

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 2005 YRBS to be generalized to all Michigan students in grades 9-12.

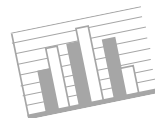


Of Vital Concern: The National Perspective

Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980. Approximately 400,000 deaths a year in the United States are currently associated with overweight and obesity. Left unabated, overweight and obesity may soon overtake tobacco as the leading cause of death. 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. 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 which can lead to abnormal physical and psychological development.

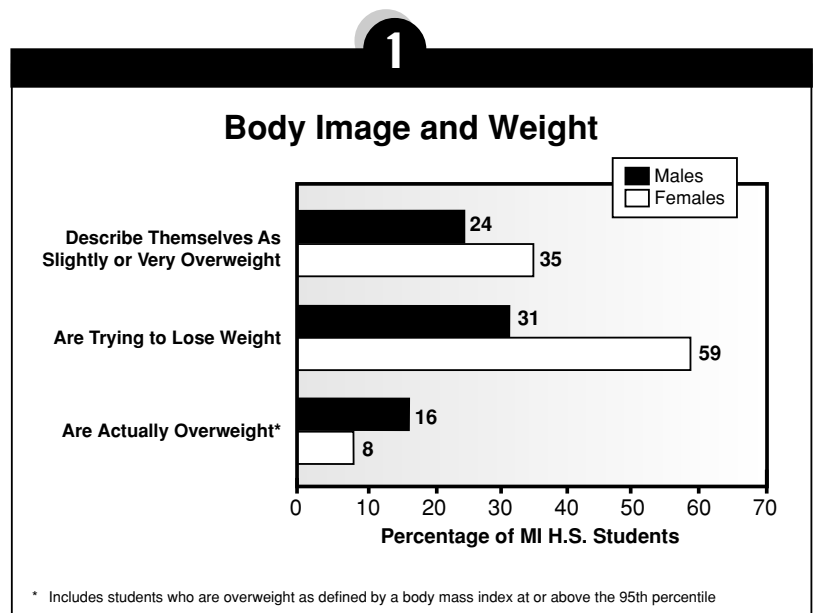
Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits, including a decreased risk for some types of cancer. In 2003, only 24% of male high school students and 20% of female high school students met the minimum average daily goal of at least five servings per day of vegetables and fruits. Milk is by far the largest single source of calcium for high school students. Only 55% of females aged 14-18 years old consumed the recommended daily amount of calcium. 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.



2005 Survey Results

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

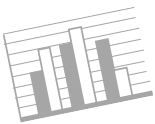


¹ *Overweight* is defined by the CDC as a Body Mass Index (BMI) greater than 95 percent. BMI was calculated using the height and weight questions answered by each respondent.

