



**Unhealthy
Dietary
Behaviors**

DIETARY BEHAVIORS

Questions:

6. How tall are you without your shoes on?
7. How much do you weigh without your shoes on?

Rationale:

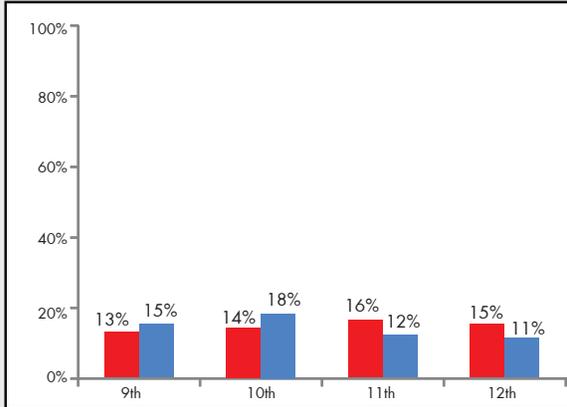
These questions measure self-reported height and weight and perceived body weight. Data on self-reported height and weight is used to calculate body mass index (BMI) and determine the corresponding BMI-for-age percentile for adolescents. BMI-for-age percentile is a proxy measure of weight status, correlates with body fat,(62) and is recommended for assessing weight status in youth ages 2-20.(52) Although BMI calculated from self-reported height and weight underestimate the prevalence of obesity compared to BMI calculated from measured height and weight,(83) self-reported height and weight are useful for tracking BMI trends over time. In addition, obesity prevalence trends from national surveys of adults using self-reported height and weight(31) have been consistent with trend data from national surveys using measured height and weight.(14) It is critical to continue monitoring height and weight because the prevalence of obesity among adolescents has tripled since 1980.(73) Obesity during adolescence is associated with negative psychological and social consequences and health problems such as type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.(19) Further, obese adolescents are more likely to become obese adults.(28,37) Nationwide in 2009, based on national YRBS data, 12% of high school students were obese and 16% were overweight.(15)

Results: On page 67, the results of Questions 6 and 7 are used to show the percentage of students who are overweight, and the percentage of students who are obese.

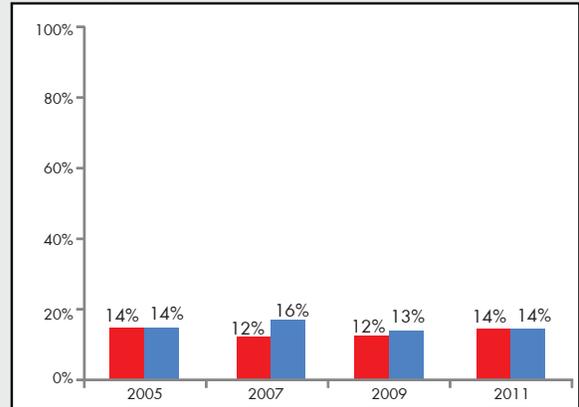
Questions 6 and 7

Percentage of respondents who are overweight = 14%

Responses by Grade



Responses by Year

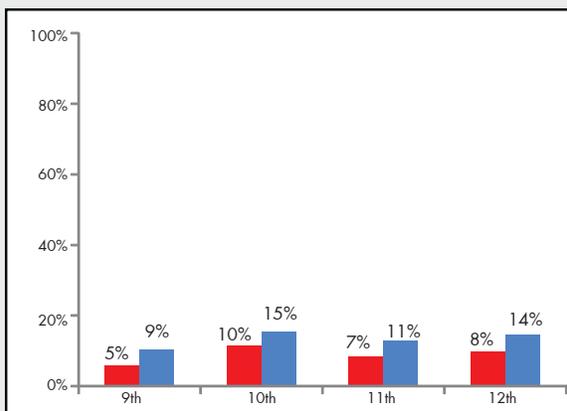


Females Males

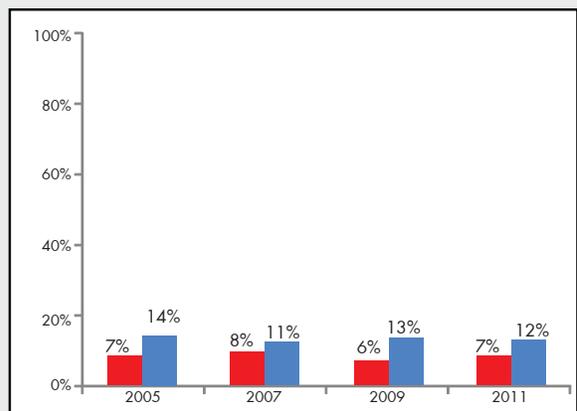
Questions 6 and 7

Percentage of respondents who are obese = 10%

Responses by Grade



Responses by Year



Females Males

DIETARY BEHAVIORS

Questions:

