

Nutrition

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
20-25. (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	.9	1.0	.7
< One serving per day	9.0	7.8	10.3
1 to < 3 servings per day	46.3	47.7	45.0
3 to < 5 servings per day	26.0	26.3	25.6
5 or more servings per day	17.8	17.2	18.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
20-25. (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	2,070	1,072	998
None	17	8	9
< One serving per day	193	89	104
1 to < 3 servings per day	974	544	430
3 to < 5 servings per day	521	259	262
5 or more servings per day	365	172	193

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
20. 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	17.4	18.2	16.5
1 to 3 times during the past 7 days	39.4	41.4	37.4
4 to 6 times during the past 7 days	20.6	21.3	19.8
1 time per day	9.0	8.9	9.2
2 times per day	7.4	4.5	10.4
3 times per day	4.0	4.0	4.0
4 or more times per day	2.3	1.8	2.7

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
20. During the past 7 days, on how many days did you drink
100% fruit juices?

	Total	Female	Male
Total	2,090	1,078	1,012
I did not drink 100% fruit juice during the past 7 days	349	200	149
1 to 3 times during the past 7 days	851	470	381
4 to 6 times during the past 7 days	401	202	199
1 time per day	201	97	104
2 times per day	163	55	108
3 times per day	78	37	41
4 or more times per day	47	17	30

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
21. 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	8.0	10.5
1 to 3 times during the past 7 days	37.4	37.2	37.6
4 to 6 times during the past 7 days	21.3	22.4	20.1
1 time per day	15.1	15.5	14.8
2 times per day	10.5	9.9	11.1
3 times per day	4.0	4.5	3.5
4 or more times per day	2.4	2.5	2.3

Weighted percentages exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
21. During the past 7 days, on how many days did you eat fruit?

	Total	Female	Male
Total	2,090	1,080	1,010
I did not eat fruit during the past 7 days	189	89	100
1 to 3 times during the past 7 days	771	397	374
4 to 6 times during the past 7 days	456	256	200
1 time per day	299	155	144
2 times per day	246	106	140
3 times per day	90	58	32
4 or more times per day	39	19	20

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
22. 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 green salad during the past 7 days	27.1	23.7	30.5
1 to 3 times during the past 7 days	38.4	40.3	36.6
4 to 6 times during the past 7 days	17.5	17.6	17.5
1 time per day	12.0	13.7	10.3
2 times per day	3.8	3.4	4.2
3 times per day	.7	.8	.6
4 or more times per day	.5	.6	.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
22. During the past 7 days, on how many days did you eat green salad?

	Total	Female	Male
Total	2,091	1,078	1,013
I did not eat green salad during the past 7 days	581	260	321
1 to 3 times during the past 7 days	843	470	373
4 to 6 times during the past 7 days	350	180	170
1 time per day	239	128	111
2 times per day	53	26	27
3 times per day	15	8	7
4 or more times per day	10	6	4

Unweighted counts exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
23. 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	30.4	32.9	27.8
1 to 3 times during the past 7 days	53.4	53.9	52.9
4 to 6 times during the past 7 days	10.0	8.7	11.4
1 time per day	4.5	2.6	6.3
2 times per day	1.3	1.6	.9
3 times per day	.2	.1	.3
4 or more times per day	.2	.1	.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
23. 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	2,089	1,078	1,011
I did not eat potatoes during the past 7 days	682	379	303
1 to 3 times during the past 7 days	1,099	564	535
4 to 6 times during the past 7 days	204	95	109
1 time per day	77	29	48
2 times per day	18	8	10
3 times per day	4	1	3
4 or more times per day	5	2	3

Unweighted counts exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
24. 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	48.2	45.0	51.5
1 to 3 times during the past 7 days	38.8	41.1	36.4
4 to 6 times during the past 7 days	7.4	8.0	6.9
1 time per day	3.6	4.3	2.8
2 times per day	1.0	1.0	1.0
3 times per day	.7	.7	.7
4 or more times per day	.3	.1	.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
24. During the past 7 days, on how many days did you eat carrots?

