

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. High response rates allow results of the 2007 YRBS to be generalized to all Michigan students in grades 9-12.



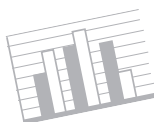
Of Vital Concern: The National Perspective

In 2003-2004, 66% of persons aged 20 years or older were either overweight or obese and 17% of adolescents aged 12-19 years were overweight. In 2003-2004, there were more than three times as many overweight adolescents as there were in 1976-1980. Overweight or obesity acquired during childhood or adolescence may persist into adulthood. Overweight during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes and hypertension. Studies have shown high rates of body dissatisfaction and dieting among adolescents, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.

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, cardiovascular disease, and stroke. In 2005, 20% of high school students nationwide ate fruits and vegetables five or more times per day. Milk is an important source of calcium for adolescents. Calcium is essential for forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.

In recent years, soft drink consumption has significantly increased among children and adolescents. Among persons aged 2-18 years, soft drinks comprised 3% of the total daily calories consumed in 1977-1978 compared to 7% in 1999-2001. Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with being at increased risk for overweight in children.

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

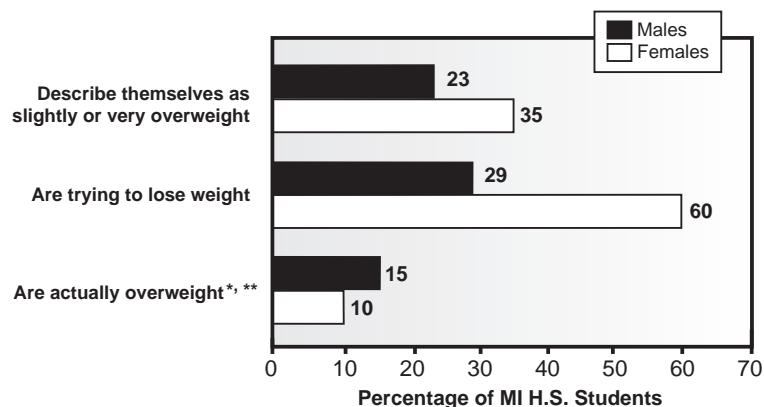


2007 Survey Results

- ◆ One-quarter of Michigan high school students are **overweight**¹ or **at risk for becoming overweight**.² Over one-third of black students fall into these categories.
- ◆ 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).

1

Body Image and Weight



* Includes students who are overweight as defined by a body mass index at or above the 95th percentile

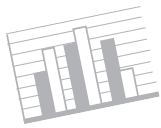
** Not a statistically significant difference

¹ *Overweight* is defined by the CDC as a Body Mass Index (BMI) greater than 95 percent. BMI was calculated using the height and weight questions answered by each respondent.

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

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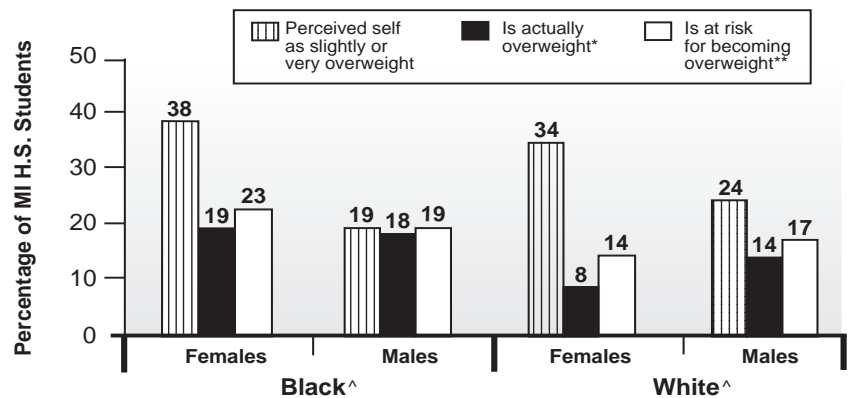


2007 Survey Results (continued)

- ◆ Black students were more likely than white students to be **overweight** and **at risk for becoming overweight**. They were also less likely to **exercise** to lose or keep from gaining weight (Figure 2).
- ◆ Females were more likely than males to engage in most forms of weight loss behavior, such as **exercise** and **dieting**. They were also more likely to **fast** and **vomit or use laxatives** to maintain or lose weight (Figure 3).
- ◆ Students with high grades were less likely to be **overweight** and **at risk for becoming overweight** than those with low grades in school.³ They were also more likely to exercise to control weight.

