

Body Weight

**Oregon Healthy Teens 2006, 11th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	100.0	100.0	100.0
Not at risk for overweight	75.1	80.9	69.3
At risk for overweight (85th-95th percentile)	14.1	12.5	15.7
Overweight (>= 95th percentile)	10.8	6.7	14.9

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	2,460	1,234	1,226
Not at risk for overweight	1,867	1,003	864
At risk for overweight (85th-95th percentile)	339	152	187
Overweight (>= 95th percentile)	254	79	175

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary
38. How do you describe your weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Very underweight	1.8	1.6	2.1
Slightly underweight	11.9	8.8	15.0
About the right weight	55.2	52.4	58.0
Slightly overweight	27.3	32.8	21.9
Very overweight	3.7	4.4	3.1

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 11th Grade State Summary
38. How do you describe your weight?**

	Total	Female	Male
Total	2,573	1,295	1,278
Very underweight	42	18	24
Slightly underweight	313	112	201
About the right weight	1,433	683	750
Slightly overweight	692	425	267
Very overweight	93	57	36

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 11th Grade State Summary
39. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Lose weight	48.2	63.8	32.6
Gain weight	14.5	3.3	25.7
Stay the same weight	17.8	17.5	18.1
I am not trying to do anything about my weight	19.5	15.5	23.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
39. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	2,571	1,296	1,275
Lose weight	1,233	831	402
Gain weight	367	32	335
Stay the same weight	462	227	235
I am not trying to do anything about my weight	509	206	303

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
40. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	52.7	63.2	42.2
No	47.3	36.8	57.8

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary
40. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	2,567	1,293	1,274
Yes	1,363	832	531
No	1,204	461	743

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 11th Grade State Summary

41. 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
Total	100.0	100.0	100.0
Yes	41.1	54.9	27.4
No	58.9	45.1	72.6

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

41. 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
Total	2,571	1,295	1,276
Yes	1,046	704	342
No	1,525	591	934

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

42. 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
Total	100.0	100.0	100.0
Yes	7.0	10.2	3.8
No	93.0	89.8	96.2

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

42. 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
Total	2,572	1,297	1,275
Yes	178	130	48
No	2,394	1,167	1,227

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 11th Grade State Summary

43. 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? (Do not include meal replacement products such as Slim Fast.)

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	3.8	4.0	3.5
No	96.2	96.0	96.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

43. 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? (Do not include meal replacement products such as Slim Fast.)

	Total	Female	Male
Total	2,571	1,296	1,275
Yes	99	55	44
No	2,472	1,241	1,231

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	2.8	4.3	1.3
No	97.2	95.7	98.7

Weighted percentages exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 11th Grade State Summary

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

	Total	Female	Male
Total	2,573	1,297	1,276
Yes	72	57	15
No	2,501	1,240	1,261

Unweighted counts exclude missing and/or
refused answers.