

Nutrition

Oregon Healthy Teens 2009 - 8th Grade State Summary Report

23. In the past 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,291	100.0	2,732	100.0	2,559	100.0
Yes	806	16.4	425	17.5	381	15.2
No	4,485	83.6	2,307	82.5	2,178	84.8

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

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24-29. 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	5,193	100.0	2,693	100.0	2,500	100.0
None	52	.9	19	.7	33	1.1
< One serving per day	523	10.8	249	10.2	274	11.6
1 to < 3 servings per day	2,270	45.1	1,233	48.3	1,037	41.6
3 to < 5 servings per day	1,197	21.8	638	22.2	559	21.4
5 or more servings per day	1,151	21.3	554	18.5	597	24.3

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24. 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 count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,301	100.0	2,732	100.0	2,569	100.0
I did not drink 100% fruit juice during the past 7 days	1,280	23.9	648	23.2	632	24.6
1 to 3 times during the past 7 days	1,901	37.0	1,060	40.7	841	33.0
4 to 6 times during the past 7 days	876	15.2	463	16.3	413	14.1
1 time per day	472	9.1	228	8.8	244	9.5
2 times per day	425	8.2	194	6.5	231	9.9
3 times per day	173	3.2	78	2.5	95	4.1
4 or more times per day	174	3.4	61	2.0	113	4.9

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,293	100.0	2,733	100.0	2,560	100.0
I did not eat fruit during the past 7 days	406	8.3	187	7.4	219	9.3
1 to 3 times during the past 7 days	1,700	33.2	887	33.8	813	32.5
4 to 6 times during the past 7 days	1,149	21.4	639	23.9	510	18.6
1 time per day	758	14.0	373	12.7	385	15.3
2 times per day	714	12.8	386	13.1	328	12.4
3 times per day	291	5.3	146	5.2	145	5.5
4 or more times per day	275	5.0	115	3.8	160	6.3

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,301	100.0	2,734	100.0	2,567	100.0
I did not eat green salad during the past 7 days	1,943	37.8	884	35.1	1,059	40.6
1 to 3 times during the past 7 days	2,037	37.8	1,134	40.6	903	34.9
4 to 6 times during the past 7 days	654	11.8	380	13.2	274	10.3
1 time per day	457	8.2	238	8.0	219	8.5
2 times per day	126	2.4	61	1.8	65	3.0
3 times per day	36	1.0	22	.9	14	1.2
4 or more times per day	48	1.0	15	.5	33	1.5

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,294	100.0	2,734	100.0	2,560	100.0
I did not eat potatoes during the past 7 days	2,003	38.2	1,042	38.2	961	38.2
1 to 3 times during the past 7 days	2,529	47.3	1,362	50.2	1,167	44.3
4 to 6 times during the past 7 days	436	8.2	202	7.4	234	9.0
1 time per day	202	4.0	88	3.0	114	5.0
2 times per day	60	1.2	18	.5	42	2.0
3 times per day	28	.5	12	.4	16	.7
4 or more times per day	36	.6	10	.3	26	.9

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,300	100.0	2,736	100.0	2,564	100.0
I did not eat carrots during the past 7 days	2,435	46.0	1,222	45.4	1,213	46.7
1 to 3 times during the past 7 days	1,861	35.3	1,023	37.1	838	33.3
4 to 6 times during the past 7 days	503	9.1	250	9.3	253	8.9
1 time per day	287	5.2	145	4.8	142	5.6
2 times per day	92	2.0	43	1.4	49	2.6
3 times per day	43	.9	19	.9	24	.9
4 or more times per day	79	1.5	34	1.1	45	1.9

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29. 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	5,280	100.0	2,730	100.0	2,550	100.0
I did not eat other vegetables during the past 7 days	770	15.0	350	13.1	420	17.1
1 to 3 times during the past 7 days	1,871	36.0	992	38.0	879	33.9
4 to 6 times during the past 7 days	1,211	22.6	652	24.4	559	20.8
1 time per day	716	13.5	363	12.3	353	14.8
2 times per day	397	7.0	216	7.3	181	6.7
3 times per day	163	2.9	92	2.9	71	2.9
4 or more times per day	152	2.9	65	2.0	87	3.8

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,266	100.0	2,731	100.0	2,535	100.0
0 days	433	8.6	232	8.5	201	8.7
1 day	333	6.2	208	7.0	125	5.4
2 days	412	8.4	249	9.6	163	7.2
3 days	436	9.0	260	11.2	176	6.6
4 days	376	7.1	232	8.0	144	6.3
5 days	490	9.5	273	10.8	217	8.2
6 days	518	9.5	283	10.1	235	8.8
7 days	2,268	41.7	994	34.8	1,274	49.0

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31. 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	5,236	100.0	2,718	100.0	2,518	100.0
I did not drink soda or pop during the past 7 days	1,068	19.9	617	21.6	451	18.1
1 to 3 times during the past 7 days	2,195	41.5	1,185	44.2	1,010	38.6
4 to 6 times during the past 7 days	907	18.0	463	17.8	444	18.2
1 time per day	384	7.0	186	6.5	198	7.5
2 times per day	346	7.0	122	4.4	224	9.7
3 times per day	137	2.9	65	2.6	72	3.2
4 or more times per day	199	3.8	80	2.9	119	4.7

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