

# Michigan Profile for Healthy Youth

East Grand Rapids High School, East Grand Rapids Public Schools



## Weight and Nutrition

% = unweighted percentage of reported response. (n) = number of students with reported response.

	2007 YRBS <sup>1</sup>	Building <sup>2</sup>	Grade		Gender		Race/Ethnicity					Academics		
			9	11	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs	
<b>WEIGHT</b>														
Percentage of students who are overweight (above the 95th percentile for BMI by age and sex)	12.4%	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	-	-	0% (0)	-
Percentage of students who are at risk for becoming overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex)	16.5%	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	-	-	0% (0)	-
Percentage of students who described themselves as slightly or very overweight	28.9%	16.7% (68)	13.1% (26)	20.2% (42)	15.8% (29)	17.5% (39)	13.3% (2)	16.9% (58)	35.3% (6)	-	-	-	14.6% (52)	-
Percentage of students who were trying to lose weight	44.6%	36.5% (149)	28.6% (57)	44.0% (92)	16.8% (31)	52.9% (118)	20.0% (3)	35.8% (123)	47.1% (8)	-	-	-	35.8% (127)	-
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days	65.4%	58.4% (239)	58.8% (117)	58.1% (122)	42.5% (79)	71.7% (160)	60.0% (9)	56.2% (194)	76.5% (13)	-	-	-	57.6% (205)	-
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days (dieting)	40.5%	39.3% (159)	34.0% (67)	44.2% (92)	21.2% (39)	54.3% (120)	33.3% (5)	39.2% (134)	47.1% (8)	-	-	-	38.6% (136)	-
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (fasting)	14.0%	5.7% (23)	5.1% (10)	6.3% (13)	2.2% (4)	8.6% (19)	6.7% (1)	5.0% (17)	11.8% (2)	-	-	-	4.8% (17)	-
Percentage of students who used diet pills to lose weight or to keep from gaining weight during the past 30 days	7.1%	2.9% (12)	1.5% (3)	4.3% (9)	2.7% (5)	3.2% (7)	0% (0)	2.3% (8)	11.8% (2)	-	-	-	2.5% (9)	-
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	6.0%	4.7% (19)	4.0% (8)	5.3% (11)	2.2% (4)	6.8% (15)	0% (0)	4.1% (14)	5.9% (1)	-	-	-	4.8% (17)	-

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			Grade		Gender		Race/Ethnicity					Academics	
	2007 YRBS <sup>1</sup>	Building <sup>2</sup>	9	11	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs
<b>NUTRITION</b>													
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days	17.0%	49.9% (195)	51.1% (95)	48.8% (100)	47.2% (83)	52.1% (112)	61.5% (8)	49.7% (165)	37.5% (6)	-	-	50.4% (173)	-
Percentage of students who drank three or more glasses per day of milk during the past seven days	14.5%	21.6% (88)	24.9% (49)	18.6% (39)	28.6% (53)	15.8% (35)	21.4% (3)	21.8% (75)	41.2% (7)	-	-	21.2% (75)	-
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days	28.9%	19.5% (79)	19.4% (38)	19.5% (41)	29.3% (54)	11.3% (25)	35.7% (5)	19.2% (66)	29.4% (5)	-	-	17.6% (62)	-
Percentage of students who had breakfast every day in the past seven days	N/A	46.3% (188)	42.9% (84)	49.5% (104)	47.3% (87)	45.5% (101)	28.6% (4)	47.5% (163)	23.5% (4)	-	-	49.3% (174)	-
Percentage of students who did not eat breakfast in the past seven days	N/A	5.9% (24)	6.1% (12)	5.7% (12)	7.6% (14)	4.5% (10)	14.3% (2)	5.0% (17)	17.6% (3)	-	-	4.2% (15)	-
<b>PHYSICAL HEALTH</b>													
Percentage of students who saw a doctor or healthcare provider for a check-up or physical exam when they were not sick or injured during the past 12 months	62.5%	75.2% (304)	73.0% (143)	77.4% (161)	76.6% (141)	74.1% (163)	86.7% (13)	75.9% (258)	56.3% (9)	-	-	77.6% (273)	-
Percentage of students who had ever been told by a doctor or nurse that they had asthma	23.5%	18.3% (74)	16.8% (33)	19.7% (41)	16.8% (31)	19.5% (43)	26.7% (4)	17.9% (61)	12.5% (2)	-	-	19.0% (67)	-
Percentage of students who had been told by a doctor or nurse that they had asthma and still have asthma (i.e. current asthma)	11.4%	11.4% (46)	10.2% (20)	12.6% (26)	9.8% (18)	12.7% (28)	13.3% (2)	11.8% (40)	0% (0)	-	-	11.1% (39)	-

For additional Michigan Profile for Healthy Youth information, please log on to [www.michigan.gov/miphy](http://www.michigan.gov/miphy)

<sup>1</sup> 2007 Michigan Youth Risk Behavior Survey. For additional information on the YRBS results, please go to [www.michigan.gov/yrbs](http://www.michigan.gov/yrbs).

<sup>2</sup> Building percentages are representative of the combined results as reported by 9th and 11th graders in the building.

N/A = Data not available

- = Data suppressed due to fewer than 10 valid student surveys

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