

# NUTRITION: Overweight risk

How tall are you? How much do you weigh?

**In 2005, less than one-fifth of students were at risk for becoming overweight.\***

- 14.7 percent of students were at risk for becoming overweight based on self-report of height and weight.
- There were no significant differences in being at risk for becoming overweight by gender, grade level or race.

**There were no significant differences in being at risk for becoming overweight between 1999 and 2005.**

\*Students at risk for becoming overweight are those with a Body Mass Index at or above the 85<sup>th</sup> percentile, but below the 95<sup>th</sup> percentile. Calculations based upon self-reported height and weight.