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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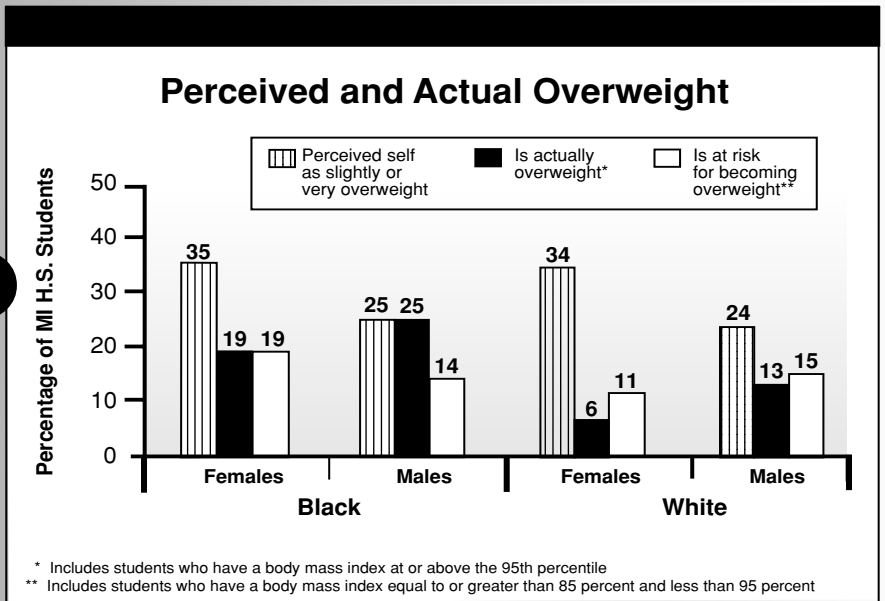
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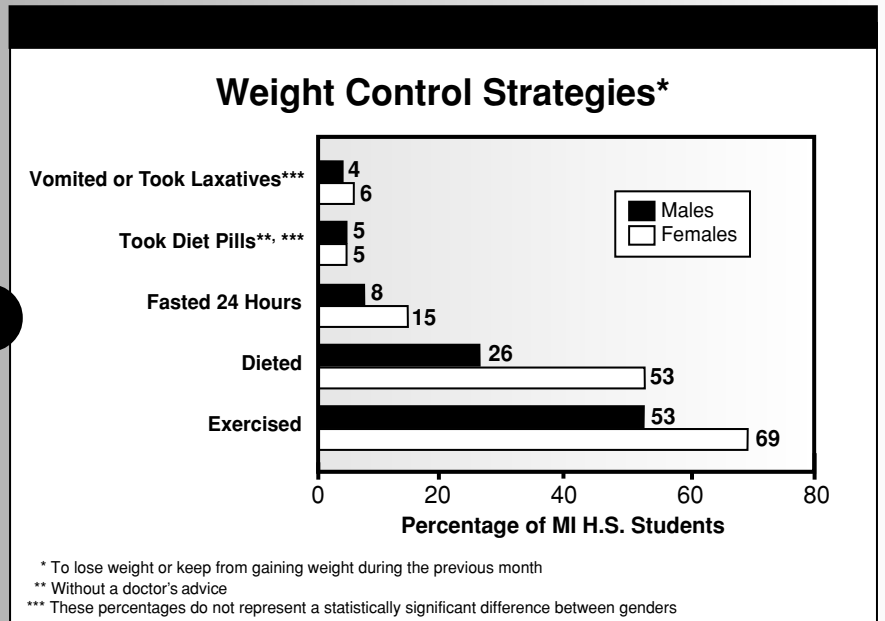
2005 Survey Results (continued)

- ◆ Black students were more likely than white students to be **overweight** (Figure 2).
- ◆ Females were more likely than males to engage in most forms of weight loss behavior, such as **exercising, dieting,** and **fasting** to control weight (Figure 3).
- ◆ Students with high grades were less likely to be **overweight** than those with average grades.³
- ◆ Students with high grades were more likely than students with low grades to **exercise** to lose weight.

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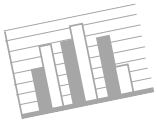


³ Self report grades earned in school are used to assess academic achievement with high grades representing students with mostly As and Bs, average grades with Cs, and low grades with mostly Ds and Fs.

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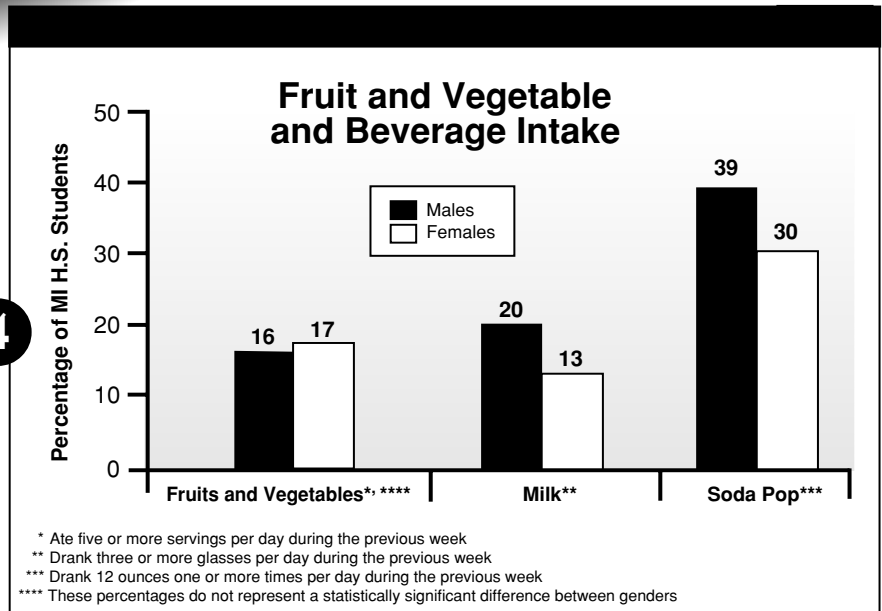
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2005 Survey Results (continued)

