

Oregon Healthy Teens 2019 - 8th Grade  
Nutrition

**44. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14486	100.0	6941	100.0	6694	100.0	851	100.0
Yes	1688	11.7	828	12.1	666	10.1	194	20.9
No	12798	88.3	6113	87.9	6028	89.9	657	79.1

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
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**45-50. Summary: Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14113	100.0	6812	100.0	6488	100.0	813	100.0
None	157	1.1	61	.9	73	1.0	23	2.3
< One serving per day	1447	10.4	751	11.3	601	9.3	95	11.3
1 to < 3 servings per day	6244	44.2	3116	46.2	2797	42.4	331	41.4
3 to < 5 servings per day	3114	22.0	1522	21.7	1426	22.3	166	22.7
5 or more servings per day	3151	22.3	1362	19.9	1591	24.9	198	22.3

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**51. 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		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14413	100.0	6940	100.0	6640	100.0	833	100.0
0 times in past 7 days	4579	32.1	2506	36.3	1818	27.9	255	30.3
1 to 3 times in past 7 days	6925	47.9	3346	48.0	3199	48.1	380	46.1
4 to 6 times in past 7 days	1481	10.2	550	7.9	833	12.4	98	11.4
1 time per day	701	4.9	278	4.1	388	6.0	35	4.0
2 or more times per day	727	4.9	260	3.8	402	5.6	65	8.1

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**52. During the past 7 days, how many times did you drink: Fruit-flavored beverages such as Kool-Aid, Sunny Delight, or Snapple? (Do not include 100% fruit juice).**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14344	100.0	6918	100.0	6600	100.0	826	100.0
0 times in past 7 days	7452	51.7	3881	55.3	3174	48.4	397	47.0
1 to 3 times in past 7 days	4446	31.1	2090	30.9	2102	31.4	254	31.9
4 to 6 times in past 7 days	1245	8.5	502	7.2	669	10.1	74	7.9
1 time per day	576	4.2	226	3.3	315	5.1	35	4.8
2 or more times per day	625	4.4	219	3.3	340	5.1	66	8.4

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**53. During the past 7 days, how many times did you drink: Energy drinks such as Red Bull, Rockstar, or Monster? (Do not include diet or sugar-free energy drinks)**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14322	100.0	6913	100.0	6586	100.0	823	100.0
0 times in past 7 days	10455	73.2	4986	72.3	4897	74.7	572	69.4
1 to 3 times in past 7 days	2735	18.9	1419	20.0	1163	17.7	153	19.5
4 to 6 times in past 7 days	579	4.1	290	4.6	248	3.5	41	4.1
1 time per day	284	1.9	127	1.7	130	1.8	27	3.0
2 or more times per day	269	1.9	91	1.4	148	2.2	30	4.0

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**54. During the past 7 days, how many times did you drink: Sports drinks such as Gatorade or Powerade?**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14309	100.0	6906	100.0	6580	100.0	823	100.0
0 times in past 7 days	7922	55.5	4395	64.1	3032	45.9	495	58.3
1 to 3 times in past 7 days	4028	27.9	1741	24.6	2092	31.8	195	24.7
4 to 6 times in past 7 days	1276	9.0	440	6.4	778	11.9	58	7.4
1 time per day	535	3.9	164	2.3	344	5.6	27	4.0
2 or more times per day	548	3.8	166	2.6	334	4.9	48	5.7

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**55. During the past 7 days, how many times did you drink: Flavored milk such as Chocolate or Strawberry milk? (Do not include plain milk).**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14279	100.0	6885	100.0	6579	100.0	815	100.0
0 times in past 7 days	8720	60.3	4728	68.1	3554	52.9	438	52.6
1 to 3 times in past 7 days	3064	21.6	1341	19.3	1536	24.0	187	21.9
4 to 6 times in past 7 days	1193	8.6	404	6.0	708	11.0	81	10.9
1 time per day	789	6.0	264	4.2	470	7.8	55	7.2
2 or more times per day	513	3.6	148	2.4	311	4.4	54	7.4

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**56. During the past 7 days, how many times did you drink: Plain milk? (Include milk that you added to cereal).**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14178	100.0	6837	100.0	6521	100.0	820	100.0
0 times in past 7 days	2975	21.3	1723	25.4	1058	16.4	194	24.4
1 to 3 times in past 7 days	3600	24.9	2041	29.2	1375	20.8	184	21.7
4 to 6 times in past 7 days	2829	19.9	1302	19.0	1383	21.3	144	17.8
1 time per day	2157	15.3	878	12.6	1154	18.1	125	15.6
2 or more times per day	2617	18.6	893	13.8	1551	23.5	173	20.5

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**57. During the past 7 days, how many times did you drink: Sweetened coffee or tea beverages such as Starbucks Frappuccino or an Arizona Iced Tea?**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14216	100.0	6849	100.0	6546	100.0	821	100.0
0 times in past 7 days	7588	53.3	3172	46.8	4018	60.9	398	47.9
1 to 3 times in past 7 days	4267	29.8	2469	35.2	1577	24.3	221	27.0
4 to 6 times in past 7 days	1139	8.2	638	9.5	419	6.3	82	10.8
1 time per day	666	4.7	331	4.7	284	4.5	51	6.1
2 or more times per day	556	4.1	239	3.7	248	4.0	69	8.2

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**58. During the past 7 days, how many times did you drink: Plain water? (Include tap and bottled water).**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14356	100.0	6917	100.0	6609	100.0	830	100.0
0 times in past 7 days	265	1.8	108	1.4	127	2.0	30	3.6
1 to 3 times in past 7 days	762	5.1	392	5.6	305	4.5	65	6.8
4 to 6 times in past 7 days	1355	8.9	654	8.5	625	9.0	76	10.9
1 time per day	1037	7.2	471	6.8	496	7.3	70	9.4
2 or more times per day	10937	77.0	5292	77.7	5056	77.3	589	69.3

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**59. During the past 7 days, did you visit a convenience store such as Plaid  
Pantry, 7-Eleven, Circle K, a mini-mart, or a gas station store?**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	14223	100.0	6860	100.0	6542	100.0	821	100.0
Yes	6572	46.1	2905	42.1	3259	49.9	408	50.3
No	7651	53.9	3955	57.9	3283	50.1	413	49.7

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