

**Oregon Healthy Teens 2002 Data Summary, 11th Grade
BMI5cdc. Body Weight status as Measured by Body Mass
Index (BMI): Weight to Height Ratios.**

	Total	Gender	
		Female	Male
Total	100.0	100.0	100.0
Underweight (<= 5th percentile)	2.6	2.6	2.7
At risk for underweight (5-10th percentile)	2.1	2.3	1.8
Normal	73.1	78.3	67.9
At risk for overweight (85-95th percentile)	14.3	11.5	17.2
Overweight (>= 95th percentile)	7.8	5.3	10.4

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002 Data Summary, 11th Grade
BMI5cdc. Body Weight status as Measured by Body Mass
Index (BMI): Weight to Height Ratios.**

	Total	Gender	
		Female	Male
Total	8,447	4,238	4,209
Underweight (<= 5th percentile)	229	117	112
At risk for underweight (5-10th percentile)	188	97	91
Normal	6,251	3,352	2,899
At risk for overweight (85-95th percentile)	1,139	445	694
Overweight (>= 95th percentile)	640	227	413

Unweighted counts.

**Oregon Healthy Teens 2002, Data Summary, 11th Grade
B1. How do you describe your weight?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Very underweight	1.1	1.1	1.2	1.0
Slightly underweight	12.1	7.9	16.1	10.7
About the right weight	54.0	50.3	57.4	60.8
Slightly overweight	28.7	35.7	22.2	21.5
Very overweight	4.1	5.1	3.1	6.1

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002, Data Summary, 11th Grade
B1. How do you describe your weight?**

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	106	42	62	2
Very underweight	47	14	31	2
Slightly underweight	487	159	317	11
About the right weight	2,339	1,077	1,224	38
Slightly overweight	1,205	749	437	19
Very overweight	186	118	64	4

Unweighted counts.

**Oregon Healthy Teens 2002, Data Summary, 11th Grade
B2. Which of the following are you trying to do about your weight?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Lose weight	41.8	57.9	26.7	35.9
Gain weight	13.1	3.0	22.9	6.7
Stay the same weight	18.7	18.3	19.1	17.4
I am not trying to do anything about my weight	26.4	20.8	31.3	40.0

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2002, Data Summary, 11th Grade
B2. Which of the following are you trying to do about your weight?**

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	116	45	70	1
Lose weight	1,816	1,260	526	30
Gain weight	585	67	510	8
Stay the same weight	761	360	387	14
I am not trying to do anything about my weight	1,092	427	642	23

Unweighted counts.

**Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	56.5	67.0	46.7	49.7
No	43.5	33.0	53.3	50.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	143	56	84	3
Yes	2,376	1,407	932	37
No	1,851	696	1,119	36

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	42.5	59.1	26.8	31.9
No	57.5	40.9	73.2	68.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.b. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight? (Do not include meal replacement products such as Slim Fast.).

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	147	54	90	3
Yes	1,819	1,248	539	32
No	2,404	857	1,506	41

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight.

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
At risk for disordered eating	13.8	20.0	8.2	5.9
Not at risk	86.2	80.0	91.8	94.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B3.c-e. During the past 30 days, engaged in fasting 24 hours or longer; used diet pills, powders, or liquids; or used vomiting or laxatives to lose weight or keep from gaining weight.

	Total	Female	Male	Gender Unknown
Total	4,350	2,151	2,124	75
Missing: Skipped Q	154	58	93	3
At risk for disordered eating	586	424	154	8
Not at risk	3,610	1,669	1,877	64

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
None	.6	.2	1.0	1.1
< One serving per day	8.2	7.4	8.9	9.8
1 to < 3 servings per day	43.2	44.7	41.3	52.8
3 to < 5 servings per day	25.7	27.2	24.7	12.0
5 or more servings per day	22.4	20.5	24.1	24.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B4-B9. Five-a-day measure: In the past 7 days, average servings per day where student reported consuming fruits or vegetables.

	Total	Female	Male	Gender Unknown
Total	4,197	2,101	2,021	75
None	27	8	17	2
< One serving per day	326	145	176	5
1 to < 3 servings per day	1,811	942	835	34
3 to < 5 servings per day	1,057	563	481	13
5 or more servings per day	976	443	512	21

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B10. In the past 7 days, on how many glasses of milk did you drink?
 (Include the milk you drank in a glass or cup, from a carton, or with cereal.
 Count the half pint of milk served at school as equal to one glass.).

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not drink milk during the past 7 days	12.2	15.3	9.1	13.9
1-3 glasses during the past 7 days	17.9	23.0	12.8	19.0
4-6 glasses during the past 7 days	15.9	15.5	15.9	26.1
1 glass per day	15.8	17.3	14.6	10.5
2 glasses per day	19.3	16.7	22.3	4.6
3 glasses per day	11.4	7.9	14.5	20.7
4 or more glasses per day	7.6	4.3	10.9	5.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B10. In the past 7 days, on how many glasses of milk did you drink?
 (Include the milk you drank in a glass or cup, from a carton, or with cereal.
 Count the half pint of milk served at school as equal to one glass.).

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	150	52	97	1
I did not drink milk during the past 7 days	527	352	164	11
1-3 glasses during the past 7 days	761	481	262	18
4-6 glasses during the past 7 days	648	326	309	13
1 glass per day	662	346	306	10
2 glasses per day	795	346	443	6
3 glasses per day	497	170	314	13
4 or more glasses per day	330	86	240	4

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 days	11.1	11.7	10.2	17.5
1 day	13.2	14.6	11.7	17.3
2-4 days	26.5	29.2	24.2	19.7
5-6 days	15.8	16.1	15.4	16.6
7 days	33.5	28.4	38.5	28.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: Skipped Q	151	52	98	1
0 days	463	243	211	9
1 day	509	294	203	12
2-4 days	1,120	604	503	13
5-6 days	690	332	344	14
7 days	1,437	634	776	27

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
0 times	12.0	12.5	11.7	7.3
1 time	9.1	10.9	7.2	13.9
2-4 times	30.4	32.5	28.3	36.2
5-6 times	23.2	22.9	23.6	18.3
7 or more times	24.4	20.2	28.4	24.3
Away from home and not with my family during the past 7 days	1.0	1.1	.9	

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade
B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: skipped Q	159	56	102	1
0 times	486	248	231	7
1 time	376	222	146	8
2-4 times	1,294	686	585	23
5-6 times	1,001	497	489	15
7 or more times	1,015	428	565	22
Away from home and not with my family during the past 7 days	39	22	17	

Unweighted counts.

Oregon Healthy Teens 2002, Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Almost every month	1.9	1.9	2.0	
Some months but not every month	3.5	4.3	2.9	1.7
Only 1 or 2 mths	3.4	3.5	3.4	.4
Did not have to skip or cut the size of meals	91.2	90.3	91.8	97.9

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2002, Data Summary, 11th Grade

B13. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?

	Total	Female	Male	Gender Unknown
Total	4,370	2,159	2,135	76
Missing: skipped Q	165	59	105	1
Almost every month	85	43	42	
Some months but not every month	144	83	59	2
Only 1 or 2 mths	136	72	63	1
Did not have to skip or cut the size of meals	3,840	1,902	1,866	72

Unweighted counts.