

Nutrition

Obesity has reached epidemic proportions. In the past 20 years, the prevalence of obesity has increased by more than 60 percent among adults and tripled in children and adolescents. Fifteen percent of children and adolescents are overweight and more than half of these children have at least one cardiovascular disease risk factor, such as elevated cholesterol and hypertension. ²⁸Physicians are reporting an increase in type 2 diabetes in the pediatric population. ²⁹ This disease has traditionally been found in the adult population.

Developing healthy eating behaviors is necessary for adolescents to improve their health status. Nutrition education is critical so adolescents understand the importance of a balanced diet containing calcium and other nutrients rather than sugary drinks and high-fat snacks. Nationally, 81 percent of the adolescents reported eating less than five fruits and vegetables per day. ³⁰

- Americans currently consume about 33 percent of their total calories from fat. ³¹
- High fat diets, which are associated with increased risk of obesity, heart disease, some types of cancer and other chronic conditions, often are consumed at the expense of foods high in complex carbohydrates and dietary fiber, which are considered more conducive to good health. ³¹
- Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits. ³²
- Overweight children and adolescents are at risk to be overweight as adults, increasing the potential for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer and gall bladder disease. ³³
- 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. Overemphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia. Adolescent females represent a high-risk population for the development of these two health problems and comprise 90 percent to 95 percent of all patients with eating disorders. ³⁴

HP 2010 Objective:

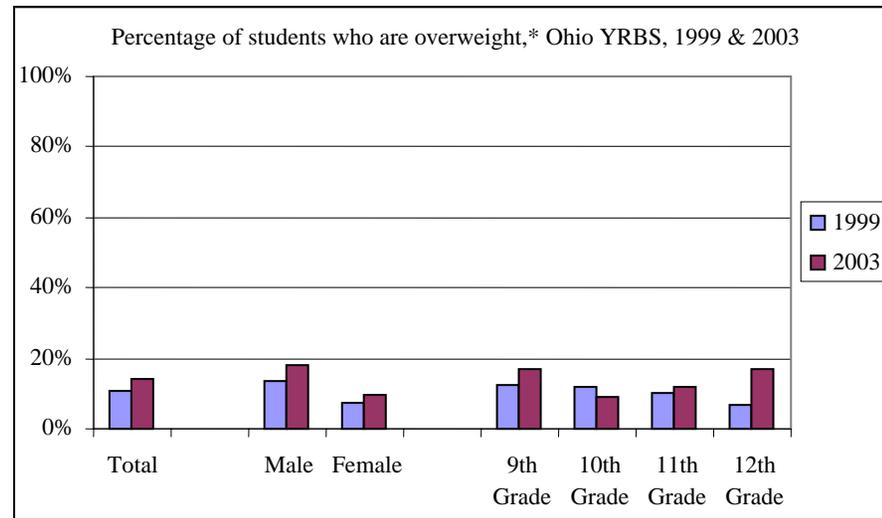
19-03: Reduce the proportion of children and adolescents who are overweight or obese to no more than 5 percent.

2003 OHIO YOUTH RISK BEHAVIOR SURVEY

- **Nutrition: Overweight**

How tall are you? How much do you weigh?

- **The percentage of students who are overweight* is three times what is expected.**
 - In 2003, 14 percent of students are overweight based on self report of height and weight.
 - Significantly more males (18 percent) than females (9 percent) are overweight. Significantly fewer 10th graders (9 percent) than ninth (17 percent) and 12th (17 percent) graders are overweight.
- **Significantly more students are overweight in 2003 (14 percent) than in 1999 (10 percent).**
 - This difference is significant for 12th graders.

