

Michigan Profile for Healthy Youth

East Grand Rapids Public Schools



Weight and Nutrition

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

	Service Area ¹	Grade	Gender		Race/Ethnicity					Academics	
		7	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs
WEIGHT											
Percentage of students who are overweight (above the 95th percentile for BMI by age and sex)	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)	0% (0)	0% (0)	0% (0)	0% (0)	-	0% (0)	-	-	-	0% (0)	-
Percentage of students who described themselves as slightly or very overweight	15.1% (27)	15.1% (27)	14.9% (13)	15.2% (14)	-	13.3% (21)	-	-	-	15.1% (25)	-
Percentage of students who were trying to lose weight	31.8% (57)	31.8% (57)	26.4% (23)	37.0% (34)	-	29.7% (47)	-	-	-	30.7% (51)	-
Percentage of students who had ever exercised to lose weight or to keep from gaining weight	64.2% (115)	64.2% (115)	58.6% (51)	69.6% (64)	-	62.7% (99)	-	-	-	63.9% (106)	-
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (dieting)	38.0% (68)	38.0% (68)	32.2% (28)	43.5% (40)	-	34.2% (54)	-	-	-	36.7% (61)	-
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight (fasting)	10.1% (18)	10.1% (18)	10.3% (9)	9.8% (9)	-	7.0% (11)	-	-	-	8.4% (14)	-
Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight	1.1% (2)	1.1% (2)	0% (0)	2.2% (2)	-	0.6% (1)	-	-	-	1.2% (2)	-
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight	2.2% (4)	2.2% (4)	3.4% (3)	1.1% (1)	-	0.6% (1)	-	-	-	1.8% (3)	-

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		Grade	Gender		Race/Ethnicity					Academics	
	Service Area ¹	7	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs
NUTRITION											
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days	59.2% (103)	59.2% (103)	53.5% (46)	64.8% (57)	-	56.2% (86)	-	-	-	58.4% (94)	-
Percentage of students who drank three or more glasses per day of milk during the past seven days	33.1% (59)	33.1% (59)	42.5% (37)	24.2% (22)	-	35.0% (55)	-	-	-	33.3% (55)	-
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	17.4% (31)	17.4% (31)	17.2% (15)	17.6% (16)	-	15.9% (25)	-	-	-	17.6% (29)	-
Percentage of students who had breakfast every day in the past week	58.2% (103)	58.2% (103)	58.1% (50)	58.2% (53)	-	59.0% (92)	-	-	-	59.1% (97)	-
Percentage of students who did not eat breakfast in the past seven days	14.9% (11)	14.9% (11)	16.7% (6)	13.2% (5)	-	14.1% (9)	-	-	-	16.4% (11)	-

For additional Michigan Profile for Healthy Youth information, please log on to www.michigan.gov/miphy

¹ District percentages are representative of the results as reported by 7th graders in participating buildings.

N/A = Data not available

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

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