

EATING BEHAVIORS, NUTRITION AND EXERCISE

U.S. HEALTHY PEOPLE YEAR 2000 GOALS²

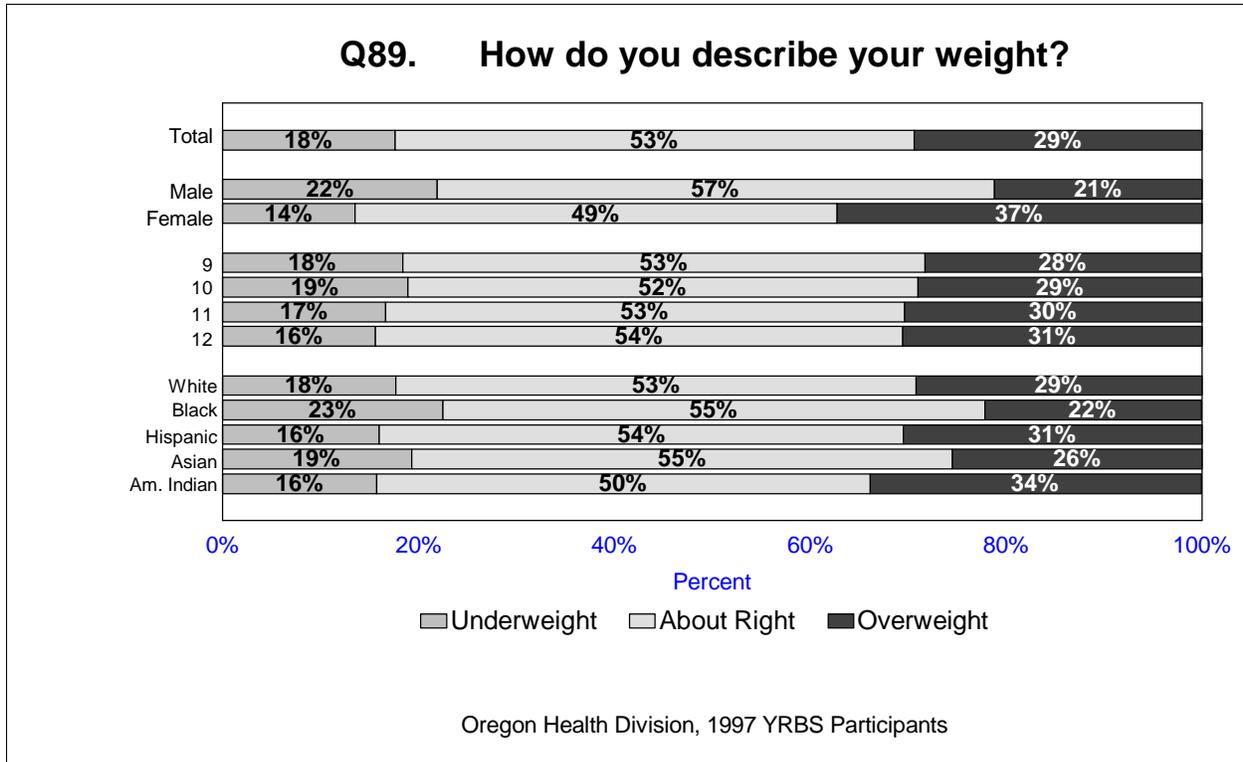
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| 1.2 | Reduce prevalence of overweight people aged 12-19 years to: | 15% |
| 1.4 | Increase the prevalence of vigorous physical activity of people 6-17 years to: | 75% |
| 1.7 | Increase the percentage of people 12 years and older who use sound weight loss practices to: | 50% |
| 1.8 | Increase the number of students in grades 1-12 who attend daily school physical education to: | 50% |

EATING BEHAVIORS

The next six questions measure students' perceptions of their weight and the occurrence of weight control behaviors.

Obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer, and gall bladder disease.³⁴ In addition, children and adolescents often experience social and psychological stress related to obesity.³⁵ Overemphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia.³⁴ According to the 1996 adult Behavioral Risk Factors Survey, 40 percent of females and 18 percent of males 18 to 24 year-old were trying to lose weight.⁵

WHAT OREGON STUDENTS REPORTED



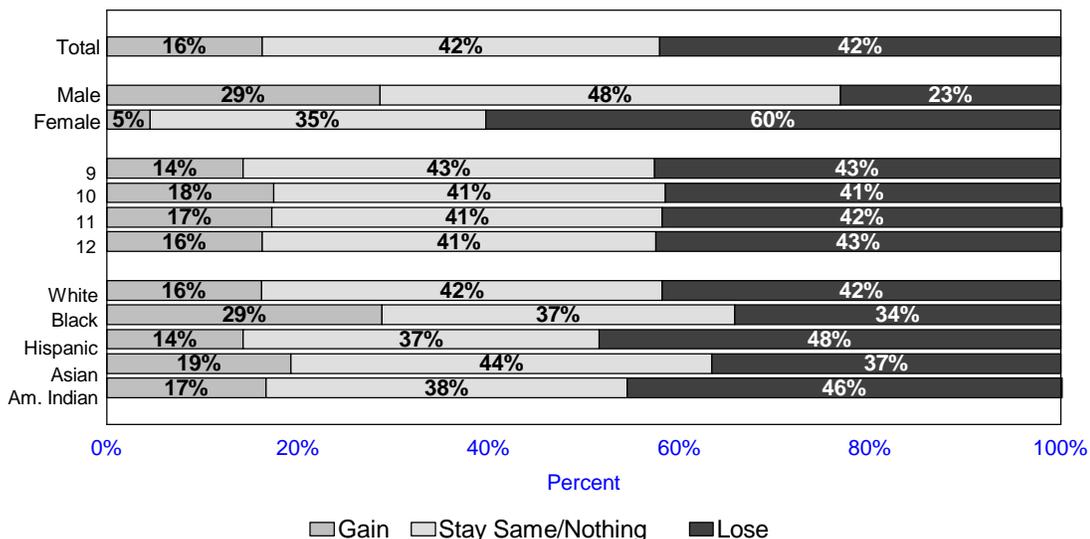
Percentage who described their weight as underweight, about right, and overweight, 1997 Oregon YRBS participants.

Q89. How do you describe your weight?

Among Oregon YRBS participants, 53% reported they were about the right weight, 18% underweight, and 29% overweight. *Significantly* more males (57%) than females (49%) reported they weigh about the right amount. *Significantly* more males (22%) than females (14%) reported they were slightly or very underweight; *significantly* more females (37%) than males (21%) reported they were slightly or very overweight. As grade increased *significantly* more students saw themselves as overweight and *significantly* fewer saw themselves as underweight. *Significantly* fewer African American students (22%) describe themselves as overweight.

In 1995, 28 percent of students participating in the national YRBS reported being overweight.

Q90. What are you trying to do about your weight?



Oregon Health Division, 1997 YRBS Participants

Percentage who were trying to gain weight, stay the same, and lose weight, 1997 Oregon YRBS participants.

Q90. Which of the following are you trying to do about your weight?

A total of 42 percent of Oregon YRBS participants surveyed reported that they were "trying to stay at the same weight" or "do nothing," 42% reported trying to lose weight, and 16% reported trying to gain weight. *Significantly* more male (48%) than female (35%) students were trying to stay the same weight or do nothing.

