

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

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

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	
Yes		36.8	30.2	36.9	40.1	42.9	40.4	27.8
No		62.7	69.8	62.6	59.3	57.0	59.0	71.8
Don't know/Not sure		.4		.6	.6	.2	.6	.4
Male	Yes	28.5	19.5	24.8	30.6	34.7	35.3	21.9
	No	71.3	80.5	74.8	68.7	65.3	64.7	78.1
	Don't know/Not sure	.2		.5	.7			
Female	Yes	43.0	39.3	45.6	47.0	50.4	44.0	31.2
	No	56.5	60.7	53.7	52.5	49.3	55.0	68.3
	Don't know/Not sure	.5		.7	.5	.4	1.0	.6
Denominator is: All survey respondents								

Are you now trying to lose weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	
Total		2915	258	529	698	546	327	557
Yes		1074	78	195	280	234	132	155
No		1829	180	331	414	311	193	400
Don't know/Not sure		12		3	4	1	2	2
Male	Total	1233	118	222	294	262	136	201
	Yes	351	23	55	90	91	48	44
	No	879	95	166	202	171	88	157
	Don't know/Not sure	3		1	2			
Female	Total	1682	140	307	404	284	191	356
	Yes	723	55	140	190	143	84	111
	No	950	85	165	212	140	105	243
	Don't know/Not sure	9		2	2	1	2	2
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

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

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		57.1	52.8	53.3	58.1	59.9	61.5	57.0
No		42.4	47.2	46.4	41.4	39.1	37.9	42.5
Don't know/Not sure		.5		.3	.5	1.0	.5	.5
Male	Yes	51.9	37.9	48.5	52.9	56.1	53.4	57.3
	No	47.7	62.1	51.5	46.6	42.7	46.6	42.7
	Don't know/Not sure	.3			.5	1.2		
Female	Yes	61.9	69.4	58.1	63.1	64.5	68.2	56.7
	No	37.4	30.6	41.3	36.4	34.8	30.8	42.4
	Don't know/Not sure	.6		.6	.5	.7	.9	.8
Denominator is: All survey respondents								

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

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1841	180	334	418	312	195	402
Yes		1052	95	178	243	187	120	229
No		780	85	155	173	122	74	171
Don't know/Not sure		9		1	2	3	1	2
Male	Total	882	95	167	204	171	88	157
	Yes	458	36	81	108	96	47	90
	No	421	59	86	95	73	41	67
	Don't know/Not sure	3			1	2		
Female	Total	959	85	167	214	141	107	245
	Yes	594	59	97	135	91	73	139
	No	359	26	69	78	49	33	104
	Don't know/Not sure	6		1	1	1	1	2
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Are you weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes, fewer calories		4.9	2.3	4.8	5.0	5.0	7.9	4.2
Yes, less fat		39.6	31.2	43.4	42.1	38.5	39.3	37.8
Yes, both		34.5	35.3	28.2	35.0	39.4	38.1	32.0
No		19.8	28.3	23.1	16.3	16.6	14.7	24.2
Don't know/Not sure		1.2	2.9	.5	1.7	.5		1.8
Male	Yes, fewer calories	4.8	1.7	6.6	3.0	3.7	11.6	3.7
	Yes, less fat	34.1	20.3	42.6	34.8	29.9	36.8	34.3
	Yes, both	35.4	30.5	25.0	37.9	41.7	38.9	32.8
	No	24.5	45.8	25.0	21.7	23.5	12.6	28.4
	Don't know/Not sure	1.2	1.7	.7	2.5	1.1		.7
Female	Yes, fewer calories	5.0	2.6	3.8	6.2	6.0	5.7	4.4
	Yes, less fat	43.0	36.8	43.9	46.5	45.3	40.8	39.6
	Yes, both	34.0	37.7	30.0	33.2	37.6	37.6	31.6
	No	16.9	19.3	21.9	12.9	11.1	15.9	22.0
	Don't know/Not sure	1.1	3.5	.4	1.2			2.4
Denominator is: All survey respondents who reported trying to lose weight or maintain weight								

