

Body Weight

**2007 Oregon Healthy Teens
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	3,391	100.0	1,723	100.0	1,668	100.0
Not at risk for overweight	2,527	73.2	1,355	77.1	1,172	69.3
At risk for overweight (85th-95th percentile)	468	14.9	228	14.2	240	15.6
Overweight (\geq 95th percentile)	396	11.9	140	8.8	256	15.1

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

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38. How do you describe your weight?**

	Total		Female		Male	
Total	3,461	100.0	1,772	100.0	1,689	100.0
Very underweight	60	1.7	29	1.6	31	1.8
Slightly underweight	424	11.3	152	7.0	272	15.7
About the right weight	1,948	56.4	948	53.2	1,000	59.7
Slightly overweight	890	26.4	562	33.1	328	19.7
Very overweight	139	4.2	81	5.2	58	3.1

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

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

	Total		Female		Male	
Total	3,456	100.0	1,774	100.0	1,682	100.0
Lose weight	1,531	44.4	1,037	58.4	494	29.9
Gain weight	581	17.0	90	4.7	491	29.8
Stay the same weight	668	18.5	342	19.0	326	18.0
I am not trying to do anything about my weight	676	20.1	305	17.9	371	22.3

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

	Total		Female		Male	
Total	3,440	100.0	1,771	100.0	1,669	100.0
Yes	1,762	50.6	1,051	58.3	711	42.5
No	1,678	49.4	720	41.7	958	57.5

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

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**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	3,445	100.0	1,770	100.0	1,675	100.0
Yes	1,285	37.4	872	48.9	413	25.5
No	2,160	62.6	898	51.1	1,262	74.5

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

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**42. 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	3,444	100.0	1,772	100.0	1,672	100.0
Yes	279	8.2	199	11.7	80	4.5
No	3,165	91.8	1,573	88.3	1,592	95.5

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

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**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	3,444	100.0	1,770	100.0	1,674	100.0
Yes	139	4.7	91	5.8	48	3.5
No	3,305	95.3	1,679	94.2	1,626	96.5

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

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

	Total		Female		Male	
Total	3,418	100.0	1,752	100.0	1,666	100.0
Yes	104	3.1	72	3.5	32	2.7
No	3,314	96.9	1,680	96.5	1,634	97.3

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