

# OBSESITY

RESULTS FROM THE

## OKLAHOMA YOUTH RISK BEHAVIOR SURVEY (YRBS) 2009

### What is the problem?

The 2009 Oklahoma Youth Risk Behavior Survey indicates that among high school students:

#### Obesity

- 14% were obese (students who were > 95th percentile for body mass index, by age and sex, based on reference data).<sup>1</sup>

#### Unhealthy Dietary Behaviors

- 85% ate fruits and vegetables less than five times per day during the 7 days before the survey.<sup>2</sup>
- 76% ate fruit or drank 100% fruit juices less than two times per day during the 7 days before the survey.
- 90% ate vegetables less than three times per day during the 7 days before the survey.<sup>3</sup>
- 38% drank a can, bottle, or glass of soda or pop at least one time per day during the 7 days before the survey.<sup>4</sup>

#### Physical Inactivity

- 16% did not participate in at least 60 minutes of physical activity on any day during the 7 days before the survey.<sup>5</sup>
- 64% did not attend physical education (PE) classes in an average week when they were in school.
- 69% did not attend PE classes daily when they were in school.
- 29% watched television 3 or more hours per day on an average school day.
- 22% used computers 3 or more hours per day on an average school day.<sup>6</sup>

### What is the status of Oklahoma schools?

The 2008 Oklahoma School Health Profiles<sup>7</sup> report indicates that among high schools:

- 9% required students to take two or more health education courses.
- 48% taught 14 key nutrition and dietary behavior topics in a required course.
- 37% taught 12 key physical activity topics in a required course.
- 7% taught a required PE course in all grades in the school.
- 26% did not allow students to be exempted from taking a required PE course for certain reasons.<sup>8</sup>
- 50% offered opportunities for all students to participate in intramural activities or physical activity clubs.
- 16% did not sell less nutritious foods and beverages anywhere outside the school food service program.
- 5% always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations when foods and beverages are offered.
- 28% prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations.<sup>9</sup>
- 38% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in physical activity and 41% used the index for nutrition.

### What are the solutions?

- Provide a variety of healthy cafeteria choices for students who have lunch on campus.
- Replace vending machines that contain unhealthy snack and drink choices with healthier alternatives.
- Support health education, physical activity, and nutrition legislation for implementation in the schools.
- Partner with the schools, local community coalitions, and county health departments to initiate community activities which promote physical activity, nutrition, and overall wellness.
- Promote physical activity in schools by encouraging all students to participate in Physical Education or Wellness classes.
- Encourage schools to participate in surveys, such as the YRBS, that assess risk-taking behaviors among youth.

1. Body Mass Index (BMI) is a measure of body fat using a person's height and weight.

2. 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

3. Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

4. Not including diet soda or diet pop.

5. Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

6. Played video or computer games or used a computer for something that was not school work.

7. Brener ND, McManus T, Foli K, Shanklin SL, Hawkins J, Kann L, Speicher N. *School Health Profiles 2008: Characteristics of Health Programs Among Secondary Schools in Oklahoma*. Atlanta: Centers for Disease Control and Prevention; 2009. Available at URL: <http://www.cdc.gov/healthyyouth/profiles/>

8. Enrollment in other courses, participation in school sports, participation in other school activities, participation in community sports activities, high physical fitness competency test score, participation in vocational training, and participation in community service activities.

For more information contact the Maternal and Child Health Service, MCH Assessment at (405) 271-6761 or visit URL: <http://yrbs.health.ok.gov>