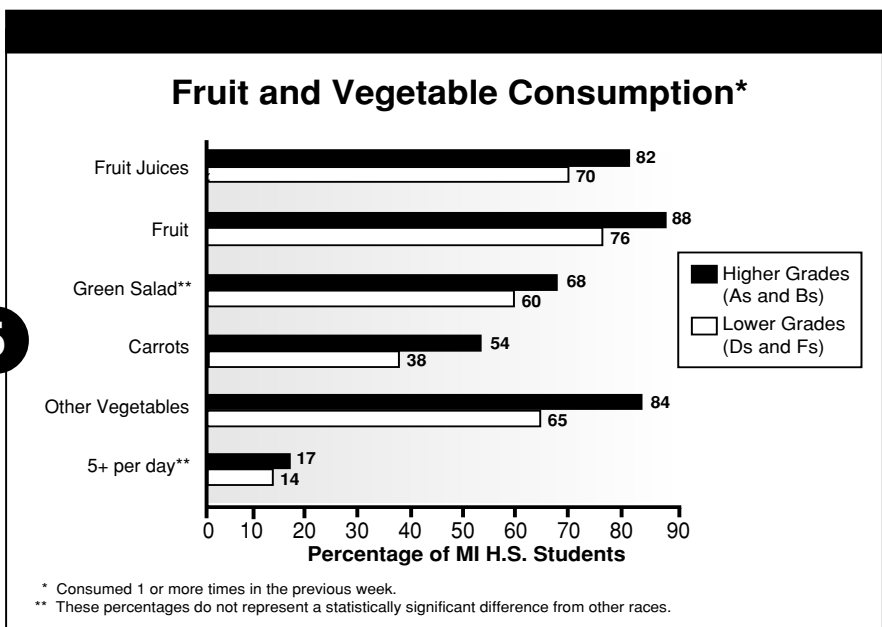


- ◆ Less than one fifth of students ate the recommended daily allowance of **five servings of fruit and vegetables⁴ a day**. This was consistent regardless of gender, grade, and race/ethnicity (Figure 4).
- ◆ Less than one sixth of all students drank the recommended amount of three glasses of **milk** daily. Females were less likely than males to drink enough **milk** while black students were two times less likely than white students to drink enough **milk** (Figure 4).
- ◆ One third of students drank at least one can of **soda** daily. Females and students with higher 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 of **fruit or fruit juices, 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).

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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

Compared to 2001, significantly fewer high school students consumed five or more servings of fruit and vegetables a day.

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SURVEY QUESTION 	MI	GENDER		GRADE				RACE/ETHNICITY			
	2005	M	F	9	10	11	12	Black	White	Hispanic	American Indian
% of students who are at risk for becoming overweight	14	14	13	15	15	12	12	16	13	23	10
% of students who are overweight	12	16	8	10	13	13	13	22	10	14	16
% of students who described themselves as slightly or very overweight	29	24	35	26	29	32	32	29	29	33	38
% of students who were trying to lose weight	45	31	59	46	45	44	45	42	45	51	52
% of students who exercised to lose weight or keep from gaining weight during the past 30 days	61	53	69	64	62	61	56	57	62	68	73
% 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	40	26	53	39	38	39	44	34	41	31	53
% 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	11	8	15	13	12	9	10	11	11	14	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	5	5	5	4	6	3	7	4	5	8	7
% of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	5	4	6	6	5	3	4	6	4	7	13
% of students who drank 100% fruit juices one or more times during the past 7 days	79	80	79	79	82	78	79	78	80	79	89
% of students who ate fruit one or more times during the past 7 days	85	81	88	84	85	86	85	68	88	85	89
% of students who ate green salad one or more times during the past 7 days	64	59	70	59	64	66	68	50	67	67	66
% of students who ate potatoes one or more times during the past 7 days	72	70	74	70	71	74	72	63	74	72	73
% of students who ate carrots one or more times during the past 7 days	49	48	50	47	49	51	48	27	54	44	44
% of students who ate other vegetables one or more times during the past 7 days	81	78	84	79	81	83	80	69	83	75	83
% of students who ate 5 or more servings of fruits and vegetables per day during the past 7 days	17	16	17	20	17	16	14	17	17	15	20
% of students who drank 3 or more glasses of milk per day during the past 7 days	17	20	13	19	16	16	14	8	19	12	17
% of students who drank 12 ounces of soda pop one or more times per day during the past 7 days	35	39	30	31	35	38	37	38	34	30	33

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