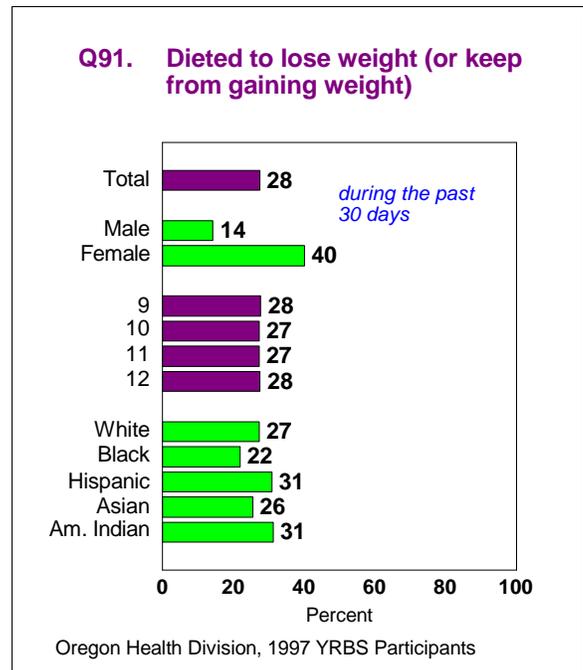
Of those trying to lose weight, *significantly* more were female (60% vs. 23% for males) and *significantly* more were Hispanic (48%). *Significantly* fewer African Americans (34%) and Asian (37%) students were trying to lose weight. There was no statistical differences among grade levels.

In 1995, 41 percent of students participating in the national YRBS reported they were trying to lose weight.

Q91. During the past 30 days, did you diet to lose weight or to keep from gaining weight?

Twenty-eight percent of YRBS participants dieted to lose weight during the 30 days prior to taking the survey, including *significantly* more females (40%) than males (14%). There was no statistically significant difference by grade level or race/ethnicity.

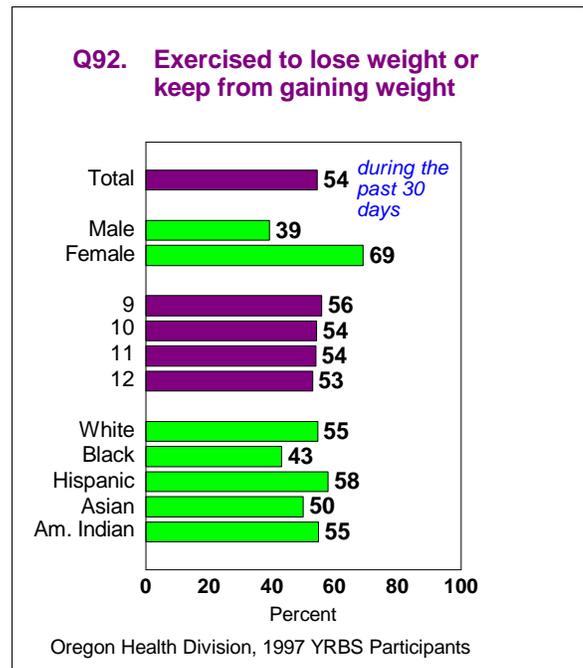
In 1995, 31 percent of students participating in the national YRBS reported dieting to lose weight or to keep from gaining weight.



Q92. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Fifty-four percent of YRBS participants exercised to lose weight during the 30 days prior to completing the survey, including *significantly* more females (69%) than males (39%). As grade increased *significantly* fewer students reported exercising to lose weight. *Significantly* fewer African American students (43%) exercised to lose weight.

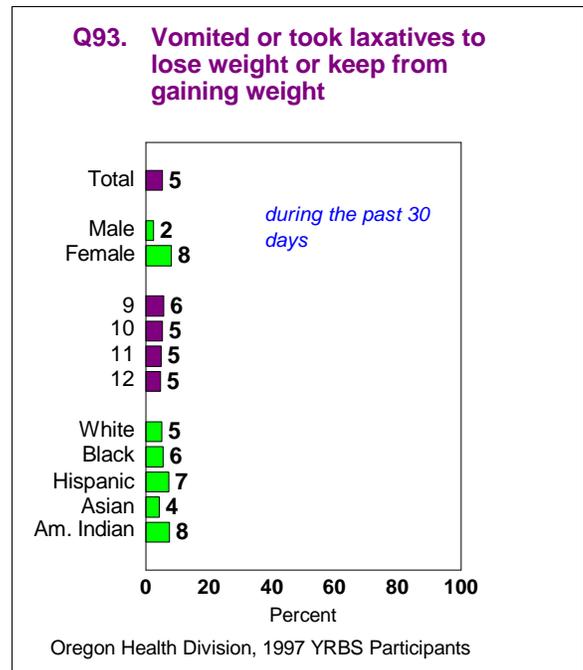
In 1995, 51 percent of students participating in the national YRBS reported exercising to lost weight or to keep from gaining weight.



