

Nutrition

Oregon Healthy Teens 2008 - 11th Grade State Summary Report

24-29. 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	6865	100.0	3573	100.0	3292	100.0
None	43	.6	15	.5	28	.7
< One serving per day	710	10.3	363	10.0	347	10.7
1 to < 3 servings per day	3323	47.7	1755	48.5	1568	47.0
3 to < 5 servings per day	1643	23.9	853	24.4	790	23.4
5 or more servings per day	1146	17.4	587	16.7	559	18.2

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

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24. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6958	100.0	3615	100.0	3343	100.0
I did not drink 100% fruit juice during the past 7 days	1556	22.6	833	23.2	723	22.0
1 to 3 times during the past 7 days	2676	38.4	1479	40.6	1197	36.0
4 to 6 times during the past 7 days	1308	18.8	653	18.0	655	19.6
1 time per day	526	7.4	262	7.4	264	7.5
2 times per day	551	8.0	245	6.9	306	9.1
3 times per day	179	2.6	76	2.1	103	3.2
4 or more times per day	162	2.2	67	1.9	95	2.6

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6962	100.0	3618	100.0	3344	100.0
I did not eat fruit during the past 7 days	606	8.4	278	7.6	328	9.3
1 to 3 times during the past 7 days	2533	35.3	1321	35.1	1212	35.5
4 to 6 times during the past 7 days	1614	23.6	833	23.5	781	23.7
1 time per day	925	13.4	464	13.2	461	13.7
2 times per day	808	12.0	464	13.1	344	10.8
3 times per day	298	4.5	175	5.2	123	3.8
4 or more times per day	178	2.8	83	2.3	95	3.3

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6945	100.0	3608	100.0	3337	100.0
I did not eat green salad during the past 7 days	2194	31.3	992	27.9	1202	35.0
1 to 3 times during the past 7 days	2918	42.2	1645	46.0	1273	38.2
4 to 6 times during the past 7 days	1046	14.9	570	14.9	476	14.8
1 time per day	599	8.8	306	8.6	293	9.1
2 times per day	124	1.8	67	1.7	57	1.9
3 times per day	32	.4	18	.6	14	.3
4 or more times per day	32	.5	10	.4	22	.7

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27. During the past 7 days, how many times did you eat potatoes?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6940	100.0	3606	100.0	3334	100.0
I did not eat potatoes during the past 7 days	2285	33.7	1314	37.5	971	29.7
1 to 3 times during the past 7 days	3617	51.6	1849	50.1	1768	53.2
4 to 6 times during the past 7 days	717	10.4	319	9.4	398	11.5
1 time per day	207	2.7	85	2.0	122	3.4
2 times per day	57	.8	24	.6	33	1.0
3 times per day	29	.4	8	.2	21	.5
4 or more times per day	28	.4	7	.2	21	.6

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6933	100.0	3603	100.0	3330	100.0
I did not eat carrots during the past 7 days	3152	44.1	1584	43.0	1568	45.3
1 to 3 times during the past 7 days	2719	39.7	1457	41.0	1262	38.3
4 to 6 times during the past 7 days	615	9.7	330	10.1	285	9.3
1 time per day	278	4.1	150	3.9	128	4.2
2 times per day	97	1.2	52	1.2	45	1.2
3 times per day	30	.5	12	.3	18	.6
4 or more times per day	42	.8	18	.5	24	1.1

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29. During the past 7 days, how many times did you eat other vegetables?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6922	100.0	3596	100.0	3326	100.0
I did not eat other vegetables during the past 7 days	925	12.9	430	11.5	495	14.4
1 to 3 times during the past 7 days	2713	38.7	1455	39.4	1258	37.9
4 to 6 times during the past 7 days	1695	24.9	879	25.8	816	23.9
1 time per day	883	12.9	436	12.1	447	13.8
2 times per day	492	7.3	276	7.5	216	7.0
3 times per day	121	1.9	69	2.2	52	1.6
4 or more times per day	93	1.4	51	1.5	42	1.4

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6916	100.0	3595	100.0	3321	100.0
I did not drink milk during the past 7 days	964	14.5	639	18.4	325	10.3
1 to 3 glasses during the past 7 days	1374	20.3	819	23.1	555	17.3
4 to 6 glasses during the past 7 days	1167	16.6	614	17.4	553	15.7
1 glass per day	1025	14.9	538	15.2	487	14.5
2 glasses per day	1283	18.1	581	15.5	702	20.8
3 glasses per day	628	8.9	235	6.1	393	11.9
4 or more glasses per day	475	6.8	169	4.3	306	9.5

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6890	100.0	3593	100.0	3297	100.0
0 days	617	8.6	312	8.3	305	8.8
1 day	646	9.5	363	9.9	283	9.2
2 to 4 days	1840	26.0	1020	28.4	820	23.4
5 to 6 days	1183	17.6	618	18.1	565	17.1
7 days	2604	38.3	1280	35.3	1324	41.4

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32. 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?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6913	100.0	3594	100.0	3319	100.0
I did not drink soda or pop during the past 7 days	1778	26.7	1129	31.7	649	21.3
1 to 3 times during the past 7 days	2597	37.9	1409	39.4	1188	36.3
4 to 6 times during the past 7 days	1150	17.0	526	15.0	624	19.1
1 time per day	561	7.5	235	6.0	326	9.1
2 times per day	470	6.2	182	4.9	288	7.5
3 times per day	179	2.7	64	1.9	115	3.5
4 or more times per day	178	2.2	49	1.1	129	3.2

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6893	100.0	3584	100.0	3309	100.0
I did not buy soft drinks at school	5639	82.2	3040	84.9	2599	79.2
1 day	602	8.8	257	7.7	345	10.1
2 days	299	4.0	137	3.3	162	4.8
3 days	175	2.8	84	2.5	91	3.0
4 days	79	.9	31	.8	48	1.1
5 or more days	99	1.3	35	.8	64	1.7

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