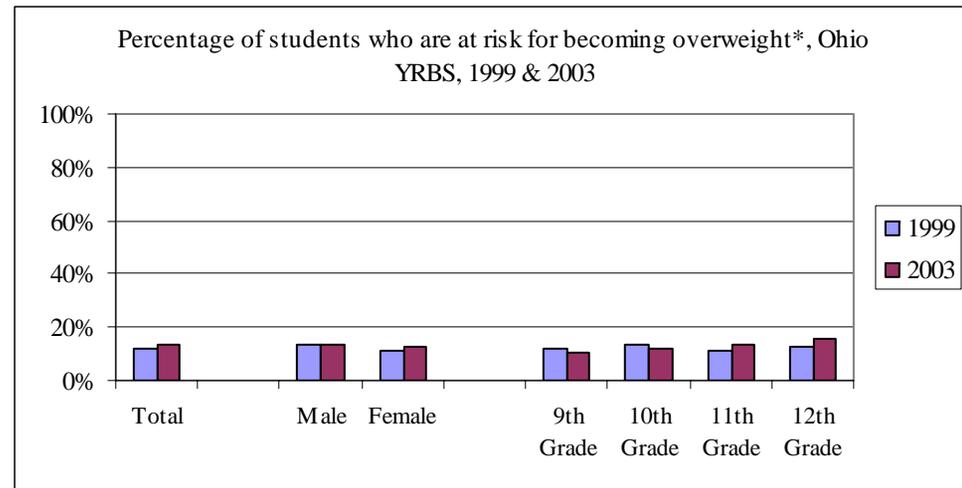


*Students with a Body Mass Index at or above the 95th percentile. It is expected 5 percent of students are overweight.

● Nutrition: Overweight Risk

How tall are you? How much do you weigh?

- **Some students are at risk for becoming overweight.***
 - In 2003, 13 percent of students are at risk for becoming overweight based on self-report of height and weight.
 - There are no significant differences in being at risk for becoming overweight between males and females or by grade level.
- **There are no significant differences in being at risk for becoming overweight between 1999 and 2003.**

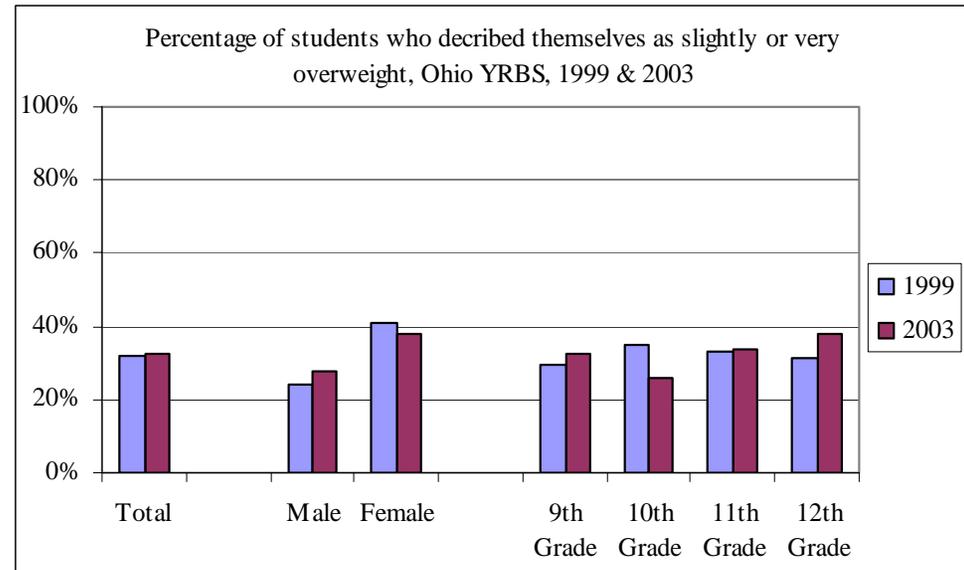


*Students with a Body Mass Index at or above the 85th percentile, but below the 95th percentile. It is expected that 10 percent of students are at risk for being overweight.

• Nutrition: Overweight

Q76 How do you describe your weight?