Q93. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Five percent of YRBS participants vomited or took laxatives to lose weight during the 30 days prior to completing the survey, including *significantly* more females (8%) than males (2%). As grade increased, *significantly* fewer students reported using these methods to lose weight. *Significantly* more Hispanic students (7%) reported vomiting or taking laxatives to lose weight.

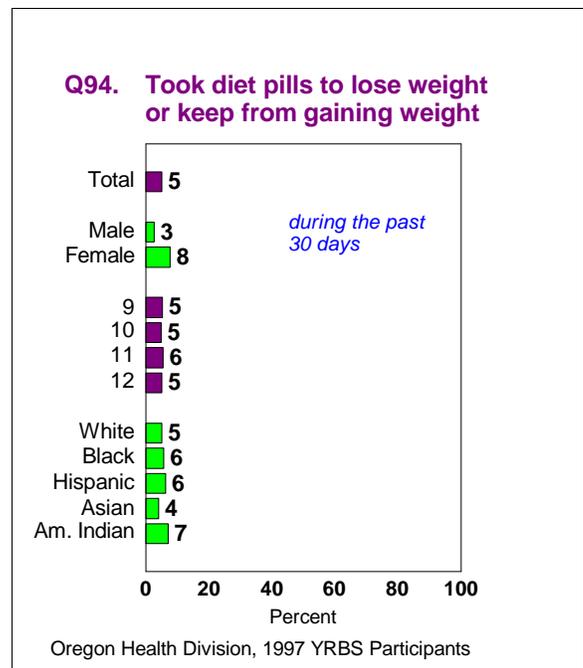
In 1995, five percent of students participating in the national YRBS reported vomiting or taking laxatives to lose or keep from gaining weight.



Q94. During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?

Five percent of YRBS participants took diet pills to lose weight during the 30 days prior to completing the survey, including *significantly* more females (8%) than males (3%). There was no statistically significant difference by grade or race/ethnicity.

In 1995, five percent of students participating in the national YRBS reported taking diet pills to lose or keep from gaining weight.



NUTRITION

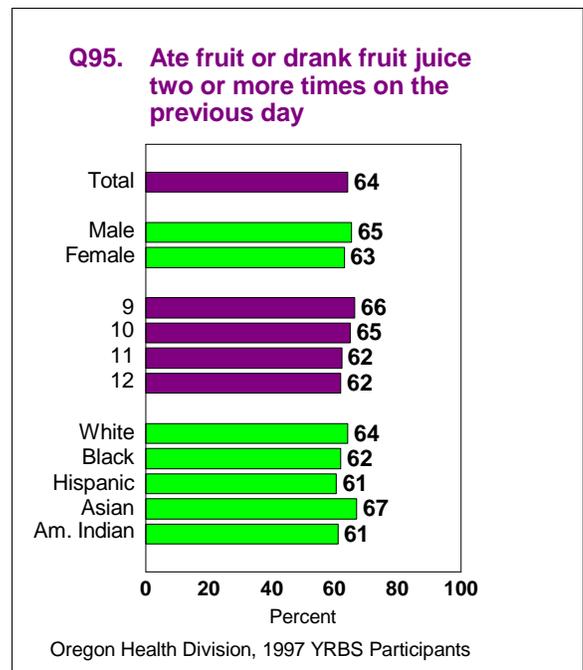
The next four questions measure the frequency of eating fruits, vegetables, high fat foods, and desserts among Oregon high school students.

