

Body Weight

**Oregon Healthy Teens 2008 - 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	6851	100.0	3528	100.0	3323	100.0
Not at risk for overweight	5013	73.2	2699	76.8	2314	69.5
At risk for overweight (85th-95th percentile)	1020	14.9	532	14.9	488	14.9
Overweight (>= 95th percentile)	818	11.9	297	8.3	521	15.6

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

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39. How do you describe your weight?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6876	100.0	3576	100.0	3300	100.0
Very underweight	103	1.5	39	.8	64	2.2
Slightly underweight	808	11.7	282	8.2	526	15.4
About the right weight	3722	54.7	1900	53.9	1822	55.5
Slightly overweight	1936	27.7	1160	31.5	776	23.6
Very overweight	307	4.5	195	5.6	112	3.2

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6874	100.0	3574	100.0	3300	100.0
Lose weight	3239	46.5	2191	59.7	1048	32.3
Gain weight	1013	15.3	184	5.4	829	26.0
Stay the same weight	1257	18.7	607	17.9	650	19.4
I am not trying to do anything about my weight	1365	19.6	592	17.0	773	22.3

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6824	100.0	3557	100.0	3267	100.0
Yes	3666	52.9	2231	61.7	1435	43.4
No	3158	47.1	1326	38.3	1832	56.6

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42. 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	6829	100.0	3566	100.0	3263	100.0
Yes	2623	38.0	1788	49.2	835	25.8
No	4206	62.0	1778	50.8	2428	74.2

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

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43. 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	6831	100.0	3565	100.0	3266	100.0
Yes	578	8.5	410	11.5	168	5.2
No	6253	91.5	3155	88.5	3098	94.8

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44. 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?

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6824	100.0	3558	100.0	3266	100.0
Yes	263	4.0	179	4.8	84	3.1
No	6561	96.0	3379	95.2	3182	96.9

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

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

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	6784	100.0	3541	100.0	3243	100.0
Yes	223	3.3	157	4.5	66	2.0
No	6561	96.7	3384	95.5	3177	98.0

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