71. How do you describe your weight?
72. Which of the following are you trying to do about your weight?
73. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
74. 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?
75. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

Rationale:

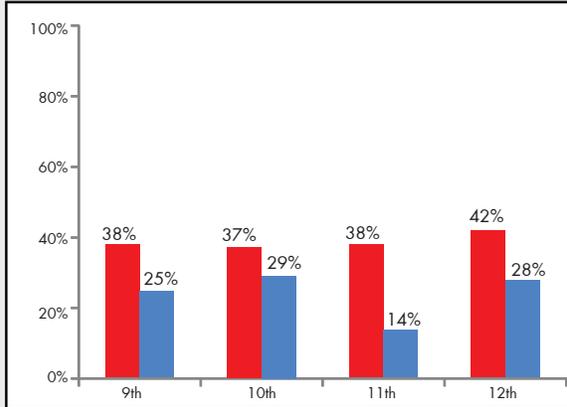
Current recommendations promote healthy eating and physical activity as effective weight control behaviors. (20,85) Unhealthy weight control behaviors include fasting, taking diet pills or laxatives, or inducing vomiting. Engaging in unhealthy weight control behaviors may result in physical and psychological health problems such as obesity, eating disorders such as anorexia and bulimia,(71) and stunted growth.(34) Disordered eating behaviors are correlated with inadequate nutrient intake,(69) low self-esteem, high levels of depression, suicidal ideation, high levels of stress, and alcohol and drug use.(70) Nationwide in 2009, 44% of high school students were trying to lose weight.(15) In 2009, 11% of high school students did not eat for 24 or more hours to lose weight or to keep from gaining weight, 5% of high school students had taken diet pills, powders, or liquids without a doctor's advice, and 4% had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.(15)

Results: The results for Questions 71 to 75 are summarized on pages 69 to 71.

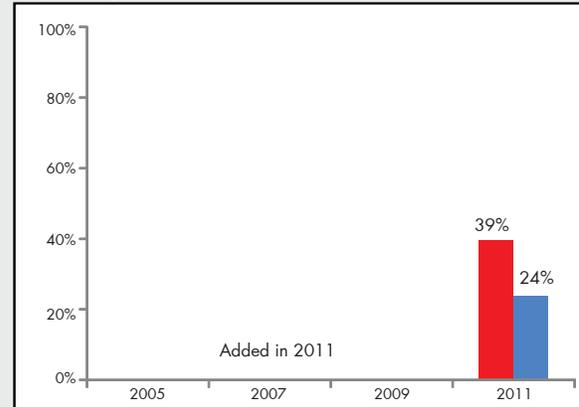
Question 71

Percentage of respondents who described themselves as slightly or very overweight = 31%

