

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary  
Body Weight status as Measured by Body Mass Index (BMI):  
Weight to Height Ratios. (Q6, 7)**

	Total	Female	Male
Total	100.0	100.0	100.0
Not at risk for overweight	77.7	81.1	73.9
At risk for overweight (85th-95th percentile)	13.5	12.5	14.7
Overweight (>= 95th percentile)	8.8	6.4	11.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary  
Body Weight status as Measured by Body Mass Index (BMI):  
Weight to Height Ratios. (Q6, 7)**

	Total	Female	Male
Total	10,624	5,423	5,201
Not at risk for overweight	8,040	4,313	3,727
At risk for overweight (85th-95th percentile)	1,556	743	813
Overweight (>= 95th percentile)	1,028	367	661

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary  
(Summary variable.) Five-a-day measure: In the past 7 days, average  
servings per day where student reported consuming fruits or  
vegetables. (Q72-77, 30-35)**

	Total	Female	Male
Total	100.0	100.0	100.0
None	.4	.2	.5
< One serving per day	7.6	8.0	7.2
1 to < 3 servings per day	36.8	38.7	34.7
3 to < 5 servings per day	25.1	24.6	25.5
5 or more servings per day	30.2	28.5	32.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary**  
**(Summary variable.) Five-a-day measure: In the past 7 days, average**  
**servings per day where student reported consuming fruits or**  
**vegetables. (Q72-77, 30-35)**

	Total	Female	Male
Total	10,256	5,361	4,895
None	54	18	36
< One serving per day	824	445	379
1 to < 3 servings per day	3,775	2,089	1,686
3 to < 5 servings per day	2,497	1,297	1,200
5 or more servings per day	3,106	1,512	1,594

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary**  
**During the past 7 days, on how many days did you drink 100% fruit**  
**juices? (Q72, 30)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink 100% fruit juice during the past 7 days	18.8	18.3	19.3
1 to 3 times during the past 7 days	32.1	35.0	28.9
4 to 6 times during the past 7 days	17.8	17.3	18.4
1 time per day	9.2	9.3	9.1
2 times per day	10.4	10.1	10.8
3 times per day	5.0	5.0	5.0
4 or more times per day	6.7	5.1	8.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary**  
**During the past 7 days, on how many days did you drink 100% fruit**  
**juices? (Q72, 30)**

	Total	Female	Male
Total	10,672	5,544	5,128
I did not drink 100% fruit juice during the past 7 days	2,049	1,017	1,032
1 to 3 times during the past 7 days	3,471	1,971	1,500
4 to 6 times during the past 7 days	1,845	924	921
1 time per day	979	517	462
2 times per day	1,078	549	529
3 times per day	523	273	250
4 or more times per day	727	293	434

Unweighted counts.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**32. During the past 7 days, on how many days did you eat fruit? (Q73, 31)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat fruit during the past 7 days	8.9	7.5	10.4
1 to 3 times during the past 7 days	32.4	33.5	31.1
4 to 6 times during the past 7 days	21.0	21.6	20.5
1 time per day	13.3	13.7	12.9
2 times per day	12.6	13.1	12.0
3 times per day	5.8	5.7	5.9
4 or more times per day	6.1	5.0	7.2

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**32. During the past 7 days, on how many days did you eat fruit? (Q73, 31)**

	Total	Female	Male
Total	10,640	5,531	5,109
I did not eat fruit during the past 7 days	993	443	550
1 to 3 times during the past 7 days	3,406	1,817	1,589
4 to 6 times during the past 7 days	2,242	1,209	1,033
1 time per day	1,387	729	658
2 times per day	1,313	715	598
3 times per day	648	344	304
4 or more times per day	651	274	377

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**33. During the past 7 days, on how many days did you eat green salad? (Q74, 32)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat salad during the past 7 days	26.9	22.6	31.7
1 to 3 times during the past 7 days	36.7	39.5	33.7
4 to 6 times during the past 7 days	17.1	18.3	15.7
1 time per day	12.4	12.8	11.9
2 times per day	3.6	3.9	3.3
3 times per day	1.1	1.2	1.0
4 or more times per day	2.2	1.8	2.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**33. During the past 7 days, on how many days did you eat green salad? (Q74, 32)**

	Total	Female	Male
Total	10,612	5,518	5,094
I did not eat salad during the past 7 days	2,948	1,291	1,657
1 to 3 times during the past 7 days	3,917	2,197	1,720
4 to 6 times during the past 7 days	1,699	961	738
1 time per day	1,301	690	611
2 times per day	404	225	179
3 times per day	112	54	58
4 or more times per day	231	100	131

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**34. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.) (Q75, 33)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat potatoes during the past 7 days	33.2	32.7	33.7
1 to 3 times during the past 7 days	48.6	51.2	45.7
4 to 6 times during the past 7 days	9.6	8.9	10.3
1 time per day	4.7	4.5	4.9
2 times per day	1.8	1.4	2.3
3 times per day	.7	.6	.8
4 or more times per day	1.5	.7	2.3

