

Q75: During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

In 2005, more than one-half of students reported that they were exercising for weight control.

- 62.0 percent of students reported exercising to lose weight or to keep from gaining weight during the past 30 days.
- Significantly more females (69.2 percent) than males (55.1 percent) reported exercising for weight control.
- Students in the ninth (67.1 percent) and 10th (65.8 percent) grades were significantly more likely to exercise to maintain or lose weight than students in 11th grade (54.8 percent).
- There were no significant differences in exercising for weight control by race.

There was no significant difference overall in the percentage of students exercising to lose weight or to keep from gaining weight between 1999 and 2005.

- A significant difference was observed in the percentage of males who exercised for weight control between 1999 (47 percent) and 2005 (55.1 percent).

