

# Michigan Profile for Healthy Youth

## East Grand Rapids Public Schools



### Weight and Nutrition: Middle School

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

|   |                       | Grade          | Gender        |               | Race/Ethnicity |               |          |                 |              |               | Academics     |       |
|---|-----------------------|----------------|---------------|---------------|----------------|---------------|----------|-----------------|--------------|---------------|---------------|-------|
|   | District <sup>1</sup> | 7              | 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)   | 5.5%<br>(12)          | 5.5%<br>(12)   | 6.0%<br>(7)   | 4.8%<br>(5)   | 10.0%<br>(1)   | 3.2%<br>(6)   | -        | -               | 10.0%<br>(1) | -             | 4.2%<br>(8)   | -     |
| Percentage of students who are overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex)                  | 9.5%<br>(21)          | 9.5%<br>(21)   | 9.5%<br>(11)  | 9.6%<br>(10)  | 10.0%<br>(1)   | 9.7%<br>(18)  | -        | -               | 10.0%<br>(1) | -             | 9.4%<br>(18)  | -     |
| Percentage of students who described themselves as slightly or very overweight  | 18.3%<br>(42)         | 18.3%<br>(42)  | 16.8%<br>(21) | 20.0%<br>(21) | 20.0%<br>(2)   | 16.5%<br>(32) | -        | -               | 30.0%<br>(3) | -             | 16.1%<br>(32) | -     |
| Percentage of students who were trying to lose weight   | 29.9%<br>(69)         | 29.9%<br>(69)  | 25.6%<br>(32) | 34.9%<br>(37) | 40.0%<br>(4)   | 27.2%<br>(53) | -        | -               | 20.0%<br>(2) | -             | 28.5%<br>(57) | -     |
| Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight (fasting)              | 8.2%<br>(19)          | 8.2%<br>(19)   | 7.2%<br>(9)   | 9.4%<br>(10)  | 20.0%<br>(2)   | 5.6%<br>(11)  | -        | -               | 20.0%<br>(2) | -             | 8.5%<br>(17)  | -     |
| 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 | 2.2%<br>(5)           | 2.2%<br>(5)    | 2.4%<br>(3)   | 1.9%<br>(2)   | 0.0%<br>(0)    | 1.5%<br>(3)   | -        | -               | 10.0%<br>(1) | -             | 1.5%<br>(3)   | -     |
| Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight                                      | 2.2%<br>(5)           | 2.2%<br>(5)    | 1.6%<br>(2)   | 2.9%<br>(3)   | 0.0%<br>(0)    | 1.0%<br>(2)   | -        | -               | 0.0%<br>(0)  | -             | 2.0%<br>(4)   | -     |
| <b>NUTRITION</b>  |                       |                |               |               |                |               |          |                 |              |               |               |       |
| Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days                                  | 45.7%<br>(100)        | 45.7%<br>(100) | 39.5%<br>(47) | 53.0%<br>(53) | 60.0%<br>(6)   | 43.2%<br>(80) | -        | -               | 50.0%<br>(5) | -             | 47.6%<br>(91) | -     |

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|   | District <sup>1</sup> | Grade          | Gender        |               | Race/Ethnicity |                |          |                 |              |               | Academics      |       |
|---|-----------------------|----------------|---------------|---------------|----------------|----------------|----------|-----------------|--------------|---------------|----------------|-------|
|   |                       | 7              | 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   | 18.3%<br>(42)         | 18.3%<br>(42)  | 21.8%<br>(27) | 14.2%<br>(15) | 0.0%<br>(0)    | 19.6%<br>(38)  | -        | -               | 0.0%<br>(0)  | -             | 17.6%<br>(35)  | -     |
| 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                                  | 17.0%<br>(39)         | 17.0%<br>(39)  | 20.0%<br>(25) | 13.3%<br>(14) | 20.0%<br>(2)   | 15.5%<br>(30)  | -        | -               | 40.0%<br>(4) | -             | 15.1%<br>(30)  | -     |
| Percentage of students who had breakfast every day in the past week   | 55.8%<br>(129)        | 55.8%<br>(129) | 63.2%<br>(79) | 47.2%<br>(50) | 60.0%<br>(6)   | 58.5%<br>(114) | -        | -               | 30.0%<br>(3) | -             | 58.0%<br>(116) | -     |
| Percentage of students who did not eat breakfast in the past seven days   | 10.8%<br>(11)         | 10.8%<br>(11)  | 15.2%<br>(7)  | 7.1%<br>(4)   | -              | 9.9%<br>(8)    | -        | -               | -            | -             | 7.1%<br>(6)    | -     |
| <b>PHYSICAL HEALTH</b>  |                       |                |               |               |                |                |          |                 |              |               |                |       |
| Percentage of students who saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured during the past 12 months. | 65.7%<br>(151)        | 65.7%<br>(151) | 70.4%<br>(88) | 60.0%<br>(63) | 40.0%<br>(4)   | 69.1%<br>(134) | -        | -               | 50.0%<br>(5) | -             | 67.3%<br>(134) | -     |
| Percentage of students who were exposed to second hand smoke during the past 7 days   | 23.0%<br>(53)         | 23.0%<br>(53)  | 23.2%<br>(29) | 22.9%<br>(24) | 20.0%<br>(2)   | 21.6%<br>(42)  | -        | -               | 30.0%<br>(3) | -             | 22.1%<br>(44)  | -     |
| Percentage of students who were exposed to second hand smoke daily during the past 7 days   | 3.0%<br>(7)           | 3.0%<br>(7)    | 2.4%<br>(3)   | 3.7%<br>(4)   | 0.0%<br>(0)    | 2.0%<br>(4)    | -        | -               | 10.0%<br>(1) | -             | 2.0%<br>(4)    | -     |

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

<sup>1</sup> 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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