

# NUTRITION: Overweight

How tall are you? How much do you weigh?

**In 2005, more than 10 percent of students were overweight.\***

- 12.7 percent of students were overweight based on self report of height and weight.
- Significantly more males (16 percent) than females (9.2 percent) were overweight.
- There are no significant differences in students who were overweight by grade level or race.

**There was no significant difference in the total percentage of students who were overweight between 1999 and 2005.**

- A significant increase was observed for students in the 10<sup>th</sup> grade between 2003 (9.2 percent) and 2005 (15.2 percent).

\*Students with a Body Mass Index at or above the 95<sup>th</sup> percentile are considered overweight. Calculations based upon self-reported height and weight.

