

YRBS 2003 - Grades 9-12

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

**BMI5. Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Underweight (<= 5th percentile)	2.0	1.3	2.6	
At risk for underweight (5-10th percentile)	2.1	1.9	2.3	
Normal	74.0	80.5	67.4	100.0
At risk for overweight (85-95th percentile)	14.4	12.0	16.9	
Overweight (>= 95th percentile)	7.5	4.2	10.7	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

**BMI5. Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male	Gender Unknown
Total	1,411	702	704	5
Underweight (<= 5th percentile)	32	8	24	
At risk for underweight (5-10th percentile)	34	14	20	
Normal	1,030	559	466	5
At risk for overweight (85-95th percentile)	201	82	119	
Overweight (>= 95th percentile)	114	39	75	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Very underweight	.8	.6	1.1	4.1
Slightly underweight	12.6	8.9	16.4	
About the right weight	54.5	52.1	57.2	25.5
Slightly overweight	27.5	33.0	21.4	70.4
Very overweight	4.6	5.3	3.9	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

B1. How do you describe your weight?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	40	17	22	1
Very underweight	11	3	7	1
Slightly underweight	181	67	114	
About the right weight	790	368	420	2
Slightly overweight	415	257	155	3
Very overweight	67	38	29	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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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	45.9	62.4	29.3	67.6
Gain weight	11.2	3.5	19.0	
Stay the same weight	18.2	16.0	20.2	32.4
Not doing anything	24.7	18.2	31.6	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

B2. Which of the following are you trying to do about your weight?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	44	20	23	1
Lose weight	657	447	205	5
Gain weight	170	29	141	
Stay the same weight	268	119	148	1
Not doing anything	365	135	230	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
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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	71.7	49.3	94.3
No	39.3	28.3	50.7	5.7

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
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B3.a. During the past 30 days, did you exercise to lose weight or keep from gaining weight?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	38	15	22	1
Yes	889	525	359	5
No	577	210	366	1

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
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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	43.9	56.4	30.9	86.7
No	56.1	43.6	69.1	13.3

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
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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	1,504	750	747	7
Missing: skipped Q	44	17	26	1
Yes	643	424	214	5
No	817	309	507	1

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
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B3.c. During the past 30 days, did you go without eating for 24 hours or more to lose weight or keep from gaining?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	10.3	14.6	5.7	36.5
No	89.7	85.4	94.3	63.5

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
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B3.c. During the past 30 days, did you go without eating for 24 hours or more to lose weight or keep from gaining?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	47	21	25	1
Yes	137	102	33	2
No	1,320	627	689	4

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
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**B3.d. During the past 30 days, did you take any diet pills, powders
or liquids without a doctor's advice?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	7.6	9.7	4.7	68.8
No	92.4	90.3	95.3	31.2

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

**B3.d. During the past 30 days, did you take any diet pills, powders or liquids
without a doctor's advice?**

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	45	20	24	1
Yes	103	72	28	3
No	1,356	658	695	3

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

B3.e. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining?

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
Yes	4.0	6.3	1.7	4.1
No	96.0	93.7	98.3	95.9

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

B3.e. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	43	18	24	1
Yes	53	42	10	1
No	1,408	690	713	5

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	15.6	21.4	9.1	68.8
Not at risk	84.4	78.6	90.9	31.2

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	1,502	749	746	7
Missing: Skipped Q	43	18	24	1
At risk for disordered eating	214	154	57	3
Not at risk	1,245	577	665	3

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12). Five-a-day measure. In the past 7 days, on average, how
many servings per day did you have fruit juice, fruit or vegetables?**

	Total	Female	Male	Gender Unknown
Total	100.0	100.0	100.0	100.0
None	1.3	1.3	1.4	
< One serving per day	8.0	8.8	7.4	
1 to < 3 servings per day	41.9	45.1	38.7	50.2
3 to < 5 servings per day	25.0	23.2	26.6	32.4
5 or more servings per day	23.8	21.6	26.0	17.4

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)
Five-a-day measure. In the past 7 days, on average, how many servings per day did you
have fruit juice, fruit or vegetables?**

