At risk of becoming overweight*
In 2007, approximately 103,700 students (15.2%) were at risk of becoming overweight. This prevalence did not change significantly from 2001 to 2007. While males had a higher prevalence of being at risk of overweight during this time period, females closed the gap in 2007.

* Body mass index (BMI) is greater than or equal to the 85th percentile and less than the 95th percentile in weight distribution among students having the same age and gender.

Overweight*
In 2007, approximately 76,000 students (11.2%) were overweight. This prevalence did not change significantly from 2001 to 2007. Males had a significantly higher prevalence of being overweight than females from 2001 to 2007.

* Body mass index (BMI) is greater than or equal to the 95th percentile in weight distribution among students having the same age and gender.

Thought they were overweight
In 2007, approximately 209,400 (26.6%) described their body as slightly or very overweight. This prevalence did not change significantly from 2001 to 2007. Females have had a higher prevalence of this behavior than males from 2001 to 2007.
Were trying to lose weight
In 2007, approximately 329,400 students (41.8%) were trying to lose weight. This prevalence remained at the same level from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

Exercised to lose weight or to avoid gaining weight
In 2007, approximately 448,400 students (57.1%) exercised to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight
In 2007, approximately 305,700 students (38.9%) ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the past 30 days. This prevalence remained at the same level during 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.
Went without eating for 24 or more hours to lose weight or to avoid gaining weight
In 2007, approximately 87,300 students (11.1%) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. This prevalence remained at the same level from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

Took diet pills, powders, or liquids to lose weight or to avoid gaining weight
In 2007, approximately 45,600 students (5.8%) took diet pills, powders, or liquids without a doctor’s advice to lose weight or to avoid gaining weight during the past 30 days. This prevalence decreased significantly by 33.3% from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.

Vomited or took laxatives to lose weight or to avoid gaining weight
In 2007, approximately 40,400 students (5.1%) vomited or took laxatives to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2007. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007.