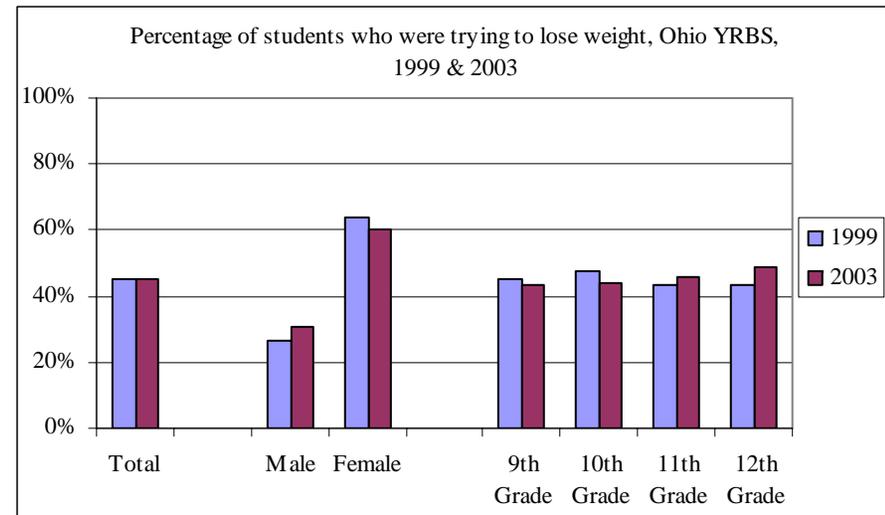
- **One-third of students describe themselves as slightly or very overweight.**
 - In 2003, 33 percent of students describe themselves as slightly or very overweight.
 - Significantly more females (38 percent) than males (28 percent) describe themselves as overweight. Significantly fewer 10th graders (26 percent) than 12th (38 percent) graders describe themselves as overweight.
- **There are no significant differences in students describing themselves as slightly or very overweight between 1999 and 2003.**



- **Nutrition: Weight Control**

Q77 Which of the following are you trying to do about your weight?

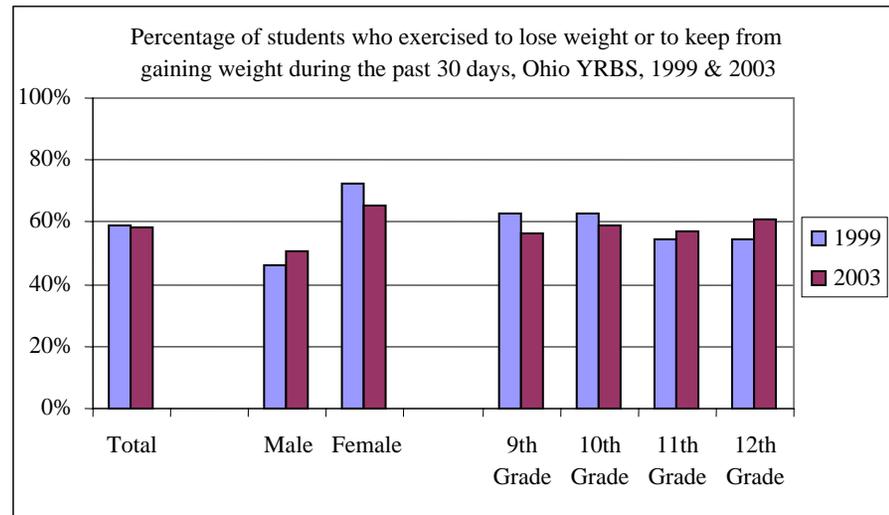
- **Approximately one-half of students are trying to lose weight.**
 - In 2003, 45 percent of students report trying to lose weight.
 - Significantly more females (60 percent) than males (31 percent) report trying to lose weight. There are no significant differences in trying to lose weight by grade level.
- **There are no significant differences in students trying to lose weight between 1999 and 2003.**