Responses by Grade



Responses by Year

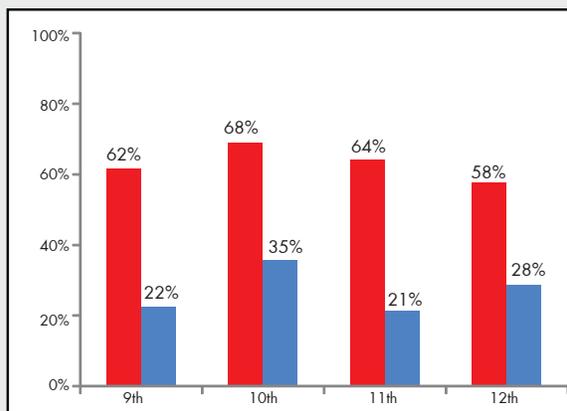


■ Females ■ Males

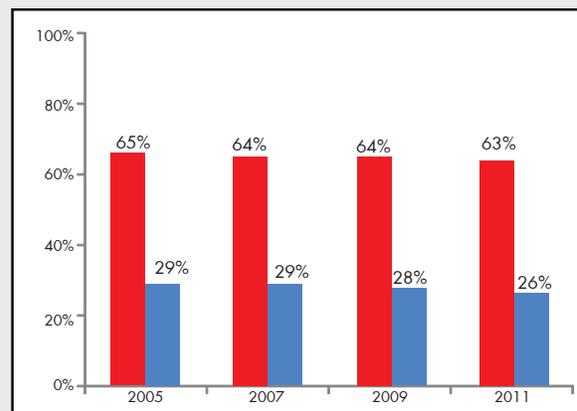
Question 72

Percentage of respondents who are trying to lose weight = 44%

Responses by Grade



Responses by Year

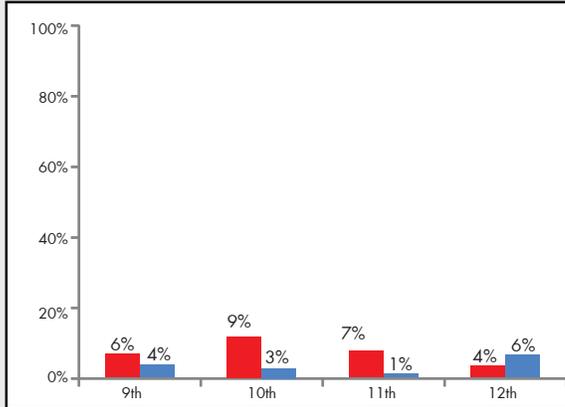


■ Females ■ Males

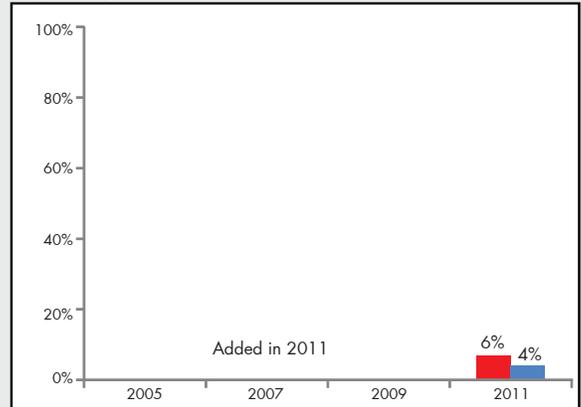
Question 73

Percentage of respondents who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days = 5%

Responses by Grade



Responses by Year

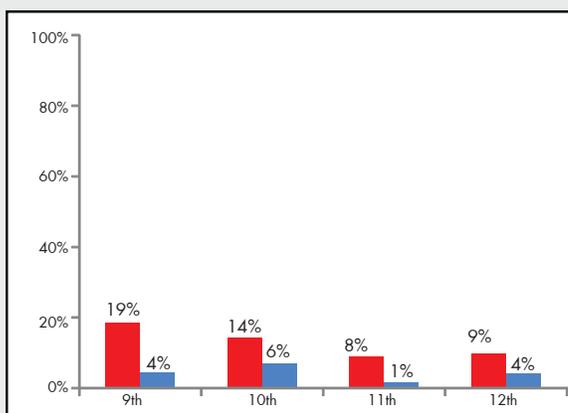


Females Males

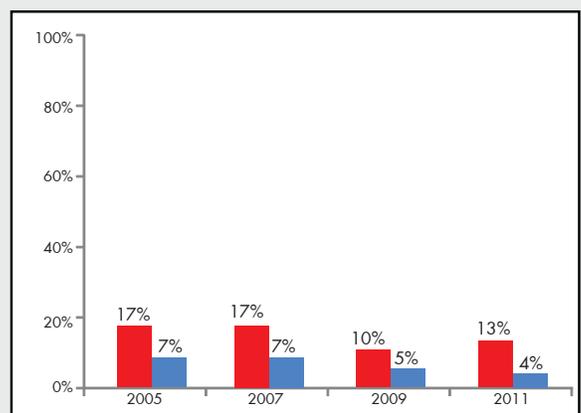
Question 74

Percentage of respondents who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days = 8%

Responses by Grade



Responses by Year

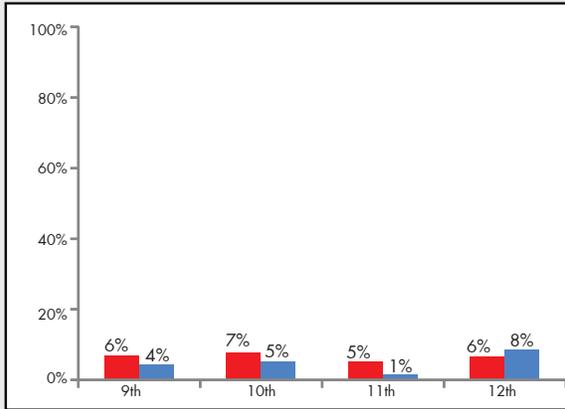


Females Males

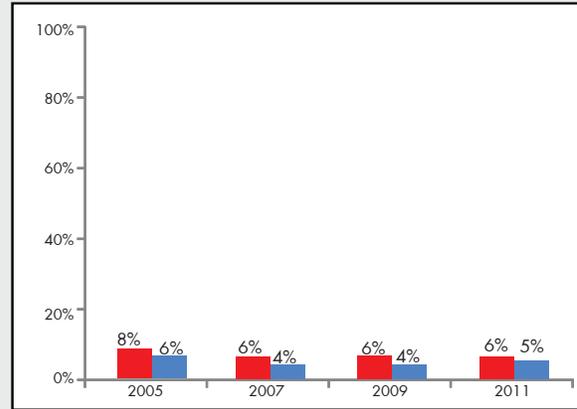
Question 75

Percentage of respondents who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days = 5%

