

Module: Weight Control

NNHS.Q94: Are you now trying to lose weight?

	Percent	Lower Estimate	Upper Estimate	N
Yes	45.7%	41.6%	49.9%	2,293
Male	41.0%	35.0%	47.3%	804
Female	50.5%	46.4%	54.6%	1,489

Are you now trying to lose weight, by Age Group

	Point	Lower	Upper	N
<30	45.6%	36.8%	54.7%	323
30-39	65.4%	54.2%	75.0%	267
40-49	51.5%	40.9%	62.0%	325
50-59	35.3%	26.1%	45.8%	498
60-69	43.7%	34.7%	53.1%	451
70-79	24.8%	15.1%	38.1%	302
80+	10.6%	5.6%	19.4%	127

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Are you now trying to lose weight, by Agency

Agency	Point	Lower	Upper	N
Chinle	41.3%	36.3%	46.5%	699
Eastern	45.6%	36.9%	54.6%	471
Ft. Defiance	47.0%	38.0%	56.2%	340
Northern	45.6%	39.9%	51.6%	508
Western	49.5%	37.0%	62.1%	275

NNHS.Q95: Are you now trying to maintain your current weight, that is, to keep from gaining weight?

	Percent	Lower Estimate	Upper Estimate	N
Yes	66.2%	61.3%	70.7%	1,472
Male	68.3%	61.7%	74.3%	540
Female	63.2%	55.9%	70.0%	932

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Are you now trying to maintain your current weight, that is, to keep from gaining weight, by Age Group

	Point	Lower	Upper	N
<30	73.0%	61.4%	82.2%	179
30-39	62.3%	48.0%	74.7%	136
40-49	72.1%	60.9%	81.0%	188
50-59	66.8%	56.7%	75.6%	322
60-69	64.3%	52.2%	74.8%	295
70-79	54.1%	39.8%	67.9%	242
80+	31.8%	19.0%	48.1%	110

Are you now trying to maintain your current weight, that is, to keep from gaining weight, by Agency

Agency	Point	Lower	Upper	N
Chinle	59.8%	51.2%	67.8%	409
Eastern	67.6%	57.8%	76.1%	272
Ft. Defiance	65.0%	55.7%	73.3%	245
Northern	63.9%	53.2%	73.3%	343
Western	66.1%	56.7%	74.3%	203

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**NNHS.Q96: Are you eating either fewer calories or less fat to lose weight or keep from gaining weight?
(N=1,658)**

Diet Choice	Total	Male (N=570)	Female (N=1,088)
Yes, fewer calories	13.3% (10.3%, 16.9%)	14.8% (10.1%, 21.2%)	12.1% (8.4%, 17.2%)
Yes, less fat	27.4% (22.2%, 33.3%)	22.8% (15.9%, 31.6%)	30.2% (24.0%, 37.3%)
Yes, fewer calories and less fat	38.0% (32.8%, 43.6%)	36.7% (29.9%, 44.1%)	38.3% (32.0%, 45.1%)
No	21.3% (16.9%, 26.6%)	25.7% (19.5%, 33.1%)	19.3% (14.4%, 25.5%)

Are you eating either fewer calories or less fat to lose weight or keep from gaining weight, by Age Group, Response of "No"

	Point	Lower	Upper	N
<30	22.1%	13.3%	34.4%	246
30-39	11.6%	4.8%	25.4%	214
40-49	20.7%	12.1%	33.0%	262
50-59	24.4%	15.0%	37.1%	388
60-69	20.5%	11.9%	33.0%	310
70-79	31.0%	19.8%	45.1%	180
80+	62.5%	38.5%	81.6%	58

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Are you eating either fewer calories or less fat to lose weight or keep from gaining weight, by Agency, Response of "No"

Agency	Point	Lower	Upper	N
Chinle	10.7%	8.5%	13.4%	498
Eastern	29.9%	21.3%	39.9%	369
Ft. Defiance	10.6%	6.8%	16.2%	237
Northern	31.0%	21.5%	42.5%	356
Western	27.4%	18.9%	38.0%	198

NNHS.Q97: Are you using physical activity or exercise to lose weight or keep from gaining weight?

	Percent	Lower Estimate	Upper Estimate	N
Yes	80.1%	75.3%	84.1%	1,709
Male	80.0%	74.7%	84.4%	601
Female	78.2%	71.6%	83.6%	1,108

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Are you using physical activity or exercise to lose weight or keep from gaining weight, by Age Group

	Point	Lower	Upper	N
<30	88.6%	78.5%	94.3%	256
30-39	89.2%	75.1%	95.8%	219
40-49	83.9%	74.1%	90.5%	263
50-59	68.1%	56.6%	77.7%	394
60-69	67.6%	51.9%	80.2%	324
70-79	63.3%	49.5%	75.3%	194
80+	48.5%	24.0%	73.7%	59

Are you using physical activity or exercise to lose weight or keep from gaining weight, by Agency

Agency	Point	Lower	Upper	N
Chinle	84.2%	79.0%	88.3%	511
Eastern	77.1%	69.7%	83.2%	371
Ft. Defiance	64.7%	56.4%	72.2%	242
Northern	89.3%	82.8%	93.5%	387
Western	81.4%	77.0%	85.1%	198

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NNHS.Q98: In the past 12 months, has a doctor, nurse or health professional given you advice about your weight? (N = 2,263)

Advice	Total	Male (N=795)	Female (N=1,468)
Yes, lose weight	21.2% (17.4%, 25.5%)	21.0% (16.0%, 27.1%)	22.4% (17.9%, 27.6%)
Yes, gain weight	2.6% (1.6%, 4.1%)	3.4% (1.7%, 6.6%)	1.5% (0.8%, 2.6%)
Yes, maintain current weight	4.5% (3.1%, 6.3%)	2.4% (1.5%, 3.8%)	6.6% (4.2%, 10.3%)
No	71.8% (67.5%, 75.7%)	73.2% (66.9%, 78.7%)	69.5% (64.1%, 74.4%)

In the past 12 months, has a doctor, nurse or health professional given you advice about your weight, by Age Group, Response of "No"

	Point	Lower	Upper	N
<30	81.3%	73.4%	87.2%	320
30-39	66.4%	53.9%	76.9%	264
40-49	62.6%	53.3%	71.0%	321
50-59	72.5%	66.2%	78.1%	497
60-69	69.9%	58.7%	79.2%	440
70-79	70.8%	60.2%	79.5%	299
80+	82.6%	61.1%	93.5%	122

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In the past 12 months, has a doctor, nurse or health professional given you advice about your weight, by Agency, Response of “No”

Agency	Point	Lower	Upper	N
Chinle	75.9%	71.0%	80.2%	681
Eastern	68.5%	60.2%	75.8%	464
Ft. Defiance	69.5%	60.9%	76.9%	335
Northern	68.4%	58.3%	77.1%	513
Western	74.2%	69.2%	78.6%	270