• Nutrition: Weight Control

Q78 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

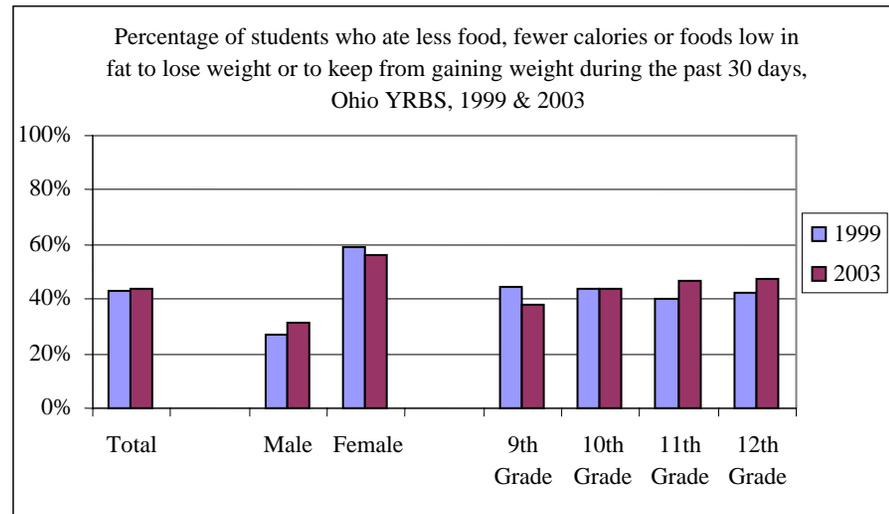
- **More than one-half of students are exercising for weight control.**
 - In 2003, 58 percent of students report exercising to lose weight or to keep from gaining weight during the past 30 days.
 - Significantly more females (66 percent) than males (51 percent) report exercising for weight control. There are no significant differences in exercising for weight control by grade level.
- **There are no significant differences in students exercising to lose weight or to keep from gaining weight between 1999 and 2003.**



● Nutrition: Weight Control

Q79 During the past 30 days, did you eat less food, fewer calories or foods low in fat to lose weight or to keep from gaining weight?

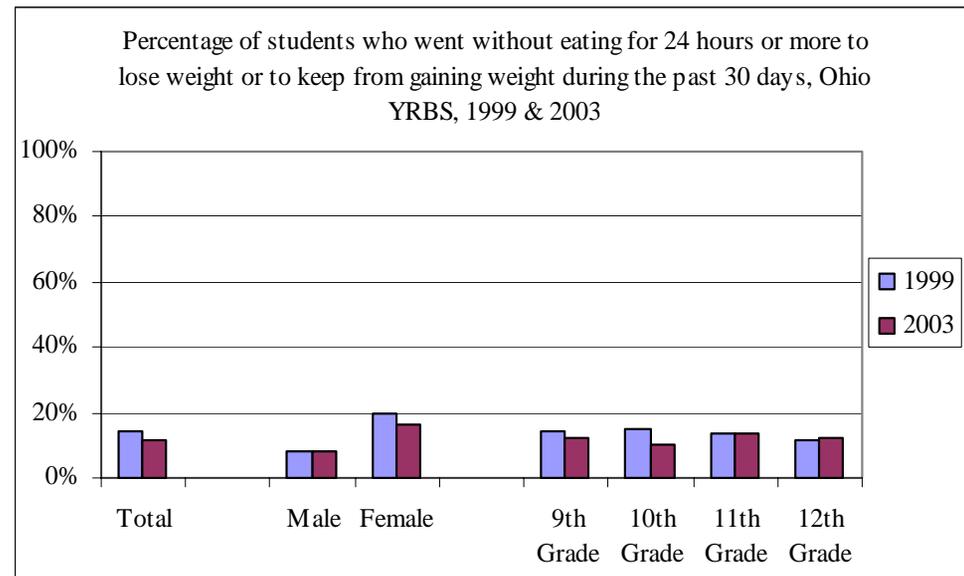
- **Almost one-half of students eat less food, fewer calories, or foods low in fat for weight control.**
 - In 2003, 44 percent of students report eating less food, fewer calories or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.
 - Significantly more females (56 percent) than males (32 percent) report eating less or fewer calories for weight control. There are no significant differences in eating less for weight control by grade level.
- **There are no significant differences in students eating less to lose weight or to keep from gaining weight between 1999 and 2003.**



● **Nutrition: Weight Control**

Q80 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?

