944	225
No	2,122	725	1,217	180

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	Gender		
		Female	Male	unknown
Total	100.0	100.0	100.0	100.0
Yes	44.2	60.3	25.5	51.6
No	55.8	39.7	74.5	48.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	4,935	2,276	2,241	418
Missing: Skipped Q	147	51	82	14
Yes	1,992	1,278	538	176
No	2,796	947	1,621	228

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	15.1	21.5	7.6	17.5
Not at risk	84.9	78.5	92.4	82.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	4,770	2,216	2,150	404
At risk for disordered eating	733	493	170	70
Not at risk	4,037	1,723	1,980	334

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	.5	.6	1.7
< One serving per day	7.6	8.1	7.3	6.9
1 to < 3 servings per day	43.7	45.1	43.3	37.1
3 to < 5 servings per day	24.2	25.9	21.6	28.2
5 or more servings per day	23.9	20.5	27.2	26.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	4,740	2,215	2,124	401
None	38	13	21	4
< One serving per day	372	174	170	28
1 to < 3 servings per day	2,021	982	884	155
3 to < 5 servings per day	1,168	565	491	112
5 or more servings per day	1,141	481	558	102

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	11.2	15.9	6.7	7.7
1 to 3 glasses during the past 7 days	17.1	19.4	14.3	19.3
4 to 6 glasses during the past 7 days	17.8	18.1	16.6	23.0
1 glass per day	16.0	17.7	14.7	12.7
2 glasses per day	17.8	16.6	19.6	14.4
3 glasses per day	11.3	7.8	15.3	10.6
4 or more glasses per day	8.8	4.6	12.9	12.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	4,935	2,276	2,241	418
Missing: skipped Q	162	49	100	13
I did not drink milk during the past 7 days	567	358	168	41
1 to 3 glasses during the past 7 days	813	469	278	66
4 to 6 glasses during the past 7 days	790	368	338	84
1 glass per day	686	331	290	65
2 glasses per day	944	393	484	67
3 glasses per day	526	185	307	34
4 or more glasses per day	447	123	276	48

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
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	11.4	11.7	11.5	8.9
1 day	12.4	14.2	10.5	12.2
2-4 days	27.1	28.2	25.5	29.4
5-6 days	16.0	17.3	14.8	14.0
7 days	33.0	28.5	37.6	35.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)
B11. In the past 7 days, on how many days did you eat breakfast?

	Total			
		Female	Male	Gender unknown
Total	4,935	2,276	2,241	418
Missing: skipped Q	167	48	99	20
0 days	566	273	251	42
1 day	600	334	209	57
2-4 days	1,212	612	499	101
5-6 days	782	380	335	67
7 days	1,608	629	848	131

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	9.4	11.2	7.3	10.1
1 time	9.5	9.3	9.9	8.4
2-4 times	30.8	32.1	28.7	35.4
5-6 times	24.9	24.4	25.8	22.1
7 or more times	24.5	21.9	27.6	22.9
I was away from home and not with my family during the past	.9	1.0	.6	1.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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

	Total			
		Female	Male	Gender unknown
Total	4,935	2,276	2,241	418
Missing: skipped Q	160	45	99	16
0 times	489	261	186	42
1 time	442	235	182	25
2-4 times	1,446	696	618	132
5-6 times	1,122	512	517	93
7 or more times	1,220	503	613	104
I was away from home and not with my family during the past	56	24	26	6

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	2.6	2.2	2.7	4.5
Some months but not every month	4.0	4.0	4.1	3.1
Only 1 or 2 months	3.8	3.1	4.5	4.2
Did not have to skip or cut the size of meals	89.6	90.7	88.7	88.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, High School (Grades 9-12)

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	4,935	2,276	2,241	418
Missing: skipped Q	185	60	108	17
Almost every month	139	63	57	19
Some months but not every month	165	81	66	18
Only 1 or 2 months	200	96	88	16
Did not have to skip or cut the size of meals	4,246	1,976	1,922	348

Unweighted counts.