

WEIGHT AND NUTRITION

Fact Sheet



The Michigan Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include: unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy or disease, dietary behaviors, and physical inactivity.

Forty-three Michigan schools and 3,630 students participated in the 2001 YRBS. High response rates allow results of the 2001 YRBS to be generalized to all Michigan high school students.

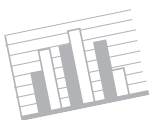


Of Vital Concern

The prevalence of overweight among adolescents more than doubled from 5% in the late 1970s to 11% between 1988 and 1994. Overweight or obesity acquired during childhood or adolescence may persist into adulthood and increase the risk later in life for coronary heart disease, gallbladder disease, some types of cancer, and osteoarthritis of the weight-bearing joints. In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting.

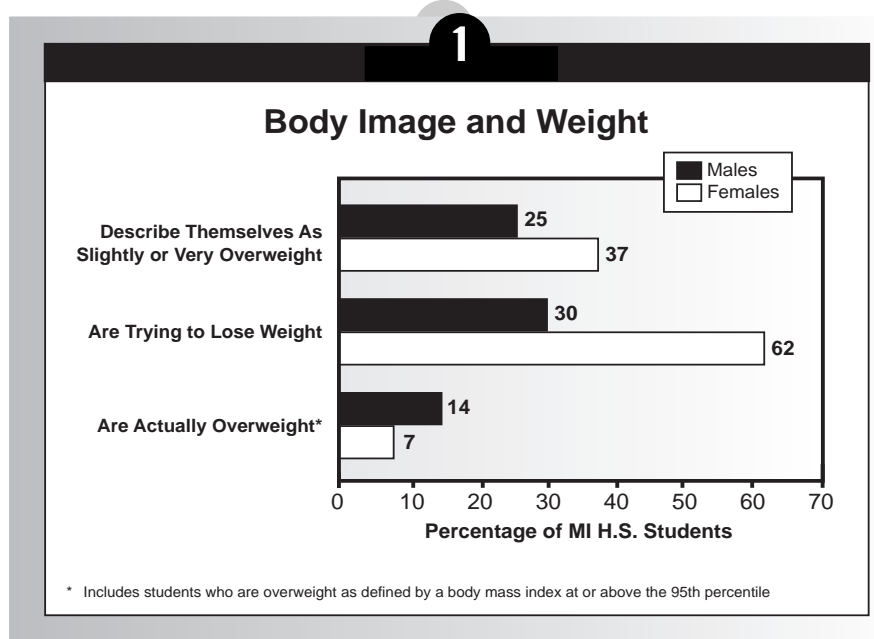
Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer. Only 44% of male adolescents and 27% of female adolescents meet the minimum average daily goal of a least five servings of vegetables and fruits set by the *Dietary Guidelines for Americans*. Milk is by far the largest single source of calcium for adolescents, but it is estimated that about half of adolescent males and more than 80% of adolescent females do not meet dietary recommendations for calcium intake. Calcium is essential for the formation and maintenance of bones and teeth; low calcium intake during the first two to three decades of life is an important risk factor in the development of osteoporosis.

For complete references, please log onto www.emc.cmich.edu/yrbs/references.htm.



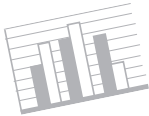
2001 Survey Results

◆ Males were more likely than females to be overweight. However, females were more likely than males to describe themselves as being overweight and were twice as likely to be trying to lose weight (Figure 1).



