



The Michigan Profile for Healthy Youth (MiPHY) was completed by 7, 9, and 11th grade students in Michigan. The results in this report reflect student survey responses from middle schools that voluntarily participated in your county and may not be representative of all middle schools in the county. Characteristics of the participating districts and buildings are as follows:

	MiPHY District Participation		
	#	Total	%
	Participating Districts <sup>1</sup>	Districts in County	Participating Districts
Public	12	12	100.0%
Public Districts with Private School	0	5	0.0%
Public School Academy	1	2	50.0%
<b>Total<sup>2</sup></b>	<b>13</b>	<b>14</b>	<b>92.9%</b>

	MiPHY Building Participation		
	#	Total	%
	Participating Buildings	Buildings in County <sup>3</sup>	Participating Buildings
Public	12	12	100.0%
Private	0	5	0.0%
Public School Academy	1	2	50.0%
<b>Total</b>	<b>13</b>	<b>19</b>	<b>68.4%</b>

<sup>1</sup> A district is counted as participating if at least one building takes the survey.

<sup>2</sup> Public districts may be represented in the "Public" and "Public District with Private School" categories, but are only counted once in the total.

<sup>3</sup> Buildings that include 7th grade in the county as identified in the School Code Master.

Students completed an on-line, anonymous questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental notification procedures were followed before survey administration.

Reports on data results are aggregated across district. To preserve confidentiality, names and results of individual districts are not provided in this report.

The contents of this report were developed under a grant from the United States Department of Education (Grants to States to Improve Management of Drug and Violence Prevention Programs (CFDA#84.184R)). However, those contents do not necessarily represent the policy of the United States Department of Education, and you should not assume endorsement by the Federal Government. Authority: 20 U.S.C. 1221e-3 and 3474



The Michigan Profile for Healthy Youth (MiPHY) was completed by 7, 9, and 11th grade students in Michigan. The results in this report reflect student survey responses from middle schools that voluntarily participated in your county and may not be representative of all middle school students in the county. School buildings are identified in the county by the School Code Master. Characteristics of the participating middle school students are as follows:

	N	Missing	%		N	Missing	%		N	Missing	%
County (7th grade)	1612	18	100.0%	<u>Gender</u>				<u>Race / Ethnicity</u>			
				Males	783	11	48.6%	American Indian	39	0	2.4%
<u>Grade</u>				Females	822	3	51.0%	Asian	7	0	0.4%
7th grade	1612	5	100.0%	<u>Academics</u>				Black	119	3	7.4%
				As/Bs	1109	9	68.8%	Hispanic/Latino	137	3	8.5%
				Ds/Fs	102	0	6.3%	White	1222	8	75.8%

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Reports on data results are available by risk behavior and domain and are aggregated by each of the above subgroups, if possible. Results of any category are suppressed if less than 10 valid student responses are available and is identified by a "-." Comparison statewide data are provided from the Michigan Youth Risk Behavior Survey.

Notes and aggregation information:

N = Number of unweighted valid student surveys. Valid surveys are those containing at least 20 or more complete responses after data cleaning.  
 Missing = number of non-valid student surveys that were removed due to data cleaning rules.  
 % = the unweighted percentage of valid student surveys.

Academics uses student self-report of grades earned in school to estimate academic achievement. Students with high grades are those who report getting mostly As and mostly Bs; students with low grades are those who report getting mostly Ds and mostly Fs.

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## Weight and Nutrition

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

	County <sup>1</sup>	Grade	Gender		Race/Ethnicity					Academics	
		7	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs
<b>WEIGHT</b>											
Percentage of students who are overweight (above the 95th percentile for BMI by age and sex)	15.6% (228)	15.6% (228)	18.8% (137)	12.5% (91)	21.7% (23)	15.5% (172)	13.0% (16)	12.5% (4)	-	14.0% (143)	22.2% (20)
Percentage of students who are at risk for becoming overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex)	18.2% (265)	18.2% (265)	18.4% (134)	17.9% (131)	20.8% (22)	17.2% (191)	19.5% (24)	25.0% (8)	-	16.7% (171)	17.8% (16)
Percentage of students who described themselves as slightly or very overweight	29.3% (462)	29.3% (462)	27.1% (206)	31.4% (254)	26.5% (31)	29.4% (352)	30.4% (41)	31.4% (11)	-	27.3% (297)	34.3% (34)
Percentage of students who were trying to lose weight	49.3% (777)	49.3% (777)	43.5% (331)	54.6% (442)	52.2% (60)	48.8% (586)	52.2% (70)	51.4% (18)	-	46.0% (501)	63.0% (63)
Percentage of students who had ever exercised to lose weight or to keep from gaining weight	70.2% (1105)	70.2% (1105)	63.8% (484)	76.2% (616)	63.8% (74)	70.6% (845)	69.9% (93)	66.7% (24)	-	70.5% (766)	75.8% (75)
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (dieting)	51.5% (809)	51.5% (809)	42.8% (324)	59.6% (481)	47.0% (54)	51.0% (610)	60.4% (81)	45.7% (16)	-	50.5% (548)	53.0% (53)
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight (fasting)	17.0% (267)	17.0% (267)	14.4% (109)	19.5% (157)	20.0% (23)	15.5% (185)	26.3% (35)	14.3% (5)	-	11.8% (128)	38.0% (38)
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	5.7% (90)	5.7% (90)	5.2% (39)	6.3% (51)	7.8% (9)	4.7% (56)	7.5% (10)	2.9% (1)	-	3.6% (39)	16.2% (16)
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight	5.4% (85)	5.4% (85)	4.5% (34)	6.4% (51)	7.1% (8)	4.7% (56)	7.7% (10)	8.6% (3)	-	3.3% (36)	17.5% (17)



## Weight and Nutrition

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

	County <sup>1</sup>	Grade	Gender		Race/Ethnicity					Academics	
		7	M	F	Black	White	Hispanic	American Indian	Asian	As/Bs	Ds/Fs
<b>NUTRITION</b>											
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days	36.9% (548)	36.9% (548)	36.6% (262)	37.2% (284)	42.2% (46)	35.2% (398)	42.7% (53)	47.1% (16)	-	36.4% (372)	33.3% (31)
Percentage of students who drank three or more glasses per day of milk during the past seven days	30.9% (486)	30.9% (486)	35.9% (272)	26.0% (211)	19.8% (23)	32.0% (382)	30.4% (41)	31.6% (12)	-	31.2% (338)	27.0% (27)
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	38.5% (601)	38.5% (601)	42.0% (316)	35.3% (283)	38.6% (44)	37.8% (450)	42.1% (56)	37.1% (13)	-	34.4% (371)	45.4% (44)
Percentage of students who had breakfast one to three times in the past seven days	19.4% (304)	19.4% (304)	15.5% (117)	23.1% (186)	28.7% (33)	17.7% (211)	22.6% (30)	27.8% (10)	-	18.1% (196)	27.0% (27)
Percentage of students who did not eat breakfast in the past seven days	11.8% (185)	11.8% (185)	9.5% (72)	13.9% (112)	13.0% (15)	11.8% (140)	13.5% (18)	8.3% (3)	-	8.5% (92)	24.0% (24)
Percentage of students who had ever been told by a doctor or nurse that they had diabetes	1.4% (21)	1.4% (21)	0.9% (7)	1.8% (14)	3.5% (4)	1.0% (12)	0.8% (1)	5.7% (2)	-	1.1% (12)	1.0% (1)

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

<sup>1</sup> County 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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