

Oregon Healthy Teens 2001 Data Summary, 11th Grade
BMI5cdc. Body Weight status as Measured by Body Mass
Index (BMI): Weight to Height Ratios.

	Total	Gender	
		Female	Male
Total	100.0	100.0	100.0
Underweight (<= 5th percentile)	2.1	2.5	1.7
At risk for underweight (5-10th percentile)	1.9	1.7	2.2
Normal	75.4	79.1	71.7
At risk for overweight (85-95th percentile)	13.9	12.5	15.2
Overweight (>= 95th percentile)	6.7	4.2	9.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
BMI5cdc. Body Weight status as Measured by Body Mass
Index (BMI): Weight to Height Ratios.

	Total	Gender	
		Female	Male
Total	6,640	3,275	3,365
Underweight (<= 5th percentile)	168	96	72
At risk for underweight (5-10th percentile)	148	73	75
Normal	4,992	2,596	2,396
At risk for overweight (85-95th percentile)	886	363	523
Overweight (>= 95th percentile)	446	147	299

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B1. How do you describe your weight?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Very underweight	1.3	1.1	1.8	.2
Slightly underweight	11.9	7.1	16.8	9.8
About the right weight	54.4	50.3	58.1	55.8
Slightly overweight	28.8	37.1	20.5	30.1
Very overweight	3.7	4.4	2.9	4.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B1. How do you describe your weight?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	68	28	34	6
Very underweight	47	13	33	1
Slightly underweight	455	129	288	38
About the right weight	2,077	883	1,021	173
Slightly overweight	1,081	642	346	93
Very overweight	138	80	47	11

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B2. Which of the following are you trying to do about your weight?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Lose weight	40.9	57.9	23.6	46.4
Gain weight	14.1	2.5	24.9	15.6
Stay the same weight	18.0	17.9	18.3	17.0
I am not trying to do anything about my weight	27.0	21.6	33.1	21.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B2. Which of the following are you trying to do about your weight?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: Skipped Q	83	31	45	7
Lose weight	1,578	1,022	414	142
Gain weight	542	44	446	52
Stay the same weight	637	292	293	52
I am not trying to do anything about my weight	1,026	386	571	69

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Yes	55.8	65.8	46.0	57.7
No	44.2	34.2	54.0	42.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: Skipped Q	91	34	48	9
Yes	2,101	1,154	767	180
No	1,674	587	954	133

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Yes	40.7	58.2	23.4	42.3
No	59.3	41.8	76.6	57.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: Skipped Q	110	41	60	9
Yes	1,559	1,010	411	138
No	2,197	724	1,298	175

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
At risk for disordered eating	14.0	22.1	6.0	14.9
Not at risk	86.0	77.9	94.0	85.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight

	Total	Female	Male	Gender unknown
Total	3,734	1,721	1,701	312
At risk for disordered eating	530	360	113	57
Not at risk	3,204	1,361	1,588	255

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
None	.6	.3	1.0	.6
< One serving per day	7.0	6.0	8.3	5.3
1 to < 3 servings per day	42.4	44.4	41.6	35.3
3 to < 5 servings per day	25.0	27.4	22.0	29.6
5 or more servings per day	24.9	21.9	27.1	29.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender unknown
Total	3,731	1,728	1,696	307
None	26	8	16	2
< One serving per day	266	116	129	21
1 to < 3 servings per day	1,614	802	703	109
3 to < 5 servings per day	935	445	401	89
5 or more servings per day	890	357	447	86

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B10. In the past 7 days, on how many glasses of milk did you drink?
(Include the milk you drank in a glass or cup, from a carton, or with cereal.
Count the half pint of milk served at school as equal to one glass.).

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
I did not drink milk during the past 7 days	11.8	16.6	6.8	14.7
1 to 3 glasses during the past 7 days	17.0	22.3	12.7	10.8
4 to 6 glasses during the past 7 days	15.2	15.2	14.7	18.5
1 glass per day	15.4	16.4	14.8	13.0
2 glasses per day	21.1	18.1	23.6	23.6
3 glasses per day	10.7	6.9	14.3	11.4
4 or more glasses per day	8.8	4.6	13.1	8.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B10. In the past 7 days, on how many glasses of milk did you drink?
(Include the milk you drank in a glass or cup, from a carton, or with cereal.
Count the half pint of milk served at school as equal to one glass.).

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	105	35	60	10
I did not drink milk during the past 7 days	451	289	127	35
1 to 3 glasses during the past 7 days	598	354	205	39
4 to 6 glasses during the past 7 days	585	265	261	59
1 glass per day	578	280	251	47
2 glasses per day	809	337	404	68
3 glasses per day	394	132	228	34
4 or more glasses per day	346	83	233	30

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
0 days	10.5	12.2	8.8	10.8
1 day	12.2	15.7	8.6	13.4
2-4 days	28.4	30.7	27.6	18.7
5-6 days	16.4	15.5	16.3	22.9
7 days	32.6	26.0	38.7	34.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	112	38	60	14
0 days	438	210	189	39
1 day	457	257	157	43
2-4 days	1,006	513	425	68
5-6 days	606	278	268	60
7 days	1,247	479	670	98

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
0 times	10.4	12.0	8.4	13.9
1 time	10.0	8.4	12.3	6.2
2-4 times	31.0	33.5	29.2	27.8
5-6 times	25.2	25.0	24.7	30.5
7 or more times	22.3	20.3	24.5	20.8
I was away from home and not with my family during the past	.9	.8	1.0	.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade
B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	97	32	54	11
0 times	404	211	152	41
1 time	361	174	161	26
2-4 times	1,224	600	526	98
5-6 times	902	400	425	77
7 or more times	843	342	436	65
I was away from home and not with my family during the past	35	16	15	4

Unweighted counts.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Almost every month	2.5	2.1	2.8	3.0
Some months but not every month	3.3	3.8	2.4	5.9
Only 1 or 2 months	3.4	4.5	2.4	2.6
Did not have to skip or cut the size of meals	90.8	89.5	92.4	88.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2001 Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender unknown
Total	3,866	1,775	1,769	322
Missing: skipped Q	105	35	56	14
Almost every month	88	36	43	9
Some months but not every month	133	64	51	18
Only 1 or 2 months	140	74	56	10
Did not have to skip or cut the size of meals	3,400	1,566	1,563	271

Unweighted counts.