Responses by Grade



Responses by Year



■ Females ■ Males

DIETARY BEHAVIORS

Questions:

76. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
77. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
78. During the past 7 days, how many times did you eat green salad?
79. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
80. During the past 7 days, how many times did you eat carrots?
81. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)
82. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)
83. During the past 7 days, how many times did you drink a can, bottle, or glass of a sports drink such as Gatorade or PowerAde? (Do not count low-calorie sports drinks such as Propel or G2.)
84. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet energy drinks or sports drinks such as Gatorade or PowerAde.)
85. During the past 7 days, on how many days did you eat breakfast?
86. During the past 30 days, how often did you go hungry because there was not enough food in your home?

Rationale:

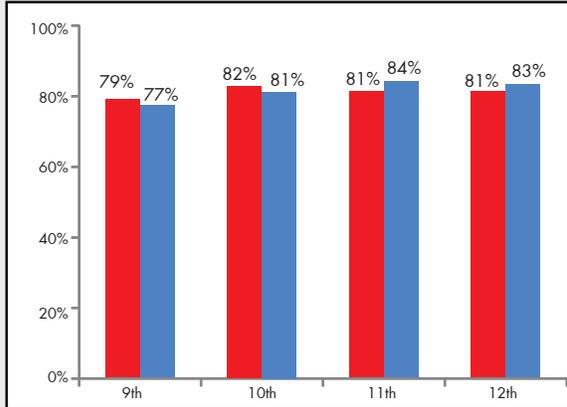
These questions measure dietary behaviors, including consumption of fruits and vegetables, and soda or pop. The fruit and vegetable questions are similar to questions asked of adults on CDC's Behavioral Risk Factor Survey 2009 questionnaire.(9) Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer,(50,53,102) cardiovascular disease,(2) and stroke.(39) Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of being overweight.(36,40,79) In 2009, 22% of high school students nationwide had eaten fruits and vegetables five or more times per day during the 7 days before the survey.(15) In recent years, soft drink consumption has significantly increased among children and adolescents. Among persons ages 2-18 years, soft drinks comprised 3% of the total daily calories consumed in 1977-1978 compared to 7% in 1999-2001.(72) In 1999-2004, US youth ages 2-19 years, consumed an average of 224 kcal per capita per day from sugar sweetened beverages (11% of their daily energy intake).(106) Consumption of sugar sweetened beverages, including soft drinks, appears to be associated with increased risk of being overweight among children(55,104) and is associated with a less healthy diet,(59) decreased bone density,(110) and dental decay.(95) Nationwide in 2009, 29% of high school students had drunk a can, bottle, or glass of soda or pop (not counting diet soda or diet pop) at least one time per day during the 7 days before the survey.(15)

Results: The results for Questions 76 to 86 are summarized on pages 73 to 78.

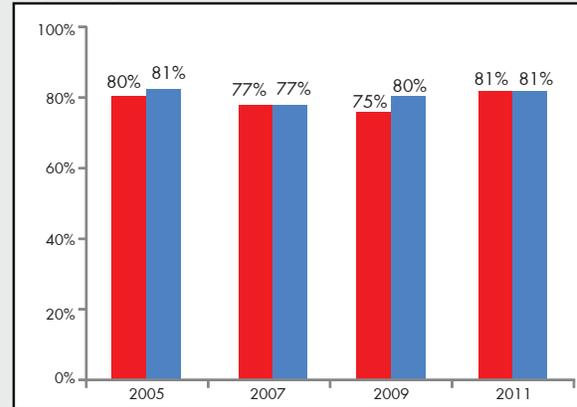
Question 76

Percentage of respondents who drank 100% fruit juice one or more times during the past seven days = 81%