Are you weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2126	173	373	523	421	252	384
Yes, fewer calories		105	4	18	26	21	20	16
Yes, less fat		842	54	162	220	162	99	145
Yes, both		734	61	105	183	166	96	123
No		420	49	86	85	70	37	93
Don't know/Not sure		25	5	2	9	2		7
Male	Total	809	59	136	198	187	95	134
	Yes, fewer calories	39	1	9	6	7	11	5
	Yes, less fat	276	12	58	69	56	35	46
	Yes, both	286	18	34	75	78	37	44
	No	198	27	34	43	44	12	38
	Don't know/Not sure	10	1	1	5	2		1
	Total	1317	114	237	325	234	157	250
	Yes, fewer calories	66	3	9	20	14	9	11

Female	Yes, less fat	566	42	104	151	106	64	99
	Yes, both	448	43	71	108	88	59	79
	No	222	22	52	42	26	25	55
	Don't know/Not sure	15	4	1	4			6

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

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Are you using physical activity to lose weight or maintain your current weight?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		61.1	72.3	73.5	66.7	64.4	50.8	39.3
No		38.2	26.0	26.5	32.5	35.2	47.6	60.2
Don't know/Not sure		.7	1.7		.8	.5	1.6	.5
Male	Yes	63.0	72.9	71.3	70.7	64.2	50.5	46.3
	No	36.6	27.1	28.7	28.3	35.8	48.4	53.7
	Don't know/Not sure	.4			1.0		1.1	
Female	Yes	59.8	71.9	74.7	64.3	64.5	51.0	35.6
	No	39.3	25.4	25.3	35.1	34.6	47.1	63.6
	Don't know/Not sure	.9	2.6		.6	.9	1.9	.8

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

Are you using physical activity to lose weight or maintain your current weight?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2126	173	373	523	421	252	384
Yes		1298	125	274	349	271	128	151
No		813	45	99	170	148	120	231
Don't know/Not sure		15	3		4	2	4	2
Male	Total	809	59	136	198	187	95	134
	Yes	510	43	97	140	120	48	62
	No	296	16	39	56	67	46	72
	Don't know/Not sure	3			2		1	
Female	Total	1317	114	237	325	234	157	250
	Yes	788	82	177	209	151	80	89
	No	517	29	60	114	81	74	159
	Don't know/Not sure	12	3		2	2	3	2

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

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

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		9.5	3.5	6.8	9.6	13.0	14.1	8.6
Yes, gain		1.5	3.9	.9	1.4	1.1	.6	2.0
Yes, maintain		1.5	1.9	2.1	1.0	1.5	1.5	1.4
No		87.3	90.7	89.8	87.8	84.4	83.8	87.6
Don't know/Not sure		.1		.4	.1			.2
Refused		.0						.2
Male	Yes, lose	7.8	3.4	3.6	8.5	8.0	14.0	9.5
	Yes, gain	.9	3.4		1.0	.8	.7	.5
	Yes, maintain	1.0		.5	1.0	1.9	.7	1.0
	No	90.3	93.2	95.9	89.5	89.3	84.6	88.6
	Refused	.1						.5
Female	Yes, lose	10.8	3.6	9.1	10.4	17.6	14.1	8.1
	Yes, gain	2.0	4.3	1.6	1.7	1.4	.5	2.8
	Yes, maintain	1.9	3.6	3.3	1.0	1.1	2.1	1.7
	No	85.1	88.6	85.3	86.6	79.9	83.2	87.1
	Don't know/Not sure	.2		.7	.2			.3
Denominator is: All survey respondents who reported trying to lose weight or maintain weight								

