

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

Are you trying to lose weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		38.2	26.2	36.2	42.8	46.9	45.4	28.9
No		61.8	73.8	63.8	57.2	53.1	54.6	71.1
Male	Yes	33.4	16.7	31.4	32.4	47.8	37.9	29.8
	No	66.6	83.3	68.6	67.6	52.2	62.1	70.2
Female	Yes	42.6	36.2	41.2	52.8	46.1	52.6	28.1
	No	57.4	63.8	58.8	47.2	53.9	47.4	71.9

Denominator is: All survey respondents

Are you trying to lose weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1815	155	350	381	372	254	303
Yes		715	46	131	168	170	113	87
No		1097	109	219	213	202	140	214
Don't know/Not sure		2						2
Refused		1					1	
Male	Total	741	62	158	142	164	111	104
	Yes	248	12	48	44	71	41	32
	No	493	50	110	98	93	70	72
Female	Total	1074	93	192	239	208	143	199
	Yes	467	34	83	124	99	72	55
	No	604	59	109	115	109	70	142
	Don't know/Not sure	2						2
	Refused	1					1	

Denominator is: All survey respondents

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

Are you now trying to maintain your current weight, keep from gaining weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		57.6	53.7	51.7	58.9	63.2	57.4	59.9
No		42.4	46.3	48.3	41.1	36.8	42.6	40.1
Male	Yes	50.3	45.5	40.8	54.1	53.3	49.8	57.5
	No	49.7	54.5	59.2	45.9	46.7	50.2	42.5
Female	Yes	65.6	65.4	64.6	65.4	72.7	66.7	61.6
	No	34.4	34.6	35.4	34.6	27.3	33.3	38.4

Denominator is: All survey respondents who reported not trying to lose weight

Are you now trying to maintain your current weight, keep from gaining weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1100	109	219	213	202	141	216
Yes		640	61	114	125	125	88	127
No		455	47	103	87	77	53	88
Don't know/Not sure		4	1	2	1			
Refused		1						1
Male	Total	493	50	110	98	93	70	72
	Yes	247	22	47	52	49	37	40
	No	243	28	61	45	44	33	32
	Don't know/Not sure	3		2	1			
Female	Total	607	59	109	115	109	71	144
	Yes	393	39	67	73	76	51	87
	No	212	19	42	42	33	20	56
	Don't know/Not sure	1	1					
	Refused	1						1

Denominator is: All survey respondents who reported not trying to lose weight

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

Are you eating fewer calories or less fat to lose weight or keep from gaining weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes, fewer calories		10.6	14.3	9.3	12.4	9.7	6.8	11.3
Yes, less fat		35.3	34.2	38.1	34.6	34.6	39.8	32.0
Yes, both		30.3	21.4	26.9	29.2	37.6	36.2	27.8
No		23.8	30.1	25.8	23.8	18.2	17.2	29.0
Male	Yes, fewer calories	10.5	20.6	12.6	8.8	8.2	6.1	11.0
	Yes, less fat	34.1	37.8	41.9	30.2	32.4	39.9	27.6
	Yes, both	29.7	15.6	20.8	29.9	36.8	35.9	33.1
	No	25.7	26.1	24.7	31.2	22.5	18.1	28.3
Female	Yes, fewer calories	10.7	9.6	6.7	15.3	10.9	7.3	11.4
	Yes, less fat	36.2	31.5	35.1	38.1	36.6	39.7	35.1
	Yes, both	30.7	25.8	31.6	28.6	38.3	36.5	24.0
	No	22.3	33.1	26.6	17.9	14.3	16.5	29.5

Denominator is: All survey respondents who reported trying to lose weight or maintain weight

Are you eating fewer calories or less fat to lose weight or keep from gaining weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1355	107	245	293	295	201	214
Yes, fewer calories		134	11	21	36	28	13	25
Yes, less fat		492	39	89	107	108	81	68
Yes, both		409	22	67	86	107	70	57
No		315	34	66	63	51	37	64
Don't know/Not sure		5	1	2	1	1		
Male	Total	495	34	95	96	120	78	72
	Yes, fewer calories	50	5	11	10	10	5	9
	Yes, less fat	174	13	39	29	44	31	18
	Yes, both	138	6	20	27	37	25	23
	No	132	10	25	30	28	17	22
	Don't know/Not sure	1				1		
Female	Total	860	73	150	197	175	123	142
	Yes, fewer calories	84	6	10	26	18	8	16
	Yes, less fat	318	26	50	78	64	50	50
	Yes, both	271	16	47	59	70	45	34
	No	183	24	41	33	23	20	42
	Don't know/Not sure	4	1	2	1			

Denominator is: All survey respondents who reported trying to lose weight or maintain weight

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Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