Responses by Grade



Responses by Year

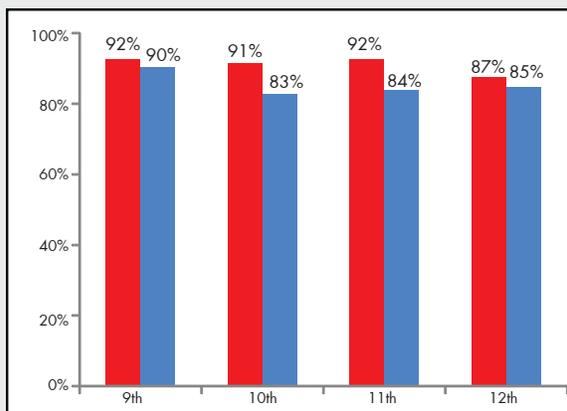


Females Males

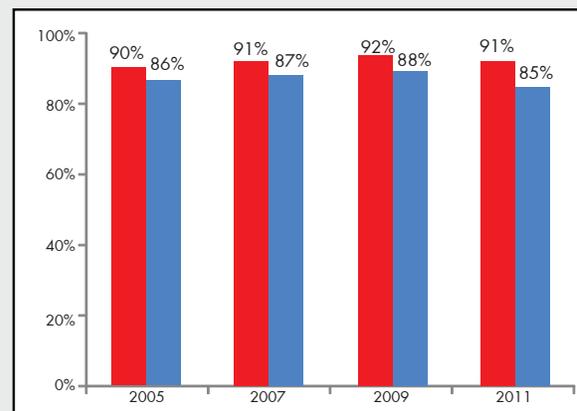
Question 77

Percentage of respondents who ate fruit one or more times during the past seven days = 88%

Responses by Grade



Responses by Year

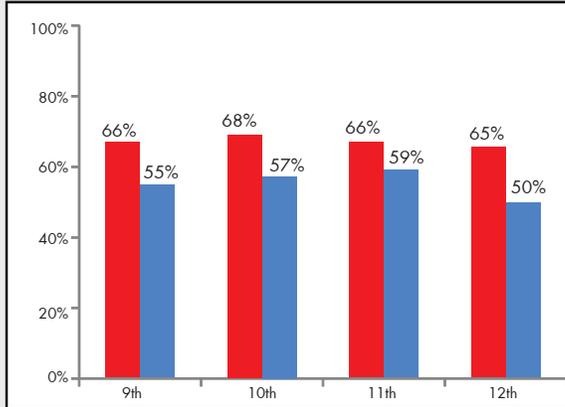


Females Males

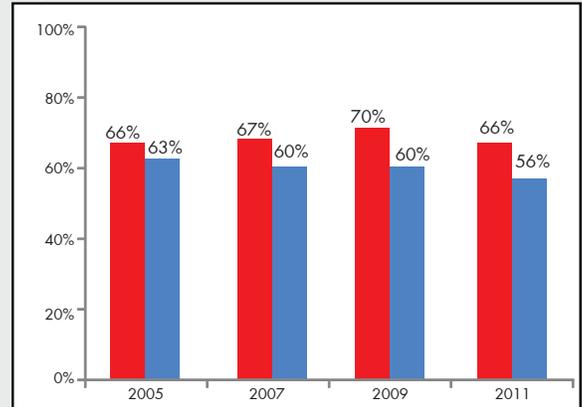
Question 78

Percentage of respondents who ate green salad one or more times during the past seven days = 61%

Responses by Grade



Responses by Year

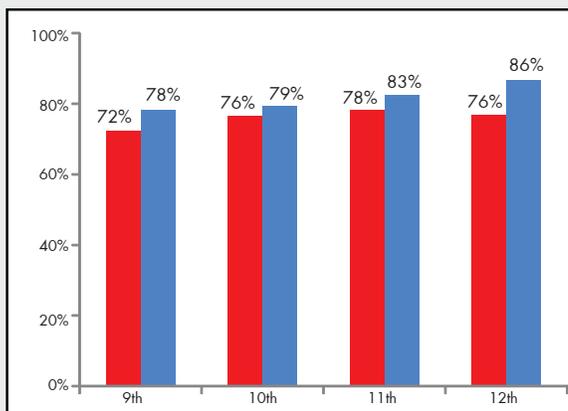


■ Females ■ Males

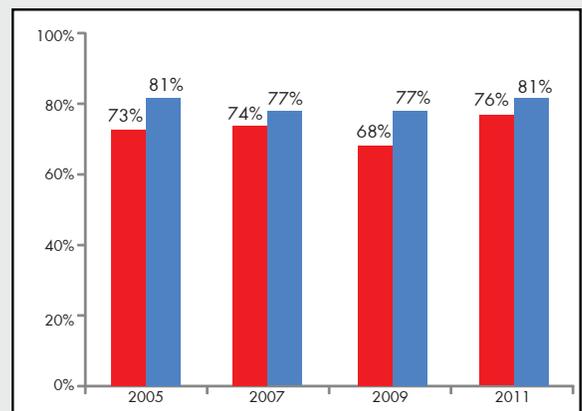
Question 79

Percentage of respondents who ate potatoes one or more times during the past seven days = 78%