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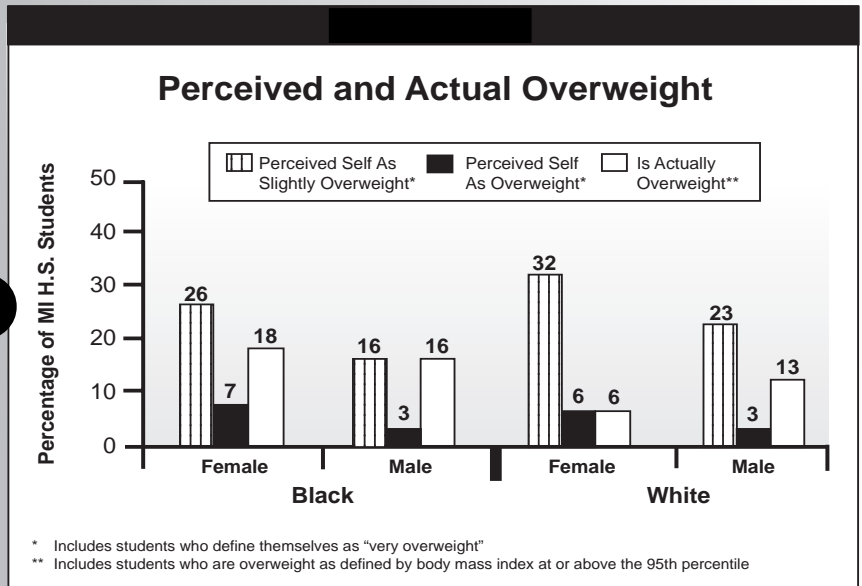
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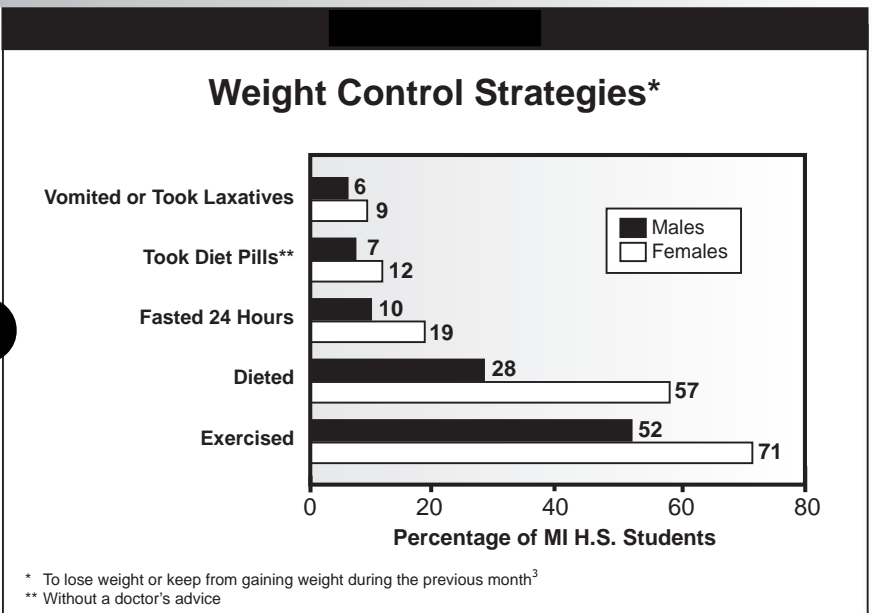
2001 Survey Results (continued)

- ◆ Hispanic students were more likely than black or white students to describe themselves as being overweight and to be trying to lose weight.
- ◆ Black students were more likely than white students to be overweight¹ and be at risk for overweight² (Figure 2).
- ◆ Females were more likely than males to exercise, diet, fast, take diet pills, and vomit or take laxatives to control weight (Figure 3).
- ◆ White students were more likely than black students to exercise and diet, but less likely to fast, vomit or take laxatives to control weight.

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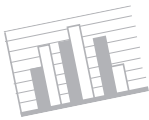
¹ *Overweight* is defined by the CDC as a Body Mass Index (BMI) equal to or greater than 95 percent.

² *At risk of overweight* is defined by the CDC as a Body Mass Index (BMI) equal to or greater than 85 percent and less than 95 percent.

³ *Previous month* means the 30 days preceding the survey.

