

Body Weight

**Oregon Healthy Teens 2007 - 11th Grade
State Summary Report
Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,519	100.0	2,806	100.0	2,713	100.0
Not at risk for overweight	4,175	76.8	2,219	79.4	1,956	74.1
At risk for overweight (85th-95th percentile)	749	13.0	381	13.6	368	12.4
Overweight (>= 95th percentile)	595	10.2	206	7.0	389	13.4

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

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38. How do you describe your weight?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,614	100.0	2,877	100.0	2,737	100.0
Very underweight	90	2.0	28	1.1	62	3.0
Slightly underweight	732	14.1	228	8.6	504	19.9
About the right weight	3,011	52.8	1,504	51.2	1,507	54.4
Slightly overweight	1,560	27.5	981	34.8	579	19.8
Very overweight	221	3.6	136	4.3	85	3.0

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39. Which of the following are you trying to do about your weight?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,607	100.0	2,880	100.0	2,727	100.0
Lose weight	2,580	45.2	1,762	60.9	818	28.6
Gain weight	927	17.0	147	4.7	780	30.0
Stay the same weight	1,057	18.4	527	18.1	530	18.8
I am not trying to do anything about my weight	1,043	19.4	444	16.3	599	22.6

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,584	100.0	2,870	100.0	2,714	100.0
Yes	2,847	50.4	1,747	60.7	1,100	39.4
No	2,737	49.6	1,123	39.3	1,614	60.6

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41. 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	
	Count	%	Count	%	Count	%
Total	5,594	100.0	2,875	100.0	2,719	100.0
Yes	2,177	38.4	1,508	52.4	669	23.6
No	3,417	61.6	1,367	47.6	2,050	76.4

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42. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,594	100.0	2,879	100.0	2,715	100.0
Yes	490	9.1	350	12.6	140	5.5
No	5,104	90.9	2,529	87.4	2,575	94.5

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43. 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	
	Count	%	Count	%	Count	%
Total	5,592	100.0	2,880	100.0	2,712	100.0
Yes	235	4.7	142	5.8	93	3.5
No	5,357	95.3	2,738	94.2	2,619	96.5

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	5,558	100.0	2,854	100.0	2,704	100.0
Yes	189	3.6	135	4.7	54	2.4
No	5,369	96.4	2,719	95.3	2,650	97.6

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