

Youth & Wellness

1997 and 1999 Youth Survey Data

	1997						1999					
	8	10	12	M	F	Total	8	10	12	M	F	Total
<u>Feelings About Their Weight:</u>												
Very Overweight	7.8	4.8	3.3	2.4	8.5	5.4	4.8	6.4	4.9	4.0	7.1	5.4
Slightly Overweight	29.6	34.6	37.3	24.4	42.5	33.3	26.9	27.8	28.4	21.6	34.4	27.5
About Right	45.8	47.3	43.5	54.6	37.1	46.1	53.2	51.2	50.2	56.4	46.5	51.9
Slightly Underweight	13.7	10.6	14.4	16.0	9.5	12.6	13.4	12.1	15.4	15.5	10.8	13.3
Very Underweight	3.1	2.7	1.5	2.6	2.4	2.5	1.8	2.6	1.2	2.5	1.2	1.9
<u>Methods to Lose Weight:</u>												
Did Not Try to Lose Weight							68.8	69.1	73.2	80.9	57.6	70.1
Vomit							1.2	1.3	.3	.1	1.9	1.0
Pills							1.5	2.8	2.3	.9	3.6	2.1
Vomit & Pills							1.5	1.3	.6	1.2	1.2	1.2
Other Methods							27.1	25.6	23.6	16.9	35.7	25.6
<u>Exercise Frequency - Per Week:</u>												
None	6.5	9.3	23.2	10.7	13.6	12.2	8.5	7.0	17.4	8.6	12.3	10.3
1- 2 Times	10.7	19.0	26.2	13.0	22.8	18.3	11.6	18.9	26.4	13.8	22.1	17.6
3-5 Times	44.1	45.2	32.4	37.9	45.0	41.2	44.4	46.1	37.1	39.9	47.3	43.4
6+ Times	38.8	26.5	17.7	38.3	18.5	28.3	35.6	28.0	19.1	37.8	18.4	28.7
<u>Nutrition - Fruits Per Day:</u>												
None	27.9	32.5	34.0	30.9	31.7	31.4	29.1	35.9	34.9	31.4	34.9	33.1
One	36.8	36.9	38.2	37.3	36.9	37.1	38.1	36.8	40.3	37.6	38.5	38.0
Two or More	35.3	30.6	27.9	31.8	31.3	31.5	32.8	27.4	24.8	31.0	26.6	28.9

Youth & Wellness

1997 and 1999 Youth Survey Data

	1997						1999					
	8	10	12	M	F	Total	8	10	12	M	F	Total
<u>Nutrition - Fruit Juice Per Day:</u>												
None	36.4	39.1	40.1	33.1	43.9	38.5	35.2	37.2	41.7	33.7	41.8	37.4
One	33.7	34.6	33.6	36.4	31.6	34.1	35.2	33.4	29.6	33.3	32.5	33.0
Two or More	29.9	26.3	26.3	30.5	24.5	27.4	29.7	29.4	28.7	33.0	25.7	29.5
<u>Nutrition - Green Salads Per Day:</u>												
None	65.4	66.8	60.9	65.5	65.7	65.3	58.4	57.1	65.6	62.0	58.0	60.1
One	27.8	26.9	28.4	26.6	28.9	28.1	30.3	35.5	29.9	28.9	34.6	31.6
Two or More	6.9	6.3	6.9	7.9	5.5	6.6	11.4	7.5	4.5	9.1	7.4	8.3
<u>Nutrition = Cooked Vegetables Per Day:</u>												
None	43.9	47.8	45.4	44.0	47.8	45.9	44.8	51.4	51.5	46.6	48.7	48.6
One	37.4	33.2	36.3	37.0	33.8	35.4	39.1	33.1	37.0	37.3	36.0	36.6
Two or More	18.7	18.1	18.3	19.0	18.4	18.7	16.1	15.5	11.5	14.2	15.3	14.7
<u>Nutrition - Hamburgers, Hot Dogs Per Day:</u>												
None	46.6	46.3	45.7	32.2	59.8	46.1	42.9	43.5	50.0	32.8	57.8	44.4
One	35.0	34.6	39.0	39.7	32.1	36.1	37.7	39.9	35.9	42.5	33.3	38.3
Two or More	18.4	19.1	15.4	28.1	8.1	17.8	19.4	16.6	14.6	24.7	9.0	17.4
<u>Nutrition - French Fries, Potato Chips Per Day:</u>												
None	31.4	35.9	34.5	25.2	42.4	33.8	27.2	29.5	38.0	24.7	37.3	30.6
One	44.9	41.3	47.9	45.1	43.4	44.6	50.1	46.4	46.4	48.4	44.7	48.1
Two or More	23.8	22.8	17.6	29.8	14.3	21.7	22.7	24.1	15.6	26.9	15.1	21.3
<u>Nutrition - Cookies, Donuts, Cake Per Day:</u>												
None	35.6	35.8	38.5	25.9	46.4	36.3	37.9	37.0	37.7	32.8	43.2	37.6
One	40.8	37.4	40.8	42.7	36.3	39.6	39.8	41.4	42.1	41.7	39.8	40.9
Two or More	23.6	26.8	20.8	31.4	17.3	24.1	22.3	21.6	20.3	25.5	17.0	21.5