	Total	Female	Male
Total	2,090	1,079	1,011
I did not eat carrots during the past 7 days	988	492	496
1 to 3 times during the past 7 days	824	447	377
4 to 6 times during the past 7 days	166	84	82
1 time per day	74	38	36
2 times per day	19	10	9
3 times per day	13	6	7
4 or more times per day	6	2	4

Unweighted counts exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
25. 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	14.0	10.6	17.4
1 to 3 times during the past 7 days	39.9	38.6	41.2
4 to 6 times during the past 7 days	25.2	26.3	24.1
1 time per day	12.1	13.7	10.6
2 times per day	5.9	6.8	4.9
3 times per day	1.5	2.3	.6
4 or more times per day	1.5	1.7	1.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
25. During the past 7 days, on how many days did you eat other vegetables?

	Total	Female	Male
Total	2,085	1,077	1,008
I did not eat other vegetables during the past 7 days	279	114	165
1 to 3 times during the past 7 days	837	448	389
4 to 6 times during the past 7 days	513	263	250
1 time per day	267	152	115
2 times per day	131	65	66
3 times per day	35	23	12
4 or more times per day	23	12	11

Unweighted counts exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
26. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink milk during the past 7 days	11.5	15.0	7.9
1 to 3 glasses during the past 7 days	16.7	18.0	15.4
4 to 6 glasses during the past 7 days	16.3	18.9	13.7
1 glass per day	14.9	17.1	12.7
2 glasses per day	19.5	16.8	22.3
3 glasses per day	12.4	9.1	15.7
4 or more glasses per day.	8.7	5.0	12.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
26. During the past 7 days, how many glasses of milk did you drink?

	Total	Female	Male
Total	2,083	1,073	1,010
I did not drink milk during the past 7 days	247	167	80
1 to 3 glasses during the past 7 days	372	213	159
4 to 6 glasses during the past 7 days	371	215	156
1 glass per day	335	188	147
2 glasses per day	393	166	227
3 glasses per day	225	83	142
4 or more glasses per day.	140	41	99

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
27. 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	10.8	10.9	10.7
1 day	8.2	9.6	6.9
2 to 4 days	26.5	32.0	20.8
5 to 6 days	14.5	15.1	13.9
7 days	40.0	32.5	47.6

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
27. During the past 7 days, on how many days did
you eat breakfast?**

	Total	Female	Male
Total	2,095	1,079	1,016
0 days	212	111	101
1 day	180	100	80
2 to 4 days	534	332	202
5 to 6 days	362	196	166
7 days	807	340	467

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
28. During the past 7 days, how many times did you drink soft
drinks?**

	Total	Female	Male
Total	100.0	100.0	100.0
I did not drink soft drinks in the past 7 days	15.1	20.2	9.8
1 to 3 times during the past 7 days	34.7	37.8	31.6
4 to 6 times during the past 7 days	18.9	19.1	18.7
1 time per day	10.6	7.8	13.4
2 times per day	11.6	9.6	13.7
3 times per day	4.3	2.0	6.6
4 or more times per day	4.8	3.5	6.2

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
28. During the past 7 days, how many times did you drink soft
drinks?**

	Total	Female	Male
Total	2,094	1,078	1,016
I did not drink soft drinks in the past 7 days	328	216	112
1 to 3 times during the past 7 days	763	415	348
4 to 6 times during the past 7 days	400	208	192
1 time per day	222	95	127
2 times per day	205	88	117
3 times per day	82	26	56
4 or more times per day	94	30	64

Unweighted counts exclude missing and/or refused answers.

Nutrition

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
29. During the past 7 days, on how many days did you
buy soft drinks at school?

	Total	Female	Male
Total	100.0	100.0	100.0
I did not buy soft drinks at school	56.8	63.6	49.9
1 day	17.8	16.7	19.0
2 days	8.8	8.6	9.0
3 days	8.4	5.7	11.1
4 days	3.8	1.8	5.9
5 or more days	4.3	3.5	5.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2005
High School (Grades 9-12) State Summary
29. During the past 7 days, on how many days did you
buy soft drinks at school?

	Total	Female	Male
Total	2,088	1,075	1,013
I did not buy soft drinks at school	1,204	677	527
1 day	362	182	180
2 days	211	99	112
3 days	157	61	96
4 days	64	19	45
5 or more days	90	37	53

Unweighted counts exclude missing and/or refused answers.