

# Michigan Profile for Healthy Youth

East Grand Rapids High School, East Grand Rapids Public Schools



## Weight and Nutrition: High School

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

			Grade		Gender		Race/Ethnicity						Academics	
	2009 YRBS <sup>1</sup>	Building <sup>2</sup>	9	11	M	F	Black	White	Hispanic	American Indian	Asian	Arab/Chaldean	As/Bs	Ds/Fs
<b>WEIGHT</b>														
Percentage of students who are obese (at or above the 95th percentile for BMI by age and sex)	11.9%	5.7% (21)	7.5% (16)	3.2% (5)	7.2% (12)	4.4% (9)	10.0% (1)	4.8% (15)	15.4% (2)	-	9.1% (1)	16.7% (2)	3.8% (12)	-
Percentage of students who are overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex)	14.2%	11.7% (43)	12.2% (26)	10.9% (17)	15.7% (26)	8.4% (17)	20.0% (2)	10.3% (32)	23.1% (3)	-	9.1% (1)	16.7% (2)	10.4% (33)	-
Percentage of students who described themselves as slightly or very overweight	27.9%	20.4% (80)	20.1% (45)	20.7% (35)	18.0% (32)	22.5% (48)	10.0% (1)	17.4% (57)	47.1% (8)	-	18.2% (2)	28.6% (4)	17.1% (57)	30.0% (3)
Percentage of students who were trying to lose weight	44.8%	37.9% (149)	37.5% (84)	38.5% (65)	22.5% (40)	51.2% (109)	20.0% (2)	36.9% (121)	35.3% (6)	-	36.4% (4)	35.7% (5)	35.6% (119)	40.0% (4)
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)	13.1%	7.7% (30)	6.8% (15)	8.9% (15)	6.2% (11)	9.0% (19)	10.0% (1)	5.8% (19)	12.5% (2)	-	9.1% (1)	23.1% (3)	5.4% (18)	30.0% (3)
Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	7.3%	3.8% (15)	2.7% (6)	5.3% (9)	4.5% (8)	3.3% (7)	0.0% (0)	2.8% (9)	11.8% (2)	-	0.0% (0)	14.3% (2)	2.7% (9)	20.0% (2)
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	7.2%	5.1% (20)	4.5% (10)	5.9% (10)	4.5% (8)	5.6% (12)	0.0% (0)	3.7% (12)	12.5% (2)	-	9.1% (1)	15.4% (2)	4.2% (14)	30.0% (3)
<b>NUTRITION</b>														
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days	19.6%	46.5% (174)	48.1% (102)	44.4% (72)	40.7% (70)	51.0% (102)	30.0% (3)	46.8% (146)	33.3% (5)	-	90.9% (10)	50.0% (6)	46.5% (148)	50.0% (5)

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	2009 YRBS <sup>1</sup>	Building <sup>2</sup>	Grade		Gender		Race/Ethnicity						Academics	
			9	11	M	F	Black	White	Hispanic	American Indian	Asian	Arab/ Chaldean	As/Bs	Ds/Fs
Percentage of students who drank three or more glasses per day of milk during the past seven days	13.3%	17.6% (69)	21.1% (47)	13.0% (22)	23.7% (42)	12.2% (26)	0.0% (0)	17.4% (57)	12.5% (2)	-	18.2% (2)	30.8% (4)	18.0% (60)	10.0% (1)
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	27.6%	20.8% (81)	19.4% (43)	22.6% (38)	27.1% (48)	15.2% (32)	40.0% (4)	19.6% (64)	25.0% (4)	-	18.2% (2)	23.1% (3)	18.1% (60)	20.0% (2)
Percentage of students who had breakfast every day in the past seven days	N/A	50.9% (199)	50.9% (113)	50.9% (86)	48.6% (86)	52.4% (111)	30.0% (3)	52.9% (173)	43.8% (7)	-	54.5% (6)	53.8% (7)	55.6% (185)	30.0% (3)
Percentage of students who did not eat breakfast in the past seven days	N/A	5.9% (23)	7.2% (16)	4.1% (7)	8.5% (15)	3.8% (8)	0.0% (0)	5.5% (18)	12.5% (2)	-	0.0% (0)	0.0% (0)	3.6% (12)	20.0% (2)
<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	61.8%	77.7% (296)	76.1% (169)	79.9% (127)	82.7% (139)	73.9% (156)	80.0% (8)	78.3% (252)	69.2% (9)	-	81.8% (9)	75.0% (9)	80.2% (260)	-
Percentage of students who were exposed to second hand smoke during the past 7 days	N/A	26.6% (101)	24.9% (55)	28.9% (46)	25.0% (42)	28.1% (59)	40.0% (4)	26.4% (85)	25.0% (3)	-	9.1% (1)	25.0% (3)	24.4% (79)	-
Percentage of students who were exposed to second hand smoke daily during the past 7 days	N/A	2.3% (9)	2.7% (6)	1.8% (3)	3.4% (6)	1.4% (3)	0.0% (0)	2.4% (8)	0.0% (0)	-	0.0% (0)	0.0% (0)	1.2% (4)	10.0% (1)
Percentage of students who had ever been told by a doctor or nurse that they had asthma	23.3%	25.5% (97)	28.1% (62)	22.0% (35)	26.8% (45)	24.8% (52)	30.0% (3)	26.2% (84)	23.1% (3)	-	36.4% (4)	50.0% (6)	25.0% (81)	-
Percentage of students who had been told by a doctor or nurse that they had asthma and still have asthma (i.e. current asthma)	11.6%	13.2% (50)	14.5% (32)	11.3% (18)	13.1% (22)	13.4% (28)	20.0% (2)	13.4% (43)	15.4% (2)	-	18.2% (2)	25.0% (3)	13.0% (42)	-

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

<sup>1</sup> 2009 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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