High fat diets, which are associated with increased risk of obesity, heart disease, some types of cancer, and other chronic conditions, often are consumed at the expense of foods high in complex carbohydrates and dietary fiber, which are considered more conducive to health.³⁵ Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.³⁴

WHAT OREGON STUDENTS REPORTED

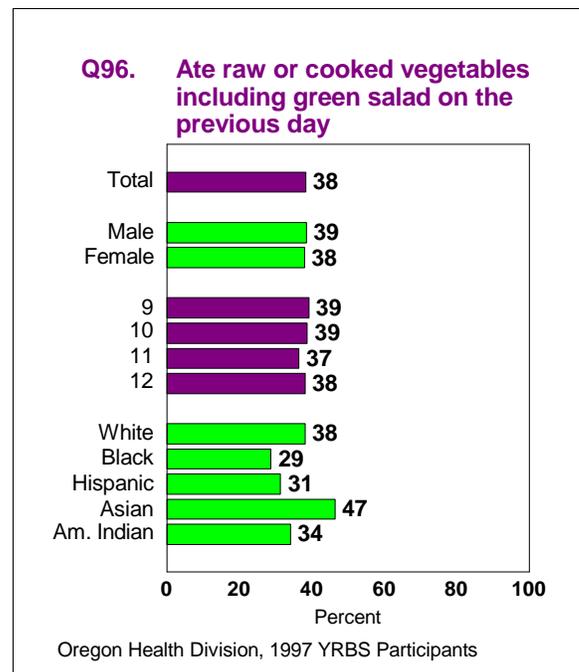
Q95. Yesterday, how many times did you eat fruit or drink fruit juice?

Sixty-four percent of YRBS participants ate fruit or drank fruit juice two or more times on the day prior to the survey, including *significantly* more males (65%) than females (63%). As grade increased, fruit consumption *significantly* decreased. There was no statistically significant difference by race/ethnicity.



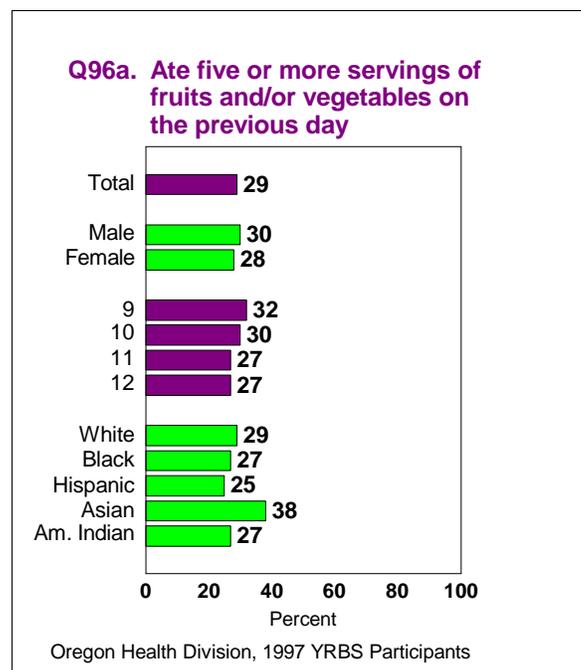
Q96. Yesterday, how many times did you eat raw or cooked vegetables (including green salad)?

Thirty-eight percent of YRBS participants ate raw or cooked vegetables (including green salad) two or more times on the day prior to the survey, with no statistically significant difference found by gender or grade level. *Significantly* fewer African American (29%) and Hispanic (31%) students, and *significantly* more Asian students (47%) ate vegetables or salad two or more times.



Q96a. Yesterday, how many servings of fruits and/or vegetables did you have?

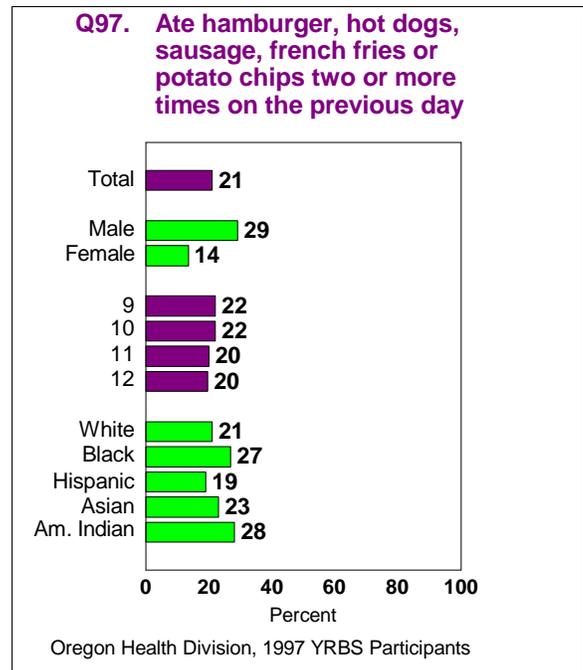
Twenty-nine percent of YRBS participants ate five servings of some combination of fruits or vegetables the day before the survey. There was no statistically significant difference by gender. As grade increased, *significantly* fewer students ate a total of five servings. *Significantly* fewer Hispanic students (24%) and *significantly* more Asian students (38%) ate some combination of five fruits and/or vegetables the day before the survey.



