

**Oregon Healthy Teens 2007 - 11th Grade
State Summary Report**

21-26. 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	
	Count	%	Count	%	Count	%
Total	5,580	100.0	2,869	100.0	2,711	100.0
None	54	.8	13	.4	41	1.3
< One serving per day	520	9.7	246	9.3	274	10.1
1 to < 3 servings per day	2,662	48.0	1,407	49.3	1,255	46.5
3 to < 5 servings per day	1,363	23.9	725	24.1	638	23.6
5 or more servings per day	981	17.6	478	16.8	503	18.5

Unweighted counts and weighted percentages exclude missing and/or refused answers.

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21. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not include punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,661	100.0	2,899	100.0	2,762	100.0
I did not drink 100% fruit juice during the past 7 days	1,111	19.5	566	19.6	545	19.4
1 to 3 times during the past 7 days	2,194	38.8	1,224	42.1	970	35.3
4 to 6 times during the past 7 days	1,044	18.5	525	18.2	519	18.7
1 time per day	502	8.5	249	8.1	253	8.8
2 times per day	480	8.8	203	7.0	277	10.6
3 times per day	194	3.5	86	3.2	108	3.8
4 or more times per day	136	2.6	46	1.8	90	3.4

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Nutrition

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22. During the past 7 days, how many times did you eat fruit? (Do not include fruit juice.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,678	100.0	2,902	100.0	2,776	100.0
I did not eat fruit during the past 7 days	523	8.8	226	7.7	297	10.0
1 to 3 times during the past 7 days	2,112	38.0	1,070	37.7	1,042	38.2
4 to 6 times during the past 7 days	1,262	22.2	678	22.8	584	21.5
1 time per day	751	13.1	380	12.9	371	13.2
2 times per day	639	10.8	336	11.0	303	10.6
3 times per day	266	4.8	151	5.5	115	4.1
4 or more times per day	125	2.3	61	2.3	64	2.3

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23. During the past 7 days, how many times did you eat green salad?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,679	100.0	2,903	100.0	2,776	100.0
I did not eat green salad during the past 7 days	1,580	28.1	678	24.0	902	32.3
1 to 3 times during the past 7 days	2,542	44.3	1,364	46.7	1,178	41.8
4 to 6 times during the past 7 days	870	15.3	515	17.5	355	13.0
1 time per day	524	9.3	259	8.4	265	10.2
2 times per day	111	2.1	65	2.6	46	1.5
3 times per day	28	.5	16	.5	12	.5
4 or more times per day	24	.4	6	.3	18	.6

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24. During the past 7 days, how many times did you eat potatoes? (Do not include french fries, fried potatoes or potato chips.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,672	100.0	2,905	100.0	2,767	100.0
I did not eat potatoes during the past 7 days	1,785	33.1	1,005	36.1	780	29.8
1 to 3 times during the past 7 days	3,002	52.0	1,547	52.6	1,455	51.3
4 to 6 times during the past 7 days	597	10.1	242	7.6	355	12.7
1 time per day	189	3.4	76	2.5	113	4.2
2 times per day	47	.7	20	.6	27	.7
3 times per day	28	.5	12	.5	16	.6
4 or more times per day	24	.3	3	.1	21	.6

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25. During the past 7 days, how many times did you eat carrots?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,670	100.0	2,902	100.0	2,768	100.0
I did not eat carrots during the past 7 days	2,462	43.6	1,242	43.2	1,220	44.0
1 to 3 times during the past 7 days	2,293	39.9	1,167	39.2	1,126	40.6
4 to 6 times during the past 7 days	515	9.3	292	10.1	223	8.5
1 time per day	273	4.9	141	5.1	132	4.6
2 times per day	75	1.4	39	1.6	36	1.2
3 times per day	21	.4	10	.5	11	.4
4 or more times per day	31	.5	11	.3	20	.7

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26. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,665	100.0	2,898	100.0	2,767	100.0
I did not eat other vegetables during the past 7 days	737	13.2	324	12.0	413	14.5
1 to 3 times during the past 7 days	2,353	42.4	1,206	43.1	1,147	41.7
4 to 6 times during the past 7 days	1,368	23.6	739	23.6	629	23.6
1 time per day	681	11.6	348	11.7	333	11.4
2 times per day	372	6.4	202	6.8	170	6.1
3 times per day	92	1.7	54	2.0	38	1.4
4 or more times per day	62	1.1	25	.9	37	1.3

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27. During the past 7 days, how many glasses of milk did you drink?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,662	100.0	2,896	100.0	2,766	100.0
I did not drink milk during the past 7 days	775	13.2	520	17.8	255	8.5
1 to 3 glasses during the past 7 days	1,190	21.1	682	23.9	508	18.2
4 to 6 glasses during the past 7 days	974	17.0	495	16.8	479	17.3
1 glass per day	848	15.4	431	15.1	417	15.7
2 glasses per day	1,008	17.8	466	16.5	542	19.3
3 glasses per day	493	8.3	191	6.0	302	10.8
4 or more glasses per day	374	7.0	111	3.9	263	10.3

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,623	100.0	2,881	100.0	2,742	100.0
0 days	529	9.8	283	9.9	246	9.6
1 day	604	10.8	312	11.2	292	10.4
2 to 4 days	1,442	25.9	787	27.7	655	24.0
5 to 6 days	973	16.3	511	16.3	462	16.2
7 days	2,075	37.3	988	34.8	1,087	39.8

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29. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,646	100.0	2,891	100.0	2,755	100.0
I did not drink soda or pop during the past 7 days	1,400	25.4	865	31.1	535	19.5
1 to 3 times during the past 7 days	2,089	36.7	1,127	38.2	962	35.1
4 to 6 times during the past 7 days	930	16.3	417	14.7	513	17.9
1 time per day	480	8.9	216	7.5	264	10.3
2 times per day	410	7.1	152	4.7	258	9.6
3 times per day	172	3.0	63	2.2	109	3.8
4 or more times per day	165	2.7	51	1.6	114	3.8

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30. During the past 7 days, on how many days did you buy soft drinks at school?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,629	100.0	2,882	100.0	2,747	100.0
I did not buy soft drinks at school	4,232	78.1	2,286	81.8	1,946	74.2
1 day	616	9.7	277	8.5	339	10.9
2 days	341	5.5	140	4.3	201	6.7
3 days	208	3.1	85	2.6	123	3.5
4 days	80	1.3	43	1.2	37	1.3
5 or more days	152	2.4	51	1.6	101	3.3

Unweighted counts and weighted percentages exclude missing and/or refused answers.