Responses by Grade



Responses by Year

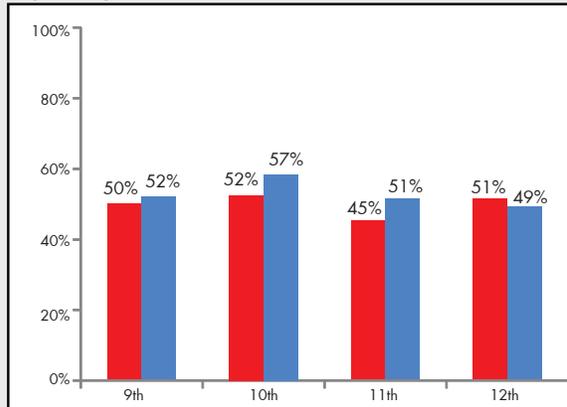


■ Females ■ Males

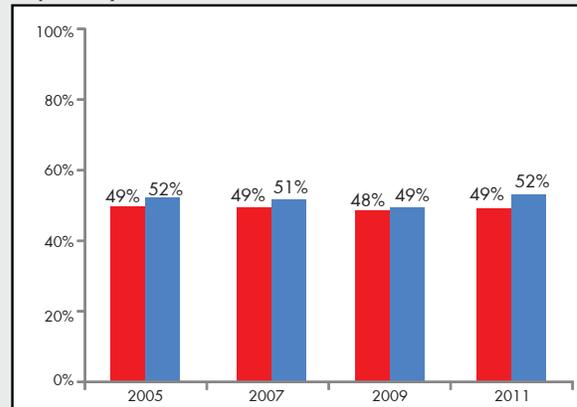
Question 80

Percentage of respondents who ate carrots one or more times during the past seven days = 51%

Responses by Grade



Responses by Year

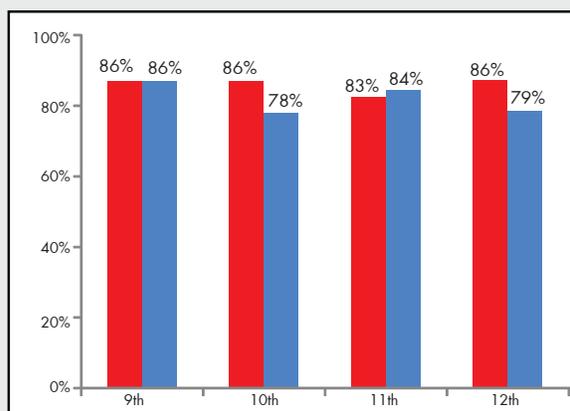


■ Females ■ Males

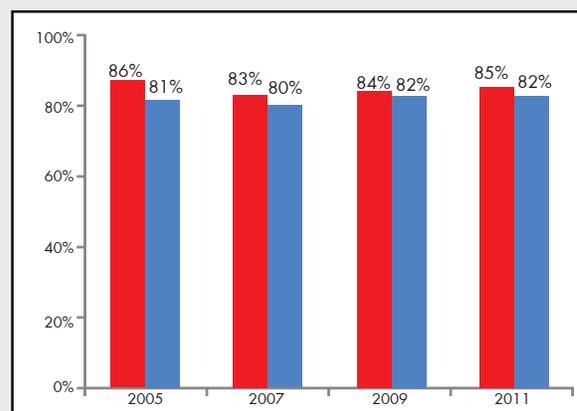
Question 81

Percentage of respondents who ate other vegetables one or more times during the past seven days = 84%

Responses by Grade



Responses by Year

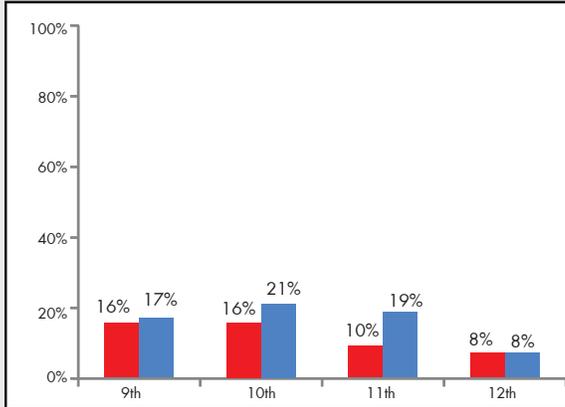


■ Females ■ Males

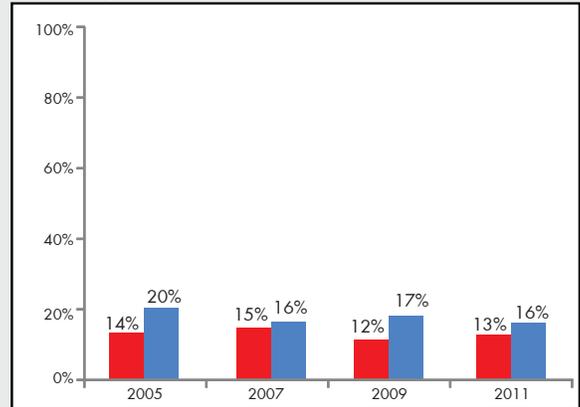
Questions 76 – 81

Percentage of respondents who ate five or more servings of fruits and vegetables per day during the past 7 days = 15%

