

Body Weight

**Oregon Healthy Teens 2005
High School (Grades 9-12) 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	75.8	75.1	76.4
At risk for overweight (85th-95th percentile)	13.7	14.6	12.8
Overweight (>= 95th percentile)	10.6	10.3	10.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	1,982	1,016	966
Not at risk for overweight	1,520	799	721
At risk for overweight (85th-95th percentile)	258	128	130
Overweight (>= 95th percentile)	204	89	115

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
36. How do you describe your weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Very underweight	1.3	.7	1.9
Slightly underweight	11.3	7.8	14.8
About the right weight	56.3	50.7	62.0
Slightly overweight	25.6	32.5	18.7
Very overweight	5.4	8.3	2.6

Weighted percentages exclude missing and/or refused answers.

Body Weight

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
36. How do you describe your weight?**

	Total	Female	Male
Total	2,086	1,075	1,011
Very underweight	29	12	17
Slightly underweight	246	91	155
About the right weight	1,178	560	618
Slightly overweight	537	340	197
Very overweight	96	72	24

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
37. Which of the following are you trying to do about your weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Lose weight	42.8	59.6	25.7
Gain weight	15.4	3.5	27.4
Stay the same weight	19.5	17.4	21.7
I am not trying to do anything about my weight	22.3	19.5	25.1

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
37. Which of the following are you trying to do about your weight?**

	Total	Female	Male
Total	2,088	1,076	1,012
Lose weight	945	649	296
Gain weight	297	50	247
Stay the same weight	412	197	215
I am not trying to do anything about my weight	434	180	254

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
38. 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	48.3	62.3	34.1
No	51.7	37.7	65.9

Weighted percentages exclude missing and/or refused answers.

Body Weight

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
38. During the past 30 days, did you exercise
to lose weight or to keep from gaining
weight?**

	Total	Female	Male
Total	2,081	1,072	1,009
Yes	1,051	669	382
No	1,030	403	627

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
39. 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	35.9	52.7	19.0
No	64.1	47.3	81.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
39. 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	2,081	1,073	1,008
Yes	795	565	230
No	1,286	508	778

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
40. During the past 30 days did you go
without eating for 24 hours or more to lose
weight or to keep from gaining weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	8.3	12.9	3.5
No	91.7	87.1	96.5

Weighted percentages exclude missing and/or refused answers.

Body Weight

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
40. During the past 30 days did you go
without eating for 24 hours or more to lose
weight or to keep from gaining weight?**

	Total	Female	Male
Total	2,077	1,074	1,003
Yes	162	121	41
No	1,915	953	962

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
41. 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	2.6	3.9	1.4
No	97.4	96.1	98.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
41. 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	2,084	1,074	1,010
Yes	64	47	17
No	2,020	1,027	993

Unweighted counts exclude missing and/or refused answers.

Body Weight

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
42. 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	2.8	3.8	1.8
No	97.2	96.2	98.2

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
42. During the past 30 days, did you vomit or
take laxatives to lose weight or keep from
gaining weight?**

	Total	Female	Male
Total	2,079	1,072	1,007
Yes	63	45	18
No	2,016	1,027	989

Unweighted counts exclude missing and/or refused answers.