

Oregon Healthy Teens Survey: 2004 Results, 11th Grade

**Oregon Healthy Teens 2004, 11th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI): Weight to
Height Ratios.**

	Total	Female	Male
Total	100.0	100.0	100.0
Not at risk for overweight	76.6	81.2	72.2
At risk for overweight (85th-95th percentile)	13.3	12.1	14.4
Overweight (\geq 95th percentile)	10.2	6.7	13.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2004, 11th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI): Weight to
Height Ratios.**

	Total	Female	Male
Total	8,001	3,896	4,105
Not at risk for overweight	6,068	3,137	2,931
At risk for overweight (85th-95th percentile)	1,086	486	600
Overweight (\geq 95th percentile)	847	273	574

Unweighted counts.

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31-36. (Summary variable.) Five-a-day measure: In the past 7 days,
average servings per day where student reported consuming fruits or
vegetables.

	Total	Female	Male
Total	100.0	100.0	100.0
None	1.0	.5	1.4
< One serving per day	9.4	9.0	9.8
1 to < 3 servings per day	44.7	46.2	43.3
3 to < 5 servings per day	23.7	23.8	23.5
5 or more servings per day	21.2	20.4	21.9

Weighted percentages exclude missing and/or refused answers.

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31-36. (Summary variable.) Five-a-day measure: In the past 7 days,
average servings per day where student reported consuming fruits or
vegetables.

	Total	Female	Male
Total	8,252	4,072	4,180
None	77	26	51
< One serving per day	774	376	398
1 to < 3 servings per day	3,788	1,936	1,852
3 to < 5 servings per day	1,919	958	961
5 or more servings per day	1,694	776	918

Unweighted counts.

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31. During the past 7 days, on how many days did you drink 100%
fruit juices?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink 100% fruit juice during the past 7 days	16.1	16.6	15.6
1 to 3 times during the past 7 days	37.4	40.4	34.6
4 to 6 times during the past 7 days	18.4	18.5	18.3
1 time per day	9.4	8.8	10.0
2 times per day	10.7	9.6	11.8
3 times per day	4.0	3.2	4.8
4 or more times per day	4.0	2.9	4.9

Weighted percentages exclude missing and/or refused answers.

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31. During the past 7 days, on how many days did you drink 100% fruit juices?

	Total	Female	Male
Total	8,329	4,097	4,232
I did not drink 100% fruit juice during the past 7 days	1,376	710	666
1 to 3 times during the past 7 days	3,151	1,654	1,497
4 to 6 times during the past 7 days	1,529	752	777
1 time per day	740	351	389
2 times per day	887	390	497
3 times per day	318	121	197
4 or more times per day	328	119	209

Unweighted counts.

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32. During the past 7 days, on how many days did you eat fruit?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat fruit during the past 7 days	9.3	8.2	10.5
1 to 3 times during the past 7 days	37.3	37.9	36.7
4 to 6 times during the past 7 days	20.6	21.4	19.9
1 time per day	13.3	13.4	13.3
2 times per day	11.3	11.6	11.0
3 times per day	4.8	4.9	4.7
4 or more times per day	3.3	2.7	3.9

Weighted percentages exclude missing and/or refused answers.

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32. During the past 7 days, on how many days did you eat fruit?

	Total	Female	Male
Total	8,332	4,098	4,234
I did not eat fruit during the past 7 days	784	359	425
1 to 3 times during the past 7 days	3,178	1,599	1,579
4 to 6 times during the past 7 days	1,735	868	867
1 time per day	1,068	516	552
2 times per day	911	457	454
3 times per day	373	191	182
4 or more times per day	283	108	175

Unweighted counts.

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33. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat salad during the past 7 days	23.2	18.5	27.7
1 to 3 times during the past 7 days	43.3	45.8	40.9
4 to 6 times during the past 7 days	17.8	19.5	16.1
1 time per day	11.2	12.0	10.5
2 times per day	2.7	2.6	2.8
3 times per day	.7	.7	.8
4 or more times per day	1.0	.9	1.2

Weighted percentages exclude missing and/or refused answers.

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33. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	8,338	4,100	4,238
I did not eat salad during the past 7 days	1,980	812	1,168
1 to 3 times during the past 7 days	3,595	1,843	1,752
4 to 6 times during the past 7 days	1,480	803	677
1 time per day	919	478	441
2 times per day	216	100	116
3 times per day	67	33	34
4 or more times per day	81	31	50

Unweighted counts.

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34. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.)