2

Perceived and Actual Overweight



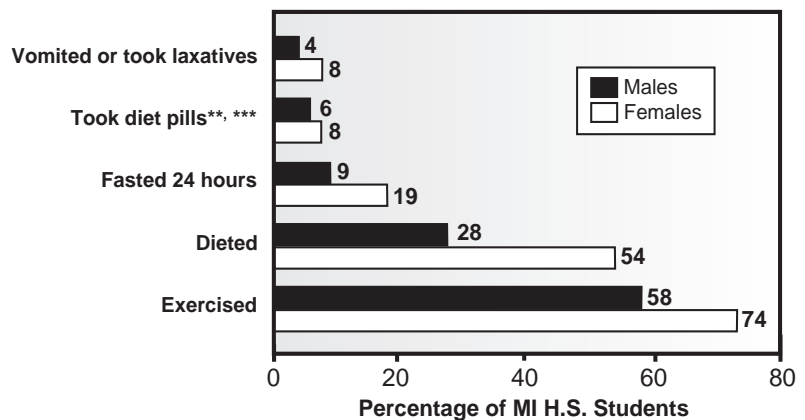
* Includes students who have a body mass index at or above the 95th percentile

** Includes students who have a body mass index equal to or greater than 85 percent and less than 95 percent

^ Non-Hispanic

3

Weight Control Strategies*



* To lose weight or keep from gaining weight during the previous month

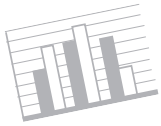
** Without a doctor's advice

*** These percentages do not represent a statistically significant difference between genders.

³ Self report grades earned in school are used to assess academic achievement with high grades representing students with mostly As and Bs, average grades with Cs, and low grades with mostly Ds and Fs.

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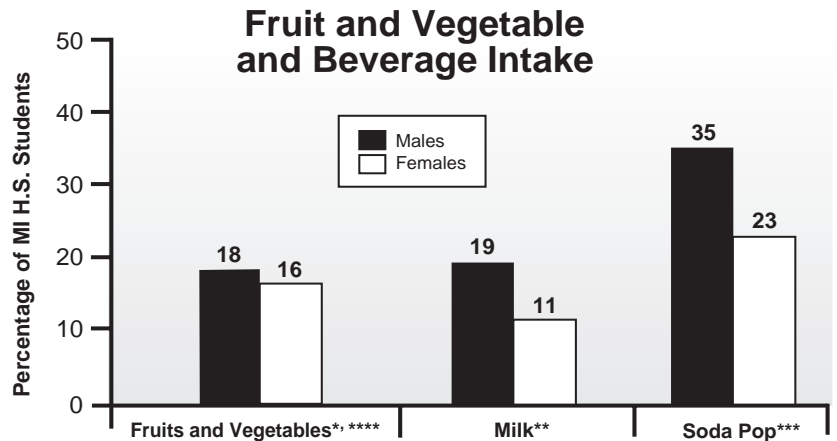
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2007 Survey Results (continued)

- ◆ One-sixth of Michigan students ate the recommended daily allowance of **five servings of fruit and vegetables⁴ a day**. This was consistent regardless of gender, grade, race/ethnicity, and academics (Figure 4).
- ◆ One-seventh of all students drank three or more glasses of **milk** daily. Females and black students were less likely than males and white students to drink enough **milk** (Figure 4).
- ◆ Over one quarter of all students drank at least one can, bottle, or glass of **soda** daily. Females and students with high grades were less likely than males and students with average and low grades to do so (Figure 4).
- ◆ Students with higher grades were more likely than students with lower grades to consume at least one serving in the past week of **fruit, green salad, potatoes, carrots, or other vegetables**; however, they were about the same in eating at least five or more servings of fruit and vegetables a day (Figure 5).