Are you using physical activity or exercise to lose weight or keep from gaining weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		63.4	68.6	73.1	65.9	67.5	61.4	45.4
No		36.6	31.4	26.9	34.1	32.5	38.6	54.6
Male	Yes	66.5	62.2	74.7	65.4	72.2	63.4	57.5
	No	33.5	37.8	25.3	34.6	27.8	36.6	42.5
Female	Yes	61.0	73.4	71.9	66.2	63.3	59.9	36.9
	No	39.0	26.6	28.1	33.8	36.7	40.1	63.1
Denominator is: All survey respondents who reported trying to lose weight or maintain current weight								

Are you using physical activity or exercise to lose weight or keep from gaining weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1355	107	245	293	295	201	214
Yes		867	78	182	200	197	119	91
No		488	29	63	93	98	82	123
Male	Total	495	34	95	96	120	78	72
	Yes	337	25	72	64	88	48	40
	No	158	9	23	32	32	30	32
Female	Total	860	73	150	197	175	123	142
	Yes	530	53	110	136	109	71	51
	No	330	20	40	61	66	52	91
Denominator is: All survey respondents who reported trying to lose weight or maintain current weight								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes, lose weight		9.6	1.8	7.4	8.0	14.1	15.9	9.9
Yes, gain weight		1.7	2.0	3.0	1.2	1.4	.5	1.9
Yes, maintain current weight		2.1	1.9	1.5	1.5	2.6	1.8	3.3
No		86.6	94.2	88.2	89.3	81.8	81.8	84.9
Male	Yes, lose weight	10.3	2.4	6.4	8.6	16.1	19.4	9.9
	Yes, gain weight	1.4	1.2	2.7	.8	1.0	.5	2.2
	Yes, maintain current weight	1.8		1.4	1.6	1.0	1.6	5.0
	No	86.4	96.4	89.5	88.9	81.9	78.5	82.9
Female	Yes, lose weight	8.8	1.2	8.3	7.3	12.1	12.5	9.9
	Yes, gain weight	2.0	2.9	3.2	1.6	1.9	.4	1.7
	Yes, maintain current weight	2.4	3.9	1.6	1.4	4.3	2.1	2.1
	No	86.8	91.9	86.8	89.7	81.7	85.0	86.3

Denominator is: All survey respondents

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1815	155	350	381	372	254	303
Yes, lose weight		179	4	27	33	52	37	26
Yes, gain weight		34	4	11	6	6	2	5
Yes, maintain current weight		36	1	5	7	8	5	10
No		1565	146	307	335	306	209	262
Don't know/Not sure		1					1	
Male	Total	741	62	158	142	164	111	104
	Yes, lose weight	77	2	10	12	24	20	9
	Yes, gain weight	12	1	4	2	2	1	2
	Yes, maintain current weight	13		2	3	1	2	5
	No	639	59	142	125	137	88	88
Female	Total	1074	93	192	239	208	143	199
	Yes, lose weight	102	2	17	21	28	17	17
	Yes, gain weight	22	3	7	4	4	1	3
	Yes, maintain current weight	23	1	3	4	7	3	5
	No	926	87	165	210	169	121	174
	Don't know/Not sure	1					1	

Denominator is: All survey respondents

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In the past two years, have you taken any weight loss pills prescribed by a doctor?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes, I am currently taking them		.3	.1	.7	.5	.1		.4
Yes, I have taken them, but I am not currently taking them		1.3		.6	2.2	1.9	3.1	
No, I have not taken them		98.4	99.9	98.7	97.4	97.9	96.9	99.6
Male	Yes, I am currently taking them	.1		.7				
	Yes, I have taken them, but I am not currently taking them	1.1			.8	2.8	3.0	
	No, I have not taken them	98.8	100.0	99.3	99.2	97.2	97.0	100.0
Female	Yes, I am currently taking them	.6	.2	.8	.9	.3		.7
	Yes, I have taken them, but I am not currently taking them	1.5		1.2	3.5	1.1	3.3	
	No, I have not taken them	97.9	99.8	98.0	95.6	98.7	96.7	99.3
Denominator is: All survey respondents								

In the past two years, have you taken any weight loss pills prescribed by a doctor?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1815	155	350	381	372	254	303
Yes, I am currently taking them		8	1	3	2	1		1
Yes, I have taken them, but I am not currently taking them		30		3	11	8	8	
No, I have not taken them		1777	154	344	368	363	246	302
Male	Total	741	62	158	142	164	111	104
	Yes, I am currently taking them	1		1				
	Yes, I have taken them, but I am not currently taking them	9			1	5	3	
	No, I have not taken them	731	62	157	141	159	108	104
Female	Total	1074	93	192	239	208	143	199
	Yes, I am currently taking them	7	1	2	2	1		1
	Yes, I have taken them, but I am not currently taking them	21		3	10	3	5	
	No, I have not taken them	1046	92	187	227	204	138	198
Denominator is: All survey respondents								