Responses by Grade



Responses by Year

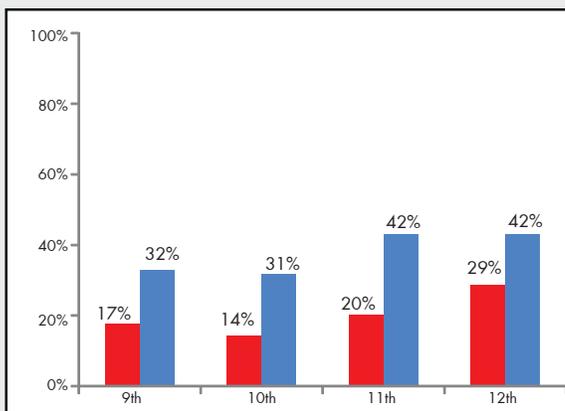


■ Females ■ Males

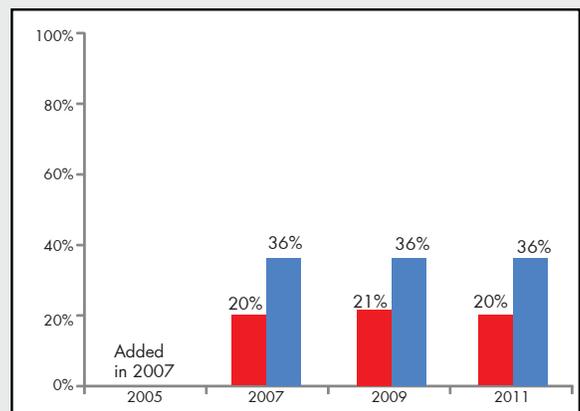
Question 82

Percentage of respondents who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days = 28%

Responses by Grade



Responses by Year

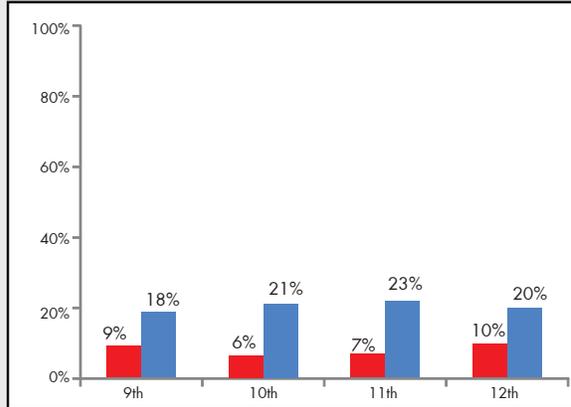


■ Females ■ Males

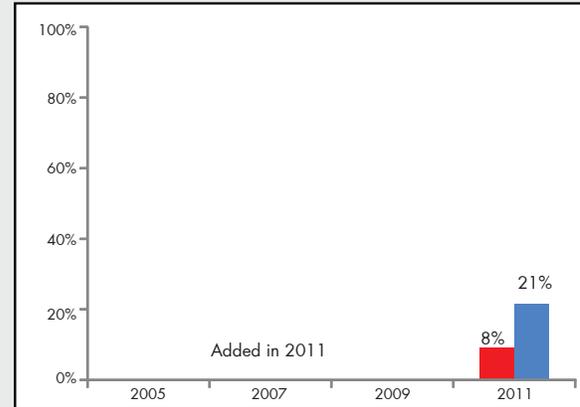
Question 83

Percentage of respondents who drank a can, bottle, or glass of a sports drink such as Gatorade or PowerAde one or more times per day during the past seven days = 14%