In 1995, 28 percent of students participating in the national YRBS reported eating some combination of five fruits and/or vegetables the day preceding the survey.

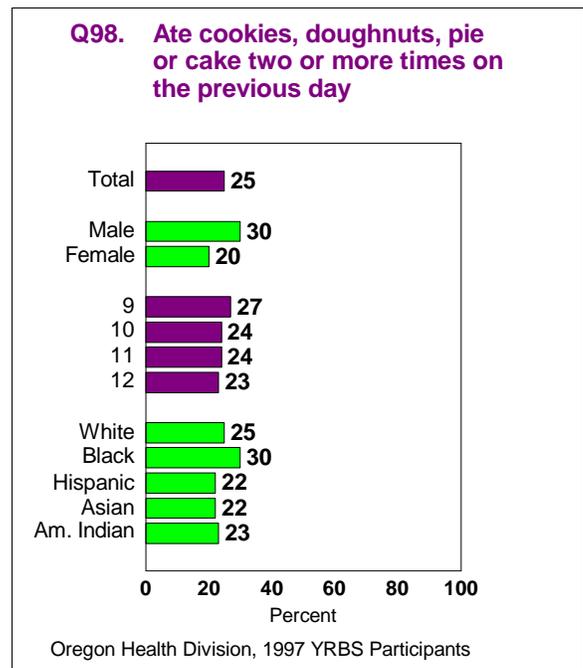
97. Yesterday, did you eat hamburger, hot dogs, sausage, french fries or potato chips?

Twenty-one percent of YRBS participants ate hamburger, hot dogs, sausage, french fries, or potato chips two or more times on the day prior to the survey, including *significantly* more males (29%) than females (14%). As grade increased, consumption of hamburger, hot dogs, sausage, french fries and potato chips *significantly* decreased. *Significantly* more American Indian students (28%) ate hamburger, hot dogs, sausage, french fries or potato chips two or more times.



Q98. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?

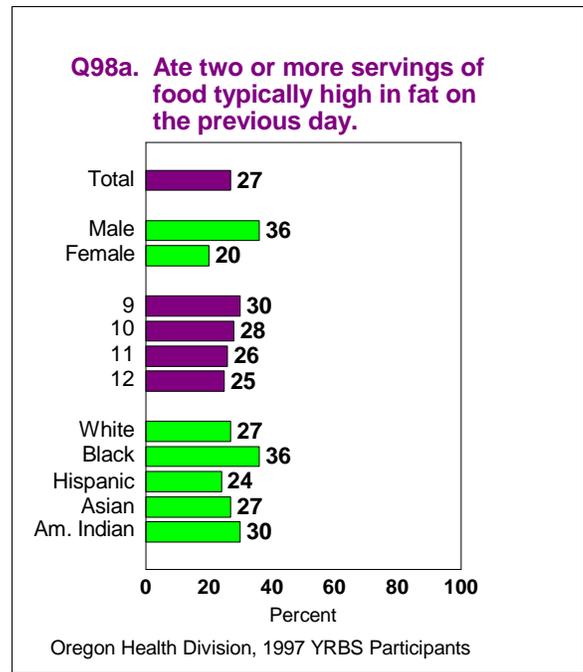
Twenty-five percent of YRBS participants ate cookies, doughnuts, pie or cake two or more times on the day prior to the survey, including *significantly* more males (30%) than females (20%). As grade increased, consumption of cookies, doughnuts, pie or cake *significantly* decreased. There was no statistically significant difference by race/ethnicity.



