

**Oregon Healthy Teens 2002 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)	4.3	3.7	4.8
At risk for underweight (5-10th percentile)	2.4	2.4	2.5
Normal	70.2	73.6	66.7
At risk for overweight (85-95th percentile)	14.8	14.3	15.4
Overweight (>= 95th percentile)	8.3	6.0	10.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002 Data Summary, 8th Grade
BMI5cdc. Body Weight status as Measured by Body Mass
Index (BMI): Weight to Height Ratios.**

	Total	Gender	
		Female	Male
Total	11,367	5,824	5,543
Underweight (<= 5th percentile)	466	210	256
At risk for underweight (5-10th percentile)	314	149	165
Normal	8,055	4,275	3,780
At risk for overweight (85-95th percentile)	1,672	829	843
Overweight (>= 95th percentile)	860	361	499

Unweighted counts.

**Oregon Healthy Teens 2002, 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	2.4	2.0	2.6	7.4
Slightly underweight	12.9	11.1	15.2	4.5
About the right weight	53.8	51.8	55.8	57.6
Slightly overweight	26.3	29.6	22.6	25.6
Very overweight	4.6	5.3	3.8	4.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002, Data Summary, 8th Grade
B1. How do you describe your weight?**

	Total	Female	Male	Gender Unknown
Total	6,133	3,175	2,854	104
Missing: Skipped Q	280	107	163	10
Very underweight	132	63	63	6
Slightly underweight	742	328	407	7
About the right weight	3,186	1,581	1,551	54
Slightly overweight	1,516	917	578	21
Very overweight	277	179	92	6

Unweighted counts.

**Oregon Healthy Teens 2002, 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	42.2	54.2	29.0	39.7
Gain weight	9.8	4.2	15.7	17.3
Stay the same weight	22.3	20.4	24.3	25.1
I am not trying to do anything about my weight	25.7	21.2	30.9	17.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002, Data Summary, 8th Grade
B2. Which of the following are you trying to do about your weight?**

	Total	Female	Male	Gender Unknown
Total	6,133	3,175	2,854	104
Missing: Skipped Q	293	116	166	11
Lose weight	2,493	1,688	769	36
Gain weight	566	128	423	15
Stay the same weight	1,242	610	609	23
I am not trying to do anything about my weight	1,539	633	887	19

Unweighted counts.

**Oregon Healthy Teens 2002, 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	60.7	67.9	53.0	48.3
No	39.3	32.1	47.0	51.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,133	3,175	2,854	104
Missing: Skipped Q	351	148	194	9
Yes	3,497	2,089	1,359	49
No	2,285	938	1,301	46

Unweighted counts.

Oregon Healthy Teens 2002, 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	39.4	50.2	27.4	34.9
No	60.6	49.8	72.6	65.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,133	3,175	2,854	104
Missing: Skipped Q	402	159	233	10
Yes	2,270	1,547	687	36
No	3,461	1,469	1,934	58

Unweighted counts.

Oregon Healthy Teens 2002, 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	12.3	16.6	7.4	16.1
Not at risk	87.7	83.4	92.6	83.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,085	3,149	2,832	104
Missing: Skipped Q	397	158	228	11
At risk for disordered eating	726	514	197	15
Not at risk	4,962	2,477	2,407	78

Unweighted counts.

Oregon Healthy Teens 2002, 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	.9	.5	1.3	1.6
< One serving per day	7.4	7.0	7.9	4.4
1 to < 3 servings per day	39.1	40.2	37.8	38.2
3 to < 5 servings per day	23.9	24.4	23.5	22.2
5 or more servings per day	28.8	27.9	29.6	33.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	5,660	2,972	2,598	90
None	54	18	34	2
< One serving per day	396	190	202	4
1 to < 3 servings per day	2,129	1,194	903	32
3 to < 5 servings per day	1,379	737	623	19
5 or more servings per day	1,702	833	836	33

Unweighted counts.

Oregon Healthy Teens 2002, 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	8.9	10.8	6.5	12.7
1-3 glasses during the past 7 days	13.6	15.5	11.3	19.4
4-6 glasses during the past 7 days	15.0	15.5	14.6	10.0
1 glass per day	14.2	15.7	12.4	19.9
2 glasses per day	20.6	19.7	21.7	17.6
3 glasses per day	13.5	12.1	15.4	5.4
4 or more glasses per day	14.2	10.6	18.1	14.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,133	3,175	2,854	104
Missing: Skipped Q	380	158	210	12
I did not drink milk during the past 7 days	512	346	155	11
1-3 glasses during the past 7 days	753	480	258	15
4-6 glasses during the past 7 days	823	446	365	12
1 glass per day	860	489	352	19
2 glasses per day	1,183	587	581	15
3 glasses per day	786	357	423	6
4 or more glasses per day	836	312	510	14

Unweighted counts.

Oregon Healthy Teens 2002, 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	9.8	12.7	6.7	8.3
1 day	8.7	10.9	6.2	7.1
2-4 days	21.8	25.1	18.2	19.7
5-6 days	15.8	17.4	14.0	13.2
7 days	43.9	33.8	55.0	51.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 8th Grade
B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	6,133	3,175	2,854	104
Missing: Skipped Q	379	158	207	14
0 days	584	390	185	9
1 day	525	347	171	7
2-4 days	1,175	723	438	14
5-6 days	921	509	397	15
7 days	2,549	1,048	1,456	45

Unweighted counts.

Oregon Healthy Teens 2002, 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	8.0	9.3	6.6	5.4
1 time	5.8	7.0	4.3	11.7
2-4 times	20.2	21.3	19.2	10.9
5-6 times	21.3	22.2	20.4	19.6
7 or more times	43.2	38.9	47.8	51.6
Away from home and not with my family during the past 7 days	1.5	1.4	1.7	.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,133	3,175	2,854	104
Missing: skipped Q	381	156	212	13
0 times	415	248	162	5
1 time	342	216	116	10
2-4 times	1,182	655	517	10
5-6 times	1,262	693	548	21
7 or more times	2,479	1,173	1,262	44
Away from home and not with my family during the past 7 days	72	34	37	1

Unweighted counts.

Oregon Healthy Teens 2002, 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	1.7	2.5	.5
Some months but not every month	3.6	4.1	3.1	4.5
Only 1 or 2 mths	4.4	5.0	3.7	3.0
Did not have to skip or cut the size of meals	90.0	89.3	90.7	92.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, 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	6,133	3,175	2,854	104
Missing: skipped Q	430	183	234	13
Almost every month	125	56	68	1
Some months but not every month	193	114	77	2
Only 1 or 2 mths	234	137	95	2
Did not have to skip or cut the size of meals	5,151	2,685	2,380	86

Unweighted counts.