

# Nutrition

## Oregon Healthy Teens 2009 - 11th Grade State Summary Report

**23. In the past 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,512	100.0	1,797	100.0	1,715	100.0
Yes	670	18.1	340	18.2	330	18.1
No	2,842	81.9	1,457	81.8	1,385	81.9

Unweighted counts and weighted percentages exclude missing and/or refused answers.

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**24-29. 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	
	Count	%	Count	%	Count	%
Total	3,492	100.0	1,788	100.0	1,704	100.0
None	26	.7	7	.4	19	1.0
< One serving per day	337	9.9	163	9.3	174	10.4
1 to < 3 servings per day	1,701	47.8	873	47.6	828	48.1
3 to < 5 servings per day	830	24.0	426	24.5	404	23.5
5 or more servings per day	598	17.6	319	18.2	279	17.0

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**24. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,530	100.0	1,803	100.0	1,727	100.0
I did not drink 100% fruit juice during the past 7 days	862	23.6	457	24.0	405	23.1
1 to 3 times during the past 7 days	1,422	40.7	787	44.5	635	36.8
4 to 6 times during the past 7 days	570	16.7	260	15.2	310	18.4
1 time per day	257	7.3	117	6.8	140	7.8
2 times per day	252	7.1	111	5.8	141	8.4
3 times per day	98	2.7	48	2.7	50	2.7
4 or more times per day	69	2.0	23	1.1	46	2.9

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**25. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,528	100.0	1,804	100.0	1,724	100.0
I did not eat fruit during the past 7 days	258	7.7	90	5.4	168	10.1
1 to 3 times during the past 7 days	1,238	34.7	639	34.8	599	34.7
4 to 6 times during the past 7 days	826	23.2	438	24.8	388	21.5
1 time per day	497	14.1	255	13.7	242	14.6
2 times per day	458	13.2	247	13.9	211	12.3
3 times per day	167	4.8	93	5.2	74	4.4
4 or more times per day	84	2.2	42	2.1	42	2.4

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**26. During the past 7 days, how many times did you eat green salad?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,531	100.0	1,803	100.0	1,728	100.0
I did not eat green salad during the past 7 days	1,094	31.6	473	26.8	621	36.8
1 to 3 times during the past 7 days	1,507	42.1	809	43.9	698	40.2
4 to 6 times during the past 7 days	521	14.9	304	17.1	217	12.5
1 time per day	303	8.6	163	9.4	140	7.7
2 times per day	73	2.0	41	2.3	32	1.7
3 times per day	13	.3	6	.3	7	.3
4 or more times per day	20	.5	7	.3	13	.7

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**27. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,531	100.0	1,803	100.0	1,728	100.0
I did not eat potatoes during the past 7 days	1,202	33.7	638	35.0	564	32.4
1 to 3 times during the past 7 days	1,852	52.6	965	53.5	887	51.6
4 to 6 times during the past 7 days	313	9.0	146	8.3	167	9.6
1 time per day	108	3.2	33	1.9	75	4.5
2 times per day	43	1.2	19	1.2	24	1.2
3 times per day	7	.2	1	.0	6	.3
4 or more times per day	6	.2	1	.0	5	.3

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## Oregon Healthy Teens 2009 - 11th Grade State Summary Report

**28. During the past 7 days, how many times did you eat carrots?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,526	100.0	1,800	100.0	1,726	100.0
I did not eat carrots during the past 7 days	1,682	48.2	838	47.0	844	49.4
1 to 3 times during the past 7 days	1,354	37.6	702	38.0	652	37.2
4 to 6 times during the past 7 days	283	8.3	152	8.7	131	7.9
1 time per day	140	4.0	71	4.2	69	3.8
2 times per day	39	1.1	22	1.3	17	.9
3 times per day	17	.5	11	.6	6	.3
4 or more times per day	11	.3	4	.2	7	.5

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### Oregon Healthy Teens 2009 - 11th Grade State Summary Report

**29. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,516	100.0	1,795	100.0	1,721	100.0
I did not eat other vegetables during the past 7 days	441	12.4	196	10.7	245	14.2
1 to 3 times during the past 7 days	1,393	39.1	692	37.9	701	40.4
4 to 6 times during the past 7 days	836	23.2	431	23.4	405	23.0
1 time per day	449	13.2	238	14.0	211	12.3
2 times per day	260	8.0	163	9.7	97	6.1
3 times per day	82	2.5	47	2.8	35	2.3
4 or more times per day	55	1.6	28	1.4	27	1.8

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**30. During the past 7 days, on how many days did you eat breakfast?**

	Total		Female		Male	
	Count	%	Count	%	Count	%
Total	3,519	100.0	1,794	100.0	1,725	100.0
0 days	326	9.1	153	8.3	173	9.9
1 day	269	7.4	139	7.4	130	7.5
2 days	343	9.6	188	10.6	155	8.6
3 days	341	9.7	190	10.6	151	8.7
4 days	300	8.9	159	9.2	141	8.7
5 days	375	10.4	188	10.3	187	10.6
6 days	323	9.5	165	9.7	158	9.2
7 days	1,242	35.4	612	34.0	630	36.8

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**31. 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	
	Count	%	Count	%	Count	%
Total	3,521	100.0	1,798	100.0	1,723	100.0
I did not drink soda or pop during the past 7 days	815	23.5	537	29.9	278	16.6
1 to 3 times during the past 7 days	1,341	38.0	712	39.9	629	36.1
4 to 6 times during the past 7 days	681	19.2	301	16.8	380	21.8
1 time per day	276	7.4	107	5.7	169	9.3
2 times per day	209	6.2	77	4.3	132	8.2
3 times per day	100	2.8	32	1.8	68	3.8
4 or more times per day	99	3.0	32	1.7	67	4.3

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