Q98a. Yesterday, how many servings of food typically high in fat (sweets, snack food, and meat) did you have?

Twenty-seven percent of YRBS participants ate more than two servings of high-fat content food, including *significantly* more males (36%) than females (20%). As grade increased, *significantly* fewer kids ate more than two servings of high-fat food. African-American students (35%) were *significantly* more likely to eat more than two servings of high-fat food.

In 1995, 29 percent of students participating in the national YRBS reported eating more than two servings of high-fat food.



EXERCISE

*U.S. HEALTHY PEOPLE*²

YEAR 2000 GOALS

1.8 Increase the percentage of adolescents participating in daily physical education to: at least 50%

These questions measure the occurrence and frequency of participation in aerobic exercise, physical education classes, and sports teams among Oregon high school students.

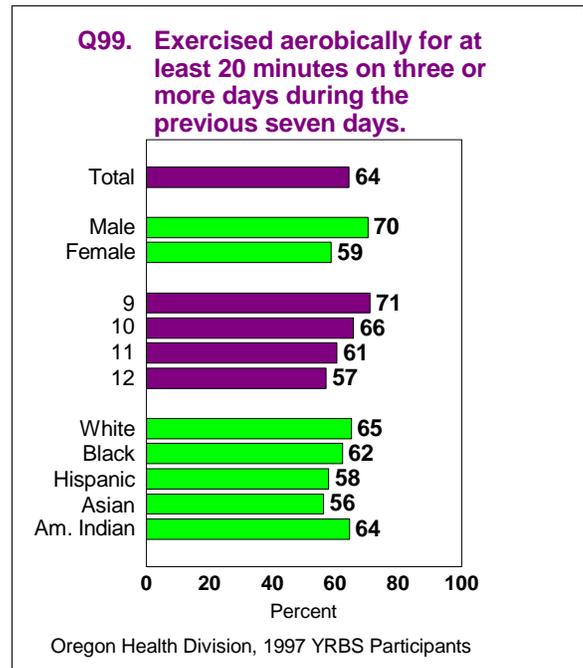
Regular physical activity increases life expectancy.³⁶ It can also assist in the prevention and management of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and mental health problems.³⁷ The quantity and quality of school physical education programs have a significant positive effect on the health-related fitness of children.^{38,39} According to the 1996 Oregon Adult Behavior Risk Factor Survey, 12 percent of 18 to 24 year-olds exercised aerobically for at least 20 minutes three or more times a week.⁵

WHAT OREGON STUDENTS REPORTED

Q99. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?

Sixty-four percent of Oregon YRBS participants reported that they exercised or participated in sports activities that made them sweat and breathe hard for at least 20 minutes, on three or more days of the previous seven. *Significantly* more males (70%) than females (59%) participated in aerobic activities. As grade increased, regular and sustained aerobic exercise *significantly* decreased. *Significantly* fewer Hispanic (58%) and Asian (56%) students did 20 minutes of aerobic activity three or more times in the previous week.

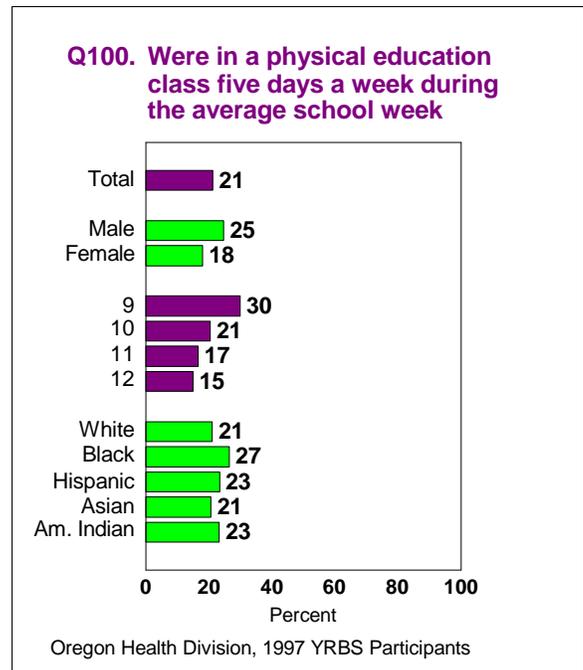
In 1995, 64 percent of students participating in the national YRBS reported exercise that made them sweat and breathe hard for 20 minutes on three or more days of the previous seven.



