

Q77: During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

In 2005, most students reported that they did not fast for weight control.

- 13.2 percent of students reported not eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.
- Significantly more females (18.4 percent) than males (8.3 percent) reported not eating for at least 24 hours for weight control.
- There were no significant differences in fasting for weight control by grade level or race.

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

*The estimate may not be reliable. Significance not assessed for this variable.

