

**Oregon Healthy Teens 2001 Data Summary, 8th 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)	3.0	3.2	2.9
At risk for underweight (5-10th percentile)	2.7	3.2	2.3
Normal	72.1	74.6	69.5
At risk for overweight (85-95th percentile)	14.9	13.4	16.4
Overweight (>= 95th percentile)	7.3	5.7	8.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade  
BMI5cdc. Body Weight status as Measured by Body Mass  
Index (BMI): Weight to Height Ratios.**

	Total	Gender	
		Female	Male
Total	9,307	4,689	4,618
Underweight (<= 5th percentile)	292	146	146
At risk for underweight (5-10th percentile)	258	142	116
Normal	6,774	3,503	3,271
At risk for overweight (85-95th percentile)	1,295	620	675
Overweight (>= 95th percentile)	688	278	410

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade  
B1. How do you describe your weight?**

	Total	Female	Male	Gender unknown
Total	100.0	100.0	100.0	100.0
Very underweight	2.1	1.6	2.5	3.5
Slightly underweight	12.6	12.0	13.7	10.2
About the right weight	54.4	51.9	57.2	54.2
Slightly overweight	26.4	28.7	23.9	26.7
Very overweight	4.4	5.8	2.8	5.5

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade  
B1. How do you describe your weight?**

	Total	Female	Male	Gender unknown
Total	5,526	2,572	2,517	437
Missing: skipped Q	236	87	129	20
Very underweight	104	35	55	14
Slightly underweight	663	292	329	42
About the right weight	2,927	1,292	1,409	226
Slightly overweight	1,348	718	520	110
Very overweight	248	148	75	25

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	40.6	53.0	27.2	42.7
Gain weight	8.3	3.5	13.1	9.6
Stay the same weight	20.8	19.4	23.3	15.1
I am not trying to do anything about my weight	30.3	24.1	36.4	32.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade  
B2. Which of the following are you trying to do about your weight?**

	Total	Female	Male	Gender unknown
Total	5,526	2,572	2,517	437
Missing: Skipped Q	261	94	143	24
Lose weight	2,117	1,311	624	182
Gain weight	452	90	321	41
Stay the same weight	1,115	484	564	67
I am not trying to do anything about my weight	1,581	593	865	123

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	59.3	68.0	49.9	59.6
No	40.7	32.0	50.1	40.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: Skipped Q	368	128	207	33
Yes	3,028	1,639	1,141	248
No	2,130	805	1,169	156

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	38.7	51.3	25.1	39.7
No	61.3	48.7	74.9	60.3

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: Skipped Q	428	150	238	40
Yes	1,976	1,221	592	163
No	3,122	1,201	1,687	234

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	13.5	18.4	7.7	16.2
Not at risk	86.5	81.6	92.3	83.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,050	2,391	2,263	396
At risk for disordered eating	660	441	165	54
Not at risk	4,390	1,950	2,098	342

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	1.1	.6	1.6	.7
< One serving per day	7.2	6.6	7.5	9.4
1 to < 3 servings per day	40.5	43.0	39.1	33.4
3 to < 5 servings per day	23.3	24.4	21.6	25.6
5 or more servings per day	27.9	25.3	30.2	30.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,089	2,408	2,276	405
None	44	14	28	2
< One serving per day	390	163	194	33
1 to < 3 servings per day	2,041	1,024	862	155
3 to < 5 servings per day	1,172	578	498	96
5 or more servings per day	1,442	629	694	119

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	9.1	12.3	5.5	10.2
1 to 3 glasses during the past 7 days	13.4	16.1	11.0	11.1
4 to 6 glasses during the past 7 days	15.7	14.9	16.1	18.0
1 glass per day	15.6	18.1	13.1	14.2
2 glasses per day	19.2	18.5	19.7	20.6
3 glasses per day	12.0	9.8	14.4	11.1
4 or more glasses per day	15.1	10.4	20.1	14.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: skipped Q	350	126	196	28
I did not drink milk during the past 7 days	405	251	118	36
1 to 3 glasses during the past 7 days	694	401	243	50
4 to 6 glasses during the past 7 days	825	387	367	71
1 glass per day	783	411	313	59
2 glasses per day	1,045	471	486	88
3 glasses per day	682	289	349	44
4 or more glasses per day	742	236	445	61

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	9.6	12.1	7.0	9.3
1 day	8.9	10.6	6.9	10.0
2-4 days	21.9	25.9	17.6	22.7
5-6 days	15.5	15.4	15.4	16.2
7 days	44.1	35.9	53.1	41.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade**  
**B11. In the past 7 days, on how many days did you eat breakfast?**

	Total	Female	Male	Gender unknown
Total	5,526	2,572	2,517	437
Missing: skipped Q	352	122	201	29
0 days	514	310	161	43
1 day	449	268	141	40
2-4 days	1,108	631	387	90
5-6 days	814	394	350	70
7 days	2,289	847	1,277	165

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	7.7	8.3	7.1	7.8
1 time	6.4	7.4	5.6	5.7
2-4 times	22.0	23.1	21.2	20.0
5-6 times	23.6	24.6	22.5	23.6
7 or more times	38.6	35.1	42.2	39.9
I was away from home and not with my family during the past	1.6	1.6	1.5	3.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th Grade**  
**B12. How many times during the past 7 days did you eat a meal with your family?**

	Total	Female	Male	Gender unknown
Total	5,526	2,572	2,517	437
Missing: skipped Q	339	111	201	27
0 times	376	197	151	28
1 time	304	173	106	25
2-4 times	1,151	584	483	84
5-6 times	1,242	599	543	100
7 or more times	2,047	882	1,001	164
I was away from home and not with my family during the past	67	26	32	9

Unweighted counts.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	2.1	2.1	2.0	2.9
Some months but not every month	3.4	3.7	3.0	4.0
Only 1 or 2 months	4.9	5.0	4.7	5.2
Did not have to skip or cut the size of meals	89.6	89.2	90.3	87.8

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2001 Data Summary, 8th 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	5,526	2,572	2,517	437
Missing: skipped Q	398	140	225	33
Almost every month	107	47	49	11
Some months but not every month	176	89	73	14
Only 1 or 2 months	234	110	102	22
Did not have to skip or cut the size of meals	4,611	2,186	2,068	357

Unweighted counts.