

# Nutrition

## Oregon Healthy Teens 2008 - 8th Grade

### State Summary Report

**27-32. Summary variable: Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10294	100.0	5340	100.0	4954	100.0
None	107	1.0	41	.6	66	1.5
< One serving per day	1102	11.1	544	10.4	558	11.9
1 to < 3 servings per day	4636	45.1	2443	46.2	2193	44.0
3 to < 5 servings per day	2303	22.2	1268	23.2	1035	21.1
5 or more servings per day	2146	20.6	1044	19.6	1102	21.6

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

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**27. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not include punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10506	100.0	5423	100.0	5083	100.0
I did not drink 100% fruit juice during the past 7 days	2424	23.7	1295	24.7	1129	22.7
1 to 3 times during the past 7 days	3852	37.2	2062	38.5	1790	35.9
4 to 6 times during the past 7 days	1777	16.7	902	16.4	875	17.0
1 time per day	802	7.2	405	7.0	397	7.4
2 times per day	864	7.9	427	7.5	437	8.3
3 times per day	405	3.6	170	3.1	235	4.2
4 or more times per day	382	3.6	162	2.8	220	4.5

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### State Summary Report

**28. During the past 7 days, how many times did you eat fruit? (Do not include fruit juice.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10505	100.0	5423	100.0	5082	100.0
I did not eat fruit during the past 7 days	956	8.9	434	7.3	522	10.6
1 to 3 times during the past 7 days	3587	34.2	1859	34.5	1728	33.9
4 to 6 times during the past 7 days	2423	23.3	1256	23.5	1167	23.1
1 time per day	1319	12.4	737	13.5	582	11.3
2 times per day	1226	11.4	653	11.6	573	11.2
3 times per day	516	4.8	262	4.8	254	4.8
4 or more times per day	478	4.9	222	4.8	256	5.1

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### 29. During the past 7 days, how many times did you eat green salad?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10521	100.0	5427	100.0	5094	100.0
I did not eat green salad during the past 7 days	3670	35.4	1678	30.9	1992	40.1
1 to 3 times during the past 7 days	4064	38.1	2216	40.6	1848	35.5
4 to 6 times during the past 7 days	1393	13.2	799	14.6	594	11.7
1 time per day	971	9.3	513	9.8	458	8.7
2 times per day	264	2.5	141	2.6	123	2.4
3 times per day	64	.7	35	.7	29	.6
4 or more times per day	95	.9	45	.8	50	1.1

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

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### 30. During the past 7 days, how many times did you eat potatoes? (Do not include french fries, fried potatoes or potato chips.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10503	100.0	5427	100.0	5076	100.0
I did not eat potatoes during the past 7 days	4090	39.6	2168	41.0	1922	38.0
1 to 3 times during the past 7 days	5037	47.1	2670	47.9	2367	46.3
4 to 6 times during the past 7 days	868	8.3	383	7.1	485	9.6
1 time per day	320	3.1	134	2.6	186	3.7
2 times per day	98	.9	39	.7	59	1.2
3 times per day	33	.4	14	.3	19	.5
4 or more times per day	57	.6	19	.4	38	.8

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

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### 31. During the past 7 days, how many times did you eat carrots?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10495	100.0	5424	100.0	5071	100.0
I did not eat carrots during the past 7 days	4789	45.6	2439	44.3	2350	46.9
1 to 3 times during the past 7 days	3789	36.0	2057	38.5	1732	33.2
4 to 6 times during the past 7 days	1023	9.9	510	9.6	513	10.3
1 time per day	513	4.9	252	4.6	261	5.1
2 times per day	184	1.9	84	1.6	100	2.1
3 times per day	64	.6	21	.3	43	.9
4 or more times per day	133	1.2	61	1.0	72	1.4

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## Oregon Healthy Teens 2008 - 8th Grade State Summary Report

**32. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10482	100.0	5410	100.0	5072	100.0
I did not eat other vegetables during the past 7 days	1620	15.5	756	13.4	864	17.7
1 to 3 times during the past 7 days	3886	37.3	2011	37.6	1875	37.1
4 to 6 times during the past 7 days	2381	22.8	1254	24.0	1127	21.6
1 time per day	1349	12.5	738	13.1	611	11.9
2 times per day	717	6.7	387	6.8	330	6.6
3 times per day	253	2.5	133	2.6	120	2.3
4 or more times per day	276	2.7	131	2.5	145	2.9

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

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**33. During the past 7 days, how many glasses of milk did you drink?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10466	100.0	5413	100.0	5053	100.0
I did not drink milk during the past 7 days	1035	10.9	668	13.3	367	8.3
1 to 3 glasses during the past 7 days	1743	17.2	1034	19.9	709	14.4
4 to 6 glasses during the past 7 days	1921	18.3	995	18.2	926	18.4
1 glass per day	1529	14.2	837	15.4	692	13.0
2 glasses per day	1974	18.6	938	16.7	1036	20.6
3 glasses per day	1166	10.7	524	9.6	642	11.8
4 or more glasses per day	1098	10.1	417	6.9	681	13.5

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

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**34. During the past 7 days, on how many days did you eat breakfast?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10433	100.0	5392	100.0	5041	100.0
0 days	859	8.5	506	9.3	353	7.6
1 day	925	9.0	579	10.9	346	6.9
2 to 4 days	2264	23.0	1318	25.7	946	20.2
5 to 6 days	1758	17.1	937	17.2	821	17.0
7 days	4627	42.5	2052	36.9	2575	48.4

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## Oregon Healthy Teens 2008 - 8th Grade State Summary Report

**35. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10497	100.0	5425	100.0	5072	100.0
I did not drink soda or pop during the past 7 days	2447	22.0	1447	25.4	1000	18.3
1 to 3 times during the past 7 days	4478	42.2	2400	44.5	2078	39.7
4 to 6 times during the past 7 days	1702	17.3	786	15.7	916	19.0
1 time per day	783	7.5	354	6.3	429	8.8
2 times per day	570	5.7	242	4.5	328	7.0
3 times per day	229	2.3	102	1.9	127	2.6
4 or more times per day	288	3.1	94	1.7	194	4.5

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

## Oregon Healthy Teens 2008 - 8th Grade State Summary Report

**36. During the past 7 days, on how many days did you buy soft drinks at school?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	10448	100.0	5403	100.0	5045	100.0
I did not buy soft drinks at school	9203	87.6	4814	88.8	4389	86.3
1 day	600	6.0	281	5.6	319	6.5
2 days	276	2.8	139	2.7	137	2.8
3 days	134	1.4	66	1.1	68	1.7
4 days	84	.7	36	.6	48	.8
5 or more days	151	1.5	67	1.2	84	1.8

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