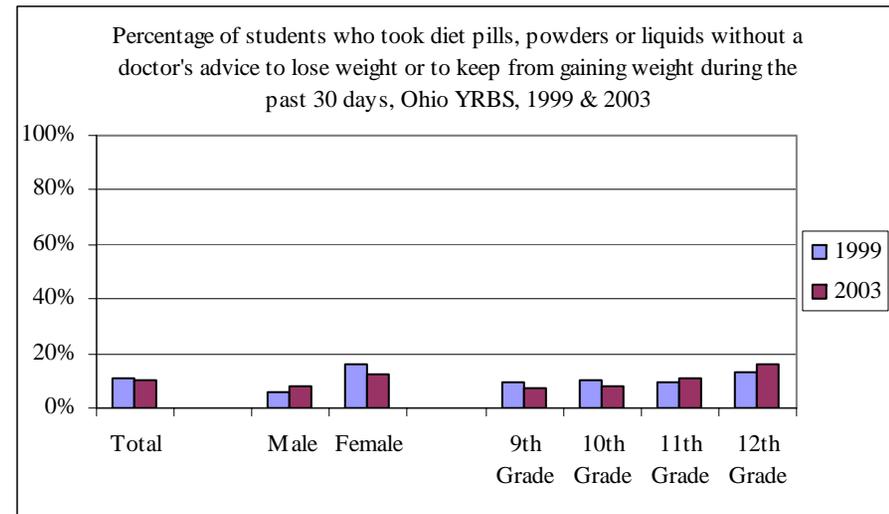
- **Most students do not fast for weight control.**
 - In 2003, 12 percent of students report not eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.
 - Significantly more females (16 percent) than males (8 percent) report not eating for at least 24 hours for weight control. There are no significant differences in fasting for weight control by grade level.
- **There are no significant differences in students fasting to lose weight or to keep from gaining weight between 1999 and 2003.**



• Nutrition: Weight Control

Q81 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?

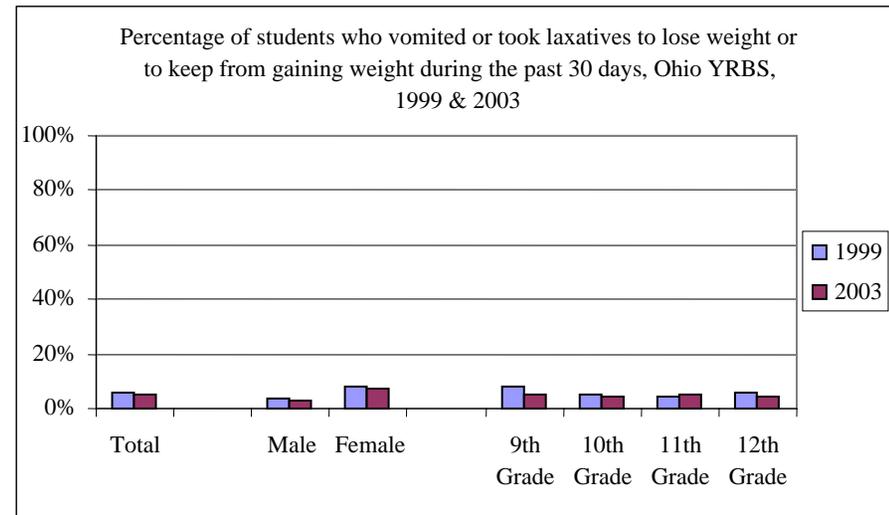
- **Most students do not take diet pills, powders or liquids for weight control.**
 - In 2003, 10 percent of students report taking diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.
 - There are no significant differences in taking diet pills, powders or liquids for weight control between males and females. Significantly more 12th graders (16 percent) than ninth (7.3 percent) and 10th (8.5 percent) graders report taking diet pills, powders or liquids for weight control.
- **There are no significant differences in students taking diet pills, powders or liquids to lose weight or to keep from gaining weight between 1999 and 2003.**