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**34. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.) (Q75, 33)**

	Total	Female	Male
Total	10,632	5,530	5,102
I did not eat potatoes during the past 7 days	3,549	1,837	1,712
1 to 3 times during the past 7 days	5,085	2,799	2,286
4 to 6 times during the past 7 days	1,057	505	552
1 time per day	498	237	261
2 times per day	203	78	125
3 times per day	74	32	42
4 or more times per day	166	42	124

Unweighted counts.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**35. During the past 7 days, on how many days did you eat carrots?  
(Q76, 34)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat carrots during the past 7 days	42.1	42.0	42.2
1 to 3 times during the past 7 days	37.6	39.2	36.0
4 to 6 times during the past 7 days	10.0	9.9	10.2
1 time per day	4.8	4.8	4.8
2 times per day	2.3	1.8	2.8
3 times per day	1.1	1.0	1.2
4 or more times per day	2.0	1.3	2.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**35. During the past 7 days, on how many days did you eat carrots?  
(Q76, 34)**

	Total	Female	Male
Total	10,604	5,516	5,088
I did not eat carrots during the past 7 days	4,562	2,314	2,248
1 to 3 times during the past 7 days	3,894	2,140	1,754
4 to 6 times during the past 7 days	1,021	548	473
1 time per day	536	271	265
2 times per day	253	108	145
3 times per day	113	56	57
4 or more times per day	225	79	146

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**36. During the past 7 days, on how many days did you eat other vegetables? (Q77, 35)**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat other vegetables during the past 7 days	36.2	35.3	37.3
1 to 3 times during the past 7 days	23.6	24.8	22.3
4 to 6 times during the past 7 days	12.9	14.1	11.6
1 time per day	7.2	7.9	6.3
2 times per day	3.5	3.2	3.9
3 times per day	3.5	2.9	4.1
4 or more times per day	13.1	11.8	14.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**36. During the past 7 days, on how many days did you eat other vegetables? (Q77, 35)**

	Total	Female	Male
Total	10,598	5,511	5,087
I did not eat other vegetables during the past 7 days	3,616	1,845	1,771
1 to 3 times during the past 7 days	2,604	1,446	1,158
4 to 6 times during the past 7 days	1,472	822	650
1 time per day	793	435	358
2 times per day	414	207	207
3 times per day	366	165	201
4 or more times per day	1,333	591	742

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**During the past 7 days, on how many days did you eat breakfast? (Q78, 36)**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	9.2	10.7	7.5
1 day	9.3	11.9	6.5
2-4 days	21.0	24.9	16.6
5-6 days	14.5	15.2	13.8
7 days	46.0	37.3	55.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State Summary**

**During the past 7 days, on how many days did you eat breakfast? (Q78, 36)**

	Total	Female	Male
Total	10,374	5,399	4,975
0 days	930	566	364
1 day	999	640	359
2-4 days	2,139	1,334	805
5-6 days	1,528	822	706
7 days	4,778	2,037	2,741

Unweighted counts.

Oregon Healthy Teens Survey: 2004 Results, 8th Grade

**Oregon Healthy Teens 2004, 8th Grade State  
Summary**

**Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps or fast bicycling? (Q79, 37)**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	6.9	7.6	6.1
1 day	5.1	6.5	3.4
2 days	8.2	9.9	6.2
3 days	11.7	14.7	8.5
4 days	10.9	12.4	9.2
5 days	16.1	17.0	15.0
6 days	9.3	10.3	8.2
7 days	31.9	21.6	43.3

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State  
Summary**

**Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps or fast bicycling? (Q79, 37)**

	Total	Female	Male
Total	10,617	5,503	5,114
0 days	722	394	328
1 day	555	361	194
2 days	866	560	306
3 days	1,162	755	407
4 days	1,163	687	476
5 days	1,732	955	777
6 days	977	550	427
7 days	3,440	1,241	2,199

Unweighted counts.

**Oregon Healthy Teens 2004, 8th Grade State  
Summary**

**Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling or skating? (Q80, 38)**

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	16.9	15.8	18.0
1 day	11.9	12.9	10.8
2 days	13.4	14.9	11.7
3 days	12.7	14.5	10.7
4 days	9.1	9.8	8.3
5 days	9.3	9.5	9.1
6 days	5.1	5.2	4.9
7 days	21.7	17.4	26.5

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 8th Grade State  
Summary**

**Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling or skating? (Q80, 38)**

	Total	Female	Male
Total	10,592	5,499	5,093
0 days	1,788	844	944
1 day	1,262	716	546
2 days	1,454	853	601
3 days	1,353	797	556
4 days	931	521	410
5 days	983	524	459
6 days	527	276	251
7 days	2,294	968	1,326

Unweighted counts.