

## Q76: During the past 30 days, did you eat less food, fewer calories or foods low in fat to lose weight or to keep from gaining weight?

In 2005, less than one-half of students reported that they eat less food, fewer calories or foods low in fat for weight control.

- 42.2 percent of students reported eating less food, fewer calories or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.
- Significantly more females (58.8 percent) than males (26.6 percent) reported eating less food or fewer calories for weight control.
- There were no significant differences in the percentage of students eating less for weight control by grade level or race.

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