● Nutrition: Weight Control

Q82 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

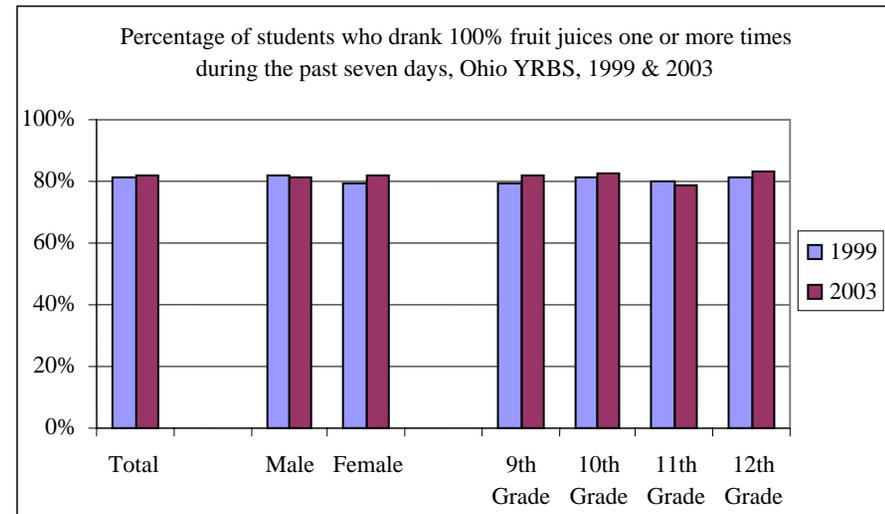
- **Few students vomit or take laxatives for weight control.**
 - In 2003, 4.9 percent of students report vomiting or taking laxatives to lose weight or to keep from gaining weight during the past 30 days.
 - Significantly more females (7 percent) than males (2.7 percent) vomit or take laxatives for weight control. There are no significant differences in vomiting or taking laxatives for weight control by grade level.
- **There are no significant differences in students vomiting or taking laxatives to lose weight or to keep from gaining weight between 1999 and 2003.**



- **Nutrition: Fruit Juice**

Q83 During the past seven days, how many times did you drink 100 percent fruit juices such as orange juice, apple juice or grape juice?

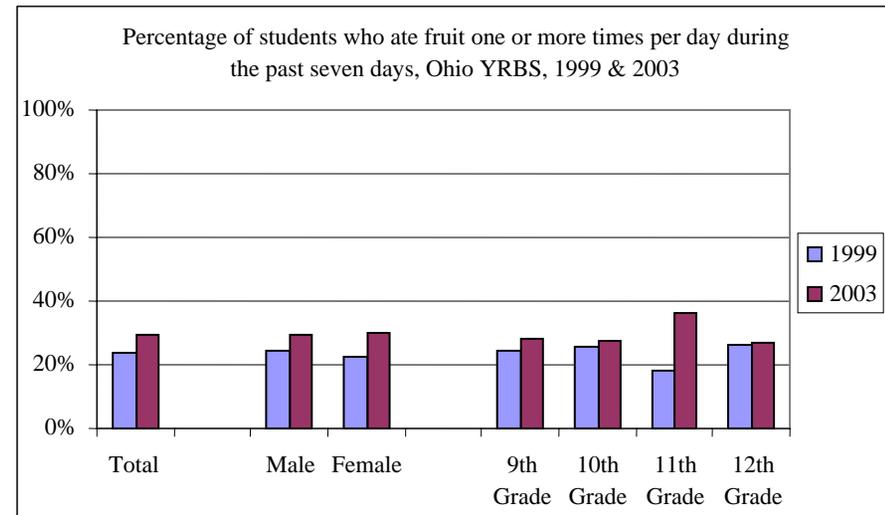
- **Most students drink 100 percent fruit juice.**
 - In 2003, 82 percent of students report drinking 100 percent fruit juices one or more times during the past seven days.
 - There are no significant differences in drinking 100 percent fruit juices between males and females or by grade level.
- **There are no significant differences in students drinking fruit juices between 1999 and 2003.**



• Nutrition: Fruit

Q84 During the past seven days, how many times did you eat fruit?

