Michigan Youth have an **unrealistic** perception of their own weight.

- Current & nondrinkers described themselves as “overweight” at **higher percentages** than reported based on their self-reported Body Mass Index (BMI*)
- 14% of current & nondrinkers reported themselves as **overweight** (through self-reported BMI*)
- 51% of current drinkers were **trying to lose weight** compared to 43% of nondrinkers.

**Current Drinkers** were more than **two times** as likely to report unhealthy weight loss behavior.

In the previous 30 days:

- 18% of current drinkers **fasted for 24 hours or longer** to lose or maintain weight compared to 8% of nondrinkers.
- 9% of current drinkers took **diet pills, powders or liquids** to lose or maintain weight compared to 4% of nondrinkers.
- 9% of current drinkers **vomited or took laxatives** to lose or maintain weight compared to 3% of nondrinkers.

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"Nondrinkers" reported not drinking any alcohol in the past 30 days. "Current drinkers" reported having at least one drink of alcohol in the past 30 days. "Youth" are 9th-12th grade students attending Michigan public high schools. **"BMI" is a measure of body fat based on weight & height, for more information, visit:** [http://cdc.gov/healthyweight/assessing/index.html](http://cdc.gov/healthyweight/assessing/index.html)