

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003 Data Summary, 8th 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)	3.7	3.4	4.1
At risk for underweight (5-10th percentile)	2.8	2.7	2.9
Normal	70.4	72.1	68.4
At risk for overweight (85-95th percentile)	15.3	15.3	15.2
Overweight (>= 95th percentile)	7.8	6.4	9.4

Weighted percentages exclude missing and/or refused answers.
Revised January 2004.

Oregon Healthy Teens 2003 Data Summary, 8th Grade BMI5cdc. Body Weight status as Measured by Body Mass Index (BMI): Weight to Height Ratios.

	Total	Gender	
		Female	Male
Total	11,167	5,827	5,340
Underweight (<= 5th percentile)	408	205	203
At risk for underweight (5-10th percentile)	353	182	171
Normal	7,902	4,185	3,717
At risk for overweight (85-95th percentile)	1,662	889	773
Overweight (>= 95th percentile)	842	366	476

Unweighted counts.
Revised January 2004.

Oregon Healthy Teens 2003, Data Summary, 8th Grade B1. How do you describe your weight?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Very underweight	1.8	1.4	2.3	1.3
Slightly underweight	12.7	11.3	14.1	19.3
About the right weight	56.3	54.4	58.3	55.4
Slightly overweight	25.1	28.1	21.9	17.2
Very overweight	4.2	4.8	3.4	6.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

**Oregon Healthy Teens 2003, Data Summary, 8th Grade
B1. How do you describe your weight?**

	Total	Female	Male	Gender Unknown
Total	6,250	3,221	2,969	60
Missing: skipped Q	316	143	164	9
Very underweight	114	47	66	1
Slightly underweight	765	342	412	11
About the right weight	3,276	1,612	1,635	29
Slightly overweight	1,533	917	607	9
Very overweight	246	160	85	1

Unweighted counts.

**Oregon Healthy Teens 2003, Data Summary, 8th 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	42.8	54.4	30.1	30.2
Gain weight	9.2	3.7	15.4	6.9
Stay the same weight	21.1	20.3	22.0	23.2
Not doing anything	26.9	21.7	32.5	39.7

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2003, Data Summary, 8th Grade
B2. Which of the following are you trying to do about your weight?**

	Total	Female	Male	Gender Unknown
Total	6,250	3,221	2,969	60
Missing: skipped Q	337	151	175	11
Lose weight	2,470	1,667	790	13
Gain weight	541	119	417	5
Stay the same weight	1,255	608	637	10
Not doing anything	1,647	676	950	21

Unweighted counts.

**Oregon Healthy Teens 2003, Data Summary, 8th 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	60.7	67.0	53.6	54.4
No	39.3	33.0	46.4	45.6

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2003, Data Summary, 8th 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	6,250	3,221	2,969	60
Missing: skipped Q	342	146	186	10
Yes	3,569	2,084	1,459	26
No	2,339	991	1,324	24

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 8th 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	37.3	49.4	23.8	34.8
No	62.7	50.6	76.2	65.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 8th 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	6,250	3,221	2,969	60
Missing: skipped Q	384	161	213	10
Yes	2,180	1,489	675	16
No	3,686	1,571	2,081	34

Unweighted counts.

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**Oregon Healthy Teens 2003, Data Summary, 8th 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	12.3	17.7	6.2	9.5
Not at risk	87.7	82.3	93.8	90.5

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2003, Data Summary, 8th 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	6,221	3,210	2,951	60
Missing: Skipped Q	386	160	216	10
At risk for disordered eating	704	514	186	4
Not at risk	5,131	2,536	2,549	46

Unweighted counts.

**Oregon Healthy Teens 2003, Data Summary, 8th 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	1.1	.8	1.4	1.1
< One serving per day	8.2	8.2	8.1	7.7
1 to < 3 servings per day	40.9	40.6	41.1	46.0
3 to < 5 servings per day	22.9	24.2	21.6	20.0
5 or more servings per day	27.0	26.3	27.8	25.2

Weighted percentages exclude missing and/or refused answers.

