

## Nutrition and Physical Activity

### What are the problems?

The 2011 Youth Risk Behavior Survey indicates the following health risk behaviors among 2011 Iowa high school students:

#### Obesity

- 13% were obese, defined as having a Body Mass Index (BMI, based on self-reported height and weight) at the 95<sup>th</sup> percentile or above;

#### Overweight

- 15% were overweight, defined as having a BMI above the 85<sup>th</sup> percentile, but below the 95<sup>th</sup> percentile

#### Eating Disorders

- 14% went without eating for 24 hours or more to lose (or keep from gaining) weight during the 30 days before the survey;

#### Nutrition

- 28% drank a can, bottle, or glass of (non-diet) soda or pop one or more times per day during the seven days before the survey;

#### Physical Activity/Inactivity

- 71% attended physical education (PE) class one or more days in an average school week when they were in school;
- 25% played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day;
- 24% watched three or more hours of TV per day on an average school day.

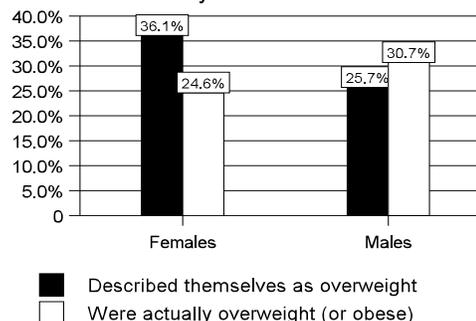
### What are the solutions?

- Provide a variety of healthy cafeteria choices for students who have lunch on campus.
- Provide healthy options in vending machines on campus.
- Support legislation to provide health education, physical activity, and quality nutrition in schools.
- Partner with the schools and community organizations to promote wellness activities.

### Males ...

were significantly more likely than females to have consumed a can, bottle, or glass of (non-diet) soda or pop one or more times per day during the seven days before the survey.

Overweight: (Self) Perception vs. Reality  
By Gender



### Hispanics/Latinos ...

were significantly more likely than Caucasians/Whites to be obese; go without eating for 24 hours or more to lose (or keep from gaining) weight; and to watch TV three or more hours per day on an average school day.

### Positive Trends ...

The percentage of 2011 Iowa high school students who indicated they had vomited or took laxatives to lose (or keep from gaining) weight and the percentage who watched three or more hours of TV per day on an average school day both *decreased* significantly over the years 1997-2011. The percentage of these students who ate fruit one or more times during the seven days before the survey and the percentage who attended PE classes daily in an average school week when they were in school both *increased* significantly over the years 1997-2011.

<sup>1</sup> The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC). The data in this report are statistically weighted to represent all 2011 Iowa public high school students.