

Body Weight

**Oregon Healthy Teens 2005, 8th 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	75.6	79.2	72.0
At risk for overweight (85th-95th percentile)	14.6	13.3	15.8
Overweight (>= 95th percentile)	9.9	7.5	12.2

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 8th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	7,725	3,814	3,911
Not at risk for overweight	5,814	3,003	2,811
At risk for overweight (85th-95th percentile)	1,103	514	589
Overweight (>= 95th percentile)	808	297	511

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 8th Grade State Summary
36. How do you describe your weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Very underweight	2.1	1.7	2.5
Slightly underweight	13.3	11.7	14.9
About the right weight	55.4	52.9	57.9
Slightly overweight	24.9	28.1	21.7
Very overweight	4.3	5.6	3.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005, 8th Grade State Summary
36. How do you describe your weight?**

	Total	Female	Male
Total	8,434	4,219	4,215
Very underweight	170	69	101
Slightly underweight	1,107	478	629
About the right weight	4,672	2,224	2,448
Slightly overweight	2,132	1,221	911
Very overweight	353	227	126

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2005, 8th Grade State Summary
37. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Lose weight	44.7	57.1	32.2
Gain weight	10.6	5.0	16.2
Stay the same weight	22.1	20.5	23.8
I am not trying to do anything about my weight	22.6	17.4	27.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary
37. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	8,447	4,235	4,212
Lose weight	3,778	2,433	1,345
Gain weight	887	193	694
Stay the same weight	1,831	843	988
I am not trying to do anything about my weight	1,951	766	1,185

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

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

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	56.7	65.4	47.9
No	43.3	34.6	52.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

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

	Total	Female	Male
Total	8,387	4,213	4,174
Yes	4,782	2,764	2,018
No	3,605	1,449	2,156

Unweighted counts exclude missing and/or refused answers.

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Oregon Healthy Teens 2005, 8th Grade State Summary

39. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	37.1	48.3	25.8
No	62.9	51.7	74.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

39. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	8,375	4,209	4,166
Yes	3,081	2,016	1,065
No	5,294	2,193	3,101

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

40. During the past 30 days did you go without eating for 24 hours or more to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	9.3	13.3	5.3
No	90.7	86.7	94.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

40. During the past 30 days did you go without eating for 24 hours or more to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	8,384	4,211	4,173
Yes	786	560	226
No	7,598	3,651	3,947

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2005, 8th Grade State Summary

41. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (do not include meal replacement products such as Slim Fast)

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	3.0	3.6	2.5
No	97.0	96.4	97.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

41. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (do not include meal replacement products such as Slim Fast)

	Total	Female	Male
Total	8,391	4,214	4,177
Yes	268	173	95
No	8,123	4,041	4,082

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005, 8th Grade State Summary

42. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	3.6	5.2	2.0
No	96.4	94.8	98.0

Weighted percentages exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2005, 8th Grade State Summary

42. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?

	Total	Female	Male
Total	8,384	4,211	4,173
Yes	288	206	82
No	8,096	4,005	4,091

Unweighted counts exclude missing and/or refused answers.