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Oregon Healthy Teens 2003, Data Summary, 8th 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	5,774	3,016	2,708	50
None	52	20	31	1
< One serving per day	450	226	220	4
1 to < 3 servings per day	2,246	1,188	1,035	23
3 to < 5 servings per day	1,399	768	623	8
5 or more servings per day	1,627	814	799	14

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 8th 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	9.5	11.6	7.2	5.1
1 to 3 glasses during the past 7 days	14.0	16.4	11.3	17.7
4 to 6 glasses during the past 7 days	15.6	15.3	15.8	20.8
1 glass per day	14.5	15.8	13.0	12.4
2 glasses per day	19.2	18.2	20.4	16.1
3 glasses per day	14.2	13.0	15.5	11.7
4 or more glasses per day	13.0	9.6	16.8	16.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 8th 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	6,250	3,221	2,969	60
Missing: skipped Q	389	170	210	9
I did not drink milk during the past 7 days	566	368	194	4
1 to 3 glasses during the past 7 days	840	520	311	9
4 to 6 glasses during the past 7 days	901	480	411	10
1 glass per day	839	468	366	5
2 glasses per day	1,152	554	586	12
3 glasses per day	778	365	410	3
4 or more glasses per day	785	296	481	8

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 8th 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	10.4	12.8	8.0	2.3
1 day	9.4	12.0	6.7	5.0
2-4 days	21.6	25.1	17.8	24.1
5-6 days	16.6	16.6	16.4	35.1
7 days	42.0	33.5	51.2	33.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B11. In the past 7 days, on how many days did you eat breakfast?

	Total	Female	Male	Gender Unknown
Total	6,502	3,318	3,120	64
Missing: skipped Q	389	172	207	10
0 days	556	354	200	2
1 day	564	375	185	4
2-4 days	1,267	769	483	15
5-6 days	1,007	525	469	13
7 days	2,719	1,123	1,576	20

Unweighted counts.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 8th 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	7.4	8.0	6.8	7.7
1 time	6.9	8.3	5.3	4.8
2-4 times	21.4	23.9	18.6	26.3
5-6 times	22.2	23.4	20.9	22.7
7 or more times	40.7	35.1	47.0	38.5
Away from home and not with my family during the past 7 days	1.3	1.2	1.5	

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B12. How many times during the past 7 days did you eat a meal with your family?

	Total	Female	Male	Gender Unknown
Total	6,250	3,221	2,969	60
Missing: skipped Q	394	172	213	9
0 times	455	251	200	4
1 time	370	223	144	3
2-4 times	1,214	683	517	14
5-6 times	1,324	740	571	13
7 or more times	2,416	1,116	1,283	17
Away from home and not with my family during the past 7 days	77	36	41	

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 8th 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	2.6	3.2	2.0	1.6
Some months but not every month	4.4	4.7	4.1	.8
Only 1 or 2 months	4.4	4.8	3.9	3.2
Did not have to skip or cut the size of meals	88.6	87.3	90.0	94.3

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 8th 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	6,250	3,221	2,969	60
Missing: skipped Q	437	194	234	9
Almost every month	152	85	66	1
Some months but not every month	222	125	96	1
Only 1 or 2 months	265	138	124	3
Did not have to skip or cut the size of meals	5,174	2,679	2,449	46

Unweighted counts.

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B14. During the past 7 days, how many times did you drink soft drinks such as Coke, diet Coke, Pepsi, Sprite, Slice or Mountain Dew?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not drink soft drinks in the past week	8.9	10.5	7.1	7.0
1 to 3 times in the past week	33.6	36.3	30.8	21.0
4 to 6 times in the past week	23.3	23.1	23.3	37.5
1 time per day	12.8	12.3	13.4	11.9
2 times per day	10.7	9.7	11.9	4.3
3 times per day	5.1	3.5	6.8	5.3
4 or more times per day	5.7	4.6	6.7	13.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B14. During the past 7 days, how many times did you drink soft drinks such as Coke, diet Coke, Pepsi, Sprite, Slice or Mountain Dew?

	Total	Female	Male	Gender Unknown
Total	6,250	3,221	2,969	60
Missing: skipped Q	455	204	240	11
I did not drink soft drinks in the past week	576	356	215	5
1 to 3 times in the past week	2,018	1,170	836	12
4 to 6 times in the past week	1,289	639	633	17
1 time per day	745	358	383	4
2 times per day	590	261	326	3
3 times per day	269	113	153	3
4 or more times per day	308	120	183	5

Unweighted counts.

Oregon Healthy Teens 2003

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B15. During the past 7 days, how many days did you buy soft drinks at school?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
I did not buy soft drinks at school	66.3	69.9	62.3	64.7
1 day	13.7	11.7	15.9	17.0
2 days	8.9	8.5	9.3	10.5
3 days	5.3	4.9	5.6	7.8
4 days	2.3	2.5	2.1	
5 days	3.6	2.5	4.8	

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2003, Data Summary, 8th Grade

B15. During the past 7 days, how many days did you buy soft drinks at school?

	Total	Female	Male	Gender Unknown
Total	6,250	3,221	2,969	60
Missing: skipped Q	689	330	344	15
I did not buy soft drinks at school	3,834	2,114	1,691	29
1 day	778	360	412	6
2 days	459	210	242	7
3 days	236	106	127	3
4 days	103	47	56	
5 days	151	54	97	

Unweighted counts.