

Nutrition

**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
21-26. (Summary variable.) Five-a-day measure: In the past 7 days, average
servings per day where student reported consuming fruits or vegetables.**

	Total		Female		Male	
Total	3,420	100.0	1,762	100.0	1,658	100.0
None	23	.7	8	.4	15	.9
< One serving per day	333	9.5	178	10.6	155	8.4
1 to < 3 servings per day	1,716	51.7	892	51.1	824	52.4
3 to < 5 servings per day	791	22.5	418	22.8	373	22.2
5 or more servings per day	557	15.6	266	15.1	291	16.1

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

**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
21. During the past 7 days, on how many days did you drink 100% fruit
juices?**

	Total		Female		Male	
Total	3,473	100.0	1,779	100.0	1,694	100.0
I did not drink 100% fruit juice during the past 7 days	695	19.3	368	20.5	327	18.1
1 to 3 times during the past 7 days	1,385	39.5	754	41.7	631	37.3
4 to 6 times during the past 7 days	654	19.0	343	20.3	311	17.8
1 time per day	289	8.4	151	8.9	138	7.9
2 times per day	261	8.2	106	5.7	155	10.7
3 times per day	103	2.8	37	1.7	66	4.0
4 or more times per day	86	2.7	20	1.2	66	4.2

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
22. During the past 7 days, on how many days did you eat fruit?**

	Total		Female		Male	
Total	3,486	100.0	1,782	100.0	1,704	100.0
I did not eat fruit during the past 7 days	337	12.4	154	11.5	183	13.3
1 to 3 times during the past 7 days	1,312	37.7	672	37.8	640	37.5
4 to 6 times during the past 7 days	719	18.6	365	17.9	354	19.3
1 time per day	459	12.9	234	12.6	225	13.3
2 times per day	429	12.2	234	13.6	195	10.7
3 times per day	144	3.6	82	4.5	62	2.7
4 or more times per day	86	2.6	41	2.0	45	3.2

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
23. During the past 7 days, on how many days did you eat green salad?**

	Total		Female		Male	
Total	3,483	100.0	1,783	100.0	1,700	100.0
I did not eat green salad during the past 7 days	1,037	31.2	468	27.5	569	35.0
1 to 3 times during the past 7 days	1,572	44.6	822	44.8	750	44.3
4 to 6 times during the past 7 days	496	13.9	297	16.4	199	11.3
1 time per day	286	8.1	149	9.0	137	7.2
2 times per day	59	1.3	31	1.3	28	1.3
3 times per day	11	.3	6	.3	5	.3
4 or more times per day	22	.6	10	.7	12	.6

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary**
24. During the past 7 days, on how many days did you eat potatoes? (Does not include French fries, fried potatoes or potato chips.)

	Total		Female		Male	
Total	3,476	100.0	1,781	100.0	1,695	100.0
I did not eat potatoes during the past 7 days	1,140	31.5	638	34.9	502	28.1
1 to 3 times during the past 7 days	1,824	52.3	935	52.5	889	52.2
4 to 6 times during the past 7 days	356	11.8	156	9.8	200	13.9
1 time per day	99	2.6	35	1.8	64	3.4
2 times per day	30	.9	11	.6	19	1.3
3 times per day	11	.3	1	.1	10	.5
4 or more times per day	16	.6	5	.5	11	.7

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary**
25. During the past 7 days, on how many days did you eat carrots?

	Total		Female		Male	
Total	3,474	100.0	1,778	100.0	1,696	100.0
I did not eat carrots during the past 7 days	1,579	47.2	794	47.3	785	47.1
1 to 3 times during the past 7 days	1,385	38.5	722	39.4	663	37.6
4 to 6 times during the past 7 days	297	8.2	157	7.9	140	8.5
1 time per day	133	4.0	72	3.4	61	4.7
2 times per day	39	.9	18	.8	21	1.0
3 times per day	12	.3	2	.2	10	.3
4 or more times per day	29	.9	13	1.0	16	.9

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2007 Oregon Healthy Teens High School (Grades 9-12) State Summary

26. During the past 7 days, on how many days did you eat other vegetables?

	Total		Female		Male	
Total	3,480	100.0	1,783	100.0	1,697	100.0
I did not eat other vegetables during the past 7 days	464	13.9	210	13.1	254	14.6
1 to 3 times during the past 7 days	1,497	44.0	784	44.1	713	43.8
4 to 6 times during the past 7 days	834	23.5	451	24.9	383	22.0
1 time per day	373	10.5	189	10.3	184	10.7
2 times per day	224	5.6	105	4.8	119	6.3
3 times per day	47	1.8	26	2.0	21	1.5
4 or more times per day	41	.8	18	.7	23	1.0

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2007 Oregon Healthy Teens High School (Grades 9-12) State Summary

27. During the past 7 days, how many glasses of milk did you drink?

	Total		Female		Male	
Total	3,474	100.0	1,780	100.0	1,694	100.0
I did not drink milk during the past 7 days	486	12.5	325	16.3	161	8.6
1 to 3 glasses during the past 7 days	725	19.3	439	23.5	286	15.0
4 to 6 glasses during the past 7 days	607	19.2	301	18.5	306	20.0
1 glass per day	510	13.3	269	14.5	241	12.1
2 glasses per day	586	17.5	253	14.6	333	20.6
3 glasses per day	319	10.4	129	8.6	190	12.1
4 or more glasses per day	241	7.7	64	4.0	177	11.6

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
28. During the past 7 days, on how many days did you eat
breakfast?**

	Total		Female		Male	
Total	3,456	100.0	1,770	100.0	1,686	100.0
0 days	365	9.3	190	10.0	175	8.5
1 day	395	10.7	230	12.7	165	8.6
2 to 4 days	882	25.8	459	26.1	423	25.5
5 to 6 days	551	16.4	289	16.4	262	16.4
7 days	1,263	37.9	602	34.9	661	41.0

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29. During the past 7 days, how many times did you drink a can, bottle, or
glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do NOT include diet
soda or diet pop.)?**

	Total		Female		Male	
Total	3,469	100.0	1,777	100.0	1,692	100.0
I did not drink soda or pop during the past 7 days	846	21.6	526	26.1	320	17.1
1 to 3 times during the past 7 days	1,374	37.9	718	40.2	656	35.5
4 to 6 times during the past 7 days	565	16.0	251	13.5	314	18.7
1 time per day	260	8.4	117	6.9	143	10.0
2 times per day	231	8.4	91	6.7	140	10.2
3 times per day	80	3.0	33	2.4	47	3.5
4 or more times per day	113	4.7	41	4.3	72	5.1

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**2007 Oregon Healthy Teens
High School (Grades 9-12) State Summary
30. During the past 7 days, on how many days did you buy soft drinks
at school?**

	Total		Female		Male	
Total	3,463	100.0	1,767	100.0	1,696	100.0
I did not buy soft drinks at school	2,588	72.5	1,403	78.1	1,185	66.9
1 day	401	12.5	171	11.1	230	13.9
2 days	212	6.5	88	4.9	124	8.2
3 days	127	4.2	54	2.9	73	5.5
4 days	51	1.3	23	1.3	28	1.2
5 or more days	84	2.9	28	1.6	56	4.3

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