	Total	Female	Male	Gender Unknown
Total	1,439	723	710	6
None	15	8	7	
< One serving per day	110	60	50	
1 to < 3 servings per day	617	320	294	3
3 to < 5 servings per day	361	173	187	1
5 or more servings per day	336	162	172	2

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)

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	11.1	13.6	8.5	13.3
1 to 3 times during the past 7 days	17.0	20.9	13.2	12.1
4 to 6 times during the past 7 days	17.2	19.9	14.0	64.8
1 time per day	13.3	13.1	13.5	4.1
2 times per day	19.1	17.3	21.1	
3 times per day	12.6	9.8	15.5	5.7
4 or more glasses per day	9.7	5.4	14.1	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	1,504	750	747	7
Missing: skipped Q	61	25	35	1
I did not drink milk during the past 7 days	165	107	57	1
1 to 3 times during the past 7 days	263	155	107	1
4 to 6 times during the past 7 days	239	131	106	2
1 time per day	210	107	102	1
2 times per day	282	127	155	
3 times per day	161	63	97	1
4 or more glasses per day	123	35	88	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	8.9	9.3	8.6	
1 day	11.7	12.7	11.0	
2-4 days	25.6	29.9	21.1	32.4
5-6 days	17.5	19.7	14.7	57.8
7 days	36.3	28.4	44.6	9.8

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	65	26	38	1
0 days	129	74	55	
1 day	151	90	61	
2-4 days	385	218	166	1
5-6 days	268	138	127	3
7 days	506	204	300	2

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	10.5	12.8	8.1	12.1
1 time	7.0	6.6	7.5	
2-4 times	29.7	31.8	27.2	64.8
5-6 times	21.2	23.1	19.6	
7 or more times	30.4	24.5	36.3	23.1
Away from home and not with my family during the past 7 days	1.2	1.2	1.2	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	62	25	36	1
0 times	144	87	56	1
1 time	98	53	45	
2-4 times	431	226	203	2
5-6 times	328	175	153	
7 or more times	418	172	243	3
Away from home and not with my family during the past 7 days	23	12	11	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	3.0	2.8	2.8	32.4
Some months but not every month	3.5	4.0	3.0	4.1
Only 1 or 2 months	4.2	3.7	4.8	
Did not have to skip or cut the size of meals	89.2	89.4	89.4	63.5

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	1,504	750	747	7
Missing: skipped Q	74	30	43	1
Almost every month	41	21	19	1
Some months but not every month	55	32	22	1
Only 1 or 2 months	63	23	40	
Did not have to skip or cut the size of meals	1,271	644	623	4

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	12.9	17.6	8.3	
1 to 3 times in the past week	32.2	38.8	25.2	54.3
4 to 6 times in the past week	20.5	18.5	22.4	32.4
1 time per day	12.0	10.6	13.3	13.3
2 times per day	11.8	8.9	14.7	
3 times per day	4.8	1.9	7.6	
4 or more times per day	5.9	3.6	8.3	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	1,504	750	747	7
Missing: skipped Q	73	30	42	1
I did not drink soft drinks in the past week	192	136	56	
1 to 3 times in the past week	470	272	194	4
4 to 6 times in the past week	296	132	163	1
1 time per day	175	77	97	1
2 times per day	169	63	106	
3 times per day	62	19	43	
4 or more times per day	67	21	46	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

**2003 Oregon Healthy Teens, Data Summary,
High School (Grades 9-12)**

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	47.3	53.7	41.2	29.6
1 day	17.7	16.6	18.7	32.4
2 days	11.2	10.5	12.0	
3 days	10.9	8.9	12.5	38.1
4 days	5.1	6.0	4.2	
5 days	7.8	4.3	11.4	

Weighted percentages and unweighted counts exclude missing and/or refused answers.

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**2003 Oregon Healthy Teens, Data Summary,
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B15. During the past 7 days, how many days did you buy soft drinks at school?

	Total	Female	Male	Gender Unknown
Total	1,504	750	747	7
Missing: skipped Q	88	36	51	1
I did not buy soft drinks at school	687	391	293	3
1 day	245	118	126	1
2 days	168	80	88	
3 days	132	55	75	2
4 days	63	34	29	
5 days	121	36	85	

Weighted percentages and unweighted counts exclude missing and/or refused answers.