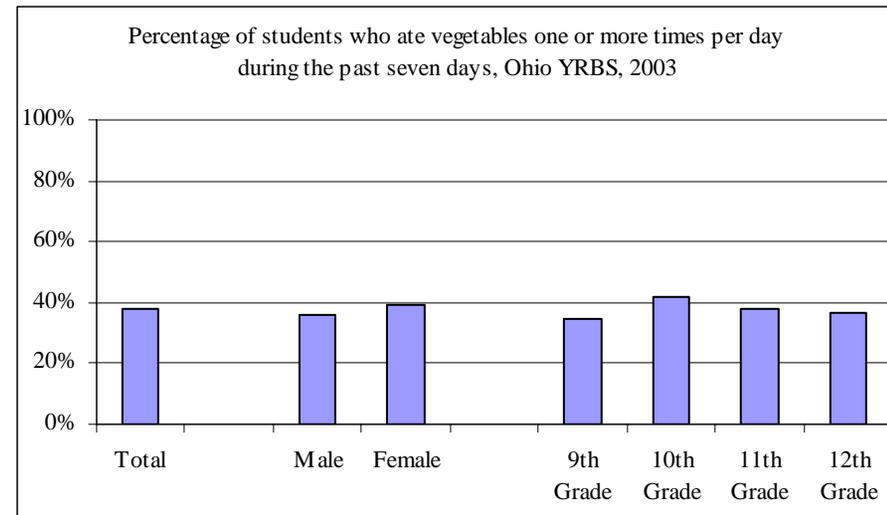
- **Almost one-third of students eat fruit.**
 - In 2003, 30 percent of students report eating fruit one or more times per day during the past seven days.
 - There are no significant differences in eating fruit between males and females or by grade level.
- **Significantly more students report eating fruit one or more times per day in 2003 (30 percent) than 1999 (24 percent).**
 - This difference is significant for females, but not by grade level.



- **Nutrition: Vegetables**

Q85 During the past seven days, how many times did you eat vegetables?

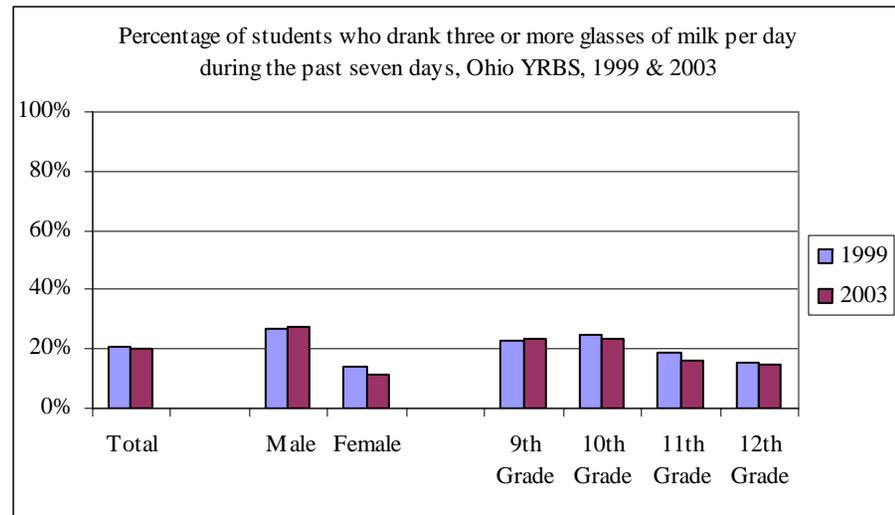
- **Approximately one-third of students eat vegetables.**
 - In 2003, 38 percent of students report eating vegetables one or more times per day during the past seven days.
 - There are no significant differences in eating vegetables between males and females or by grade level.
- **This question was not asked in 1999.**



• Nutrition: Milk

Q86 During the past seven days, how many glasses of milk did you drink?

- **Few students drink three or more glasses of milk each day.**
 - In 2003, 20 percent of students report drinking three or more glasses of milk per day during the past seven days.
 - Significantly more males (28 percent) report drinking milk than females (12 percent). There are no significant differences in drinking milk by grade level.
- **There are no significant differences in students drinking milk between 1999 and 2003.**



- **Nutrition: Soda/Pop**

Q87 During the past seven days, how many times did you drink soda/pop?

- **Almost one-half of students drink soda/pop daily.**
 - In 2003, 43 percent of students report drinking soda/pop one or more times per day during the past seven days.
 - Significantly more males (49 percent) than females (38 percent) report drinking soda/pop. There are no significant differences in drinking soda/pop by grade level.
- **This question was not asked in 1999.**