Q100. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

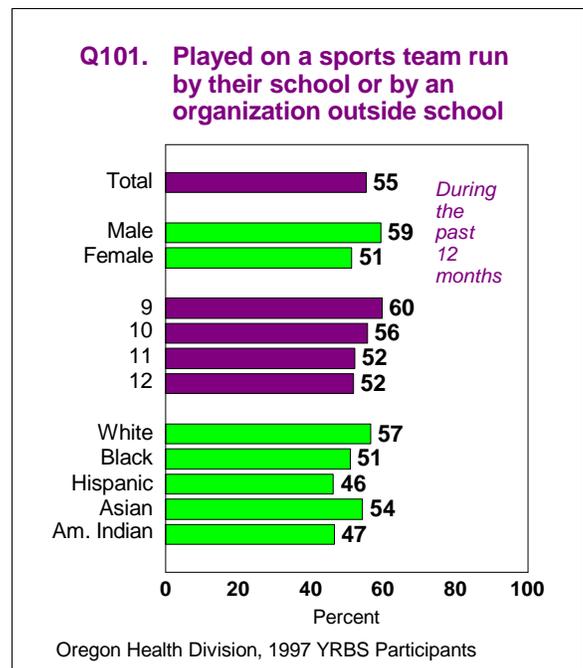
Twenty-one percent of Oregon YRBS participants went to physical education class five days in an average school week. *Significantly* more males (25%) than females (18%) went to PE five days a week. As grade increased, daily participation in physical education *significantly* decreased. There was no statistically significant difference by race/ethnicity.

Note: Different school have different PE class requirements and opportunities.



Q101. During the past 12 months, on how many sports teams run by your school or by an organization outside your school, did you play? (Do not include PE classes.)

During the 12 months prior to completing the survey, 55 percent of Oregon YRBS participants played on one or more sports teams, not including PE classes, run by their school or an organization outside their school. *Significantly* more males (59%) than females (51%) played on one or more sports teams. As grade increased, participation on sports teams *significantly* decreased. *Significantly* fewer Hispanic students (46%) and American Indian students (47%) played on a sports team.



WHAT OREGON STUDENTS WROTE:

The schools need to have sports that are not competitive because I'm good at volleyball, real good, but I'm too short...

Well, you talked about diet and our school doesn't have a very healthy lunch menu. How are we supposed to eat right if (good food) isn't available?

I think that there needs to be much more education on self-image, eating disorders and other teen problems. I think if there were more programs where people such as young women could go and talk about body image, there wouldn't be such a problem with eating disorders such as anorexia, bulimia, and other deadly practices. There needs to be more peer education on these subjects because teens will be more willing to listen to other teens. Many adults also don't understand these problems and conditions.

I know so many kids who would die for a skate part... The guys will build it, too. All they need is permission to do it.

I happen to know quite a few people (including me) who often fast to lose weight or look skinnier.

I ... feel that bulimia and anorexia are increasingly common practices among teen, high school girls due to the expectations placed on them by the media and society in general. More needs to be done to quash images that tell girls that emaciated women are beautiful.

Teens ... need to worry more about nutrition. I have many eating disorders and have found that information on these topics is extremely helpful.

The part about dietary stuff should have thought about wrestlers.

I have to control my weight for wrestling, the rest of the year I do not care about it

... many people at my school use [diet] drugs ... I am a wrestler so I have been cutting weight, so I kind of contradicted myself.

I lost weight for wrestling, not because I am too fat.