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		2915	258	529	698	546	327	557
Yes, lose		277	9	36	67	71	46	48
Yes, gain		44	10	5	10	6	2	11
Yes, maintain		44	5	11	7	8	5	8
No		2545	234	475	613	461	274	488
Don't know/Not sure		4		2	1			1
Refused		1						1
Male	Total	1233	118	222	294	262	136	201
	Yes, lose	96	4	8	25	21	19	19
	Yes, gain	11	4		3	2	1	1
	Yes, maintain	12		1	3	5	1	2
	No	1113	110	213	263	234	115	178
	Refused	1						1

Female	Total	1682	140	307	404	284	191	356
	Yes, lose	181	5	28	42	50	27	29
	Yes, gain	33	6	5	7	4	1	10
	Yes, maintain	32	5	10	4	3	4	6
	No	1432	124	262	350	227	159	310
	Don't know/Not sure	4		2	1			1
Denominator is: All survey respondents who reported trying to lose weight or maintain weight								

Oregon Public Health Division - healthoregon.org/brfss

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Obese: 120% Above Median
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
No risk		63.2	73.5	69.3	64.2	52.3	52.0	66.1
At risk		32.5	24.1	26.2	30.4	44.0	43.2	29.5
Unknown		4.4	2.5	4.5	5.4	3.7	4.8	4.4
Male	No risk	65.6	75.8	71.5	64.8	52.8	52.9	74.4
	At risk	33.7	21.7	27.5	34.8	46.8	46.3	25.6
	Unknown	.7	2.5	1.0	.4	.4	.8	
Female	No risk	60.9	70.9	67.0	63.6	51.8	51.1	60.1
	At risk	31.3	26.6	24.8	26.1	41.1	40.3	32.3
	Unknown	7.8	2.5	8.2	10.3	7.1	8.6	7.6
Denominator is: All survey respondents								

Obese: 120% Above Median
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2915	258	529	698	546	327	557
No risk		1843	194	362	455	295	180	357
At risk		928	55	141	198	227	133	174
Unknown		144	9	26	45	24	14	26
Male	Total	1233	118	222	294	262	136	201
	No risk	818	91	159	200	148	76	144
	At risk	406	24	60	93	113	59	57
	Unknown	9	3	3	1	1	1	
Female	Total	1682	140	307	404	284	191	356
	No risk	1025	103	203	255	147	104	213
	At risk	522	31	81	105	114	74	117
	Unknown	135	6	23	44	23	13	26
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1996

Obese: BMI greater than 27.8 (for Males) or 27.3 (for Females)
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
No risk		67.7	77.5	72.9	67.5	56.3	60.6	71.5
At risk		28.1	21.3	22.6	27.1	40.0	34.6	24.0
Unknown		4.2	1.2	4.5	5.4	3.7	4.8	4.4
Male	No risk	69.8	80.8	74.5	67.2	57.2	61.8	78.8
	At risk	29.8	19.2	24.6	32.5	42.4	37.4	21.2
	Unknown	.4		1.0	.4	.4	.8	
Female	No risk	65.8	74.0	71.3	67.8	55.3	59.4	66.3
	At risk	26.4	23.5	20.5	21.9	37.6	31.9	26.1
	Unknown	7.8	2.5	8.2	10.3	7.1	8.6	7.6
Denominator is: All survey respondents								

Obese: BMI greater than 27.8 (for Males) or 27.3 (for Females)
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		2915	258	529	698	546	327	557
No risk		1988	204	382	481	319	209	393
At risk		786	48	121	172	203	104	138
Unknown		141	6	26	45	24	14	26
Male	Total	1233	118	222	294	262	136	201
	No risk	876	97	165	209	162	88	155
	At risk	351	21	54	84	99	47	46
	Unknown	6		3	1	1	1	
Female	Total	1682	140	307	404	284	191	356
	No risk	1112	107	217	272	157	121	238
	At risk	435	27	67	88	104	57	92
	Unknown	135	6	23	44	23	13	26
Denominator is: All survey respondents								