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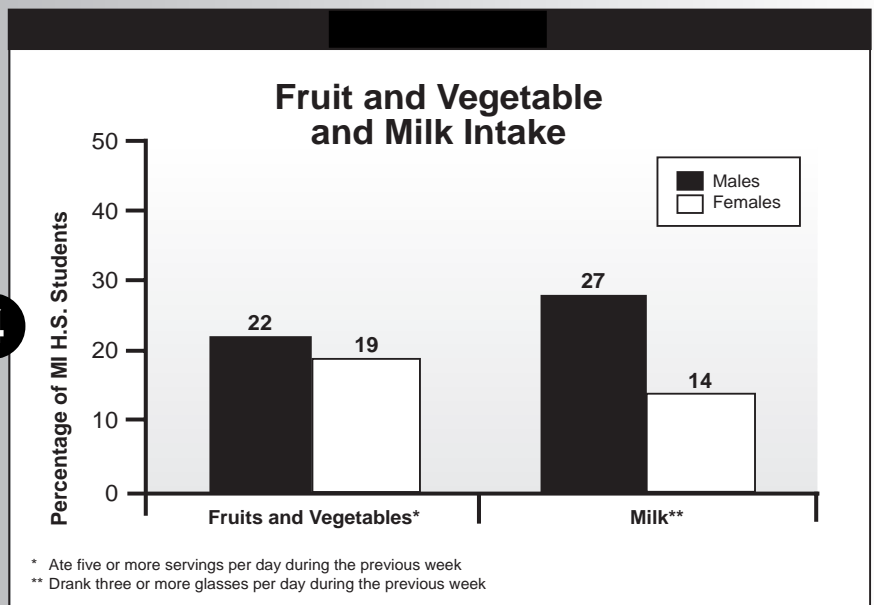
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2001 Survey Results (continued)

- ◆ Only one fifth of all students drank the recommended amount of three glasses of milk daily. Females and black students were approximately half as likely as males and white students to drink enough milk.
- ◆ Approximately one fifth of students ate the recommended daily allowance of five servings of fruit and vegetables a day. This was consistent regardless of sex, grade, and race/ethnicity (Figure 4).

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Trends

Compared to 1997, significantly more high school students exercised to lose weight or keep from gaining weight.

Contact Information

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The Michigan Department of Education complies with all Federal laws and regulations prohibiting discrimination, and with all requirements and regulations of the U. S. Department of Education.

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SURVEY QUESTION	MI	GENDER		GRADE				RACE/ETHNICITY		
	01	M	F	9	10	11	12	White	Black	Hispanic
% of students who are at risk for becoming overweight	13	15	12	16	15	11	10	12	18	16
% of students who are overweight	11	14	7	12	12	9	10	10	17	17
% of students who described themselves as slightly or very overweight	31	25	37	30	33	29	32	31	27	45
% of students who were trying to lose weight	46	30	62	48	45	42	49	47	40	55
% of students who exercised to lose weight or keep from gaining weight during the past 30 days	61	52	71	63	63	59	61	63	53	66
% of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	43	28	57	43	44	40	44	44	35	46
% of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	14	10	19	17	13	13	11	13	18	14
% of students 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	10	7	12	9	10	9	12	9	11	11
% of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	8	6	9	9	8	6	7	7	10	12
% of students who drank 100% fruit juices one or more times during the past 7 days	85	83	86	82	84	87	89	86	80	80
% of students who ate fruit one or more times during the past 7 days	85	83	87	83	85	86	88	87	73	86
% of students who ate green salad one or more times during the past 7 days	70	66	74	69	67	70	77	73	56	69
% of students who ate potatoes one or more times during the past 7 days	76	76	76	71	77	79	79	79	63	75
% of students who ate carrots one or more times during the past 7 days	54	54	54	51	50	57	61	59	29	54
% of students who ate other vegetables one or more times during the past 7 days	83	81	84	80	81	86	86	85	70	86
% of students who ate 5 or more servings of fruits and vegetables per day during the past 7 days	21	22	19	21	20	20	22	21	17	24
% of students who drank 3 or more glasses of milk per day during the past 7 days	20	27	14	22	21	20	18	22	10	16

For additional information on the YRBS results, please log on to www.emc.cmich.edu/yrbs/default.htm