Responses by Grade



Responses by Year

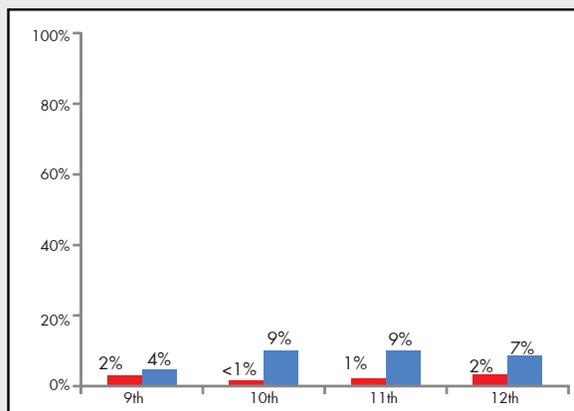


■ Females ■ Males

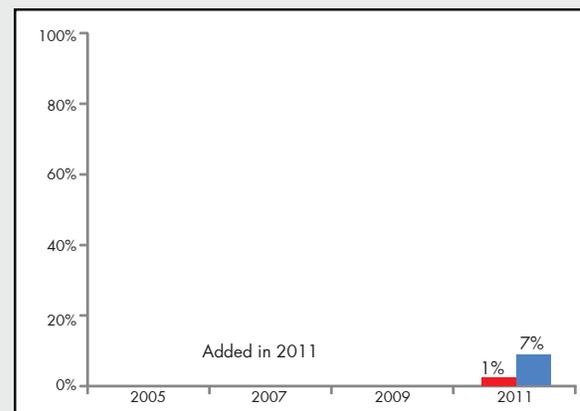
Question 84

Percentage of respondents who drank a can, bottle, or glass of an energy drink such as Red Bull or Jolt one or more times per day during the past seven days = 4%

Responses by Grade



Responses by Year

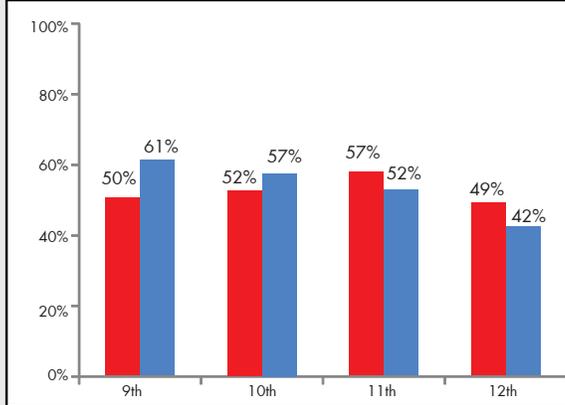


■ Females ■ Males

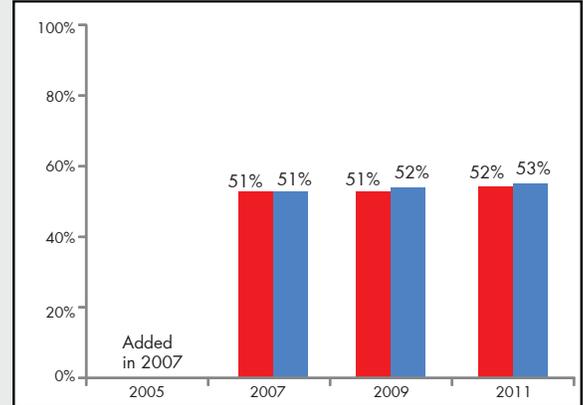
Question 85

Percentage of respondents who ate breakfast on 5 or more of the past 7 days = 53%

Responses by Grade



Responses by Year

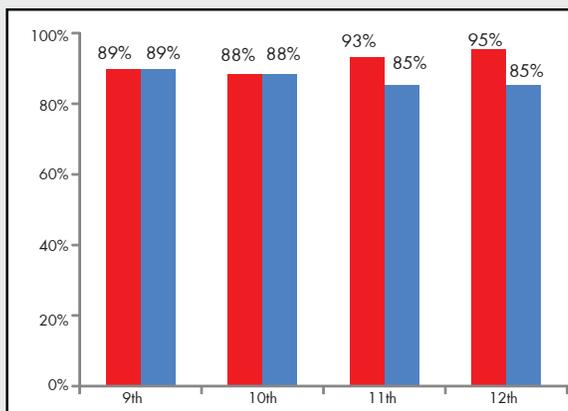


Females Males

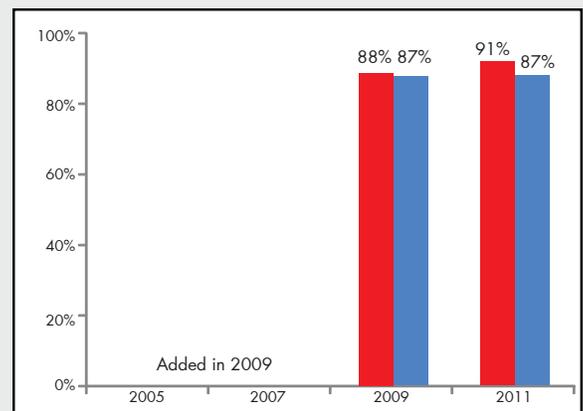
Question 86

Percentage of respondents who never or rarely went hungry during the past 30 days because there was not enough food in the house = 89%

Responses by Grade



Responses by Year



Females Males