4



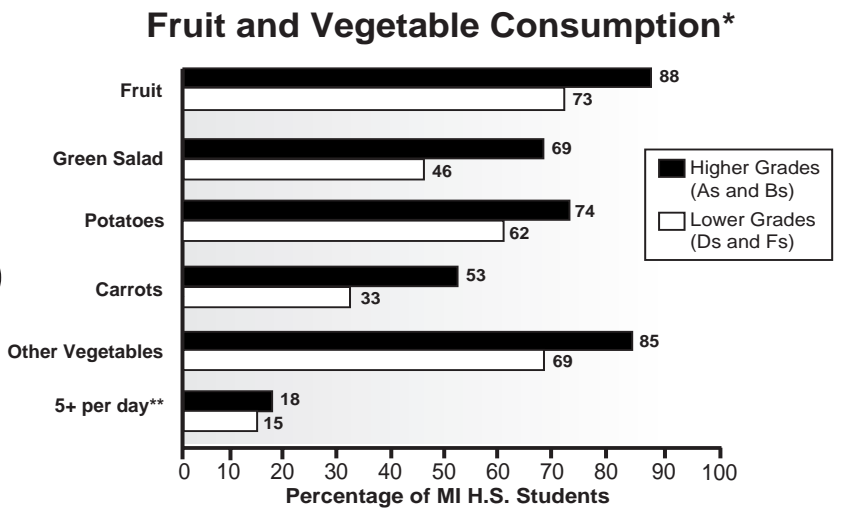
* Ate five or more servings per day during the previous week

** Drank three or more glasses per day during the previous week

*** Drank a can, bottle, or glass one or more times per day during the previous week

**** These percentages do not represent a statistically significant difference between genders.

5



* Consumed 1 or more times in the previous week.

** These percentages do not represent a statistically significant difference.

⁴ *Fruits and vegetables* include 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.



Trends

Since 1999, Michigan high school students are significantly more likely to exercise to control weight although they are also significantly at higher risk for becoming overweight. They are also less likely to get recommended amounts of fruits and vegetables and milk.

Contact Information

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SURVEY QUESTION	MI	GENDER		GRADE				RACE/ETHNICITY			
	2007	M	F	9	10	11	12	American Indian	Black^	Hispanic/Latino	White^
% of students who are at risk for becoming overweight	17	17	16	19	16	15	15	16	21	16	15
% of students who are overweight	12	15	10	13	16	13	7	14	19	15	11
% of students who described themselves as slightly or very overweight	29	23	35	30	31	29	26	23	28	32	29
% of students who were trying to lose weight	45	29	60	47	45	44	42	41	40	46	46
% of students who exercised to lose weight or keep from gaining weight during the past 30 days	65	58	74	71	64	61	66	44	58	65	67
% 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	41	28	54	43	40	39	40	37	35	41	42
% 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	9	19	17	14	12	11	17	15	16	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	7	6	8	7	6	5	9	16	8	14	7
% of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	6	4	8	6	7	5	5	13	5	10	6
% of students who drank 100% fruit juices one or more times during the past 7 days	81	80	82	78	81	83	82	75	83	79	80
% of students who ate fruit one or more times during the past 7 days	84	84	85	83	82	87	86	81	74	80	87
% of students who ate green salad one or more times during the past 7 days	65	61	69	61	59	69	72	52	56	62	67
% of students who ate potatoes one or more times during the past 7 days	71	71	72	71	71	72	73	68	58	64	75
% of students who ate carrots one or more times during the past 7 days	48	49	48	47	44	51	53	34	30	47	53
% of students who ate other vegetables one or more times during the past 7 days	82	81	84	82	81	85	82	78	75	18	16
% of students who ate 5 or more servings of fruits and vegetables per day during the past 7 days	17	18	16	15	17	19	17	13	22	15	16
% of students who drank 3 or more glasses of milk per day during the past 7 days	15	19	11	18	12	13	14	10	9	12	17
% of students who drank a can, bottle, or glass of soda pop one or more times per day during the past 7 days	29	35	23	32	26	28	31	37	26	27	30

^Non-Hispanic

For additional information on the YRBS results, please log on to www.michigan.gov/yrbs