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat potatoes during the past 7 days	30.0	32.1	28.0
1 to 3 times during the past 7 days	53.0	53.6	52.5
4 to 6 times during the past 7 days	10.8	9.9	11.7
1 time per day	3.6	2.2	4.9
2 times per day	1.3	1.3	1.3
3 times per day	.5	.5	.5
4 or more times per day	.7	.5	1.0

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2004, 11th Grade State Summary

**34. During the past 7 days, on how many days did you eat potatoes?
(Does not include French fries, fried potatoes or potato chips.)**

	Total	Female	Male
Total	8,335	4,099	4,236
I did not eat potatoes during the past 7 days	2,462	1,307	1,155
1 to 3 times during the past 7 days	4,424	2,203	2,221
4 to 6 times during the past 7 days	925	411	514
1 time per day	326	108	218
2 times per day	93	34	59
3 times per day	39	15	24
4 or more times per day	66	21	45

Unweighted counts.

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35. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat carrots during the past 7 days	42.2	38.9	45.3
1 to 3 times during the past 7 days	41.5	44.0	39.2
4 to 6 times during the past 7 days	9.4	10.2	8.8
1 time per day	3.8	3.9	3.7
2 times per day	1.4	1.5	1.4
3 times per day	.6	.8	.5
4 or more times per day	.9	.7	1.1

Weighted percentages exclude missing and/or refused answers.

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35. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	8,324	4,097	4,227
I did not eat carrots during the past 7 days	3,574	1,666	1,908
1 to 3 times during the past 7 days	3,444	1,781	1,663
4 to 6 times during the past 7 days	758	394	364
1 time per day	306	145	161
2 times per day	120	55	65
3 times per day	49	30	19
4 or more times per day	73	26	47

Unweighted counts.

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36. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not eat other vegetables during the past 7 days	13.1	11.8	14.3
1 to 3 times during the past 7 days	43.1	43.1	43.1
4 to 6 times during the past 7 days	23.3	24.3	22.3
1 time per day	10.6	10.4	10.9
2 times per day	6.4	6.8	6.1
3 times per day	1.8	2.0	1.6
4 or more times per day	1.7	1.6	1.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2004, 11th Grade State Summary

36. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	8,328	4,097	4,231
I did not eat other vegetables during the past 7 days	1,045	444	601
1 to 3 times during the past 7 days	3,671	1,826	1,845
4 to 6 times during the past 7 days	1,890	964	926
1 time per day	884	446	438
2 times per day	544	269	275
3 times per day	157	80	77
4 or more times per day	137	68	69

Unweighted counts.

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37. During the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	9.5	9.8	9.1
1 day	10.6	11.8	9.5
2-4 days	26.1	27.9	24.5
5-6 days	15.7	15.6	15.9
7 days	38.0	35.0	41.0

Weighted percentages exclude missing and/or refused answers.

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37. During the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male
Total	8,250	4,056	4,194
0 days	779	394	385
1 day	865	468	397
2-4 days	2,178	1,180	998
5-6 days	1,340	668	672
7 days	3,088	1,346	1,742

Unweighted counts.

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38. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	11.9	15.1	8.8
1 day	7.8	10.3	5.4
2 days	9.3	12.2	6.5
3 days	12.4	14.5	10.4
4 days	10.5	10.4	10.5
5 days	14.8	14.2	15.3
6 days	9.9	9.2	10.4
7 days	23.6	13.9	32.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2004, 11th Grade State Summary

38. Vigorous exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling or fast dancing?

	Total	Female	Male
Total	8,321	4,092	4,229
0 days	934	602	332
1 day	597	384	213
2 days	764	480	284
3 days	1,017	601	416
4 days	869	447	422
5 days	1,277	607	670
6 days	798	388	410
7 days	2,065	583	1,482

Unweighted counts.

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39. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating or pushing a lawn mower?

	Total	Female	Male
Total	100.0	100.0	100.0
0 days	16.8	16.8	16.8
1 day	11.5	11.8	11.1
2 days	14.1	15.7	12.6
3 days	12.5	14.3	10.7
4 days	9.6	10.0	9.2
5 days	9.7	9.4	10.1
6 days	5.3	5.5	5.2
7 days	20.5	16.5	24.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2004, 11th Grade State Summary

39. Moderate exercise: On how many of the past 7 days did you exercise/participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating or pushing a lawn mower?

	Total	Female	Male
Total	8,322	4,090	4,232
0 days	1,360	677	683
1 day	907	480	427
2 days	1,147	629	518
3 days	1,064	605	459
4 days	809	410	399
5 days	813	403	410
6 days	449	227	222
7 days	1,773	659	1,114

Unweighted counts.